

JANUARY 2023

# PENNLINES

## Waiting on the World

Co-ops Contend with  
Supply Chain Disruptions



**A WINTER'S WALK**  
**THOUGHTFUL**  
**BEGINNINGS**  
**THE TWILIGHT**  
**ZONE**

**INSIDE!**  
**RAVES**  
**FOR**  
**RAYSTOWN**  
**LAKE**

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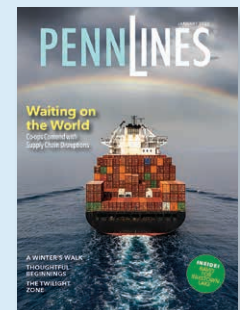
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**ON THE COVER**

A ship with raw materials and finished products sails across the sea to new manufacturers and markets amid ongoing supply chain disruptions.

## In Your Community, in Your Corner



**IN YOUR COMMUNITY, THERE'S SOMEONE** who serves on the board of your electric cooperative. This person might be somebody you know — a friend, a neighbor, a fellow churchgoer. You might run into them at the grocery store or the local diner. Like you, they're also a member of your local electric cooperative. As a director on the cooperative board, they were elected by fellow members to represent you. They're from your community, and they're in your corner.

Not-for-profit electric cooperatives are different from many businesses. They were built by local community members to serve the local community. They do not operate to increase value to investors — investors who may have no connection to the local community. Instead, cooperatives operate to increase value to the members they serve. They do this by providing reliable electric service at the most affordable price possible.

To ensure this happens, electric cooperatives are run by boards of locally elected directors. In this way, you have a say in how your cooperative is run. These directors have to make decisions for the health and well-being of the cooperative, but they do so with their local community in mind. In these challenging economic times, they're thinking about their friends and neighbors. They're thinking about the local farmer, the veteran, the struggling shop owner.

Your electric cooperative is one of 13 in Pennsylvania. Joined by another cooperative in New Jersey, these 14 systems are represented by the Pennsylvania Rural Electric Association (PREA), a service organization established in 1942 to work on behalf of the cooperatives. In 1946, these cooperatives also helped to form Allegheny Electric Cooperative, Inc. (Allegheny) to be the wholesale generation provider for this 14-member network.

Like your local cooperative, PREA and Allegheny are each run by a board of directors, and each of these boards has a director from your cooperative. As the president & CEO of PREA and Allegheny, I report to both boards. In other words, I have 28 bosses — all connected to their local cooperative communities.

I am fortunate to work with a tremendously thoughtful and dedicated group of directors. Though they come from various backgrounds and experiences, they share a common commitment to serving electric cooperatives, their members, and their communities. I can assure you, these directors don't make a decision without considering the impact back home.

When PREA directors meet with our elected officials, they explain how certain legislation may have bearing on the quality of life in our rural areas. When Allegheny directors decide on generation rates, they do so with an understanding of how it will affect electric bills for their neighbors.

This was the case when the Allegheny board met to set generation rates for 2023. While a rate increase was necessary, the board decided to allocate some of Allegheny's deferred revenue to adjust the amount of the increase, softening the impact on consumers. The result is a generation rate that is still one of the lowest in the region.

That's the advantage of having directors connected to the local community. They're making decisions with you in mind. They're from your community, and they're in your corner. 🍷

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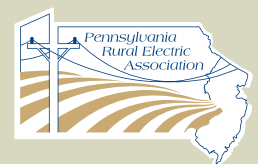
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**CHANGE IS HARD**

"What did you do?" That was my daughter's impassioned reaction to the recent redesign of *Penn Lines*, spoken in a tone that implied I had offended the ancient gods. A young teenager, she has mostly known only one version of the magazine all her reading life. The new look caught her a bit off guard, shaking her sense of stability in the world.

Teenagers have been through a lot these past few pandemic years, so I could understand her resistance to change. Sometimes, we like things to stay the way they are. Sometimes, change is hard.

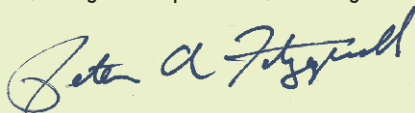
We're going through our own changes here at *Penn Lines* – and not just with this recent redesign. Doug Shirk, our graphic designer, will be retiring at the end of the month. A key member of an award-winning team, Doug has been with *Penn Lines* since 2005, helping us look good for nearly two decades. In that time, he has worked through four different designs of the magazine.

As a graphic designer, Doug is responsible for the look and feel of the magazine. That hasn't always been easy. The early days of the pandemic made magazine layout and design difficult. Travel and health restrictions limited the content we could provide Doug to work with. Yet, he made do, using his skills to create innovative designs that kept the same high standard for the magazine. Doug's dedicated work is one of the primary reasons *Penn Lines* continues to be a nationally recognized cooperative publication.

My daughter's reaction aside, we have received many positive comments from readers about the new look of *Penn Lines*. It's a testament to Doug's dedication. Though he contemplated retirement last year, he committed to seeing the magazine through one more redesign. The year-long effort resulted in a bold, new look that will represent the next era of your cooperative publication.

We will miss Doug's presence here at the office and on the pages of *Penn Lines*. We thank him for his years of service to the magazine, and we wish him all the best in retirement.

Yes, sometimes change is hard. But Doug and even my daughter – both fans of the rock group Rush and their song "Tom Sawyer" – understand that, "changes aren't permanent, but change is."



**PETER A. FITZGERALD**  
EDITOR



**GO FISH:** Huntingdon County's Raystown Lake was recently named one of 10 "Waters to Watch" for efforts to promote fishing and fish habitats.

**ON THE WATERFRONT**

**Raystown Lake reels in national honor**

Raystown Lake in Huntingdon County reeled in a national honor recently when it was named one of 10 "Waters to Watch" for 2022.

The list, compiled by the National Fish Habitat Partnership, highlights waterways where conservation efforts have helped to enhance fish habitat. The lake, an 8,300-acre reservoir located in Valley Rural Electric Cooperative's service territory, was the only Pennsylvania waterway selected for the honor.

The Pennsylvania Fish and Boat Commission, working with a number of partners, has overseen several projects to ensure recreational activities on the lake, including boating and jet skiing, have minimal impact on the shores and below the surface. The goal is to increase the fish population and opportunities for anglers, officials say.

This past year, more than 1.5 million people visited Raystown Lake. Allegheny Electric Cooperative, Inc., the wholesale energy supplier for the 14 electric cooperatives in Pennsylvania and New Jersey, also owns and

operates the hydroelectric plant at the lake.

To learn more about Raystown Lake and others on the "Waters to Watch" list, go to [fishhabitat.org](http://fishhabitat.org).

**Voting open now for 2023 River of the Year**

The state Department of Conservation and Natural Resources (DCNR) is once again turning to the public for help in choosing Pennsylvania's 2023 River of the Year.

This year's nominees are the Conestoga River, Perkiomen Creek, Schuylkill River and Susquehanna River-North Branch. Votes are being accepted through 5 p.m. Wednesday, Jan. 18, at [pawatersheds.org](http://pawatersheds.org). (Click on "River of the Year" at the top of the page.)

"Honoring the River of the Year has become one of my favorite annual traditions, and I am hopeful that we receive a record number of votes for the 2023 competition," DCNR Secretary Cindy Adams Dunn says.

After a waterway is chosen for the honor, local groups implement a year-round slate of activities and events to celebrate the river, including a paddling trip, or sojourn.

The public has been helping to pick the winner for the past 13 years.

## TRAVEL TRENDS

### Turnpike waving goodbye to toll plazas

The Pennsylvania Turnpike is saying hello to the future and goodbye to toll plazas. It's all part of a plan to modernize the 82-year-old toll road with a new system known as "open road tolling," which will replace the long-standing toll plazas with overhead structures called gantries. Sensors in the gantries will detect how far cars have traveled, and motorists will continue to pay their tolls with either E-ZPass or the Toll By Plate option.

The new system will eliminate the need for motorists to slow down and enable the Turnpike Commission to add more connections along the road at half the cost and footprint of the current plazas, officials say.

The first phase of turnpike updates will start in late 2024 with gantries installed along the eastern part of I-76 and the Northeast Extension.

## CHECK IT OUT

### Public asked to verify accuracy of federal broadband map

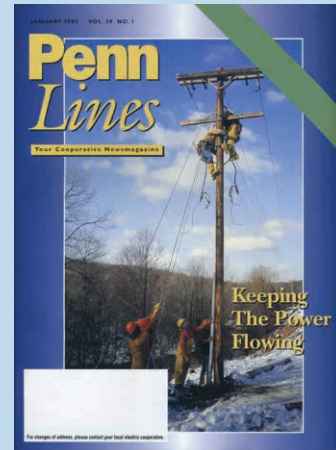
With millions of federal dollars rolling into Pennsylvania to expand high-speed internet coverage, state officials are asking for the public's help to ensure service goes where it is needed most.

Spending and location decisions will be based on the Federal Communications Commission's (FCC) national broadband map, and accuracy is essential, says Brandon Carson, executive director of the Pennsylvania Broadband Development Authority.

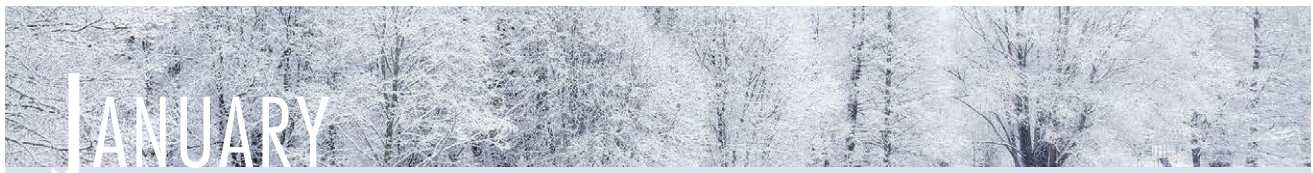
Pennsylvanians have until Jan. 13 to review and request corrections to the map. Specifically, the authority is asking the public to look for their home address and determine if the FCC's access information is accurate.

To review the map and learn more about submitting an appeal, go to [help.bdc.fcc.gov](http://help.bdc.fcc.gov).

## TIME LINES



No matter when an outage occurs, the first people on the scene are lineworkers, a tough bunch who endure all kinds of weather and situations to keep the lights on. The January 2003 issue of *Penn Lines* highlighted the people who chose the profession and what it takes to stay in it, including many hours of training and a willingness to be away from their families for long stretches at a time.



# JANUARY



### ORANGE YOU GLAD?

There are lots of reasons to attend the Pennsylvania Farm Show, Jan. 7 to 14, in Harrisburg, but here's a really good one: The Pennsylvania Dairymen's Association – the purveyors of those famous milkshakes – will be celebrating its 70th birthday with a new flavor: orange cream.

### WHAT A CROCK

It's National Slow Cooking Month, so stir up something yummy. Great options include saucy meatballs, creamy chicken over noodles and succulent shredded beef – all perfect meals for this chilly time of year.



### CELEBRATE MLK

On Jan. 16, Martin Luther King Jr. Day, take a trip back in time and watch – or read – the civil rights activist's impassioned "I Have a Dream" speech, delivered before 250,000 people in front of the Lincoln Memorial in Washington, D.C.



### HAVE A LAUGH

When was the last time you laughed so hard you cried? If you can't remember, then put on your favorite funny movie or TV show and get giggly on Belly Laugh Day, Jan. 24.

### FUN FACT

January is named after Janus, the Roman god of gates and doors, which symbolize endings, beginnings and transitions. Interestingly, Janus has two heads – one looking at the past and the other at the future.

## How Electric Vehicles Impact the Grid

A 2021 study by the U.S. Department of Energy showed that increased electrification will account for a 38% increase in electricity demand by 2050 – and electric vehicles will account for much of it.

**KATHERINE LOVING**

**LAST YEAR SAW A RECORD** increase in electric vehicle (EV) sales, and experts are predicting that by 2035, many major vehicle manufacturers will only produce electric models.

A 2021 study by the U.S. Department of Energy showed that increased electrification, or the replacement of direct fossil fuel use with electricity, will account for a 38% increase in electricity demand by 2050 — and EVs will play a major role.

The need for more electricity will have a major impact on the nation's grid, which means power supply and grid infrastructure must be carefully planned.

### New challenges

Fully charging an EV battery requires the same amount of electricity needed to power a home during peak energy use times. However, EV charging is a concentrated pull of energy over an extended period, which can add stress to the local power grid by increasing the amount of electricity a utility has to provide.

Additionally, the neighborhood transformer needs to have adequate capacity to handle the increased load.

EV charging can shorten the lifespan of transformers by straining and overloading their capacity if they are not matched to a neighborhood's energy needs.

Electric cooperatives are currently identifying ways to manage this new pattern of electricity use. Analyzing energy load patterns or identifying where and when spikes in demand occur can provide electric co-ops with data on where to place higher-capacity transformers. This analysis can also provide a picture of overall energy use and patterns to help forecast future energy consumption. Having a plan for system maintenance and upgrades is also part of that long-range forecasting. This, however, has been complicated by supply-chain issues with transformers. Wait times are upward of a year — sometimes longer.

EV owners can play a role in reducing energy costs and system stress. For example, EV owners can charge their vehicles at night when electricity demand and wholesale energy rates are lower.

Another potential change on the horizon is a new energy peak time. EV drivers that plug in to charge as soon as they return home from work will create even more electricity demand during this busy time of day. But if EV drivers use a timer to schedule charging at night, the electricity demand could be spread over a longer period to reduce stress on the grid. This would be especially beneficial for neighborhoods with multiple EV drivers.

EVs are only expected to increase in number. If you own an EV, let your electric co-op know so it can better plan energy demand for you and your neighbors. 📍

**KATHERINE LOVING** writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.



**SALES INCREASE:** Last year saw a record increase in electric vehicle sales.



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# Waiting on the

# WORLD



**SHORT SUPPLY:** Poles, transformers, wires and the hardware to install them have gone from abundant to absent, requiring orders be placed months in advance of delivery as prices spike industrywide.



# Co-ops Contend with Supply Chain Disruptions

MICHAEL T. CRAWFORD

**Like the food chains children learn about in grade school, there are no minor disruptions to systems, especially on a global scale. And these days — in the age of globalization — even “simple” supply chains aren’t that simple anymore. A single weak link can cause a domino-effect of disruptions.**

What is a supply chain, anyway? Simply put, it’s all the time and labor it takes to procure, transport and transform raw materials into a finished product.

And when things go wrong, like they have recently, the system can break down — spectacularly.

“It’s not one particular thing that has thrown off the flow of production — it’s everything,” explains Dennis Shawley, Job Training & Safety school coordinator and safety instructor for the Pennsylvania Rural Electric Association, the statewide trade association for 13 rural electric cooperatives in Pennsylvania and one in New Jersey.

“Some of the manufacturers I’ve spoken to tell me they can’t find the raw materials they need, and that even if they could, they don’t have the workforce or the knowledge base to manufacture a product,” he added. “Even once they have a product, there’s the issue of having it transported; it’s not as easy as it used to be to get things scheduled and moved around.”

## Help wanted

It’s not so much that raw materials have become inherently rare, but that there are fewer laborers to harvest, process and ship them. At every phase of a supply chain, labor is required, and labor has been increasingly hard to find since 2020. In an attempt to prevent the spread of COVID-19 — which has claimed the lives of more than 6.64 million people worldwide, including more than 1 million Americans — countries across the globe enacted strict safety protocols, not to mention lockdowns (some

countries still do this when new cases crop up). But while most of these restrictions have come and gone, labor continues to be in short supply.

“If you look at these industries, it’s hard jobs — it’s labor,” says Gary Burnett, executive vice president of United Utility Supply, a material supply cooperative. “When you get skilled labor, you try to retain it as best you can with benefits, pay incentives, bonuses, education ... but we can’t even get people to apply.”

In general, the United States has more job openings than people without jobs, according to the U.S. Bureau of Labor Statistics (BLS). In September 2022, BLS reported 5,753,000 unemployed people and 10,717,000 job openings — 746,000 in the manufacturing sector and 482,000 in transportation, warehouse and utilities — which is nearly twice as many job openings as people. Though not quite as extreme, Pennsylvania had just over 263,000 unemployed compared to 372,000 job openings.

While neither the state nor the country are out of the woods yet, the disparity has improved from 2021, when BLS reported total job openings at 405,000 in Pennsylvania and 11,094,000 nationwide. That may swing back in the opposite direction, however, as the average age of baby boomers, the youngest of whom are already 58, reaches 67.

“Everyone is struggling to find employees and retain employees,” Burnett says. “When you start looking at the demand that’s on the marketplace because of the growth that we’ve seen ... not being able to produce as much as you would like, or more than you’re typically accustomed to, that’s where part of the big struggle is.”

**"It's not one particular thing that has thrown off the flow of production – it's everything."**

The first shortage rural electric cooperatives experienced was hardware, such as insulators, wire ties and cables — the figurative “nuts and bolts” of line work, according to Scott Zimmerman, facilities manager at DuBois-based United Electric Cooperative. Then transformers started to be in short supply. Today, Zimmerman notes, components for installing transformers remain hard to find.

When a material is scarce, manufacturers will sometimes impose a purchasing cap, Burnett explains, or they'll simply stop taking orders. More often than not, a shortage means an incredibly long turnaround between ordering and receiving a product.

“All of a sudden our distributors received notification from the manufacturers with lead time changes,” recalls Dave Dudak, warehouse manager for Somerset Rural Electric Cooperative (REC). “Everything is different, and everything changes. The normal two-to-four-week lead time may turn to six to eight or 12 to 16.”

It also means the law of supply and demand pushes prices upward. The cost for United Utility Supply to secure transformers rose by 40% from 2019 to 2022 (practically a steal compared to the 300% to 600% increase in price across the utility industry) while wire cable costs rose by 79% over the same period.

The long lead times complicate budgeting, too, especially for equipment, such as transformers or bucket trucks. Their prices are determined at the time of delivery, adding greater uncertainty — and, in all likelihood, cost — to the budget's bottom line.

### In demand

The growing list of shortages has changed the way cooperatives plan out system improvements. In some instances, they've pushed back projects that can wait to conserve materials that might be needed at a moment's notice, such as recovering from outages or connecting new members.

“We don't really have the option of not repairing lines or restoring outages,” explains Rus Ogburn, CEO/general manager at Somerset REC. “We've always had the benefit of a smooth and reliable supply chain — a predictable supply chain.”

Dudak, recalling conversations with suppliers, explains, “The mindset shifts from ‘we'll ship your items in X number of weeks’ to ‘we'll get it,



**MAKING CONNECTIONS:** United Electric Cooperative lineworkers set a pole for a new connection to a consumer-member in February 2019.

have it on-site and make sure we have a buffer to cover the expected buildout.’ It requires additional inventory to manage that risk, but it doesn't really change the operational philosophy. It changes the warehouse philosophy, if anything.”

It's not only a lack of supply but also an increase in demand that has strained cooperative reserves.

In 2020, during the height of the pandemic, remote workers left cities in favor of rural homes across Pennsylvania. Some communities even encouraged this, offering stipends to workers interested in leaving urban environments. While that seems to have subsided, Ogburn says, cooperatives aren't the only organizations vying for the types of material used in linework.

A transformer, for example, requires steel, copper and aluminum (and a lot of other things, but those are the big three, Burnett says). Buildings, ships, trains and cars, just to name a few, all use steel. Copper is used in roofing, plumbing and

industrial machinery. And aluminum is used in high-rise buildings, aircraft components and consumer goods. Each of the materials has a long list of additional uses, but they all are key to infrastructure projects, many of which have received significant financial incentives to be completed under the Bipartisan Infrastructure Law.

“There are limited manufacturers of some of the components,” Burnett explains. “With the market being what it is, with the labor being what it is, you just can’t make more.”

### Business as usual

To Pennsylvania rural electric cooperatives, the ongoing struggle with the supply chain — while stressful — is just another storm, so to speak.

“You have to manage unknowns, but we operate in the utility space where managing unknowns — outages, for instance — is what we do,” Ogburn says.

When a storm strikes, cooperatives cooperate with each other to mitigate the damage and get the lights back on as fast as possible. That means sharing labor and sharing equipment through the mutual-aid program.

“We gave up some of our transformers that we had in excess to another co-op, and we’ve received transformers from another co-op that they had in excess,” Zimmerman recalls. “If one of the co-ops calls and says, ‘Hey, we’re really in a bind, can you help us out’ ... if any of the co-ops can do it, they will do it.”

Cooperatives have been doing this for decades. Since they took root in their communities more than 80 years ago, cooperatives learned the best way to tackle a challenge is to be ready before it happens. In 1970, they formed the VOAM electric cooperative, a collective purchasing group (that no one can seem to remember what the acronym stands for anymore). Through VOAM, cooperatives gain more leverage when working with suppliers, specifically for poles, transformers and wires.

“We’ve worked hard for years to diversify our supply chain, and relying on that diversified supply chain helps to mitigate the impact of the supply disruptions,” Ogburn notes. “Thanks to Dave’s legwork over the last two decades, we have created relationships that allow us to utilize diverse supply chains, which benefits our members.”

**“We don’t really have the option of not repairing lines or restoring outages.”**

**MAINTAINING INVENTORY:** Line superintendants from Pennsylvania rural electric cooperatives inspect and inventory transformers at New Enterprise Rural Electric Cooperative as part of the Rural Electric Safety Achievement Program, which is designed to reinforce cooperative safety policies.



# Should I Change My Charging Habits?

Four things to know about extending rechargeable battery life

PAUL WESSLUND

**MANY OF US ARE SO** connected to our phones, tablets and laptops that we panic when their battery nears the dreaded 0% mark.

We want our device batteries to perform well for as long as possible. But taking care of them can conflict with why we have our electronics in the first place. The point isn't to fret about battery life, it's to read and send emails, scroll on social media, take photos, and follow countless other pursuits.

If you ever find yourself fretting over your device's power levels, here are a few tips on striking the right balance between battery health and how you work and play.

## 1. Keep your battery about 40% to 80% charged.

There's a lot of reasonable advice around the internet to keep your phone charged between 20% and 80% or between 40% and 80%. To understand those recommendations, it helps to understand how rechargeable batteries work.

Up until about 20 years ago, batteries benefited from occasional "deep discharges," or running the battery down until the device shut off. But because different materials are

used in today's batteries, that's not true anymore. Therefore, keeping the device charged at about 50% will put the least amount of stress on the battery and make it last longer.

But that's unrealistic; no one's going to keep their phone half-charged all the time. So, the experts try to make it easier by recommending 40% to 80% or 20% to 80%.

## 2. Overnight charging can add stress to some batteries.

Charging your device up to 100% or letting it drain to 0% puts extra stress on the battery. That's why it can make sense to charge your devices occasionally throughout the day, rather than keeping them plugged in while you sleep. Newer electronics will actually stop charging at 100%, but then each time the charge drops to 99%, charging will resume.

## 3. Keep it cool, but not cold.

One absolute in battery care is to avoid letting your device get warmer than 95 degrees. Keep it out of the sun and never leave it in a hot vehicle. If the device does get hot, don't go to the other extreme and put it in the freezer. Just place it in the shade or take the cover off for a while.

## 4. Use less power.

It sounds simple, but one of the easiest ways to put less stress on the battery is to use less power. You can close energy-draining apps when you're not using them and activate energy-saving settings, like sleep mode, sooner. Another easy way to reduce battery use is to activate the "airplane mode" option every now and then. You may experience a temporary pause in receiving emails or phone calls, but it might help you focus on that movie you're watching, the trail you're hiking, or the conversation you're having with dinner companions.

If you're the kind of person who likes to turn in their electronics every couple years for the latest versions, these recommendations likely won't apply. But if you're someone who wants your devices to last longer, these suggestions can help prolong battery life. 📱

**PAUL WESSLUND** writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.



**EXTRA STRESS:** Charging your device up to 100% or letting it drain to 0% puts extra stress on the battery and can shorten its life.

## Scientific Discovery Stuns Doctors

# Biblical Bush Relieves Joint Discomfort in as Little as 5 Days

*Legendary “special herb” gives new life to old joints without clobbering you. So safe you can take it every day without worry.*

According to the Centers for Disease Control and Prevention, more than 54 million Americans are suffering from joint discomfort.

This epidemic rise in aching joints has led to a search for alternative treatments—as many sufferers want relief without the harmful side effects of conventional “solutions.”

Leading the way from nature’s pharmacy is the new “King of Oils” that pioneering Florida MD and anti-aging specialist Dr. Al Sears calls “the most significant breakthrough I’ve ever found for easing joint discomfort.”

Biblical scholars treasured this “holy oil.” Ancient healers valued it more than gold for its medicinal properties. Marco Polo prized it as he blazed the Silk Road. And Ayurvedic practitioners, to this day, rely on it for healing and detoxification.

Yet what really caught Dr. Sears’ attention is how modern medical findings now prove this “King of Oils” can powerfully...

### Deactivate 400 Agony-Causing Genes

If you want genuine, long-lasting relief for joint discomfort, you must address inflammation. Too much inflammation will wreak havoc on joints, break down cartilage and cause unending discomfort. This is why so many natural joint relief solutions try to stop one of the main inflammatory genes called COX-2.

But the truth is, there are hundreds of agony-causing genes like COX-2, 5-LOX, iNOS, TNF, Interleukin 1,6,8 and many more—and stopping just one of them won’t give you all the relief you need.

Doctors and scientists now confirm the “King of Oils”—Indian Frankincense—deactivates not one but 400 agony-causing genes. It does so by shutting down the inflammation command center called Nuclear Factor Kappa Beta.

NK-Kappa B is like a switch that can turn 400 inflammatory genes “on” or “off.” A study in *Journal of Food Lipids* reports that Indian Frankincense powerfully deactivates NF-Kappa B. This journal adds that Indian Frankincense is “so powerful it shuts down the pathway triggering aching joints.”

### Relief That’s 10 Times Faster... and in Just 5 Days

Many joint sufferers prefer natural solutions but say they work too slowly. Take



*The active ingredient in **Mobilify** soothes aching joints in as little as 5 days*

the best-seller glucosamine. Good as it is, the National Institutes of Health reports that glucosamine takes as long as eight weeks to work.

Yet in a study published in the *International Journal of Medical Sciences*, 60 patients with stiff knees took 100 mg of Indian Frankincense or a placebo daily for 30 days. Remarkably, Indian Frankincense “significantly improved joint function and relieved discomfort in as early as five days.” That’s relief that is 10 times faster than glucosamine.

### 78% Better Relief Than the Most Popular Joint Solution

In another study, people suffering from discomfort took a formula containing Indian Frankincense and another natural substance or a popular man-made joint solution every day for 12 weeks.

The results? Stunning! At the end of the study, 64% of those taking the Indian Frankincense formula saw their joint discomfort go from moderate or severe to mild or no discomfort. Only 28% of those taking the placebo got the relief they wanted. So Indian Frankincense delivered relief at a 78% better clip than the popular man-made formula.

In addition, in a randomized, double blind, placebo controlled study, patients suffering from knee discomfort took Indian Frankincense or a placebo daily for eight weeks. Then the groups switched and got the opposite intervention. Every one of the patients taking Indian Frankincense got relief. That’s a 100% success rate—numbers unseen by typical solutions.

In addition, *BMJ* (formerly the *British Medical Journal*) reports that Indian Frankincense is safe for joint relief — so safe and

natural you can take it every day.

Because of clinically proven results like this, Dr. Sears has made Indian Frankincense the centerpiece of a new natural joint relief formula called **Mobilify**.

### Great Results for Knees, Hips, Shoulders and Joints

Joni D. says, “**Mobilify** really helps with soreness, stiffness and mild temporary pain. The day after taking it, I was completely back to normal—so fast.” Shirley M. adds, “Two weeks after taking **Mobilify**, I had no knee discomfort and could go up and down the staircase.” Larry M. says, “After a week and a half of taking **Mobilify**, the discomfort, stiffness and minor aches went away... it’s almost like being reborn.” And avid golfer Dennis H. says, “I can attest to **Mobilify** easing discomfort to enable me to pursue my golfing days. Definitely one pill that works for me out of the many I have tried.”

### How to Get Mobilify

To secure the hot, new **Mobilify** formula, buyers should contact the Sears Health Hotline at **1-800-418-5330** TODAY. “It’s not available in retail stores yet,” says Dr. Sears. “The Hotline allows us to ship directly to the customer.” Dr. Sears feels so strongly about **Mobilify**, all orders are backed by a 100% money-back guarantee. “Just send me back the bottle and any unused product within 90 days from purchase date, and I’ll send you all your money back.”

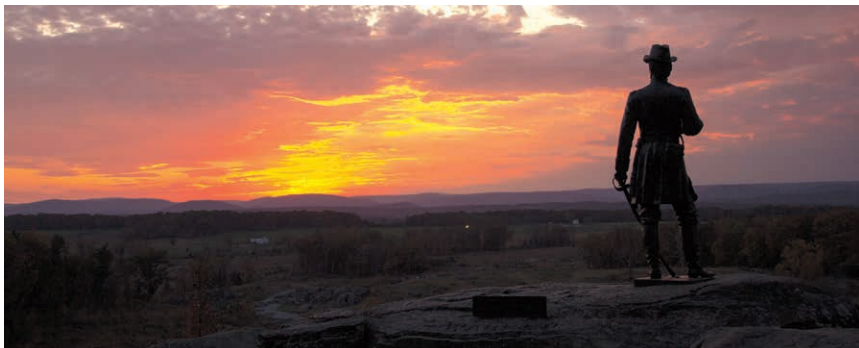
Use Promo Code **PLMB123** when you call to secure your supply of **Mobilify**. Lines are frequently busy and due to heightened demand, supplies are limited. To secure your supply today, call **1-800-418-5330**.

## In & Around

### Adams Electric Cooperative

It's a new year, and Adams Electric Cooperative (EC) is helping its area students kick it off strong. This month the cooperative opens its application process for its \$1,000 scholarships, available to up to 30 high school seniors. At the same time, the cooperative will be interviewing interested high school juniors for a chance to visit Washington, D.C., for the Electric Cooperative Youth Tour.

Headquartered in Gettysburg, the cooperative is surrounded by (and sometimes powers) educational opportunities for all ages, such as those found on the Gettysburg National Military Park. Adams EC, which serves more than 33,600 homes, farms, and businesses in south-central Pennsylvania, powers other popular destinations throughout the area as well, such as the Liberty

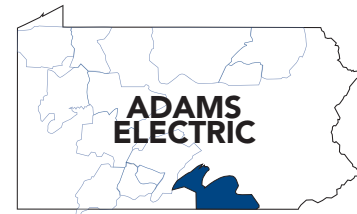


Mountain Resort, known for its skiing. The cooperative's service territory is surrounded by state parks, too, including Codorus, Pinchot and Caledonia. These are hugely popular in the spring, summer and fall as they are located near the York County Rail Trail and the Appalachian Trail.

Throughout the year, the region is also known for its widely attended festivals, including the National Apple Harvest Festival, the Apple Blossom Festival, the Bloom Festival, the Chain-saw Festival, the Wine and Music Festival, the Shippensburg Corn Festi-

val, the Snack Town Brewfest & Street Fair and the York State Fair.

The cooperative is fortunate to serve in an admirable and enjoyable part of Pennsylvania.



**Main Office: Gettysburg, Pa.**  
**Consumer-members served: 33,653**  
**Website: adamsec.coop**

## Co-op Q&A

**We've got questions,  
 you've got answers...**

...and we want you to share them with us. Every month, Penn Lines staff will ask readers a fun question and we'll publish selected answers in an upcoming issue.

### MARCH'S QUESTION

**In honor of Dr. Seuss's birthday and his creation, green eggs and ham, what's the weirdest thing you've ever eaten?**

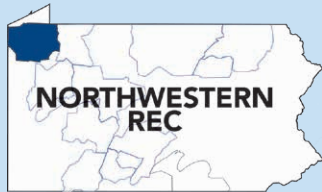
**PLEASE EMAIL YOUR ANSWER**, along with a selfie, to [CommunityCorner@prea.com](mailto:CommunityCorner@prea.com) by **FRIDAY, JAN. 20**. Please include your full name, the name of your cooperative and a daytime telephone number and put "March 2023 Q&A" in the subject line.





# Northwestern Rural Electric Cooperative Association, Inc.

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives serving Pennsylvania and New Jersey

## NORTHWESTERN REC

P.O. Box 207  
22534 State Highway 86  
Cambridge Springs, PA 16403  
www.northwesternrec.com

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## MAIN ACCESS NUMBER

1-800-352-0014

## EMERGENCIES/OUTAGES

1-800-352-0014

## FAX

814-398-8064

## OFFICE HOURS

Monday through Friday  
7 a.m. - 3:30 p.m.

Amy Wellington, Editor

## Containing Cost Increases



**FROM THE GAS PUMP TO** the grocery store, we've all seen costs going up. Pandemic-driven supply chain disruptions, a foreign war, and skyrocketing natural gas prices have fueled inflationary pressures and cost increases in every sector, including electric generation. As a result, energy bills are going up.

In this challenging economic climate, your cooperative remains committed to containing costs. We have had a remarkable record of stable and low rates over the past several years, but power costs are rising. While your generation and transmission rates are set to increase in March 2023, they will still be the lowest in the region. That's because your not-for-profit cooperative has long made investments to help curb costs to our members.

The notion of investing in our areas and taking care of our own needs has endured throughout our cooperative history. In 1946, it led to the creation of Allegheny Electric Cooperative, Inc. (Allegheny) by rural electric cooperatives in the state for that very purpose: taking care of our own power needs.

Today, Allegheny is the energy provider for 14 electric cooperatives in Pennsylvania and New Jersey, including Northwestern Rural Electric Cooperative (REC). Each cooperative has a seat on the Allegheny board of directors, whose decisions continue to be driven by the needs of our rural communities and their residents.

In the late 1970s, Allegheny made the decision to invest in a nuclear plant, becoming a part-owner in the Susquehanna Steam Electric Station (Susquehanna) in Luzerne County. Today, Allegheny's 10% share of the plant provides more than 50% of all the energy needs of all of Allegheny's member cooperatives.

Allegheny also owns the Raystown Hydroelectric Plant, a hydropower dam in Huntingdon County. In addition, cooperatives have been receiving generation since the 1960s through long-term hydropower agreements negotiated with the New York Power Authority.

Combined with Susquehanna's output, these investments have helped shield cooperative members from periods of intense market volatility. They represent roughly 65% of our power portfolio, requiring Allegheny to purchase only about 35% for our remaining needs. This portfolio has been a bulwark against recent rising energy costs. Whereas investor-owned utilities are subject to 100% of the spikes in market prices, our exposure has been limited to this 35%.

To further assist members, cooperatives are putting revenue toward tamping down costs for 2023. Used for rainy-day situations like the current market volatility, Allegheny and Northwestern maintain deferred revenue funds. The Allegheny board has decided to use a portion of this fund and Northwestern REC is using 100% of its deferred revenue fund to help absorb the impact of the rate increase in 2023.

The decision to raise rates is never taken lightly. It's made by a board of fellow cooperative members who understand what a cost increase will mean to the local community. That's why cooperatives work hard at keeping costs down. The rate increase for 2023, while necessary, also reflects that continuing cooperative effort to contain costs. 📌

Cooperatively yours,

**RYAN MELLER**  
PRESIDENT & CEO

## Stay Connected by Updating Your Contact Information

**IN THE UTILITY BUSINESS, WE** know rough weather will occur, and sometimes power outages simply can't be avoided. But did you know there are steps you can take to ensure your electricity is restored as quickly and safely as possible? By keeping your contact information up to date, you can take full advantage of the services Rural Electric Cooperative (REC) offers.

Today, with the press of a button, you can easily report an outage. At Northwestern REC, we use the phone number you provide to link your service address to our outage management system. For example, if you call to report an outage, our automated system instantly recognizes your phone number and can determine the particular service address for which you are reporting an outage. Once you give our system a response, your outage is reported. It's that simple! But remember: This only works if your current phone number is linked to your service address.

Updating your contact information speeds up the power restoration process. With correct information, our outage management system can predict the location and possible cause of an outage, making it easier for our crews to correct the problem.

You can also sign up for our outage alert service, which sends notifications about outages that may affect your service location. It is also possible for you to receive payment-due and other bill notifications. Visit [NorthwesternREC.com](http://NorthwesternREC.com) or call 1-800-352-0014 to make sure you're up to date. 📞

## Recent Survey Gives us Lots to Think About

**YOU RANKED NORTHWESTERN REC HIGHER** than the national average among cooperatives in member engagement! According to the member satisfaction survey conducted by phone and online in the summer of 2022, you gave the employees of Northwestern REC high marks. Thank you!

Cooperatives receive high marks in core operational areas, such as reliable service, handling complaints promptly, and preparing for and responding to natural disasters quickly. Opportunities to improve performance exist in areas, such as providing good value, controlling costs and helping members manage energy use.

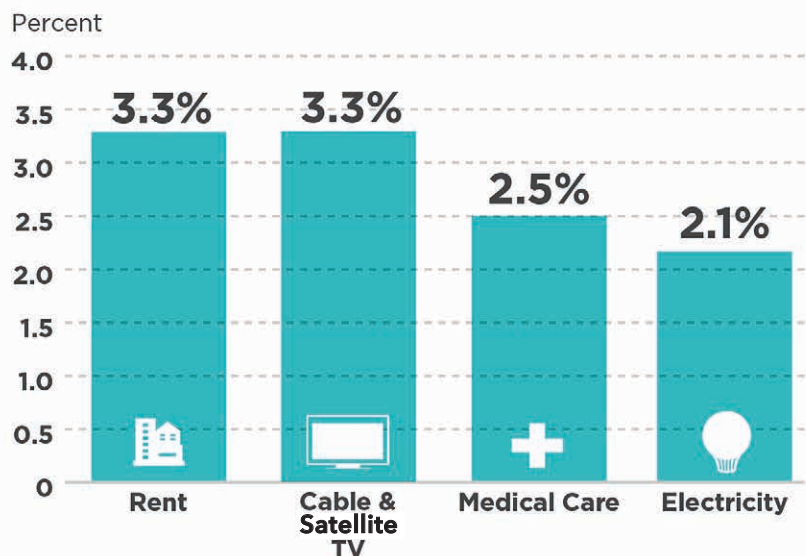
We appreciate your feedback and strive to do even better. Some upcoming projects we will be working on include: new ways to help members reduce energy consumption; email and text notifications for load control; and, finally, more information for home and business owners who want to add solar (or other net metering applications).

You have given us lots to think about. Maintaining dependable service at an affordable price remains the cornerstone of your electric cooperative business. 📞

## ELECTRICITY REMAINS A GOOD VALUE

The cost of powering your home rises slowly when compared to other common expenses. Looking at price increases over the last five years, it's easy to see electricity remains a good value.

### Average Annual Price Increase 2016-2021



Sources: U.S. Bureau of Labor Statistics  
Consumer Price Index

# BENEFITS OF BEING A CO-OP MEMBER



## Membership Benefit in the Spotlight: Capital Credits

AS A RURAL ELECTRIC COOPERATIVE based in Cambridge Springs, Northwestern REC is a member-owned, not-for-profit utility. Unlike Penelec and Penn Power, the local for-profit investor-owned utilities (IOUs), Northwestern's mission is to provide safe, reliable and economical services to help improve the quality of life for members.

IOUs and electric cooperatives are not competitors. That comment may surprise some of you, but it is true. Your electric distribution company is determined based on where you put down your roots. Service boundaries for each utility were established by the Territorial Act of 1975. This law stopped IOUs from stringing lines to areas already long-served by co-ops, enabling both companies to co-exist.

You are a member of Northwest-

ern REC. Including this magazine, you receive many benefits as a member. By electing one member from each of the 10 districts that make up your cooperative, you have a say in how the co-op does business. Northwestern is locally owned — by you — and locally operated by your neighbors.

The most important benefit you receive — and the one that makes cooperatives very different from IOUs — is capital credits. As previously mentioned, Northwestern is a not-for-profit electric distribution company. Any revenue left over at the end of the year (see graphic below) is retired and given back to the members over a certain time frame.

In 2022, Northwestern returned more than \$675,797 in capital credits

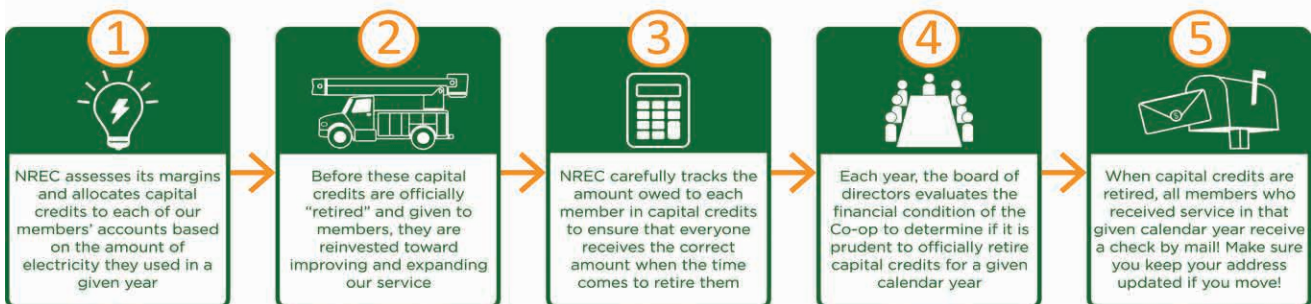
to members. This amount included half of the memberships for 2021, a quarter of 2002, about 45% of 2013, and a portion of the 2007 generation and transmission credits. If you were a member during any of these years, you may be receiving a capital credits check this month. Only checks for amounts greater than \$5 will be issued. Lesser amounts will be held over until the next retirement.

This formula was determined by your cooperative board of directors and benefits new members, long-term members, and past members. Therefore, it is important for all members, past and present, to keep contact records up to date.

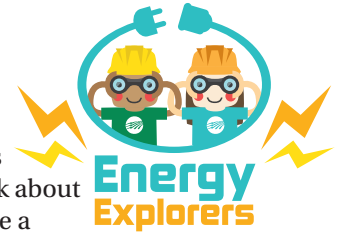
Next month, we will discuss another cooperative membership benefit. Until then, you can find out more by visiting [NorthwesternREC.com](http://NorthwesternREC.com).

## HOW CAPITAL CREDITS WORK

Unlike investor-owned utilities, Northwestern Rural Electric Cooperative is a not-for-profit organization that returns its profits, or "margins," back to its members! As a member, you are a part-owner of the co-op who is entitled to receiving money back through Capital Credit Retirements. **Here's how they work:**



# PLEDGE TO SAVE ENERGY



## I Pledge to Save Energy

Name: \_\_\_\_\_

I pledge to do my part to save energy and help our planet. Every day, I'll do the following to save energy at home and/or at school.

### My Daily Energy-Saving Plan:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

It's a new year, and that means it's time to think about how you'll make a positive impact in 2023! You can help the planet by saving energy at home and at school. Take the pledge to save energy this year by completing the form at left. Post it on your refrigerator or at school to remind others about easy ways to save energy and help our environment.

Need some ideas to help you get started? Here are a few easy ways you can save energy every day.

- ▶ Turn off all lights when you leave a room.
- ▶ Unplug phone and other device chargers when they're not being used.
- ▶ Turn off running water while brushing your teeth.
- ▶ Remind family members to wash clothes in cold water.
- ▶ Turn off ceiling fans when you leave a room.



## WHAT IS YOUTH TOUR?

Each year, Northwestern REC sponsors eight to 10 local high school students on an all-inclusive trip to Washington, D.C. We do this because education is important – education about cooperatives and education about America. The students of today are cooperative members of tomorrow.

More than 1,800 students from cooperatives across the United States take part in the Youth Tour experience. Students travel to D.C., where they visit with their elected officials and watch history come alive as they explore the museums, memorials, and monuments with other students from Pennsylvania and New Jersey. Not to mention, they will make lifelong friendships as well.

In addition to this fun-filled week in D.C., Youth Tour participants have two unique college scholarship opportunities available to them only – one through the National Rural Electric Cooperative Association and one through the Pennsylvania Rural Electric Association.

For more information about the Rural Electric Youth Tour or to apply for this opportunity, visit [NorthwesternREC.com](http://NorthwesternREC.com). All applications are accepted online and must be submitted by **Jan. 15, 2023**.

**Youth Tour will be June 18 - 23, 2023.**

Questions can also be referred to Amy Wellington at 1-800-352-0014 or [awellington@northwesternrec.com](mailto:awellington@northwesternrec.com).

# Space Heater Safety Tips

Space heaters are a great way to warm specific rooms in your home without having to crank up the thermostat, but using space heaters doesn't come without risk! Use the tips below to keep your home safe.

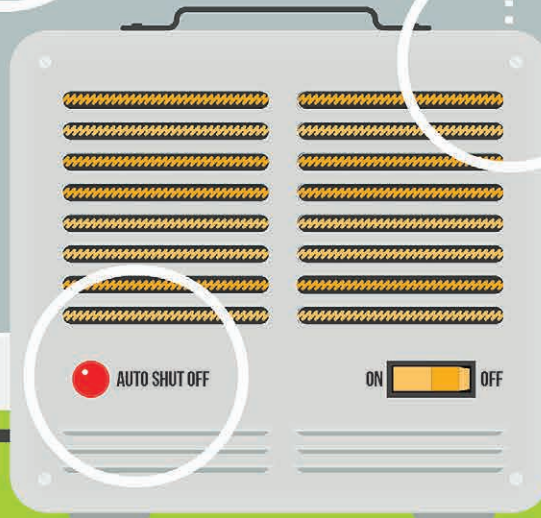
**DO:** Plug your space heater directly into the wall outlet.



**DO:** Keep your space heater in low-moisture rooms.

**DO:** Keep your space heater at a safe distance (at least 3 feet) from kids, pets and flammable items.

**DO:** Buy a unit with an automatic shutoff in case the unit tips over, or you forget to shut it off.



**DO:** Always follow the directions and take a broken space heater to a qualified appliance service center.



**DON'T:** Leave your space heater unattended. Always unplug it before you leave the house or go to bed.



**DON'T:** Use an extension cord to plug in your space heater. It can cause the heater to overheat, and can be a tripping hazard.

**DON'T:** Place your space heater near curtains, clothing, furniture or bedding.



**DON'T:** Try to repair a broken space heater yourself.



**DON'T:** Put your space heater in your bathroom. The moisture can damage the unit, which could cause it to malfunction.



# Thoughtful Beginnings

ANNE M. KIRCHNER

**THERE ARE MOMENTS IN LIFE** when you are left with your own thoughts. I do my best thinking in the kitchen. As we begin a new year, I look forward to reconnecting with family. During 2023, we will celebrate several graduations, a family reunion and milestone birthdays. Each gathering offers the opportunity for fellowship and good food.

This month's recipes are inspired by family. Fried pickles are my daughter's favorite appetizer. Tortilla Española reminds me of the in-laws and extended family members I inherited 30 years ago. And chocolate pound cake makes me think of my son who lives 800 miles away. 🍷

**ANNE M. KIRCHNER** focuses her writing on human connections, travel and culinary arts, researching food origins, exploring cooking techniques, and creating new recipes.



## AIR FRYER PICKLES

- 36 dill pickle slices
- ½ cup flour
- 2 large eggs, beaten
- 2 tablespoons pickle juice
- ½ teaspoon cayenne pepper
- ½ teaspoon garlic powder
- 1 cup panko breadcrumbs
- 1 teaspoon dill

Lay the pickles on a paper towel to absorb the liquid. Place the flour in a bowl. In another bowl, whisk the eggs with pickle juice, cayenne pepper and garlic powder. In a third bowl, combine the panko breadcrumbs and dill. Dip the pickles in the flour and coat both sides. Then dip the pickles in the egg mixture followed by the panko mixture. Place the pickles in a single layer in an air fryer basket. Spray the pickles with olive oil and cook for 3 to 5 minutes at 350 degrees. Turn the pickles, spray with oil again and cook another 3 to 5 minutes. *Makes 6 servings.*



## TORTILLA ESPAÑOLA

- 6 medium red potatoes
- ¼ cup olive oil
- ½ yellow onion, thinly sliced
- 3 cloves garlic, minced
- Kosher salt and pepper to taste
- 8 eggs, scrambled

Cook the potatoes with olive oil in a skillet over medium low heat for 30 minutes or until softened. Add the onion, garlic, salt and pepper. Add the eggs to the potatoes and cook until the underside is set and lightly browned. Use a spatula to loosen the egg mixture (also known as a tortilla) away from the side and bottom of the skillet. Cover the skillet with a large plate and invert the tortilla. Slide the tortilla back into the skillet, cooked side up, and cook for 4 to 5 minutes or until the underside is lightly browned. Slide the tortilla onto a serving plate and cut into 12 wedges. *Makes 6 to 12 servings.*



## CHOCOLATE POUND CAKE

- 1 box devil's food cake mix
- 1 (3.9 ounce) package instant chocolate pudding
- 2 sticks butter, melted
- 2 cups sour cream
- 5 eggs
- 1 teaspoon almond extract
- 2 cups mini chocolate chips

Combine the first six ingredients in a bowl with an electric mixer. Add the chocolate chips; continue to mix until combined. Spoon the thick batter into a greased 10-inch bundt pan. Bake for 50 to 55 minutes. Cool the cake for 15 minutes. Invert the cake onto a serving plate and dust with powdered sugar before serving. *Makes 16 to 20 servings.*

# Until We Meet Again

## DIAMOND RING



## 11 Genuine Diamonds

### Solid Sterling Silver

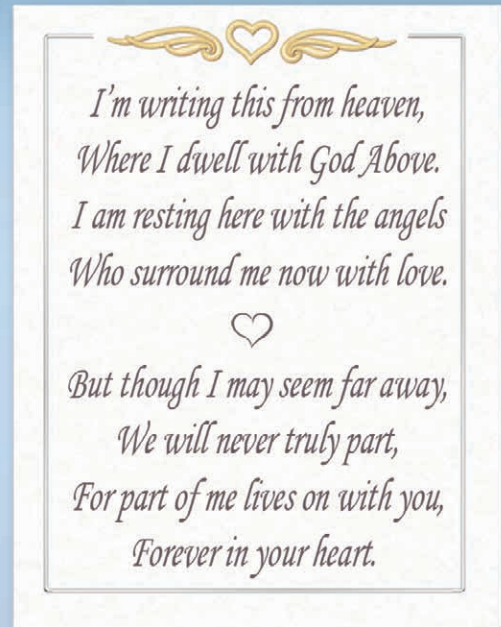
The memories of your loved one live on in your heart, always with you, and just a cherished memory away. Our exclusive "Until We Meet Again" Diamond Ring is a loving tribute and a radiant symbol that keeps your special loved one always by your side.

This uniquely beautiful ring features a ribbon engraved with the word "Always" wrapping around a split-style band. A genuine diamond sparkles at the center of the word "Always", and 10 additional diamonds glitter from the band which is crafted in solid sterling silver enhanced with a fine layer of rhodium plating for maximum shine and beauty. Inside the ring is elegantly engraved "Until We Meet Again".

**NOT AVAILABLE IN STORES... ORDER TODAY!**

Available in women's whole and half sizes 5-12, this stunning ring can be yours for just \$119.99\*, payable in 4 easy installments of \$30. Your ring arrives in a custom presentation case with a poem card and a Certificate of Authenticity, backed by our unconditional 120-day guarantee. To reserve, send no money now; just mail your Priority Reservation today!

A Fine Jewelry Exclusive from The Bradford Exchange



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Order now at [bradfordexchange.com/27201](http://bradfordexchange.com/27201)

**The Bradford Exchange**  
Since 1973

9345 Milwaukee Avenue · Niles, IL 60714-1393



Shown actual size

**LIMITED TIME OFFER PRIORITY RESERVATION SEND NO MONEY NOW**  
Reservations will be accepted on a **first-come, first-served basis**. So please respond as soon as possible to reserve your ring.

**YES.** Please reserve the "Until We Meet Again" Diamond Ring for me as described in this announcement. Ring Size \_\_\_\_\_

**SATISFACTION GUARANTEED**  
To assure a proper fit, a ring sizer will be sent to you after your reservation has been accepted.

Signature \_\_\_\_\_

Mrs. Mr. Ms. \_\_\_\_\_

Name (Please Print Clearly)

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

E-Mail (Optional) \_\_\_\_\_

**01-27201-001-E66101**

\*Plus \$10.98 shipping and service, plus sales tax; see [bradfordexchange.com](http://bradfordexchange.com). Please allow 4-6 weeks for delivery of your jewelry after we receive your initial deposit. Sales subject to product availability and order acceptance.

News from the Path Valley Hotel

## Celebrating the Season of 'Nope!'

MITCHELL KYD

**IF YOU TRULY WANT TO** do a thing, you find a way. If you don't, you find an excuse. That's why I blame it on my wood stove.

January is my season of "Nope!" Do I want to go out for the clearance sales? Nope! Join in a reservation at the new Thai restaurant? Nope! Meet for a Sunday matinee? Nope! My excuse? I have a fire going in the wood stove.

After a season of commitments and too much time in my boots, I look forward to those first weeks of January when I can cocoon with my inviting old friend.

Unlike a heat pump, geothermal system or an oil burner, a wood stove makes it personal. You must feed and coax it into being. It's a living, breathing entity that thrives on your attention and rewards you with down-to-the-bones warmth and a satisfying wave of contentment. At my house, we call that process "getting gooey," as in slowly melting into our space like a gently warmed chocolate bar.

Gooey is actually a temperature setting for my wood stove. Unlike other heating devices that have thermostats for calibrated control, anyone can gauge wood heat in terms of comfort.

The initial setting is: *Yeah. That feels better!* That's the setting you notice when you first walk inside after having been anywhere but home. Even if you allowed the fire to go out before you left, the promise of that great heat lingers.

Next comes: *Oooh! That feels nice!* By this time, the blades on the stove fan begin to whir. The tinder-fed flames are settling down, and the log in the back starts to glow. You continue to pause and soak up extra heat as you feed the stove, but it's not so hot you are forced to back away.

*Toasty* is the next setting, and if you want to get anything done other than a nap, it's best to do it now. Put the groceries away, fold the laundry and pay the bills because soon

the fan blades will be a blur and you've already moved on to *gooey*. Chances are you'll be totally worthless for about two hours, although wonderfully warm and content.

Contentment is a highly underrated state of being, I think. We humans have somehow come to believe that we have to work at being content. It's more a matter of subtraction, isn't it? Remove all the clutter in your head and let go. Enjoy being present in the moment where you are.

Cats are masters at that. Catch them doing something

next to nothing for hours as they inch across the carpet to follow that single, slim splash of January sunlight. Watch how they spend entire days splayed out in front of the wood stove.

When I moved out of my apartment and into the cabin a million years ago, long before rural cable connections or satellite dishes, I tried connecting my TV to the ancient antenna on

the PVH roof. No signal. The only channel I got was called "Snow." My husband and I spent an entire year without TV. We read, played music, crafted things by hand. We spent our evenings watching the fire as we talked. No reality TV. No infomercials. No political ads. It was bliss and a wonderful lesson in what it means to be content.

During one of my parents' visits, I admitted I was missing the TV Christmas specials, so dad took a look at my connection. With one flip of the switch on the back of the TV, he moved the setting from "cable" to "antenna" — and poof! — TV magic. Sure, we all laughed, but the spell was broken.

I'm older and wiser now. I recognize the value of contentment and how much that's within my control. I've also learned the power of "off." I'm celebrating all those subtractions this month; it's my season of Nope! 🙄



**YVONNE BUTTS-MITCHELL** celebrates the joys and poignant moments of rural living under the pen name Mitchell Kyd. Her stories from the Path Valley Hotel were hatched by encounters with contractors, critters and creepy crawlies while rehabbing the family cabin after its 17-year stint as a giant closet.



# Scientists Stunned After Shocking Discovery Reveals True Cause of Fatigue

New research finds unlikely source for why some seniors have an endless supply of energy

For the millions of Americans suffering from fatigue there is finally hope.

A new study reveals our energy levels don't have to decline with age.

Published by the *National Institutes of Health*, this peer-reviewed study caused shockwaves in the scientific community. That's because it runs counter to everything scientists have believed about energy levels and aging for years. But the evidence is undeniable.

Researchers analyzing 142 scientific papers determined the key to gaining more energy with age lies inside our cells — in our mitochondria.

Mitochondria play a critical role in generating metabolic energy. They are responsible for converting the food we eat into energy we can use. A paper published by the Department of Cell and Developmental Biology even called them “the gatekeepers” of cellular life and death. That's how vital they are to the survival of human cells.

However as we age, the number of our mitochondria declines. In addition, the mitochondria become susceptible to DNA damage, decreased function, oxidative stress and even mutations. All of which results in excess fatigue, accelerated aging and poor health.

But thanks to this study, America's No. 1 anti-aging doctor has been able to develop a new, all-natural solution that helps seniors increase the number of their mitochondria, so they can “rewind” the clock on old age.

“By taking this one compound you can quickly restore the mitochondria inside your cells,” explains Dr. Al Sears — founder and director of the world-renowned Sears Institute for Anti-Aging Medicine.

“And, once your mitochondria levels are restored, you will have so much energy that you will feel decades younger.”

## Unique Discovery Restores Mitochondria

For more than 20 years, Dr. Sears has been considered America's No.1 anti-aging pioneer. He has authored over 500 scientific papers and has appeared on dozens of media outlets including ABC News, CNN, Lifetime, and many more.

Now, his latest discovery — a unique molecule that restores mitochondria inside cells — is so popular that seniors all across the country are stocking up on this new, all-natural energy-booster.

Users say this advanced formula, sold un-

der the name **Ultra Accel II**, allows them to experience the energy levels they had in their 20s and 30s. Those who've been lucky enough to get their hands on **Ultra Accel II** report seeing remarkable, almost unbelievable results.

As John H., from Bradenton, Florida reports: “I'm a 70-year-old man and I've been taking **Ultra Accel II** for 2 ½ months. On a recent treadmill test, I was told that I did as well as several patients tested who were in their 20s.”

As Karyn E. from Palm Beach, Florida says “I noticed more energy within 24 hours of taking **Ultra Accel**. I was thrilled to have all that extra strength and endurance. Then after a few months, I ran out... and within a week, all that extra energy disappeared. Now, I'll never be without **Ultra Accel II**.”

## Study Confirms 100% Success Rate

Scientists recently gathered a group of men and women suffering from high levels of fatigue.

Over an eight-week period they gave the subjects a daily dose of **Ultra Accel II**'s core compound. The results? All of the participants felt a significant improvement in energy levels. And the study reported a 100% success rate in boosting the energy levels of those suffering from fatigue.

That's because PQQ (CoQ10's more powerful cousin) — the core ingredient in **Ultra Accel II** — is the only natural molecule that supports healthy numbers of mitochondria — the power generators inside your cells.

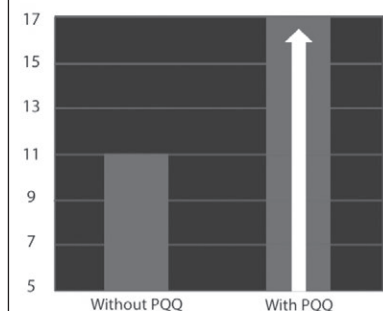
In one study, mice fed PQQ increased the number of mitochondria in their cells by more than 55%, in only eight weeks.

In addition to feeling more energized, users often report feeling mentally younger, with fewer “senior moments” and brain fog. That's because the key compound has been shown to stimulate the production of NGF, which helps trigger the growth of new brain cells.

“I've been taking **Ultra Accel II** continuously for over 12 months and I've found my energy levels to be as high or higher with less exercise. People can't believe I turn 50 this year,” reports Wayne L.

And Jerry M. says he “noticed a difference within a few days... my endurance doubled. I love it. There really is something about **Ultra Accel II** that I can FEEL. It's not just in your body either. You can feel it mentally, too. This is something I'll be taking for a long time.”

## PQQ Increases “Power Generators” by 55%



## Demand For Ultra Accel II Soars

“For too long, millions of Americans have suffered the life-ruining effects of fatigue and lethargy,” says Dr. Sears when asked about the remarkable success of **Ultra Accel II**.

“Until now, there's never been a science-backed solution that actually works and guarantees real results,” continued Dr. Sears, “but with the release of **Ultra Accel II** that all changes and now you can unlock an endless supply of all-day energy, at any age.”

Due to the unprecedented demand and recent media exposure, people are struggling to get their hands on this low cost, prescription-free energy booster.

However, through our partnership with the Sears Institute for Anti-Aging Medicine we've managed to secure a small supply exclusively for readers of this publication. For the next 48 hours only we're able to offer a special discounted supply of **Ultra Accel II**.

## How To Try It Risk-Free

To secure the hot, new **Ultra Accel II** formula, buyers should contact the Sears Health Hotline at **1-800-830-6276** TODAY. “It's not available in retail stores yet,” says Dr. Sears. “The Hotline allows us to ship directly to the customer.” Dr. Sears feels so strongly about **Ultra Accel II**, all orders are backed by a 100% money-back guarantee. “Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back.”

Call NOW at **1-800-830-6276** to secure your supply of **Ultra Accel II**. Use Promo Code **PLUA123** when you call. Lines are frequently busy, but all calls will be answered!

## A Winter's Walk

When temperatures dip, a satisfying stroll with the dogs is good for the mind and body.

STEVE PIATT

A KEY ELEMENT TO ANY mid-winter's walk is first deciding what will await in the slow cooker or kettle upon your return.

In our home, the options are many. Venison stew is an easy one, given that both Paula and I hunt. We keep enough for our own freezer and maybe dole out some to friends or the state's Hunters Sharing the Harvest program.

Sometimes that choice seems a bit too straightforward, so we go in other directions. Perhaps a walleye chowder, courtesy of another successful trip on Lake Erie. Or maybe one of our many pheasant soup or stew recipes, for which we can thank our two Labrador retrievers for their efforts. Even a black bear chili is in the mix (the product of a Maine hunt) — and don't let anyone tell you bear meat isn't delicious.

Feeding the woodstove, too, is a prerequisite. And then we're off.

We need this. With deer seasons coming to a conclusion, there's a sizeable gap now until spring gobbler season kicks off in late April. The dogs, Finn and Riley, need this, too. But we don't need to tote a firearm every time we head out the door. Sometimes, just being out there is enough.

The dogs also don't care that there won't be any birds to retrieve on this day. There are plenty of smells to be snorted out. And there's always a chance of flushing a ruffed grouse, even though in our area of northern Bradford County they've been hit



hard by the West Nile virus.

We move at a good pace, inhaling the crisp January air and wondering if we'll have an early spring but also accepting that we may have to fire up the snowblower well into March. You never know in the Keystone State.

We traverse a mixture of open fields and woodlots, which on this sunny day seem fairly welcoming despite temperatures in the low 20s. I scold myself for not bringing along sunglasses.

We've also learned not to overdress. This is a workout of sorts, and it's easy to overheat. If you head out the door thinking you'll be cold, you're probably dressed about right.

The dogs, even without the prospect of a grouse flush, quarter the landscape as good hunting canines do, running with pure joy but remaining in a workmanlike mode.

The outing also serves as a bit of a recon mission; Paula and I monitor whitetail tracks in the snow, observing their patterns and reconsidering

tree-stand placement for next season.

And there's always the possibility of stumbling across a buck's shed antler; one Finn and Riley will gladly share for weeks after its discovery. Stepping on one while barefoot in our living room has become something of an accepted hazard in our home.

Some days, we return to the truck and fire up the portable stove for some hot chocolate and maybe even plop the camping grill on the tailgate for a hot dog or two. Finn and Riley simply mill around in true Lab fashion, never straying far from the food.

It doesn't take long, as we loiter around the truck, for the cold to take hold. This was exactly the kind of winter outing we were looking for.

Satisfied with our effort, we head home. There's something in the slow cooker waiting for us, and the woodstove needs feeding. 🍲

**STEVE PIATT** is a veteran newspaper editor and outdoor writer who along with his wife, Paula, has hunted and fished across North America. He is most at home on the water and in the fields in the Keystone State. He lives in Bradford County.

*If your tired, achy legs and feet are preventing you from moving easily...*

*Now, a prickly herb has been discovered to....*

## BOOST BLOOD FLOW TO YOUR LEGS, FEET, AND HANDS WITH A 95% SUCCESS RATE VERIFIED BY CLINICAL STUDY

A re-discovery from the 1600s is causing a frenzy within the medical system. A weird herb has been shown in six clinical studies (and by thousands of users) to be very effective for leg and feet pain, burning and numbness – with no side effects – at low cost – and with no doctor visit or prescription needed.

This weird herb comes from a 12-foot tall tree that grows in Greece and other countries in Europe. In the old days, people noticed that when their horses who had leg and feet problems ate this herb – it was almost like magic how quickly their problems got much better. They called it the “horse herb”. Then somehow with Europe’s ongoing wars, this herbal secret got lost in time.

“It works for people who’ve tried many other treatments before with little or no success. Other doctors and I are shocked at how effective it is. It has created a lot of excitement” says Dr. Ryan Shelton, M.D.

Its active ingredient has been put into pill form and improved. It is being offered in the United States under the brand name Neuroflo.

### WHY ALL THIS EXCITEMENT?

Researchers have found an herb originally from Greece that has been shown in six placebo-controlled medical studies (543 participants) to be effective and safe. This natural compound strengthens blood vessel walls and reduces swelling to stop the pain and suffering.

### 95% Reduction in LEG SWELLING, Verified in Clinical Study

*Says Dove Medical Press & Development and Therapy*

... meaning, discomfort, water retention, leg swelling, tiredness and circulation **improved in 95% of test subjects**



Swollen legs are a warning sign. They mean blood and fluid is forced out of the blood vessels into the surrounding tissue. This causes non-stop pain. This is where Neuroflo’s active ingredient is such a big help.

Poor blood flow in the legs and feet is one of the common problems that develops as we age. Millions of Americans suffer from neuropathy and chronic venous insufficiency (CVI), edema, and other leg/feet problems – millions have these but are undiagnosed.

Today’s treatments don’t work for a high percentage of people – and they have side effects that make them hard to tolerate or that people do not want to risk. This includes prescription drugs, over the counter pain pills, surgery and compression.

### HOW IT WORKS

Here’s why you have pain now: Your arteries have weakened. Your arteries can’t carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness.



The herbs in the pill Neuroflo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Katerina King from Murrieta, California says, “I had hands and feet tingling and snapping and burning feeling. It made my life very uncomfortable. I had a hard time walking, my legs felt like they each weighed 50 pounds. Once I got in my car and my feet felt so heavy I couldn’t even drive the car. With Neuroflo I have no more tingling, cold or burning painful legs and feet. It went away.”

### WHAT DOCTORS ARE SAYING

“Now I finally have a natural solution I can recommend to my patients who suffer from leg and feet problems and pain. I’m delighted because previous treatments were not effective, but Neuroflo has worked for every one of my patients with no side effects” says Dr. Eric Wood, N.D.

**Dr. Ryan Shelton, M.D. says “This is new and different.** It works for people who’ve tried many other things before. It is natural with no side effects. Don’t give up hope for your leg and feet pain, burning, tingling and numbing. This pill is working for countless people after other treatments have failed them. I highly recommend it.”

“Neuroflo is a terrific choice for people with leg and feet issues. The clinical trials in support of this herb show it is very effective



**WORKS IN AMAZING WAY:** A prickly plant was used in Europe in the 1600s to revitalize ailing legs. Lost over the centuries, it is now making a comeback as US doctors rediscover its impressive results – sending relief to thousands of users with:

- Burning, Tingling, Numbness
- Painful Legs & Feet
- Swollen, Achy Feet
- Varicose Veins

for safe and fast relief,” said Dr. Wood, a Harvard trained doctor who has appeared on award winning TV shows.

Now you can get a good night’s sleep – peaceful, restful sleep – with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects – safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don’t risk irreversible damage to your feet and hands. Don’t get worse and wind up in the hospital or a nursing home.

Neuroflo is GUARANTEED to work for you – or you will get full refund with a 90-day unconditional money-back guarantee. It is NOT sold in stores or online. No prescription or doctor visit is required.

### 50% OFF FOR THE NEXT 10 DAYS

This is the official release of NeuroFlo for readers of Penn Lines. Therefore, everyone who calls within the next 10 days will receive 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for this 50% OFF savings. The number will be open starting at 7:00 am today and only for the next 10 days.

All you have to do is CALL TOLL FREE 1-877-341-6072 and provide the operator with the special 50% OFF discount approval code: **NEF158**.

Important: Due to Neuroflo’s popularity and recent media exposure on ABC, CBS and FOX NEWS, phone lines are often busy. If you call and do not get through immediately, please be patient and call back. Those who miss the 10 day deadline for 50% OFF will have to pay more for Neuroflo.



# IT'S BACK!

## Youth Tour Makes Welcome Return in 2023

**KATHY HACKLEMAN,**  
*Penn Lines Contributor*

**AFTER A THREE-YEAR HIATUS DUE** to COVID-19, the Electric Cooperative Youth Tour is back and bringing hundreds of high school juniors to Washington, D.C., June 18-23.

“Youth Tour brings out the best from the students,” says Steph Okuniewski, who directs the event for the Pennsylvania Rural Electric Association (PREA), the service organization for electric cooperatives in Pennsylvania and New Jersey. “It’s life-changing when you see through the participants’ eyes what D.C. represents. You get to watch students realize there is more to life than what’s inside the walls of their homes and high schools.”

In the span of just a week, memories are made, and futures are shaped.

### **Youth Tour opens doors and eyes**

In 1957, then-Sen. Lyndon Johnson (D-Texas) spoke at the National Rural Electric Cooperative Association’s (NRECA) Annual Meeting and encouraged cooperatives to send students to the U.S. capital for an educational experience. Texas quickly followed his suggestion. Other states eventually joined, and in 1964, NRECA began to coordinate the national program. In 2019, nearly 2,000 high school students from 47 states participated.

These days, around 100 students each year are from PREA’s 14 member cooperatives in Pennsylvania and New Jersey. Overall, approximately 4,000 Pennsylvania and New Jersey students have participated. The focus is on

**LAUGHING AND LEARNING:** Rural teens who participate in the Electric Cooperative Youth Tour have fun, but they also learn a lot on the weeklong excursion to Washington, D.C.

education with visits to congressional offices and sessions on the benefits of the cooperative business model and the origin of electric cooperatives, which were formed as part of President Franklin D. Roosevelt's "New Deal."

While some students find deep meaning in the memorials and monuments, others are fascinated with the politics and policies they learn while visiting Capitol Hill. Such is the story of Sarah Hohman, who represented Tri-County Rural Electric Cooperative (REC) on Youth Tour in 2016.

"I had been to D.C. a few times and really loved the city," Hohman says, "but to have one of those Capitol Hill visits really meant something to me."

Hohman majored in health policy, graduating with a bachelor's degree from Penn State University in 2021 and earning a master's degree in public health in 2022. She interned at both Tri-County REC and NRECA. Now director of government affairs for the National Association of Rural Health Clinics in Alexandria, Va., Hohman says Youth Tour was a "direct line" to her current position.

Other participants have gone on to work for a cooperative. Rachel Hauser represented Claverack REC on the 2004 Youth Tour, but today is co-CEO of neighboring Tri-County REC.

"My positive experience overall with the cooperative made the idea of working for the co-op very attractive to me, and Youth Tour was a big part of that," she says. "It was important to me to be involved in an organization that sought to improve the lives of those in the most rural parts of our country."

After college graduation, Hauser worked in Washington, D.C., as an assistant to congressional representatives. She moved back to northern Pennsylvania to work for a regional economic development agency and eventually took a job at Tri-County REC, where she helped the cooperative apply for funding for its new fiber deployment project before moving into regulatory affairs and then her current executive position.

Former Youth Tour participants don't just work for cooperatives, though; some help to set

policy by serving on the board of directors.

Ann Henderson, chair of the Sullivan County REC board, is a Youth Tour alum from 1974.

"I absolutely learned a lot about cooperatives from my Youth Tour experience," she says, "so later when I was approached to consider being on the board, I was reminded of how interesting I thought cooperatives were and how they benefited their members."

Tim Vought, a Somerset REC board member, was a participant in the 1964 Youth Tour. Although his transition from student participant to board member took decades, Vought used what he learned on the tour to make his 46-year tenure as a high school agriculture-science teacher more successful.

"Youth Tour was an experience I used in planning activities for my students," he says, "because it was so well organized."

### **A new perspective**

For 35 years, Anita Leitzel organized the Pennsylvania and New Jersey delegations for PREA until her retirement in 2018. While fun is part of the experience, she says students gain valuable new perspectives, too.

"It's likely their grandparents and great-grandparents didn't have electricity," Leitzel says, "and they begin to appreciate how hard life was for them."

One of the most compelling presentations is delivered on the way to Arlington National Cemetery by chaperone Brian Zeidner, director of member services at Claverack REC. A U.S. Air Force veteran, his first visit to the site was to bury his friend and mentor, Andy, who was the first casualty when Zeidner's former unit was sent to Afghanistan.

"I have a hard time sharing my story without becoming emotional, and they can sense it is difficult for me to recollect," Zeidner says. "It changes the atmosphere. Not that I want it to be negative, but it causes them to recognize the sacrifices that have been made on their behalf. It creates a powerful experience."

To learn more about Youth Tour, high school students should contact their local electric cooperative, email [stephanie\\_okuniewski@prea.com](mailto:stephanie_okuniewski@prea.com) or talk to their high school guidance counselor. 🗣️

**"My positive experience overall with the cooperative made the idea of working for the co-op very attractive to me, and Youth Tour was a big part of that."**

# The Twilight Zone

JOHN KASUN

**THE WEEK BETWEEN CHRISTMAS AND** New Year's is like the Twilight Zone, "a point in the space-time continuum" in which we have one foot in the past and the other reaching for the future.

By now, we are aware the gifts we purchased in the pre-Christmas season — those we thought were perfect — are the wrong size, the wrong color or the wrong style. I quickly learned a full-length zebra coat with matching hat and knee-high boots is apparently no longer in style. That joined many of my past "good ideas," all of which were returned for an appropriate store credit. Many times, it appears, the best parts of my hand-selected gifts are the wrapping paper and bow.

That week, we are also between Christmas leftovers and fresh New Year's food, which we are not allowed to touch just yet. Before Christmas, the refrigerator was filled with turkey, filling, roasted potatoes and cranberry sauce. The countertops were covered with delicious-looking cookies, pies and nut rolls. Trying to eat any of that food before the holiday could easily result in physical injury — trust me. Somehow, though, just two short days after the holiday, I was being encouraged to eat up the Christmas leftovers to make room for the upcoming New Year's feast and all the assorted traditional food that comes with it. I often feel like a human food disposal that operates on voice command.

As our thoughts turn from Christmas to New Year's, some of the first things that come up — after the pork and sauerkraut, of course — are New Year's resolutions. New Year's resolutions are promises we make to ourselves that we know we don't stand a chance of keeping. This yearly practice normally only leads to increased personal frustration and feelings of failure.

There is nothing wrong with New Year's resolutions; it's just the way people make them. For example, people make resolutions they hope come true and are disappointed when they don't. Instead, they should look at

what will probably happen and make a resolution that fits the outcome.

Two of the most common resolutions are losing weight and exercising more.

Weight loss normally means two to three weeks of eating celery and carrot sticks, leading to an increasingly grumpy attitude followed by a three-day diet of double-dipped, chocolate-covered, cream-filled donuts, cookies, ice cream, and anything else with sugar or a hint of icing. Slowly, the person returns to their former plump and pleasant self as they toss out all traces of celery and carrots and threaten physical harm to anyone who mentions a salad.

However, just a slight change in the resolution's wording could lead to a much more pleasant experience. For example, this year I'm resolving to gain between 10 and 15 pounds. It is a sure bet I will gain close to 10 pounds — and I hope it doesn't go above 15 — so, as I see it, I stand a pretty good chance of keeping that resolution.

When it comes to exercising, often two of the first things people do is buy an expensive gym membership and new exercise outfits. Normally, after three months into the new year, they can't find the gym without GPS. And that new gym outfit? It has ice cream stains on it, accumulated while the owner sat on the couch watching TV. Instead of making a resolution to exercise more, I resolve not to cause physical injury to myself or undue stress to my heart with excessive exercise. To keep this resolution, all I have to do is not exercise — no gym membership or new exercise outfits necessary. Getting the idea? It's all in how you set your goals.

Remember, above all, to find something to smile about every day, be nice to others, help those in need and don't forget to laugh along the way. Now, those are great resolutions. 🍷

**JOHN KASUN**, a lifelong Pennsylvanian with more than 30 years of writing experience, looks for the humor in everyday life and then tells a story from that perspective. He is a member of Valley Rural Electric Cooperative.



# SCHOLARSHIPS AVAILABLE

## Attention High School Seniors:

The Pennsylvania Rural Electric Association Scholarship Trust Fund in Memory of William F. Matson is offering scholarships to high school seniors whose parents/guardians are members or employees of Pennsylvania and New Jersey electric cooperatives. At least five, \$1,000 one-time scholarships will be awarded. Scan this QR code for more information about the scholarship and the application.



## Attention Former Youth Tour Students:

The Jody Loudenslager Scholarship is available to any college-bound or current college student who was selected to participate in the Pennsylvania Rural Electric Association Youth Tour program. Scan this QR code for more information about the scholarship and the application.



## Requirements and Dates to Remember:

Applicants are required to furnish necessary aptitude test scores, transcripts (high school or unofficial college, if applicable) and financial aid information. All applications and required documentation must be emailed to Steph Okuniewski (address below) no later than **May 5, 2023**. Finalists will be sent a follow-up questionnaire that must be returned by **June 5, 2023**. Scholarship recipients will be announced in July 2023.



## Questions:

If you have any questions or need additional information, please email Steph Okuniewski at [Stephanie\\_Okuniewski@prea.com](mailto:Stephanie_Okuniewski@prea.com) or call at 717.982.1455.

# CLASSIFIED ADVERTISING

## ISSUE MONTH AD DEADLINE

March 2023	January 13
April 2023	February 15
May 2023	March 15

Please note ads must be received by the due date to be included in requested issue month; ads received after the due date will run in next issue. Written notice of changes/cancellations must be received 30 days prior to issue month. No ads accepted by phone/email. For more information, please call 717-233-5704.

### PLEASE SUBMIT A CLEARLY WRITTEN OR TYPED SHEET WITH THE FOLLOWING REQUIRED INFORMATION:

- Cooperative members should please submit the mailing label from *Penn Lines* as proof of membership.
- Non-members should submit name, address, phone number, and email address, if applicable.
- Month(s) in which the ad is to run.
- Ad copy as it is to appear in the publication.
- Heading ad should appear under, or name of special heading (additional fee). See below for FREE heading options.

### FREE HEADINGS:

- Around the House
- Business Opportunities
- Employment Opportunities
- Gift & Craft Ideas
- Livestock & Pets
- Miscellaneous
- Motor Vehicles & Boats
- Nursery & Garden
- Real Estate
- Recipes & Food
- Tools & Equipment
- Travel & Tourism
- Wanted to Buy

### CLASSIFIED AD SUBMISSION/RATES:

#### ELECTRIC CO-OP MEMBERS:

\$20 per month for 30 words or less, plus 50¢ for each additional word.

#### NON-MEMBERS:

\$70 per month for 30 words or less, plus \$1.50 for each additional word.

#### SPECIAL HEADINGS:

\$5 for co-op members, \$10 for non-members. Fee applies to any heading not listed under "FREE HEADINGS," even if the heading is already appearing in *Penn Lines*. For ads running a special heading in consecutive months, the fee is a one-time fee of either \$5 or \$10 for all consecutive insertions.

#### PAYMENT:

Please make CHECK/MONEY ORDER payable to: **PREA/Penn Lines**. Insertion of classified ad serves as proof of publication; no proofs supplied.

#### SEND COMPLETED AD COPY AND PAYMENT TO:

*Penn Lines* Classifieds  
P.O. Box 1266  
Harrisburg, PA 17108

### AA ROOFING

EXPERTS IN HARD-TO-FIND LEAKS! Roof repairs - all types. House, barn roofs painted. Slate work, chimney repairs. Southwestern PA for over 40 years. Speedy service! 814-445-4400.

### AROUND THE HOUSE

CLOCK REPAIR: If you have an antique grandfather clock, mantel clock or old pocket watch that needs restored, we can fix any timepiece. Macks Clock Repair: 814-421-7992.

SPECIAL OFFER - BOTH COOKBOOKS FOR \$12. "Country Cooking" - \$5, including postage. "Recipes Remembered" - \$7, including postage. Both of these cookbooks are a collection of recipes from men and women of the electric co-ops of Pennsylvania and New Jersey. Payable to: Pennsylvania Rural Electric Association, P.O. Box 1266, Harrisburg, PA 17108. Write Attention: Cookbooks.

### BUILDING SUPPLIES

STEEL ROOFING AND SIDING. Over 30 years in business. Several profiles cut to length. 29- and 26-gauge best quality residential roofing - 40-year warranty. Also, seconds, heavy gauges, accessories, etc. Installation available. Located northwestern Pennsylvania. 814-398-4052.

FACTORY SECONDS of insulation, 4 x 8 sheets, foil back. R-value 6.5 per inch. Great for pole buildings, garages, etc. Many thicknesses available. Also blue board insulation sheets. 814-442-6032.

### COINS & BULLION

KEYSTONE COIN & BULLION is buying and selling gold, silver, U.S. coins and currency. Large inventory for sale. We pay in CASH. Call Matt at 814-931-4810. www.keystonecoinbullion.com.

### CONCRETE SUPPLIES

BANGES MASONRY, 24" x 24" inlet, 24" x 48" inlet, type M. 6" x 40" trench drains, headstone foundations. Also stock concrete, wire mesh and rebar. Mount Union. 814-542-2000.

### CONSULTING FORESTRY SERVICES

NOLL'S FORESTRY SERVICES. Timber Sales, Appraisals, Forest Management Plans, Forest Improvement Work, Wildlife Habitat Management. FREE Timber Land Recommendations. 30 years experience. Visit www.nollsforestryservices.com. Call Ron, 724-422-5525.

CENTRE FOREST RESOURCES. Forest Management Services, Wildlife Habitat Management, Timber Sales, Appraisals. College-educated, professional, ethical foresters working for you. FREE Timber Consultation. 814-571-7130.

RAYSTOWN FORESTRY CONSULTING. Timber sales, appraisals, wildlife habitat management. Dedicated to sustainable harvests for present and future generations to enjoy. 45 years experience. 814-448-0040 or 814-448-2405.

### GIFT & CRAFT IDEAS

SPECIAL OFFER - BOTH COOKBOOKS FOR \$12. "Country Cooking" - \$5, including postage. "Recipes Remembered" - \$7, including postage. Both of these cookbooks are a collection of recipes from men and women of the electric co-ops of Pennsylvania and New Jersey. Payable to: Pennsylvania Rural Electric Association, P.O. Box 1266, Harrisburg, PA 17108. Write Attention: Cookbooks.

### HEALTH INSURANCE

DO YOU HAVE THE BLUES regarding your health insurance? We cater to rural America's health insurance needs. For more information, call 800-628-7804. Call us regarding Medicare supplements, too.

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OLD KENTUCKY LOGS. The look of authentic hand-hewn logs. Lightweight concrete siding for new or existing structures. O'Harah Concrete, Inc., Facebook, oharahs@yahoo.com, 814-653-8791.

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FOR SALE: Buckets, forks, thumbs, grapple buckets and pallet forks for skid loaders, backhoes, and excavators. Tires for backhoes, rubber tire loaders and excavators also. Call 814-329-0118.

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LOOKING TO BUY OR SELL? Timberland Realty specializes in land, sporting properties, camps, cabins, farms, waterfront, exquisite second homes and timberland since 1987. Call our office at 716-962-9935 or agents by region - Western PA: Craig Wozniak, 412-559-4198, Ron Westover, 724-422-5525. Central PA: John Tallman, 717-921-2476. Brian Bullard, Managing Broker, 716-499-5608. Website: www.timberlandrealty.net.

FOR SALE. CLEARFIELD COUNTY - Cabin on 0.6 acres, fully functional, \$44,000; 87 acres, wooded with good trails near Clearfield; Clinton County - 279 acres with trails, timber, stream; Bedford County - 462 acres with harvestable timber. www.timberlandrealty.net. Agent Ron Westover, 724-422-5525, 716-962-9935.

FOR SALE - DELAWARE COUNTY, N.Y. - 41.5 acres. Property has road frontage, pond, creek flows all year. Some flat acreage, some hills. Attached to thousands of acres of state land. Call Liz, 717-359-4020.

## RECIPES & FOOD

SPECIAL OFFER - BOTH COOKBOOKS FOR \$12. "Country Cooking" - \$5, including postage. "Recipes Remembered" - \$7, including postage. Both of these cookbooks are a collection of recipes from men and women of the electric co-ops of Pennsylvania and New Jersey. Payable to: Pennsylvania Rural Electric Association, P.O. Box 1266, Harrisburg, PA 17108. Write Attention: Cookbooks.

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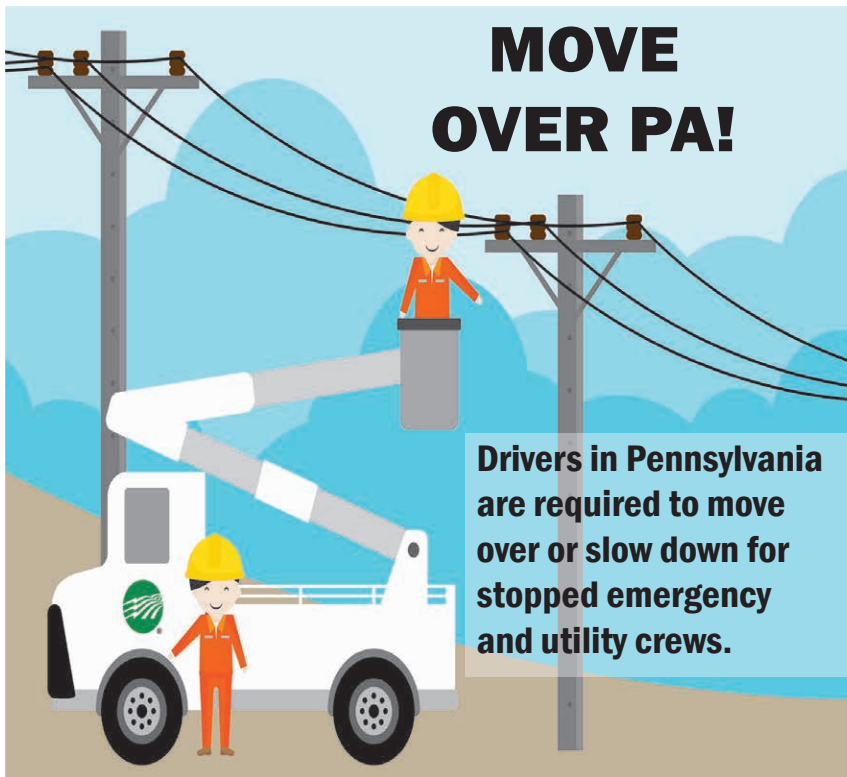
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ANTIQUUE AND CLASSIC motorcycles wanted. All makes and sizes. BSA, Norton, Triumph, Honda, Yamaha, Suzuki, Kawasaki, etc. krmiller1965@yahoo.com. 717-577-8206.

WANT TO BUY old minibikes, pre-1980 Rupp, Bonanza, Speedway, Hodaka, Arctic Cat, Ruttman, Skat Kitty, Lil Indian, others. All old makes considered, any condition considered. 724-972-8701.

VINTAGE WOMEN'S and children's clothing from the 1900s-1950s. Men's workwear/farmwear/denim 1900s-1950s. Clothing can be in ANY condition. Quantity preferred. Call or text photos of items to 814-386-5763.s



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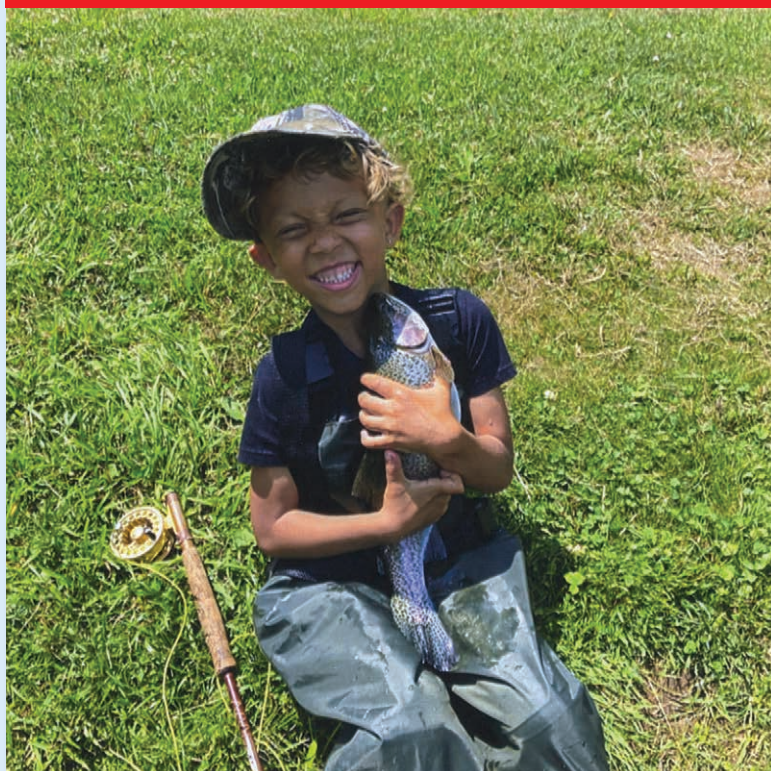
## Congratulations, 2022 Winners

**HUNDREDS OF PENN LINES** readers submitted photos for the 2022 Rural Reflections contest, and a panel of independent judges selected the year's winning entries. Each winner in the categories of most artistic, best landscape, best human subject, best animal subject and editor's choice will receive a \$75 prize. However, all of the readers who submitted photos during the past year deserve our appreciation. In February, *Penn Lines* will publish the judges' other favorite photos. These runners-up will each receive \$25.

In March, we will begin publishing the 2023 photos, so please start sending your snapshots (no professional photos, please) to *Penn Lines* Photos, P.O. Box 1266, Harrisburg, PA 17108-1266. Include your name, address, daytime phone number and the name of the electric cooperative that serves your residence, business or seasonal home.

Remember, our publication deadlines require that we work ahead, so send your seasonal photos in early. We need spring photos before mid-March, summer photos before mid-May, fall photos before mid-July and winter photos before mid-September. Please note: 2022 photos that were accompanied by self-addressed, stamped envelopes will be returned in February. 📧

### BEST HUMAN SUBJECT



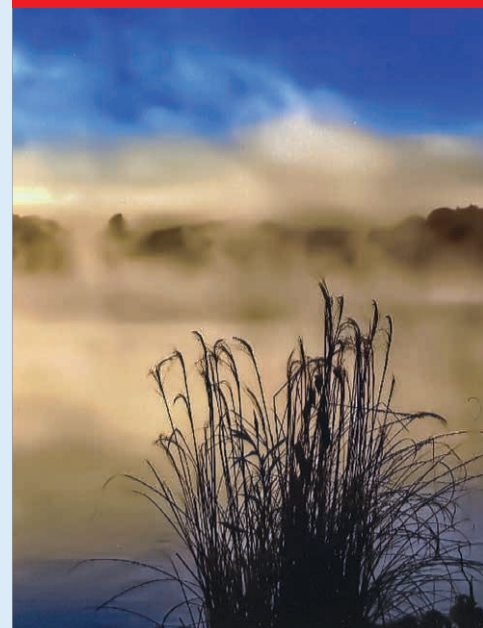
ED SCHULTZ • UNITED EC

### MOST ARTISTIC



KATHY WALTERS • WARREN EC

### BEST LANDSCAPE



TIMOTHY CRABTREE • NORTHWESTERN REC



DIANE BAUGHER • ADAMS EC



**BEST ANIMAL SUBJECT**



ASHLEY REITZ • UNITED EC

**ADDRESS CHANGES:**

For change of address, please contact your local electric cooperative. For cooperative contact information, please visit [www.prea.com/member-cooperatives](http://www.prea.com/member-cooperatives)



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