



**NORTH ITASCA
ELECTRIC**

OWNED BY THOSE WE SERVE

**WATTS
NEWS**

VOL 25 NO. 10

PUBLISHED FOR THE MEMBERS OF NORTH ITASCA ELECTRIC COOPERATIVE

OCTOBER 2022

CEO Report

Good afternoon NIECI!

I have been running to a lot of meetings this month. The Minnesota Rural Electric Association held the CEO conference one week prior to Great River Energy strategic planning. Next week I am heading down to GRE in Maple Grove for my monthly Member Managers Meeting. My month has been filled with travel and commitments.

Mr. Bruce Leino was recognized at the strategy event for his years of service representing us at Great River Energy. He brought up a very valid point; we are required and allowed to spend time away to conduct



Brad Dolinski, CEO

business on behalf of North Itasca/Great River. Our employees and, most importantly, our families are left to handle the day-to-day activities while we are away. Thanks, Bruce, for that important reminder. I also need to thank my staff and most importantly my wife Cathy. Sometimes I imagine she enjoys

the break away from me, but... she has always been supportive of my career and the commitment I have to North Itasca Electric. Thank you.

The Hwy 38 sales are happening this weekend signaling the start of fall. The leaves are changing, and temps are dropping. Jerry put in a good reminder to check your heating system this month.

I am being told by Great River Energy to expect more hours of control this winter on the dual fuel program. This is our short-term control.

CEO to p.2>

Value of electricity

by Jerry Loney
When talking with members about the value of electricity, I hear opinions from two different perspectives. From one I'll hear, "it's too expensive" why is it so high? and from others, "it's economical and a great value."

A good knowledge of electricity and consumption by appliances helps greatly in understanding the value and the work it

can do. New "Energy STAR" efficient refrigerators, freezer, washers, dryers, dishwasher, LED televisions, and LED lighting, etc., has greatly reduced electrical consumption.

But reducing consumption does not mean the cost of producing electricity goes down, energy sources are still needed and as for

any commodity, supply and demand plays a role in its retail rate. Also, government mandates for more expensive renewable energy sources such as wind and solar are being used to replace coal.

Despite the cost factors involved in energy production; North Itasca Electric and its wholesale energy provider Great River Energy have

Value to p.3>



Heating systems are beginning to run

Is your heating system ready for the coming winter? Whether you have an older or newer system, it's always good to have it checked out before placing it in service.

In our area, our homes need heat for seven months when considering shoulder months of October and April. Even in September of this year, cooler mornings have kicked on systems. Things one can do to prepare your heating system are:

1. Switch your thermostat to heating mode and turn it up to about room temperature listening for a click. If nothing happens, check to make sure the blower fan switch is on.
2. Change the air filter. If you have a permanent electrostatic filter, you should wash it. Keeping your filters clean keeps particles out of your system.
3. Clean and inspect the heat exchanger. Check for cracks which can lead to carbon monoxide escaping into your home.
4. Clean the blower motor. If your motor is one that needs lubrication, lubricate the bearings.
5. Test the igniter. On older system you will need to light the pilot light, on newer systems, if the igniter isn't working, push the reset button, if that doesn't work, check the breaker.

Have you visited our new website yet? www.NorthItascaElectric.com

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Fall Freezer Sale!

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GRE Gives

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Office Hours

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CEO Report (continued)

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The reason behind the level of control rising over other years is related to the costs in the MISO market. Extremely high demand prices have been a reality over the past year. The value of these programs is realized during these price events. We can control loads during the times of high cost and avoid the price spikes.

I know this isn't good news when the price of propane is up. The cost of natural gas is up significantly also. Natural gas is very common in power production; this is driving some of the rising costs. Typically, I have seen natural gas in the \$2-3 dollar range, it was \$7.86 when I wrote this article, down from the \$9 we saw this summer.

With the change in season, this is the time of year we start the next year's budget. There is a significant amount of thought and planning

that goes into the budget. We will have a preliminary budget for the Board of Directors by the October meeting.

This year is going to give me streaks of gray hair. The cost of an underground transformer in 2018 was around \$1,200, that same tub will be \$2,400 the next time we buy one. All our materials have gone up 20-50 percent and things do not seem to be slowing down. I was just in Tina's office. I told her I don't want to be negative in my article, but I also need you to understand the pressures on your cooperative currently.

I have been working diligently on a spreadsheet I have used for several years. I track our exact bill from GRE every month. This helps me to predict the power costs when it comes time to budget. I got a glimpse of the proposed rates from Great River this past week. I will be

traveling down to Maple Grove to discuss how these new rates could impact my members. Far and away the bill from the power supplier is the biggest portion of any electric cooperative's budget. Changes in this bill will directly affect the budget in substantial ways.

All right Brad, pull up! October is time to celebrate National Cooperative Month. This cooperative was started by our communities in 1940 at a meeting in Effie, Minn. Through tough times the communities banded together to lay the foundation of what we are today. I am proud of North Itasca Electric and the employees I get to work with every day. I am honored to serve the communities that built us so many years ago. Cheers to North Itasca Electric Cooperative, Inc.

*By your side! Miigwech
Brad*

Home heating safety

There are many options available when it comes to heating our homes: fossil fuel furnaces which burn natural gas, propane or fuel oil, and others which burn wood and electricity. When using fossil fuel or wood for heating, combustion safety becomes an issue and proper maintenance is necessary.

When fossil fuels are burned, the presence of carbon monoxide becomes a good possibility. Improper installations or maintenance of these systems can cause carbon monoxide gas to escape into our living spaces causing health issues. This gas is odorless and when undetected can cause flu-like symptoms and lead to unconsciousness or even death. As colder weather approaches, be sure to check your carbon monoxide and smoke detectors while changing their batteries.

Of all the heating systems available, electric heat is the only one where carbon monoxide is not an issue. Along with that, there is no wasted heat going out the chimney. The electricity consumed is 100 percent efficient at the meter. Members get all the energy that they pay for.

Electric heating also uses the same options of ductwork and water. Other options are also available when heating with electricity: storage media such as ceramic breaks, electric baseboards, wall and cove heaters.

With more renewable energy sources such as wind and solar being used to provide energy for homes, homes can be heated without giving off CO2 emissions into the atmosphere as well.

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Please keep your contact information current with our office. Please notify North Itasca Electric of any changes in property ownership, mailing addresses, phone numbers and email addresses.

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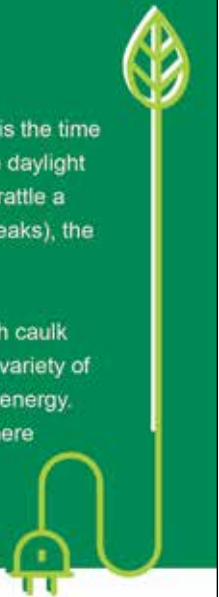


Energy Efficiency Tip of the Month

With winter weather on the way, now is the time to seal drafty windows. If you can see daylight around a window frame or if you can rattle a window (movement means possible leaks), the window likely needs to be sealed.

Most window leaks can be sealed with caulk or weatherstripping, which come in a variety of compounds and materials. Visit www.energy.gov/energysaver to learn how and where to seal air leaks.

Source: energy.gov



North Itasca Electric Cooperative, Inc. Board of Directors

Chairman: Larry Salmela, District 3

Vice-Chair: Wes Waller, District 2

Secretary: Lloyd Kongsjord, District 5

Treasurer: Roy Bain, District 9

Rep. to GRE Board: Lloyd Kongsjord, District 5

James White, District 1

Mary Rahier, District 4

Todd Christensen, District 6 Bruce Leino, District 7

Jeff Kilian, District 8

Highlights from the Board Room

NORTH ITASCA ELECTRIC CO-OP., INC.
MINUTES FOR THE REGULAR BOARD MEETING
August 25, 2022

Start time: 10:00 a.m.

End time: 2:35 p.m.

The regular meeting of the Board of Directors was held at the office and electronically through Zoom on August 25, 2022.

Directors Present: M. Rahier, B. Leino, J. White, W. Waller, L. Kongsjord, J. Kilian, R. Bain, L. Salmela and T. Christensen

Also Present: CEO Brad Dolinski, Jerry Loney, Andy Shaw, Daryl Pederson and Kim Giesen.

Absent: Tina Danielson

Start Regular Board Meeting: 11:06 a.m.

- o Pledge of allegiance was recited.
- o A motion was made to adopt agenda, seconded; motion carried. A motion was made to consent agenda, seconded. Discussion was held on changing the dates of the upcoming September and November board meetings. The meetings will take place on the following dates: September board meeting will be Wednesday, September 28 beginning at 10:00 a.m. November board meeting will be Thursday, November 30 beginning at 8:00 a.m. The motion passed with the meeting date changes.
- o Safety discussion was held. Be cautious when outdoors this fall. There is an abundance of poison ivy being reported.
- o Legal update included review of the board policy 100.60 Code of Ethics and Conflict of Interest. A motion was made to approve the board policy without any changes, seconded, motion carried. Bylaw Article 3 was also reviewed. Andy discussed possibly changing this to include wording about remote meetings.
- o Kristi Robinson from Star Energy presented the Work Plan for 2023-2026 via Zoom.
- o A motion was made to support GRE Resolution R22-7-2 approving the withdrawal of Connexus Energy as a member of Great River Energy, seconded, motion passed.
- o B. Dolinski reviewed the operating reports. A motion was made to accept the operating reports, seconded, motion carried.
- o Daryl gave the Line Department report.
- o Jerry gave the Members Services report. There was a very good turnout for the Electric Vehicle first responder training that was held at the Bigfork Fire Department with Great River Energy doing the presentation.
- o Brad gave the Office report in Tina's absence.
- o B. Dolinski gave the CEO report.
- o Brad gave the Northland Connect report
- o W. Waller gave the MREA report.
- o L. Kongsjord gave the GRE report.
- o A Motion was made to adjourn, seconded, motion carried. Meeting adjourned at 2.35 p.m.

Electricity has value

>from p.1
been able to keep rates reasonable despite regulations and mandates.

The average home today consumes between 800 and 1,200 kWh per month (not including electric heat). At the general service rate of \$0.1249 per kWh, average



electric costs run between \$99.92 to \$149.88 per month. How does this compare to our basic cell phone, internet and satellite television plans we pay each month? If we desire more than what the basic service plan offers, we need to pay more.

There are not too many living today that can remember what it was like without electricity when gas lanterns, wood to cook, hand tools, etc. were used before the installation of electrical distribution lines. In the early days of electricity, if rural areas wanted it, the community needed to come together to form a Cooperative. Municipals would not expand to the rural areas because of the cost and the rate of return. Municipals



were (and still are) for profit and the expense of providing electricity to rural America would not be profitable to them.

If rural America wanted electricity, the rural community needed to

come together and make it happen. Under the presidency of Theodore Roosevelt, the rural electric cooperative was formed. Rural America could now experience the same comfort and conveniences as those in urban areas.

With the flip of a switch or the turning of a knob, lights now come on, stove tops heat up, washing machines agitate and the

list goes on. In my opinion, this adds value to electricity without considering the cost.

In reading this, you might be thinking "this may be true, but how do I measure this value you are writing about?" If electricity is sold in kilowatt hours (kWh), what do I get for one kWh purchased?

With kilo meaning 1,000 and usage by electrical equipment or appliances measured in Watts, you need to divide the appliance consumption listed on the placard by 1,000 to get kWhs consumed. For instance, you have your dehumidifier set on 400 Watts; by dividing that 400 watts by 1,000 tells you that the dehumidifier is using 0.4 kW

per hour. At the general service rate mentioned earlier, the cost of operation equates to \$0.04996 (\$.05) per hour.

This may seem low, but the number of hours per month the dehumidifier runs needs to be taken into account, and if that setting is changed to a higher



wattage.

As members, we are our own energy managers, and the more we understand energy the better we can control our consumption. Do we need that air conditioner set on high, consuming 1,500 watts per hour, or can we set it on medium or even low, consuming 800 watts instead? Do we need that electric heater turned on high or could we set it on a lower setting and put on a sweater? The point I'm

trying to make is; we are our own energy managers. Whether

one wants to conserve or consume energy is up to each member.

The costs of electricity shown within the graphics throughout this article are slightly lower than that of North Itasca Electrics but are very close and place into perspective a measurement of value.

If you would like to learn more on energy efficiency and consumption, North Itasca Electric is here to help you.



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What is an electric cooperative?

Electric cooperatives are non-profit organizations delivering electricity to its members. Because they are owned by members within the community, they reinvest revenue back into the community with stable rates and infrastructure. If there are overages in rates, this is returned to members in the form of capital credits. As they are owned by the members they serve, cooperatives operate in a democratic way.

Being member owned, a democratic process allows for elections, annually selecting directors from the membership itself. All the members have a voice by voting for member candidates they would like to look over the cooperative's daily business. All members have an equal standing, working together for the good of the community and adhering to seven cooperative principles shaping its success. These principles are:

- Voluntary and open membership
- Democratic member control
- Member economic participation
- Autonomy and independence
- Education, training and information
- Cooperation among cooperatives
- Concern for community

Members owning and operating a cooperative have distinct advantages over being a customer of a commercial electric utility because they can take ownership with pride knowing they have a say. Not only can they as members vote, but they can also voice their concerns and opinions influencing outcomes that are best for the community as a group.



Focused on YOU.

Electric cooperatives were created to serve their members. Because we're a co-op, we're able to adapt to our community's unique needs. That's the power of co-op membership.

OCTOBER IS NATIONAL CO-OP MONTH

Celebrating Membership : October is National Co-op Month

by Anne Prince

Fall is a busy time, and October is a particularly eventful month with school, community and sports activities in full swing. It's also when all cooperatives celebrate National Co-op Month.

When I say North Itasca Electric celebrates Co-op Month, it really means we are celebrating you! After all, our co-op wouldn't exist without you, our members.

Our core business purpose is to serve as your electricity provider, but the larger mission of the co-op is to help make our corner of the world a better place. "Concern for community" is one of seven guiding principles that all co-ops share.

Similar to how our wires run through our service territory, our concern for community flows through all of our decisions—because being a co-op means being a responsible partner and good neighbor.

North Itasca Electric works to help our community thrive through initiatives led by our employees and local board that's comprised of neighbors who live right here in our community. Because we're local, we understand our community's unique needs and strive to help meet them.

We're proud to support local youth through our scholarship program. With your help, we offer Operation Round Up to provide assistance to better our community. We partner with and support area foodbanks and other charitable organizations.

The word "cooperative" is close to "cooperation," meaning people working together toward a common goal—mutually benefitting one another and the larger community. That's the essence of the cooperative spirit. Our employees and member-elected board members are invested in the com-

munity in which they live and serve.

Above all, as a co-op we put our members' priorities first. As your trusted energy partner, we know that saving energy and money is important to you. That's why we have numerous programs in place to help, including energy management and rebate programs.

We want to empower you to manage energy use at home. If you haven't already, I encourage you take a moment and download our app from our website NorthItascaElectric.com. Through the app, you can conveniently monitor and manage your energy use. And we're of course here to help, so give us a call if you have questions about your energy bills.

North Itasca Electric is continuously examining ways to operate more efficiently while continuing to provide the highest level of friendly, reliable service you expect and

deserve. After all, we're your local co-op. We were built by the members we serve.

Anne Prince writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association

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Cold weather rule & energy assistance program notice

In accordance with Minnesota's Cold Weather Rule, electric service cannot be disconnected for nonpayment between Oct. 1 and April 30 if electricity is the primary heat source and ALL of the following statements apply:

- Your household income is at or below 50% of the state median household income. Income may be verified on forms provided by North Itasca Electric Cooperative or by the local energy assistance provider.
- You enter into and make reasonably timely payments under a payment agreement that considers the financial resources of the household.
- You receive referrals to energy assistance, weatherization, conservation, or other programs likely to reduce your energy bills from North Itasca Electric Cooperative. Minnesota's Cold Weather Rule does not completely stop winter disconnects before disconnecting electric service to residential members between Oct. 1 and April 30,

North Itasca Electric Cooperative must provide:

- A 30-day notice of disconnection;
- A statement of members' rights and responsibilities;
- A list of local energy assistance providers;
- Forms on which to request Cold Weather Rule protection; and
- A statement explaining available payment plans and other options to continue service.

Energy Assistance Program

The Energy Assistance Program (EAP) is a federally funded program through the U.S. Department of Health and Human Services which helps low-income renters and homeowners pay for home heating costs and furnace repairs. Household income must be at or below 60 percent of the state median income (\$67,764 for a family of four) to qualify for benefits. Applications must be received or postmarked by May 31, 2022. To learn more about the EAP program or to apply for assistance:

- Visit the Minnesota Department of Commerce Energy Assistance website, <https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/>, for more details and to access the application portal.

- Contact your county EAP service provider for additional information and assistance, Kootasca Community Action (218) 999-0800. North Itasca Electric Cooperative exists because of you, and we are dedicated to the people and communities we serve. If you are having difficulty paying your electric bill and do not qualify for either of these programs, please contact Sheila Hafeman at (218) 743-3131 to set up a payment plan.

Energy assistance

If you cannot pay your winter heating bills, contact one of these locations for energy assistance help.

KOOTASCA ENERGY ASS'T.
 201 NW 4th St., Ste 130
 Grand Rapids MN 55744
 218-999-0800
 877-687-1163

BI-COUNTY COMMUNITY ACTION COUNCIL
 P.O. Box 579
 Bemidji, MN 56601-0579
 800-332-7161

ITASCA COUNTY SOCIAL SERV.
 Itasca County Courthouse
 123 NE 4th St
 Grand Rapids, MN 55744
 218-327-2941

KOOCHICHING COUNTY FAMILY SERVICES
 615 4th St
 International Falls, MN 56649
 218-283-8405

LEECH LAKE ENERGY ASST.
 115 6th St, Ste E, Cass Lake, MN 56633
 218-335-8292

WWW Website highlights: Checking for load control hours

Find out when Great River Energy and Minnkota Power will be controlling loads for peak times by visiting www.NorthItascaElectric.com. At the bottom of the member services tab you will see "Load Management." At the bottom of the load management page is "Load Control Status."

If you have a receiver mounted on top of your meter socket, you have a Great River Energy load control receiver and click GRE Status Page, if a white box, you would click on Minnkota Status Page for its load control periods.

Find your Director

Not sure who your Director is? Visit www.NorthItascaElectric.com and click on Board of Directors under the "About Us" tab.

To check on which director represents you, click on the Service Area map for District boundaries. The map will open in a separate tab.

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Roxanne's Sales Talk

by Roxanne Prather, member services representative

Boy, where has the summer gone? It seems to have just flown by! I really hope Fall stays around for a while. It is my favorite time of year, especially after the bugs leave. I love the cool evenings when you can be outside till dark and not get eaten alive without taking a bath in bug spray.

In case you haven't noticed, I have been trying to run a different sale every month, so that there is

always something on sale! Please watch the WATTS News and our website for the sales.

This month is a freezer sale. People who butcher meat, hunt or put up a garden need more space and, if you have a freezer that isn't working well, this is one sale you don't want to miss!

It's crazy how much everything has gone up in the stores and across the board. I see it not only in the

appliance prices but the shipping costs too. I realize people who were living from paycheck to paycheck before Covid, higher gas, grocery and other prices started going up, are now

really struggling to make that paycheck go around. I'm running sales each month to try to help make up for some of the extra expense. Hopefully this helps a little.

Remember that we offer contracts on your purchases as well. If you find yourself in need of an appliance and can't afford to pay the total price up front, you can put the balance on contract. Your account needs to be current for the past 3 months in a row. You can take a contract and spread your payments out 1-3 years with just 20 percent down. We also offer bundling deals so the more you buy, the better the deal.

We have a showroom full of appliances to look at, so call: (218) 743-3132 or stop in and check us out.

Roxanne's Repair Tips: Undissolved soap in the dishwasher

Have you ever opened your dishwasher and found that the soap didn't dissolve, and that it's sitting in the bottom of the dishwasher?

This can be very frustrating but doesn't necessarily mean you need a new dishwasher. This can happen when the dishwasher doesn't get enough water. The most common thing to check is that you are not overloading the dishwasher and that you are loading it properly. You can also try changing soap; some soaps work better than others.

If the problem isn't fixed doing any of these things, the next thing to look at is the water inlet valve. There are a few ways to test that this is working properly. You can add a couple cups of water to the bottom of the dishwasher before you start your cycle. If your dishes come out clean and the soap dissolves, you know the problem may be with the water inlet valve. Another way to check this is to start your cycle and wait about 6 seconds then slowly open the dishwasher. If there is water in the bottom of the dishwasher you know the water inlet valve is working properly.

If your dishwasher is getting water but still not dissolving the soap, the high limit switch might be bad. You can test it with a continuity meter. The high limit switch heats the water which helps your soap dissolve.

For all you handy men or women out there, once you determine what the problem is you can order the part online and fix it yourself. I would be more than happy to order the part. If you need help with that, give me a call. Remember to always turn the breaker off before attempting to change the part. If you're not a handy man or woman, call a serviceman.

If your dishwasher isn't cleaning the dishes, take the spinning wash arms off and make sure none of the holes are plugged. Using a rinse aid in your machine will help avoid water stains.

You should clean any strainer filters. Look at the holes in the spray arms on a regular basis to make sure nothing is getting clogged. Depending on the dishwasher and the quality of water you have, you may need to do these more frequently. It will help keep your dishwasher working correctly for a long time.

Electrical Inspections

Except for minor repair work, all electrical work you do at your home, cabin, or property is required to be inspected by a State Electrical Inspector.

A rough-in inspection must be made before any wiring is covered. A final inspection is also required. Please visit www.electricity.state.mn.us for more information. The inspectors can be reached weekday mornings between 7:00 a.m. and 8:30 a.m.

- **Itasca County** - Steve Bartlett (218) 591-1616
- **Koochiching County** - Curt Collier (218) 966-5070
- **Beltrami, Clearwater counties** - Davis Smid (507) 227-2772

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Concern for community: A defining principle for co-ops

Celebrated nationwide during the month of October, National Co-op Month is an annual opportunity to look at the many aspects that make cooperatives unique.

Cooperatives are motivated by people and their needs, not by profit. The seven cooperative principles guide electric cooperatives to operate differently from other utilities, putting the needs of their members first.

The seventh cooperative principle is “Concern for Community,” which states that cooperatives work for the sustainable development of their communities through policies supported by the membership. Great River Energy, North Itasca Electric Cooperative Inc’s wholesale power provider, provides a strong foundation for the communities it serves by powering them with affordable, reliable, and environmentally responsible electricity.

Great River Energy’s commitment to community doesn’t end at providing energy. The organization gives back to the communities it serves and empowers its employees to do the same.

Great River Energy provides monetary donations, materials, and equipment to nonprofit



Great River Energy employees volunteer at the CAER Food Shelf in Elk River.

In 2021, these donations amounted to more than \$1 million. Great River Energy encourages employees to participate in volunteer opportunities, and employees recorded more than 700 volunteer hours in 2021.

From spending millions of dollars in Minnesota to supporting the development and expansion of local businesses, Great River Energy works to support local economies. In 2021, the organization spent more than \$88 million on goods and services from local businesses in Minnesota, North Dakota and Wisconsin. Additionally, the cooperative provides economic development expertise and connects businesses with the resources they need to

grow and thrive.

Great River Energy’s founding principles emphasize the importance of environmental stewardship and supporting its local communities and employees, while providing reliable and affordable power. As a result, these principles are ingrained in everything the organization does. You can read more about Great River Energy’s commitment to community and other sustainability efforts at: greatriverenergy.com/sustainability.

Meter seals

If you or an electrician is performing electrical work at your residence which requires opening meter sockets or load control receivers, you need to contact North Itasca Electric first.

This equipment is owned, controlled and maintained by North Itasca Electric. These seals may only be cut if permission is granted by North Itasca Electric in advance or deemed an emergency by an electrician.

North Itasca Electric does realize that there could be instances where work needs to be done, in such cases; North Itasca Electric still needs to be contacted. If it is determined that loads have not been controlled during load control periods, demand charges could be applied to your billing.

OCTOBER IS NATIONAL CYBERSECURITY AWARENESS MONTH

We all share responsibility for our organization's online safety and security, and YOU are our first line of defense.

Think Before You Click

- Always hover over a link first to be sure it is safe.
- Report suspicious emails or emails from an unknown sender to your spam filter and delete them from your inbox.

Lockdown Your Log-in

- Create long and unique passwords. Use familiar phrases or song lyrics you'll remember.
- When possible, use 2-factor authentication as a second layer of defense.
- Change passwords regularly and do not share them.

Watch for Red Flags to Identify Potential Phish Attacks

- Phishing attempts seek to steal or compromise data and will often mimic a known sender.

Look for red flags:

1. the email is unexpected;
2. there is a sense of urgency conveyed;
3. there is an offer that seems too good to be true; and/or
4. there are typos and misspellings.



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VCM5SMWW- REGULAR \$386.64 SALE \$347.98

Crosley Conservator 5.0 cu. ft. capacity chest freezer, manual defrost, power indicator light, 1-removable wire basket, easy access defrost drain in front. W: 28 3/8" D: 21 5/8" H: 33 1/4"



DCF070BLWW- REGULAR \$514.99 SALE \$463.49

Danby 7 cu. ft. DOE energy rating, garage ready from 0°F to 110°F (-17°C to 43°C). Mechanical thermostat, manual defrost with front mount drain, 1-wire storage basket, adjustable leveling leg, 12-month warranty on parts and labor. W: 35.62" D: 21.65" H: 33.26"

DCF08781WM- REGULAR \$455.98 SALE \$ 410.38

Danby 8.7 cu. ft. capacity, DOE compliant, garage ready: freezer can perform in temperatures from 0°F to 110°F (-17°C to 43°C) Mechanical thermostat, 1-wire storage basket, manual defrost, power indicator light, adjustable leveling feet, 12-month warranty on parts and labor. W: 37.5" D: 61.60" H: 33.66"



FFFC1542AW REGULAR \$809.90 SALE \$728.91

Frigidaire 56 inch Freestanding Chest Freezer with 14.8 cu. ft. capacity, manual defrost, CSA Certified, adjustable thermostat, Power-On indicator light, adjustable temperature control. W: 55.75" D: 29.563" H: 32.5"

**If you have questions,
please call Roxanne at (218) 743-3132.**



UPRIGHT FREEZERS

FFU13F2VW-REGULAR \$812.50 SALE \$731.25

28 Inch Freestanding Upright Counter Depth Freezer with 13 cu. ft. capacity, reversible doors, right hinge, frost-free defrost, frost-free operation, LED lighting, EvenTemp Cooling System, door ajar alarm, UL listed, automatic defrost, 4-wire adjustable shelves counter depth, 5 full width door bins 1-metallic wire baskets, counter depth W: 27.75" D: 25.625" H: 67.75"



FFU18F2VW- REGULAR \$1030.90 SALE \$927.81

Frigidaire 28 Inch Freestanding Upright Freezer with 18 cu. ft. capacity, reversible doors, right hinge, frost-free defrost, frost-free operation, EvenTemp Cooling System, door ajar alarm, garage ready in white. W: 27.75" D: 31.5" H:70"



FFFU20F1UW- REGULAR \$ 1037.92 SALE \$934.13

Convertible unit: freezer/refrigerator

33 Inch Freestanding Upright Freezer with 20 cu. ft. capacity, right hinge, frost-free defrost, door storage, LED lighting, 4-adjustable wire shelves, 1 basket, 4 fixed door bins, CSA Certified, White. W: 32.81" D: 29.91" H: 76.81"



GEF-NN-FUF21SMWW REGULAR \$1111.37 SALE \$1000.23

21.3 cu. ft. Easy set electronic controls, frost-free, audible temp. alarm, door lock, 4-wire (2) adjustable shelves, 1 bulk wire slide out storage basket. Right hinged, garage ready. W: 32.78" D: 31.38" H: 76 1/2"



Edge Gallery

Sue Rauschenfels watercolors

by Ann White

The October artist Sue Rauschenfels grew up exploring the woods near her hometown in northern Minnesota and has never lost her love of being in nature. This love directly influences her current show "For the Love of Trees."

In her artist statement she speaks of her "love of nature, color, people and whimsy (and how they) are often captured in her work. She enjoys telling a story in her artwork which is often as she sees things, or dreams of how things should be, rather than the realistic narrative. She is currently exploring abstract art and enjoying the challenge and excitement of learning to stretch and express her artistic voice."

Sue began painting full time in 2009 after retiring from the University of Minnesota Duluth. She is a member of Lake Superior Watercolor Society,



Artists of Minnesota, Lake Superior Abstract Group and Arrowhead Artists.

Her artwork is represented in several gallery venues regionally and exhibited nationally in various juried exhibit offerings.

Take the opportunity to meet Sue and see her whimsical art at the Artist Reception Friday, Oct. 7 from 5-7 p.m. Her show will be in the gallery October 6-29.

The Edge Center Gallery is open 10 a.m.- 4 p.m. Thursday, Friday and Saturday.

Hope to see you amongst the trees.

Edge Center for the Arts

Sunday, October 9 at 2 p.m.– Phenology and All That Jazz

by Sandra LeBlanc-Boland

Join special guests John Latimer as he discusses the Phenology – rhythmic biological nature of events as they relate to climate – and The Sam Miltich Band as they interpret the natural world through the magical rhythm of jazz.

As a mail carrier in rural Grand Rapids, Minn. for 35 years, John Latimer put his own stamp on a career that delivered more than letters. Indeed, while driving the hundred-mile round-trip daily route, he passed the time by observing and recording seasonal changes in nature, learning everything he could about the area's weather, plants

and animals and becoming the go-to guy who could answer customers' questions about what they were seeing in the environment. The expertise he developed along the way turned him into one of Minnesota's leading phenologists and host of a popular weekly radio show on KAXE that attracts nature lovers and regular phenology contributors from around the state. John will share his unique insights on what's happening outside in our Edge of the Wilderness.

Sam Miltich is a self-taught jazz guitarist born and raised in the woods of northern Minnesota, and who's fluid and instinctive sound has graced hundreds of stages, from small towns on the Iron Range to New York's Lincoln Center. Sam burst on the scene in his teens as a young lion of gypsy jazz, joining Paul Mehling's Hot Club of San Francisco and touring internationally with the world-renowned Robin Nolan Trio. By

choice, Sam continues to call northern Minnesota his home, performing at a very high level while maintaining life in a working class, small-town setting. In addition to fronting his own band, the Clearwater Hot Club, Sam records and performs extensively with Minneapolis-based jazz singers Connie Evingson and Charmin Michelle; legendary Twin Cities saxophonist Dave Karr; and many more of the Twin Cities top jazz artists. Sam is committed to bringing world-class jazz to a part of the country where live jazz performances are otherwise quite rare. Sam will be joined by his father Matthew Miltich and Doug Haining.

Where: Edge Center for the Arts, Bigfork, Minn., (218) 743-6670.

Date/Time: Sunday, October 9, 2 p.m.

Tickets: online, at-the-door, and at Timber Rose Floral in Bigfork: \$10 for adults, \$5 for children.

DNR Natural Heritage committee

The Minnesota Department of Natural Resources is recruiting new members to serve on a key advisory group related to Minnesota's natural heritage, the Natural Heritage Advisory Committee. Appli-

cations are open through Monday, Oct. 17.

Interested people can apply on the Engage with DNR website (engage.dnr.state.mn.us/advisory-group-appointment-opportunities)

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North Itasca Electric is also on Facebook!

4H club forming in Bigfork area

Interested in joining a community 4-H club? A 4-H club meeting once a month is starting up now in the Bigfork area! Call Sarah at (218) 387-5012 or Morgan at (218) 259-0538 if you are interested in more information. Also, watch for announcements coming home from school. The 4-H Club is open to all families in the Edge of the Wilderness area.

A first parent info kick-off meeting is planned for October.

Want to be involved as an adult? Adult volunteers of all ages from a variety of areas of expertise or interests and hobbies are needed. You can let Sarah or Morgan know if you

are interested in possibly becoming a screened, adult volunteer.

Itasca County 4-H is led by three University of Minnesota extension educators plus adult mentors. Interested in dog training, gardening... even engineering design? 4-H includes online, group and independent learning. Currently there are livestock, dog and horse project clubs active in the county plus community groups. Projects are developed in nine areas including animal sciences, communication, STEM, gardening & agriculture, family & consumer, healthy living, citizenship and the environment.

EOWSKI!

EOWSKI! is looking forward to winter snow!

But volunteers are needed to bring cross county ski experiences to our area youth. Since its beginning, EOWSKI! has built up a rental library of used skinny ski equipment for all sizes and abilities and has provided regular mentoring and outings to interest kids in outdoor activity in winter and increase their skills. EOWSKI! also provides grooming and encourages use of area trails.

If you can provide some time and leadership to serve on its board of directors, equipment and/or time to help grooming trails, ideas and help with outings, used ski equipment or donations toward purchase of

grooming equipment, EOWSKI! needs you!

For the upcoming winter season, it's time to bring back equipment so it can be reissued in correct sizing for growing youngsters. The ski storage is located in the back of the B.I.G. Community building (formerly Over 50 Club). Skis are rented out for an entire season for a small fee.

Call Sarah at (218) 387-5012 for an appointment to return/resize skis or if you can volunteer this winter in any of the above ways. Cash donations may be made through First State Bank, Bigfork.

Classic movie series

by Jack Nachbar

In the 1930s, it was Laurel and Hardy. In the 1950s it was Martin and Lewis. And in the 1940s, the most popular movie comedy team by far was Bud Abbott and Lou Costello. Bud and Lou had a top ten radio show and were consistently among the top ten most popular box office stars.

By 1948, however, their movies were losing their popularity and they needed another hit. Fortunately, Universal Studios came up with a great solution.

The trick was to combine Abbott and Costello with several of Universal's classic movie horror monsters. *Abbott and Costello Meet Frankenstein* worked perfectly. The film was a big hit (It was the talk of my neighborhood when I was seven years old.) and led to several other confrontations between Abbott and Costello and other movie monsters.

Yipes! You will get plenty of laughs and, possibly, a few shivers too as a mad scientist works to take Costello's brain and implant it in the head of the Frankenstein Monster. Dracula and The Wolf Man also add to the fun. *Abbott and Costello Meet Frankenstein* will be shown at the Edge Center Theater in Bigfork at 6:30 p.m., Thursday, Oct. 13. FREE.

Come for this Pre-Halloween Special and see if the greatest comedy team of the forties can escape their fates worse than death.

NOVEMBER CLASSIC MOVIE: Frank Sinatra gets support from Kim Novak as he battles heroin addiction in *The Man with the Golden Arm* (1955). Thursday, Nov. 10 at the Edge.



Tom Schaar of Talmoon brought his '55 Chevy "RRRRRowdy" to the Blackduck Car Show in August and came away with a trophy. The judges especially liked the matte black exterior.

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 Please note Polling Hours- 10:00 AM- 8:00 PM
 If you have any questions, please contact Tracy Chase at 218-832-3965 (leave message) or email marcell.township@yahoo.com.
 Thank you, Marcell Township

SAIL classes

ElderCircle has replaced Bone Builders with “Stay Active & Independent for Life (SAIL).” For more information or to register (required), contact ElderCircle at (218) 999-9233.

New attendees may start anytime. Weights are provided but please bring your own water.

Following is the local schedule as of July 6:

- Virtual via Zoom video conference
 Mondays & Thursdays, 10:30 a.m.-12:00 p.m.
- Virtual via Zoom video conference
 Tuesdays & Thursdays, 9:00-10:30 a.m.

In person at: (Note corrected times for Bigfork and Bowstring)

- Bigfork Old Scenic Church,
 Tuesdays & Thursdays, 9:00-10:30 a.m.
- Bowstring Town Hall
 Tuesdays & Thursdays, 10:00-11:30 a.m.
- Deer River, Bethany Lutheran,
 Mondays & Thursdays, 10:30 a.m.-12:00 p.m.

Community Cafe

The Community Cafe is available to anyone who is in need of a meal. There is no income or financial qualification to receive a free meal. Each Tuesday through Thursday from 4:30 p.m.- 6:00 p.m. (or until gone), a nutritious three-course meal is served. Location: King Elementary School. for more information, visit communitycafemn.org.

DNR Open House in Bigfork Oct, 4 on fishing changes for Caribou, Round and Island lakes

The Minnesota Department of Natural Resources is asking for input on special walleye fishing regulations for Island and Round lakes, and lake trout regulations for Caribou Lake in northern Itasca County.

A new lake trout regulation of a 20-inch minimum length and a one fish limit is being considered for Caribou Lake to protect spawning-aged fish and allow them to spawn at least once before being susceptible to harvest.

Caribou Lake produces a self-sustaining population of lake trout. DNR has used fish stocking in an attempt to increase trout numbers on Caribou Lake, but stocked fish have not survived, and the population appears dependent on natural reproduction.

The current 17- to 26-inch protected slot limit walleye regulations are being reviewed on Island Lake (near Northome) and Round Lake (near Squaw Lake) in the Grand Rapids area. Survey data suggest

that the fisheries could support additional harvest, so fisheries managers are recommending relaxing the existing regulation to a 20- to 24-inch protected slot limit. As an alternative, the protective slot limit could be dropped in favor of the statewide limit (six fish with one over 20 inches).

“The protected slot limits have helped maintain good walleye fisheries in these lakes, but we see some opportunity to offer more harvest and would like to hear from anglers about their experiences on these waters and which regulation option they prefer,” said Dave Weitzel, Grand Rapids area fisheries supervisor.

An open house will be held from 6 to 8 p.m. Tuesday, Oct. 4 at the Bigfork City Hall, 200 Main St., in Bigfork. Written comments can be sent to DNR Grand Rapids Area Fisheries, 1201 East Highway 2, Grand Rapids, MN 55744, or emailed to grandrapids.fisheries@state.mn.us .

AARP Defensive Driving

The AARP Smart Driver course is the nation’s first course specifically designed for drivers age 55 and older. Drivers will benefit from a 10 percent discount on their auto insurance premium upon completing the course. Drivers learn how to manage and accommodate common age-related changes in vision, hearing and reaction time.

Courses held at the Senior Center, King Elementary School, 500 SE 5th St., Deer River,. To register, call Kayleen at 218-246-8241, ext: 60227. Participants are welcome to bring a sack lunch.

Monday, Oct. 3: 4-8 p.m.
 Monday & Tuesday, October 17/18, 4-8 p.m.
 This is an 8-hour class for first-time participants. Cost for the class is \$20 for AARP members and \$25 for nonmembers. Please arrive 15 minutes early for registration paperwork.

In addition, the on-line class option continues to be available at www.aarpdriversafety.org.

<p>Northome Food Shelf 12059 Main St Bring your own bags. 1st Mon.: 9 a.m.-noon 2nd Mon.: 2-5 p.m. 3rd Mon.: 9 a.m.-noon 4th Mon.: 2-5 p.m.</p>	<p>Northern Itasca Emergency Food Shelf 200 Main, Bigfork Thursdays 12:30-3 p.m. 3rd Thursday 4-5:30 p.m. (218) 743-3381</p>
<p>Blackduck Community Library: (218) 835-6600 Tues: 1-6 p.m.. Wed: 9 a.m.-12 p.m. Thurs:12-5 p.m. Fri: 12-5 p.m. Sat.: 9 a.m.-12 p.m.</p>	<p>Northome Library (218) 897-5952 Mon: 9 a.m.-4 p.m. Tues: 9 a.m.- 3 p.m. Wed: 9 a.m.-4 p.m. Thurs: noon - 3 p.m. Fri: 9 a.m.- noon</p>
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- Tuesdays: Oct. 11; Nov. 1, 22
 10:30 a.m.-11:30 p.m. Bowstring Store
 12:00-1:00 p.m. Spring Lake Store
 3:00-4:30 p.m. Effie: Effie Cafe
 5:00-6:30 p.m. Bigfork: City Hall
- Thursdays: Oct. 13; Nov. 3
 11:45-12:45 Togo: Junction Bar & Grill
- Mondays: Oct. 10, 31; Nov. 21
 12:30 -1:00 p.m. Gemmel; Comm.Church
 1:45 - 2:30 p.m. Northome; Apartments
 3:15 - 4:15 p.m. Alvwood; Hoot-n-Holler
 4:30 - 6:00 p.m. Squaw Lake; Community Ctr

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Community News

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put Community News in the subject line

~ October Calendar ~

Blackduck

Blackduck School is holding a Book Fair from Oct. 10 through 14. Shop the Book Fair and support the school! Call the school for more information: (218) 835-5200. Online sales that also support the school are available Oct. 10 - Oct. 23 at www.scholastic.com/bf/blackduckpublicschool.

General Interest

MacRostie Art Center holds a Fall Studio Art Tour annually. This year the event will be on Sat., Oct. 8 from 10 a.m.-4 p.m. Over 20 artists in the Grand Rapids area will invite the public to visit their studios. The artists work with many media including paint, clay, fiber art, jewelry and more. For more information, see the MAC website (macrostieartcenter.org/) or the event page on Facebook.

Marcell Family Center



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Halloween Bash!

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Oct. 31 ~ 4:30-7:30 p.m.

MFC hours:

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Mon: 11 a.m.-2 p.m., 4-7 p.m.
Tues, Thurs: 11 a.m.-2 p.m., 4-7 p.m.
Fri: 11 a.m.-2 p.m., Sat: 9 a.m.-2 p.m.

Fitness Walking at the Marcell Family Center 4-7 p.m. Free, register at getlearning.org.

- 3-8 Homecoming Week at Blackduck School.
- 3 No school, Northome School. Winter wear clothing swap at the school commons, 1-6:30 p.m.
- 4 Bigfork Valley Hospital Board meets, 9 a.m. Contact (218) 743-1772 for telephone or virtual attendance information.
- 4 Sediment Fingerprinting on the Little Fork River, 4-6 p.m. at Effie Community Center hosted by SWCDs of Itasca, Koochiching and North St. Louis counties.
- 5 "The Club I Never Wanted To Join" breast cancer support group meets, 3:30 p.m. at Zion Lutheran Church in the chapel, use south entrance, 2901 Highway 169, Grand Rapids. More info with Lynn Ettl (218) 832-3612, lynn_ettl@msn.com
- 7 Reception for "For the Love of Trees," an exhibit of the work of Sue Rauschenfels, 5-7 p.m. at the Edge Gallery, Bigfork. Exhibit runs Sept. 1-Oct. 1. Gallery is open Thurs.-Sat., 10 a.m.-4 p.m.
- 9 The Edge Center, Bigfork hosts John Latimer and the Same Miltich Band at 2 p.m. for Phenology and All That Jazz, both inspired by the natural world. Tickets \$10 adults, \$5 children.
- 10 Columbus Day/Indigenous Peoples Day
- 10 Women of the Woods meet at 10 a.m. at Sand Lake Community Center. Call Pat Sievertson at (218) 659-2157.
- 10 ISD317 School Board meets, 6 p.m., public forum 5:45 p.m.
- 10 Effie City Council meets at Effie Community Center, 6 p.m.
- 10 Financial Aid Information Night, Northome and Kelliher students and parents, 6:30 p.m. in the Northome School FACS classroom
- 11 Stop & Stitch meets at the Marcell Family Center the 2nd Tuesday of every month, 9 a.m.-2:30 p.m. For more information, call Judy at (218) 832-3237.
- 10 Edge Center Bigfork hosts Piatigorsky Foundation artists cellist Evan Drachman and pianist Wan-Chi Su, 7 p.m. Tickets \$10 adults, children free. 11 Bigfork City Council meets at City Hall, 5:30 a.m.
- 12 Blackduck ISD32 School Board, 7 p.m. in the Media Center.
- 12 ISD 363 South Koochiching-Rainy River School Board meeting, 7 p.m.
- 13 Classic Movies at The Edge Center, Bigfork. *Abbott and Costello Meet Frankenstein* (1948) starring Bud Abbott and Lou Costello will be shown at 6:30

p.m. Free.
14-15 Scheduled fall Dumpster Days in Effie at Community Center
20-21 Fall break, all schools, MEA Conference
24 Women of the Woods meet at 10 a.m. at Sand Lake Community Center. Call Pat Sievertson at (218) 659-2157.
24 ISD318 School Board meeting in Grand Rapids or at watchictv.org, 6:30 p.m. Open Forum, 6 p.m. Contact for information: jasmussen@isd318.org or call 327-5704.
31 Halloween Bash at the Marcell Family Center, 4:30-7:30 p.m. Free family event.

Area Church Directory

Alvwood Community Church Sun 10:00a
58712 Co. Rd. 131
Blackduck 56630 659-4681

Balsam Bible Chapel Sun 10:00a
41516 Scenic Hwy 7
Bovey 55709 245-1960

Bear River Lutheran Church Sun 10:00a
11141 Hwy 22
Cook 55723 376-1012

Bethesda Lutheran Church Sun 9:00a
Mizpah 56660 897-5654

Bigfork Assembly of God Sun 9:30a
101 Golf Course Ln
Bigfork 56628 743-3500

Bowstring Chapel Sun 10:15a
45114 Co Rd 133
Deer River 56636 832-3171

Calvary Covenant Sun 10:30a
54764 Co. Rd. 31
Northome 56661 897-5684

Centennial Lutheran Church Sun 8:30a
Hwy 46
Squaw Lake 56681 259-0115

Deer River Bible Church Sun 10:00a
33276 State Highway 6
Deer River 56636 246-9570

Dora Lake Alliance Sun 10:00a
59329 Co Rd 145
Northome 56661 659-4551

Effie Fredheim Lutheran Church (ELCA) Sun 8:30a
Hwy 1
Effie 56639 743-3368

First Presbyterian Church, BF Sun 10:15a
109 Ash St.
Bigfork 56628 743-3783

Gemmel Community Church Sun 10:00a
10609 Town Rd 34
Gemmel 56660 897-5966

Grace Community Church (ELCA) Sun 10:15a
401 State Hwy 38 N
Bigfork 56628 743-3368

Hope Lutheran Church Sun 10:30 a.m.
12234 Third St.
Northome 56661 897-5654

Jehovah's Witnesses Tu 7:00p., Sun 10:00a
Hwy 38
Bigfork 56628 743-3275

Jesse Lake Lutheran Church Sun 8:30a
45834 Co. Rd. 4
Talmoon 56637 832-3883

Marcell Community Church Sun 10:30a
49103 State Hwy 38
Marcell 56657 832-3200

Northome Community Church Sun 10:00a
12071 Bartlett St.
Northome 56661 897-5040

Northwoods Chapel Sun 9:00a
50539 Mushgee Rd. (corner of Co. Rd. 622)
Deer River 56636 659-2784

Old Scenic Community Church Sun 10:30a
25747 Co. Rd. 340
Bigfork 56628 659-2727

Our Lady of the Snows Catholic Church Sun 9:00a Mass also W, Th, F 9:00a.
320 Golf Course Ln
Bigfork 56628 743-3255

Sand Lake Alliance Sun 10:00a
55581 Co. Rd 4
Spring Lake 56680 659-2872
Church website: www.sandlakealliancechurch.org

St. Catherine's Catholic Church Sat 4:00p
52265 State Hwy 46
Squaw Lake 56681 743-3255

St. Michael Catholic Church Sat 7:00p; Tu 6:00a
12026 Lake St
Northome 56661 743-3255

Seventh Day Adventist Sun 11:30a
12352 Hwy 46
Northome 56661 897-5723

Suomi Evangelical Lutheran Church Sun 10:30a
42935 Co. Rd. 48
Deer River 56636 832-3883

True Life Church Sun 10:00a
45976 Terry
Talmoon 56637 244-7089

*Church directory sponsored by
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Place a classified ad
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Sediment Fingerprinting on the Little Fork

In some environmental detective work, sediment fingerprinting is being done on the Little Fork River. Come to a community update at Effie or Cook and find out what resource professionals (the detectives) hope to learn and why it is being done.

Hosted by the Itasca County Soil and Water Conservation District (SWCD), the Koochiching SWCD and North St. Louis SWCD, the community meetings will be held at Effie on Tuesday, Oct. 4 from 4-6 p.m. in the Community Center, 100 SW State Highway 38 and at Cook on Thursday, Oct. 6 from 4-6 p.m. in Cook's Country Connection, 1953 Vermilion Drive.



Photo Credit: MPCA Drone Team
The Little Fork River (left) meets Rainy River (right) during spring run off in 2022.

- Learn more about sediment fingerprinting and why it's being done.
- Learn what's been done so far and what to expect in the coming year.
- Hear from the local resource professionals who take the soil samples.
- Get your questions answered.
- Enjoy refreshments!

For more information, contact Matt Gutzmann at (218) 999-4435 or by email matt.gutzmann@itascaswcd.org.

Classical music coming to Edge Center Oct. 10

The Piatigorsky Foundation has resumed its outreach mission, bringing classical music to five locations in Minnesota, including the Edge Center in Bigfork on Monday, Oct. 10 at 7 p.m. Admission is \$10 for adults, with children free.

Featured will be founder and cellist Evan Drachman performing with pianist Wan-Chi Su. From Boston, Drachman studied at the Peabody Conservatory and the New England Conservatory, receiving his BMA from the Curtis Institute of Music and then performing with orchestras, in chamber music settings and at music festivals internationally.

Wan-Chi Su studied at the National Kaohsiung Normal University in Taiwan and at the Peabody Conservatory. She won first prize in the Taiwan Cultural Cup Invitational Piano Competition and the Taiwan National Student Music Competition, and has toured widely at major international venues.



Pile of tires at the Spring Lake canister site on the last day of the Fight Blight fall tire cleanup days. About 250 tons of tires were collected county-wide in the free tire disposal event, according to Greg Stoltz, Itasca County environmental services coordinator.

The Piatigorsky Foundation is committed to artistic excellence and public outreach, seeking to enhance access and appreciation of classical music in live performances.

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Italian Meatballs

Thank you to Janet Kogler for this October recipe!

- 2 slices white bread
- 1 lb. ground beef
- 1-2 eggs
- 1/2 cup grated Parmesan cheese
- 2 Tablespoon parsley
- 1 clove garlic, minced
- 1 teaspoon crushed oregano
- 1 teaspoon salt
- dash pepper

Combine all ingredients. Form 20 small balls and boil in water for 15 minutes. Add to spaghetti.

Please share your recipe with us! If your recipe is chosen, you will receive a \$10 credit on your electric bill from North Itasca Electric Cooperative. Send your recipe to the editor, WATTS NEWS, P.O. Box 43, Spring Lake, MN 56680.

Zucchini Sandwich

Thank you to Janet Kogler for this October recipe!

Makes one serving:

Lightly toast two slices heavy wheat bread (such as Brownberry®).

Spread mayonnaise on both slices.

Grate one Tablespoon onion and mix with 2/3 cup grated zucchini. Divide and spread on bread. Season with Lawry's® seasoned salt.

Broil until steaming. Remove and top with tomato slices. Sprinkle with pepper.

Grate mozzarella cheese to cover tomatoes. Broil until mozzarella melted, about two minutes.



i s

My husband asks for this all the time!

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for the NOVEMBER issue: Fri., Oct. 14

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-FOR SALE-

For sale: Garage heater. Heavy duty hot water heater can hook to outdoor furnace, floor or ceiling mount. \$ 300. Call (218) 256-3829 11/22

For sae: Whirlpool natural gas dryer 100. New mercury prop, 5-25 hp, \$35. Call (218) 245-0112

For sale: Homemade tandem axle trailer with spare. \$600. Call (218) 256-3829 11/22

For sale: LG 29 cu. ft. French door refrigerator, 2015 model LFXS 29626 in white. Filtered ice and water dispenser on outside of left door. Used for 5 years. Like new condition. New cost \$2,500, sell for \$1,300. Call (218) 308-1335 11/22

For sale: 1 box of Winchester 338 magnum 200 grain rifle shells, \$55 Call (218) 832-3329 11/22

For sale: Birch firewood, split, seasoned, 16 inch U haul. \$90 large pick-up load. Co. Rd. 127. Call (218) 659-2726 11/22

For sale: Sears 8 Watt all-purpose box light model #09-89301 and spare bulbs; Winter blues helper. \$25 Call (218) 832-3453 10/22

For sale: Two man crosscut saw in excellent condition, \$90. Open to negotiate. Call (218) 659-2797 10/22

For sale: 20 vintage zinc canning lids with milk glass inserts. \$30 for all 20. Call (218) 659-2797 10/22

-FOR SALE-

For sale: Winchester Model 94 lever action 30-30 rifle with offset scope. Serial # 440-4865. Near flawless condition. \$ 595. Appraised at \$ 650 by rifle expert Call (218) 659-2797 11/22

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For sale: Seasoned black ash: cut, split 16", \$210 a cord delivered Marcell area. Call (218) 832-3324 10/22

For sale: 60 aluminum 1 5/8 in wide x 10 ft long studs, new, \$ 6 ea.. German Adler manual typewriter \$25. 1952 children's folding table and chairs \$75. Call (218) 910-6610 7/22

For sale: Cut, split, seasoned birch, ash, maple, aspen firewood. Call (218) 910-6610 12/22

For sale: Ruger VT 556/223 AR platform. Medium heavy barrel 1-9 twist. Long range rifle. legal sale only. \$1,600. Call (218)256-3829 10/22

For sale: Router & router table, some bits \$30. Sawzall \$20, 3/8" impact drill \$25, 3/8" drills \$10. Jigsaw. Call (218) 832-3564 or (218) 856-8876 10/22

-FOR SALE-

For sale: Solid oak ice box, probably antique. Rare 4 door with brass hardware, white porcelain and galvanized interior, three woven metal shelves. 50" high x 36" wide x 20" deep on casters. May have been refinished 50 years ago. \$1,950. Call (218) 308-1335 10/22

For sale: Cover hay Septic, gardens, etc. \$2.50/bale. Call (218) 256-3829 10/22

For sale: Bear Cat chipper-shredder. 8 hp Honda motor pull behind with 15" tires. Used twice, like new. \$2,695. Call (218) 743-3933 10/22

For sale: 10 ft. hyd. stump & rock digger. Fits on skidsteers. 2 ft. bucket. Like new, \$2,895. Call (218) 743-3933 10/22

-MOTORHOME-CAMPERS

For sale: 1987 Mallard travel trailer. Will make a good hunting shack. You must move. Sold in "as is" condition. All sales final. \$1,000. Cash only. Call (612) 940-6922, ask for Ken 11/22

-BOATS-MOTORS, FISHING

For sale: Boat lift. Accommodates 16' boat. Needs new canvas canopy cover. \$700. Call Dan, (612) 308-7090 10/22

For sale: 1994 16 ft. Lund fishing boat. 18 hp Merc., electric trolling motor, swivel seats with trailer. \$1,600. Call (612) 300-7705 10/22

-FARM-

Hay for sale: Small square bales - timothy, clover field hay mix. Nice hay. Call (218) 256-3829 10/22

For sale: 5 ft. pull-behind disc. 8" tire, 8 discs, exc. cond. Pull with tractor or 4-wheeler. \$249.95. Call (218) 743-3933 10/22

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GRE battery project includes Minnesota flair

Great River Energy's partner on its upcoming Cambridge Energy Storage Project, Form Energy, recently revealed long-awaited details about its technology. The primary component of Form Energy's first-of-its-kind, multi-day battery is also a cornerstone of Minnesota's economy: iron.

Form's previously closely guarded technology is what sets it apart from other grid-scale batteries.

"While other battery technologies employ expensive and rare metals, iron is one of the safest, cheapest and most abundant minerals on Earth," said Great River Energy President and Chief Executive Officer David Saggau. "And, of course, our northern Minnesota member-owner cooperatives are located on one of the world's richest iron ore reserves."

The energy storage project is expected to be in operation at the end of 2023 in Cambridge, Minnesota. It will be the first commercial deployment of Form Energy's proprietary multi-day energy storage technology.

The value of multi-day storage

Energy storage has the potential to solve challenges posed by the variable nature of the most common types of

renewable energy.

When evening falls over solar panels, this technology could discharge electricity it stored during the day. If the breeze subsides at a wind farm for several days, stored energy could be used to serve Minnesotans. Expanding the use of storage from periods of hours to several days is what sets the Form technology apart.

The benefits of multi-day energy storage will only increase as utilities incorporate more renewable energy resources. Great River Energy plans to more than double the renewable energy in its portfolio by 2023 and reach 50 percent renewables by 2030.

The Cambridge Energy Storage Project will be a 1.5-megawatt, grid-connected storage system capable of delivering its rated power continuously for 100 hours — far longer than the four-hour usage period available from utility-scale lithium-ion batteries today.

"While this project will be a relatively small resource on the grid, it is a leap forward for long-duration storage," said Great River Energy Vice President and Chief Power Supply Officer Jon Brekke. "We are optimistic that this type of resource could be very valuable as the electric system continues to evolve."

Choosing the right technology

Form Energy Chief Executive Officer and co-founder Mateo Jaramillo said the use of iron was a critical decision to keep Form's battery storage technology inexpensive and environmentally friendly.

"We conducted a broad review of available technologies and have reinvented the iron-air battery to optimize it for multi-day energy storage for the electric grid," Jaramillo said. "With this technology, we are tackling the biggest barrier to deep decarbonization: making renewable energy available when and where it's needed, even during multiple days of extreme weather or grid outages."

Form Energy intends to source iron domestically and manufacture the battery systems near



Artist's rendering of battery array.

where they will be sited.

Form Energy also announced it is working with steel and mining company ArcelorMittal on the development of iron materials for battery systems. ArcelorMittal has two iron ore mining operations in northern Minnesota.

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