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Working on Behalf of **Rural Communities**

The Center for Rural Pennsylvania is on a mission to support the Commonwealth's 3.4 million rural residents and their communities

KEEPING CURRENT

A Celebrated Shoe, 40,000 Leave Pa. and Where is Smokey Bear?

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Thousands of people showed up for the Pennsylvania Farm Show, a weeklong extravaganza that pays tribute to one of the Commonwealth's top industries.



Working on Behalf of Rural Communities



THE PENNSYLVANIA RURAL ELECTRIC ASSOCIATION (PREA) is one of the Center for Rural Pennsylvania's (Center) oldest and strongest partners.

When the General Assembly established the Center with the passage of the Rural Revitalization Act of 1987, the Legislature provided that a board of directors would oversee its operations. That legislation specifically provided that the governor would

appoint two members to our board who must represent two statewide farm organizations or — as you might have guessed — PREA. For more than 35 years, PREA and the Center have shared a mission of informing, educating, and serving Pennsylvania's nearly 3.4 million rural residents and the communities in which they live and work. And for the past 12 years, we have been fortunate to have Steve Brame, PREA/Allegheny Electric Cooperative, Inc. president & CEO, on our board of directors.

For those readers who may not be familiar with the Center, allow me to provide some background: The Center is a bipartisan, bicameral legislative service agency of the Pennsylvania General Assembly. We work on behalf of rural communities by: 1) sponsoring research projects to identify policy options for both legislative and executive branch consideration and action, and 2) by collecting, analyzing, and sharing data to help others understand conditions in rural Pennsylvania. We have focused on a wide range of policy issues, from health care and higher education to tourism and, more recently, broadband deployment. These are issues that deeply affect the economic health and overall quality of life in our rural communities.

This past year, we were pleased to host members of Tri-County Rural Electric Cooperative (REC) and Claverack REC at a board meeting to better understand their efforts to provide broadband internet access to rural residents. Ensuring equitable access to broadband internet services is one of the Center's highest priorities. And as a voting member of the Pennsylvania Broadband Development Authority, I look forward to working with our rural partners to promote and facilitate rural connectivity.

As always, the Center is happy to assist you and community stakeholders by providing data about your communities, speaking to community groups about rural Pennsylvania, and sharing our research findings. Feel free to be in touch if we can be of assistance. And I encourage you to visit our website, rural.pa.gov, to read our research reports and view our new Tableau data dashboards. •

KYLE C. KOPKO, PH.D.
EXECUTIVE DIRECTOR, CENTER FOR RURAL PENNSYLVANIA



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EDITOR'S DESK

REMEMBERING MARCUS

A former editor once gave me this advice about editing *Penn Lines*: Make a magazine your wife



would want to read. For many years, Marcus Schneck made that job a lot easier. He was the monthly outdoors columnist for Penn Lines from 2003 to 2017 – and one of my wife's favorite writers. We at Penn Lines were

saddened to learn of Marcus' untimely passing on Dec. 20 following a sudden ailment. He was 66.

Throughout his career, Marcus contributed to several publications, including more than 26 years with the Harrisburg-based *Patriot-News* and its online publication, PennLive.com. He also wrote more than two dozen books about wildlife, gardening, fishing and hunting.

A fixture in the pages of *Penn Lines* for nearly 15 years, Marcus shared his monthly reflections in the popular "Outdoor Adventures" column. His sense of detail and acute observations brought readers like my wife into the woods with him. She loved his endless curiosity and how his insights connected her to the natural world he adored.

In his final column for *Penn Lines*, Marcus wrote about the pack baskets he had hanging in his shed and the memories they held for him. One pack was worn with use after more than 20 years of trapping, and another, smaller basket was one he had given his son when he began trapping. Marcus described how these simple baskets, "lugged through swamp and stream and field and forest, ice and water and mud ... defined a portion of my life that I would not trade for any amount of anything."

Marcus defined much of Pennsylvania's great outdoors for his readers, and we are richer for the sense of wonder he shared with us. Thank you, Marcus, for taking us on your many adventures.

WELCOME, KAYLIN

This past month, we welcomed Kaylin Acri to the *Penn Lines* team as our new multimedia and design specialist. Kaylin brings a decade of graphic design experience, most recently with the Pennsylvania State Association of Township Supervisors, where she worked on the organization's monthly magazine. We are thrilled to have her take over the layout and design of *Penn Lines*. Welcome aboard, Kaylin.

Leter a Fotograd

PETER A. FITZGERALD
EDITOR

KEEPING URRENT NEWS-IDEAS-EVENTS



MAKING HISTORY: Soon there will be a Pennsylvania Historical Marker on the site of the Haines Shoe House in York County, a beloved roadside attraction.

LOTS OF SOLE

Boot-shaped landmark steps away with historical honor

It's gotten lots of kudos as a vacation rental, but now York County's Haines Shoe House — a beloved roadside attraction — has stepped things up a bit.

The quirky, boot-shaped landmark, built in 1948 by millionaire "shoe wizard" Mahlon Haines for \$26,000, is one of 36 sites approved to receive a Pennsylvania Historical Marker from the Pennsylvania Historical & Museum Commission. The organization received 91 applications.

Other people and places receiving markers in this round include Gov. Dick Thornburgh, who served during the partial meltdown of Three Mile Island in 1979; Piper Aircraft in Clinton County, a portion of which is served by Tri-County Rural Electric Cooperative (REC); and the Sheep Rock Shelter Archaeological Site in Huntingdon County, a territory covered by Valley REC and New Enterprise REC.

According to hainesshoehouse.com, Haines handed a work boot to York architect Frederick Rempp and said, "Build me a house like this."

Haines never lived in the house on Shoe House Road in Hellam Township, but did build a home across the street. Initially, he offered the property as a weekend vacation spot for couples. As ownership changed hands over the years, the landmark was also a museum and ice cream shop.

Current owners Waylon and Naomi Brown bought and renovated the property in 2022 and are offering it as a short-term rental.

CENSUS FINDINGS

State's population drops by 40,000 in span of a year

In the span of a year — from July 2021 to July 2022 — Pennsylvania lost an estimated 40,000 residents, according to new findings from the U.S. Census Bureau.

The loss follows a nationwide trend: Although the U.S. experienced a 0.4% increase in population, attributed to international migration and an increase in births, its population is growing at a historically low rate.

The data was released through the bureau's Population Estimates Program and provided a few other snapshots, including:

- ▶ Although births have been declining in Pennsylvania in the past decade, the Commonwealth experienced an increase from July 2021 to July 2022. This mirrors the country as a whole.
- ▶ At the same time, however, deaths here exceeded births, due in part to COVID-19, the Census Bureau reports, noting this accounts for Pennsylvania's population loss. Deaths exceeded births by about 56,000. Florida was the only state to outrank Pennsylvania in this category, according to the data.
- ▶ International migration boosted the population of all states, the data indicates, with Pennsylvania adding nearly 27,000 immigrants to its population. Still, that increase wasn't enough to cover

the 40,000 people who moved to other states, predominantly in the South and West, the Census Bureau says.

WHERE'S THE BEAR?

\$2,000 reward offered for Smokey's safe return

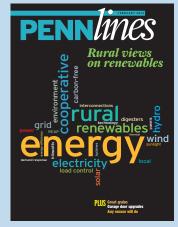
Not many folks want to have an encounter with a bear, but this might change your mind.

Pennsylvania Crime Stoppers is offering a \$2,000 reward for the safe return of Smokey Bear, whose large likeness was attached to a fire danger sign in Cumberland County's Colonel Denning State Park. It was stolen in mid-December 2022, Crime Stoppers says.

"A reward ... is being offered for information leading to the arrest of the individuals responsible for the theft," the organization says. "If you have any information and can help return Smokey to his place in the forest, give us a call."

Crime Stoppers can be reached at 855-628-8477, and tipsters can remain anonymous. •

TIME INES



A decade hasn't changed attitudes about renewable energy. In fact, then – much like now – Pennsylvanians support these and other energy-producing resources. Today, rural electric cooperatives continue to work with their wholesale energy supplier, Allegheny Electric Cooperative, Inc., to ensure a secure energy future for consumers that includes a mix of options, including renewables.

FEBRUARY



MEET KEN BURNS

Are you a Ken Burns fan? The filmmaker will be a special guest at a festival celebrating his works, Feb. 10-12, at the Majestic Theater in Gettysburg. Get more details at qettysburgmajestic.org.

MELT THE WINTER BLUES

If you're looking for a winter adventure, swing by the Cabin Fever Party from 10 a.m. to 2 p.m. Feb. 11 at Historic Pithole City in Venango County. Enjoy snacks, crafts, games – and maybe even some sledding. Look for more info at drakewell.org.



MADE WITH LOVE

Remember the fun of making your own valentines at school? It's not too late to grab some paper doilies and red construction paper to create something special for someone special before the big day, Feb. 14.

CHERRY PIE, ANYONE?

President's Day, Feb. 20, is set aside to honor George Washington, the nation's first president. We will not tell a lie: Cherry pie is one great way to celebrate.



The History of Hydro

Hydropower tells a complicated tale of the nation's energy history.

PAUL WESSLUND

ELECTRICITY GENERATED from hydropower tells an interesting story about today's energy trends that's deeper than just water flowing over a dam.

It's a story about a renewable resource that once generated nearly a third of the nation's electricity — a share that has declined dramatically over the decades with the rise of nuclear power, natural gas, and even wind and solar.

More recently, it's a story about how weather and climate can affect energy supplies, as the extended drought — especially in the western United States — has reduced the amount of water available to generate power.

It's also a story about diversity in fuel sources. Although hydropower is less a part of our energy picture than it was back then, it's still a useful part of today's energy mix. And in certain areas of the country, it's one of the most important parts of a strong

regional economy. For instance, Allegheny Electric Cooperative, Inc., the wholesale energy supplier for the 14 rural electric cooperatives in Pennsylvania and New Jersey, owns and operates the hydroelectric plant at Raystown Lake in Huntingdon County that supports the energy needs of more than 230,000 consumers.

Hydro-based regional economies

Hydropower works by converting falling water into energy and generates about 6% of the nation's electricity. That's not much compared to fuels like natural gas at 38%, but those averages hide its local importance. All but two states receive at least some of their electricity from hydropower.

While flowing water might seem to be an endless energy source, hydropower has a complicated relationship with the environment.

Some question hydro's claim as a provider of clean energy since larger projects require the construction of a huge dam that floods a river valley to create a reservoir. Regardless, the Environmental Protection Agency classifies hydro as a renewable resource, and the U.S. Department of Energy (DOE) lists hydroelectricity

as the source of 31% of the nation's renewable electricity.

Recent weather patterns also seem to be redefining what renewable energy means. Hydroelectric generation fell 9% during 2021 because of drought conditions.

Cost-effective, renewable energy

Still, hydro has a lot going for it. It's one of the cheapest forms of energy, especially after the initial investment costs. Also, its normal operations don't produce greenhouse gases.

Those benefits have raised interest in adding new hydro projects. Some \$8 billion has been invested over the past 15 years to add enough capacity to power 1 million homes, and new projects are planned, including modernizing older hydro facilities. The DOE reports proposed projects could generate enough electricity to power yet another 1 million homes.

In addition to upgrading existing sites, DOE reports at least 200 "non-powered dams" could have generators added. Out of about 90,000 dams in the U.S., only about 2,200 generate electric power.

Those efforts will be getting a boost from the federal infrastructure law passed in 2021, which includes more than \$2 billion in hydropower incentives for river restoration and dam rehabilitation.

Hydropower has been around for 2,000 years, when the Greeks used it to turn wheels that ground wheat into flour. Only the future will tell how much of a role hydro will play; however, its time-tested techniques and green energy benefits promise it will still be providing some level of power 2,000 years from now.

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.



CLEAN ENERGY CLOSE TO HOME: The hydroelectric plant at Raystown Lake, Huntingdon County, is owned and operated by Allegheny Electric Cooperative, Inc. and supports the energy needs of more than 230,000 consumers.



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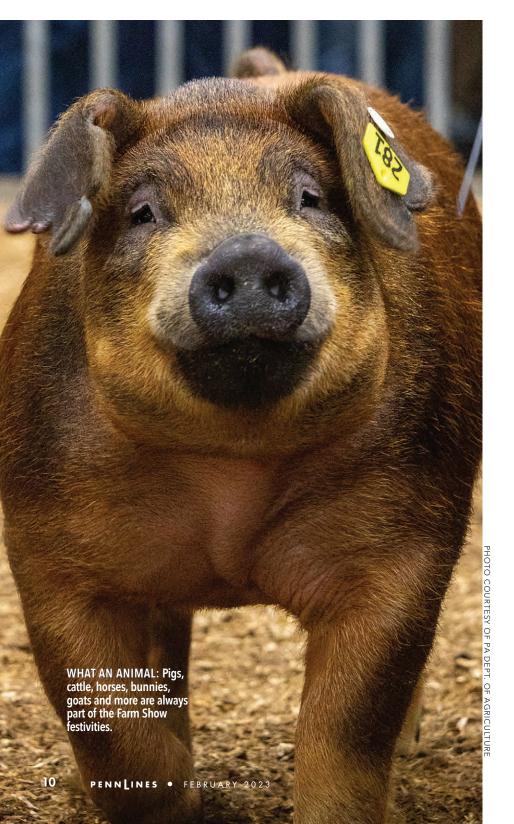
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FROM THE FARM SHOW



MICHAEL T. CRAWFORD

MORE THAN 80 YEARS HAVE passed since rural Pennsylvanians rallied together to change their world for the better, pooling their funds, labor and voices to turn the lights on across a rugged terrain that electric companies at the time saw no value in serving.

The life-changing, historic nature of rural electrification, along with the emergence of community-based electric cooperatives, can make it easy to overlook that those who brought light to much of the Keystone State were ordinary people from a wide variety of backgrounds. Farmers were among them.

Ever since, there's been a strong bond between the agriculture industry and the Commonwealth's rural electric cooperatives — a vital partnership that's on display at the Pennsylvania Farm Show each January. Many cooperative members and leaders continued to keep family-rooted traditions alive by playing a prominent role at the 2023 industry showcase in Harrisburg, which for 107 years has highlighted the best that Pennsylvania's ag community has to offer.

Among them were Ryan and Amber Senft, members of Huntingdon-based Valley Rural Electric Cooperative (REC). The couple's Three Springs-based farm, established in 1917, was among eight to be recognized as a "Century Farm," an honor that means the property has been owned by the same family for at least 100 consecutive years. Agriculture in Pennsylvania is a \$132.5 billion industry.

"These families are the bedrock of Pennsylvania's agricultural heritage," said state Department of Agriculture Secretary Russell Redding, a member of Gettysburg-based Adams Electric

Cooperative Members, Farm Bill Take Center Stage

Cooperative who has been nominated for a third consecutive term by recently inaugurated Gov. Josh Shapiro.

"They have kept their land and precious farming resources in the family, feeding the progress and productivity of future generations," he added. "They embody this year's Farm Show theme — 'rooted in progress.'"

The department kicked off the Farm Show with its annual PA Preferred Reception, featuring food and beverages grown and produced in the state. The Pennsylvania Rural Electric Association, the statewide voice for 13 rural electric cooperatives in the Commonwealth and one in New Jersey, sponsored the event.

"This year's Farm Show and its theme perfectly capture the spirit of our industry ... while also staying true to our roots and the values that have sustained us for generations," Redding said at the reception. "It's an opportunity to come together and showcase the vital role that agriculture plays in our state and our nation."

Fresh food

Bedford REC member Mandisa Horn, owner and executive chef of Horn O'Plenty in Bedford, reprised her role as a chef on the Culinary Connection Stage, sharing her recipe for Sweet Potato Coconut Curry Pie. And at the Public Officials Day luncheon, Mansfield-based Tri-County REC members Stephanie and Hayley Painter, fourth-generation dairy farmers, spoke on their journey to co-found their own Icelandic-style yogurt company, Painterland Sisters Organic Yogurt.

"It was a great experience — it always is," Horn said of her time on stage. "There was a bigger turnout this year than last year — probably because COVID-19



Doughnuts, Milkshakes and Mushrooms, Oh My!

The PA Farm Show, by the Numbers

What, exactly, goes into the success of a weeklong tribute to the Commonwealth's No. 1 industry? That's a long list – perhaps even a list of long lists, you might say. In fact, the state Department of Agriculture crunched some of the sales data and produced such a list, and one thing is certain: Food definitely draws a crowd.

Here are some of the more savory data points:

- When life hands you 13,000 lemons, you do like the Pennsylvania FFA Foundation and make lemonade – and serve 20,000 slices of pizza while you're at it.
- Members of the state Beekeepers Association were very busy workers bees indeed, serving 515 gallons of honey ice cream.
- About two-thirds of white button mushrooms consumed in the United States come from Pennsylvania, according to Penn State Extension. A pound of the things equals about five cups – can you imagine selling 8,645 pounds of mushrooms? That's what the Mushroom Farmers of Pennsylvania did.
- Anytime of day is a good time for a doughnut, right?
 The Pennsylvania Co-Operative Potato Growers
 whipped up 18,000 pounds of doughnut mix, and the Horticultural Association of Pennsylvania served up about 54,000 cider doughnuts.
- Farm Show attendees really like dairy, so much so, the PA Dairymen's Association churned through 18,580 gallons of milkshakes, 8,200 pounds of mozzarella for cheese cubes, and 324 pounds of butter, 1,200 loaves of bread, and 320 pounds of cheese slices to make grilled cheese sandwiches.
- Pennsylvanians also really like to fry things. The
 Pennsylvania Vegetable Growers Association
 reports it dished out more than 5,600 blooming onions, 7,500 servings of batter-dipped vegetables, 3,000 corn dogs, 1,200 corn nuggets, 2,000 of fried pickles and 3,300 funnel cakes.

It's important to note volunteers also contribute to the Farm Show's success. Each year, hundreds of Pennsylvanians contribute thousands of hours serving food, staffing exhibits and educating visitors about the agriculture industry.





FARM BILL LISTENING SESSION: Above, U.S. Rep. Glenn "GT" Thompson, the new chairman of the U.S. House Committee on Agriculture, discusses the latest Farm Bill at a recent Farm Show listening session. Below, one of the speakers at the session was Tri-County REC Co-CEO Aaron Young, who talked about the importance of broadband infrastructure funding.



[kept people away last year] — and it was super populated and high energy. There were lots of people who were engaged and excited to take part."

During COVID-19, the nation began to see the food, building materials and energy resources produced by Pennsylvania agriculture, as well as the people who produce them, as essential to modern life, explained U.S. Rep. Glenn "GT" Thompson (R-15th) during his remarks at the Farm Show's ribbon-cutting event.

"I couldn't be prouder of this industry, and I couldn't be prouder of Pennsylvania agriculture and this Farm Show,"
Thompson said. "It's a showcase for our No. 1 industry here in Pennsylvania — one out of every seven jobs directly or indirectly relates to agriculture — and it's quite honestly the No. 1 industry in the lives of every American family."

National importance

This year's show brought its theme of progress to the national level. Just hours after wrapping up a drawn-out election for U.S. Speaker of the House and hours before the official Farm Show start, Thompson was sworn in as chairman of the U.S. House Committee on Agriculture.

It was a historic moment, marking the first time a representative from Pennsylvania has held the title since 1855.

Thompson, a strong supporter of rural electric cooperatives,



GOAT SNUGGLING: State Secretary of Agriculture Russell Redding, left, and state Sen. Elder A. Vogel Jr. (R-Beaver) enjoy "goat snuggling," a new experience at this year's Farm Show.

began his tenure by hosting a listening session at the Farm Show about the upcoming federal Farm Bill. Fellow U.S. House members, representing agriculture-heavy states such as California, Georgia, Illinois, Maine, Missouri and Wisconsin, also participated.

Twenty people — representing a wide variety of farmers and leaders from other agencies — testified on the potential rural America can still realize with the bill's targeted financial assistance. Aaron Young — co-CEO of Tri-County REC and Tri-Co Connections, a fiber-to-the-home broadband internet provider powered by the cooperative — discussed how the deployment of broadband infrastructure to rural communities is critical for the future development of the nation.

"The story of broadband in rural America today is similar to the story of rural electrification back in the 1930s," Young explained. "Rural areas are hard to reach and expensive to serve. ... Without high-speed internet, people move elsewhere."

The Farm Bill also provides tools for electric cooperatives to deliver affordable, reliable electric service to rural America and to foster its economic development. This support includes U.S. Department of Agriculture programs, such as the Rural Utilities Service Electric Loan Program, the Rural Economic Development Loan & Grant Program, the Rural Energy Savings Program, and the Rural Energy for America Program.

"The Farm Bill provides an opportunity to continue to support lasting, scalable, 'future-proof' broadband network deployment in rural areas," Young said. "To connect every rural home, business, and community with reliable internet service, federal support programs should prioritize technologies and speeds that can meet the needs of today as well as tomorrow."

Following Young's testimony, Thompson congratulated Tri-County REC on what it had accomplished in its 5,000-square-mile territory, acknowledging the challenges



FARMING FOR GENERATIONS: Caleb Senft, son of Valley REC members Ryan and Amber Senft, holds a black-and-white photo of his family's farm during the "Century Farm" recognition ceremony at the Farm Show.



QUALITY TIME WITH THE QUEEN: Some young Farm Show attendees quiz 2022 PA Fair Queen Anna Haldeman of Lancaster County.

of bringing critical infrastructure to a rugged region.

"What you've done proves that with the right resources, we can bridge this digital divide," he said.

While the listening session wasn't official — the Agriculture Committee had yet to be named when the session occurred Jan. 13 — Thompson said he was encouraged by the turnout, urging those in attendance to continue to be vocal with what they want to see in the 2023 Farm Bill.

"We heard today about crop insurance, workforce and innovation," Thompson said. "We need all of you at the table for 2023. You don't want us writing this Farm Bill just listening to the voices inside the Beltway. We need your voices." •

In&Around

Bedford Rural Electric Cooperative

Sometimes good things come in small packages, and this month that small package comes from Bedford County, home to Bedford Rural Electric Cooperative (REC), which serves nearly 9,500 homes, farms, and businesses in south-central Pennsylvania.

The cooperative is surrounded by recreational opportunities both indoor, outdoor and some in between. For those who crave the great outdoors, Shawnee State Park is only 12 miles from the cooperative headquarters. Along the way, thirsty visitors could stop by the Olde Bedford Brewing Company, and those looking to slake their intellectual curiosity could pay a visit to the Old Bedford Village, an open-air museum providing a glimpse into life in colonial Bedford, or stay indoors at the National Museum of the American



LUXURY IN BEDFORD: Visitors can feel the history at the Omni Bedford Springs Resort.

Coverlet or the Fort Bedford Museum.

Adventure seekers looking for something out of the ordinary can explore the abandoned turnpike tunnels near Breezewood, starting in Bedford County and stretching to Fulton County. And for a sense of wonder, travelers can put their vehicle in neutral and roll *uphill* at the famous Gravity Hill. Technically, it's supposed to be an optical illusion, but why not find out for yourself? You can talk about it over a bite to eat afterward at the famous Omni Bedford

Springs Resort or the Jean Bonnet Tavern (we even heard they're supposed to be haunted).



Main Office: Bedford, Pa. Consumer-members served: 9,520 Website: bedfordrec.com

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 the next issue.

APRIL'S QUESTION

What was your best April Fool's Day prank?

PLEASE EMAIL YOUR ANSWER, along with a selfie, to CommunityCorner@prea.com by FRIDAY, FEB. 17. Please include your full name, the name of your cooperative and a daytime telephone number and put "April 2023 Q&A" in the subject line.

FEBRUARY'S RESPONSES

What's the sweetest thing someone has ever done for you?



"One evening after Sunday church service, an old man in tattered clothes came to me and said, 'This is all I have, but I want you to have this.' He handed me a nickel and walked away. I never knew his name, but the nickel has remained with me to this day. Perhaps I should have given it to someone less fortunate."—ALANA LEMONS, ADAMS ELECTRIC COOPERATIVE



"A very nice truck driver stopped to change my tire in pouring down rain. I couldn't get the lug nuts off, and I was stressing out because I had a 2-year-old in the car and we were far from home."

-SANDY BAKER, VALLEY RURAL ELECTRIC COOPERATIVE



"I attended a silent auction and was admiring a pin and earring set. A woman next to me said: 'I really like those earrings, but I wouldn't wear that pin.' I replied, 'I like the pin, but I am not interested in the earrings.' [Later], the lady walked over, handed me the very expensive pin and said, 'It's yours.'" - KATHY MEGYERI,

ADAMS ELECTRIC COOPERATIVE

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Amy Wellington, Editor

COOPERATIVE ONNECTION

The Co-op Business Model Today



ELECTRIC COOPERATIVES are community-focused organizations that work to deliver efficient, affordable and reliable electricity to their consumer-members. They are driven to make a positive difference in the communities they serve. Co-ops are created to fulfill an unmet need in the community, usually because it's too costly or difficult to do alone. In our case, it started with bringing electricity to our area when no one else would.

Today, while Americans have access to electricity, our co-op's job is not complete. The energy landscape is changing, with more focus on technology, smart homes, electric vehicles, and renewable energy. Electric co-ops remain relevant by providing essential services that can improve the quality of life for our members.

Mission-oriented roots relevant for the future

Our mission to improve the quality of life for our communities means our co-op is ever striving to anticipate and plan for the future needs of our members and the communities we serve. It also means throughout the year we contribute to the community through volunteerism. That includes hosting our annual meeting food drive to support our local food pantries. Our co-op also supports programs and services of our local United Ways to strengthen our community and contribute to economic development.

Seven principles for a practical purpose

All cooperatives adhere to seven guiding cooperative principles that reflect core values of honesty, transparency, equity, inclusiveness and service to the greater good of the community. So how does this translate on a practical level? We are in business to provide electricity to our members, not to benefit investors. Our co-op belongs to the same members who buy our electricity. Like all businesses, we have financial targets to meet to stay in business. But we're not driven by the need for excessive profits or stock value. Each year, a portion of our excess revenue is returned to our members as a benefit of membership. Our bottom line is member satisfaction and service to the community.

Commitment to education for a prepared workforce

By investing in continuous learning for our employees and board members, the co-op is making a commitment both to our employees' professional and personal growth and to the future of the co-op and the high quality of service our members expect and deserve. Today's electric utility industry is rapidly changing and complex, which makes it all the more critical to equip our staff and leaders with the knowledge, skills, tools, and resources needed to help our co-op thrive.

Cooperation among cooperatives advances efforts

Co-ops work together to meet bigger challenges, such as power restoration after a severe weather event or combating cyber threats. We help neighboring co-ops impacted by severe weather just as we receive help when our community is in need.

We are more than an energy provider. Because of our co-op business model, we are a catalyst for good that spurs prosperity for our community. Our employees are the heart and soul that enable us to meet this important mission.

•

RYAN MELLER
PRESIDENT & CEO

BENEFITS OF BEING A CO-OP MEMBER



Membership Benefit in the Spotlight: You're an Owner of the Co-op

cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions. Through the annual election of directors, members of Northwestern Rural Electric Cooperative (REC) have the power to determine who represents them on the board of directors.

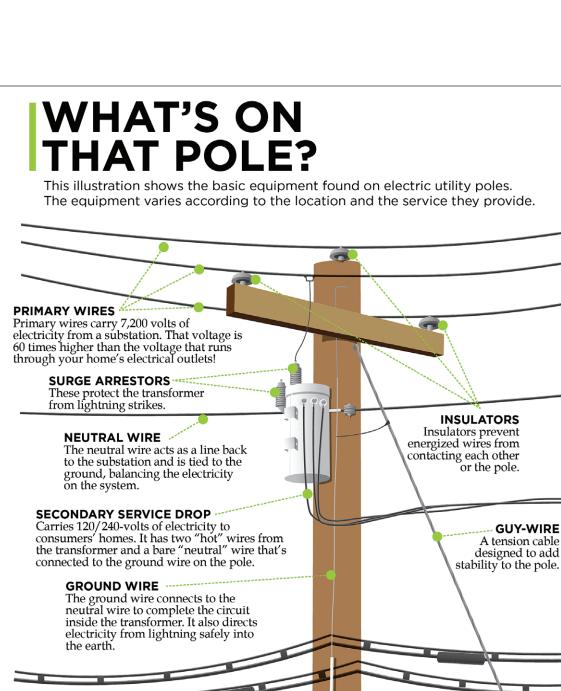
Your vote matters! Every year, members elect a set of fellow members to represent them on the cooperative's board for a three-year term. This year, Districts 6, 7, 8 and 9 have board seats up for election. With assistance from co-op employees, the board ultimately sets the overall direction for Northwestern REC, both in the short- and long-term. The board provides financial oversight for Northwestern REC, sets policies and guidelines for the co-op's management, and is an advocate for its fellow members.

Since the inception of the cooperative in 1936, members have had the opportunity to vote in the annual director election. This used to take place in-person during the annual meeting, but our director elections now include electronic and mail-in

voting as well. This has significantly increased the percentage of voting members, meaning more members are now making their voice heard in setting the direction of the cooperative.

If you or someone you know is interested in running for the co-op board of directors, and you live in any of the districts mentioned earlier, you will have the opportunity to be nominated at one of the 2023 nominating meetings this spring. More information will be provided in the March issue of *Penn Lines* and on NorthwesternREC.com.





THIRD PARTY TELEPHONE, CABLE TV, AND FIBER WIRES

Third party lines like these are the lowest on the pole. These companies sign a joint-use agreement and pay a small fee to attach to each pole.

Original illustration by Erin Binkley



Survey Says: Smart Home Devices Can Save You Money

the membership to see where the co-op ranks on the American Customer Satisfaction Index. In addition to our national score as it compares to other co-ops and investor-owned utilities across the nation, we receive invaluable information about how we can serve you, our members, better.

You ranked us 85 (on a scale of 100) in 2022 — a good 12 and 13 points higher than other co-ops and investorowned utilities, respectively. We also received a score of 8.82 (out of 10) for overall satisfaction. These numbers are great, and we are thankful to receive such high marks from our members, but we strive to do even better.

Among other things, members indicated in the 2022 survey results they would like us to provide new ways to save on electric bills. With the pending electric rate increase coming as soon as next month, in addition to so many other rising costs, we are committed to finding innovative and inexpensive ways to reduce bills.

We also learned from the survey more than half (52%) of our membership does not have any type of smart device in the home. Some smart devices for your home can help you save money. Others are designed for pure convenience — like phone apps you use remotely to close your garage door, unlock your door or see who is on your front porch.

Using smart devices that can impact your energy bill won't make you rich, but they can help lower your bills each month, which adds up over time. Here are some devices to consider:

1. Smart thermostat

A smart thermostat studies your heating and cooling trends over time and can help reduce your energy bill



by optimizing energy-saving tactics. You can also adjust the temperature of your home remotely and find out how much energy you are using to heat or cool your home in real time. So while a programmable thermostat can help you save money, a smart version earns its name by all the extra things it can do above and beyond programming.

In either case, adjusting your thermostat up (air conditioning) or down (furnace) just one degree can make a difference in your utility bill. Research shows households can save up to 3% on the heating and cooling portion of their bill by making that simple adjustment.

2. Smart lightbulbs/lighting

The first way to save money on lighting comes from good old-fashioned smarts and not a literal smart bulb, per se. Look around and see what kind of lightbulbs you have in your house. By replacing your home's five most frequently used light fixtures or bulbs with Energy Star* versions, you can save \$75 a year, according to energy.gov.

Upgrading your lightbulbs can help you replace them less often as well. For example, a 60-watt incandescent bulb lasts an average of 1,000 hours, while a 12-watt LED bulb has an average life span of 25,000 hours.

Then there are actual smart lightbulbs, which allow you to "schedule" lights and control them remotely. This could save you a little money if you or someone in your house is always leaving the lights on.

3. Smart window coverings

Smart window coverings are pricey, but they can help you save money on your energy bills over time. For example, they allow you to lower blinds on a hot and sunny day even if you're not home, which may prevent your air conditioner from kicking on.

About 76% of sunlight that falls on standard double-pane windows enters your home to become heat, according to energy.gov. Conversely, about 30% of a home's heating energy is lost through windows, and the efficient use of window coverings can reduce energy loss when it is cold outside.

4. The smart plug

This device plugs into a regular outlet and allows you to control appliances remotely via a phone app. Most smart plugs track energy use so you can see how efficient (or inefficient) an appliance is. Some of them have a convenient away feature that allows you to program lights to make it look like someone is home.

Thank you to all who participated in the 2022 ACSI survey last summer. We value your feedback and appreciate the positive rating. For more information about energy-related smart home devices, contact our energy solutions department at 800-352-0014 or follow us on Facebook.

•

Home Electrical Safety Always Look Up Always

Before starting **any** project, **be alert of where the power lines are located**, and know how high they are hanging. Whether you're working on the roof, trimming trees, or painting your siding, it's your job to be aware and to **alert others about nearby power lines**.



2. Stay at least 10 feet away from all overhead power lines.

3. Do not touch anything in contact with power line.

Carry ladders and equipment horizontally.

35FT

5 Stay at least 35 feet away from downed power lines and call 911.











Rolling Window Shutters Provide Safety, Security and Savings

JAMES DULLEY

DEAR JIM: I want a strong window shutter for security and storms, but I don't want it to block my outdoor view. Is a rolling shutter strong enough and will it improve the efficiency of a large window? — *Celeste N.*

DEAR CELESTE: Installing rolling shutters can protect your windows and sliding glass doors from damage during severe weather. In some hurricane-prone states, such as Florida and the Texas coast, approved rolling shutters must be installed at new homes or those undergoing major improvement projects. In other parts of the country, they are popular for energy savings and security.

Energy savings with a rolling shutter can be significant, especially over large windows and glass doors. Considering only the insulation value of the shutter slats, a rolling window shutter can triple the R-value of a standard window. Additional savings come from the dead-air space that's created, which reduces air leakage and blocks the sun's heat and fading rays during summer.

A rolling window shutter operates

much like an old roll-top desk. It is mounted in outdoor vertical tracks on each side of a window or door and rolls up into a small box mounted above the window or door. The individual slats are often only 1 to 2 inches tall and interlock with each other. The mechanism to raise and lower them is indoors. There also is an emergency hand crank that can be used outdoors.

When the shutters are lowered and covering the entire window, some still allow natural light to come indoors. Each interlocking flange connecting the slats has long, narrow holes. When the shutter is completely lowered against the sill, these holes are hidden. As the shutter starts to lift, the slats separate to expose the holes while the bottom slat is still resting on the window sill.

There are several slat design options. The least expensive is made of hollow rolled sheet metal. Metals become stronger and stiffer from the rolling and forming operation. Another option is this same type of roll-formed slat with insulation in the cavity. This makes it a little stronger and provides more insulation. The strongest and most expensive slats are heavier, extruded metal.

The type of opening device and controls will be determined by the type and size of the rolling shutter you install and the level of convenience you desire. If a shutter is difficult and inconvenient to open and close, you will end up just not using it as often as you should for the greatest energy savings and storm protection.

When installing a shutter over a normal-size window, an inexpensive pull-strap is effective. For larger shutters or heavier, extruded ones, a hand crank is a good choice. This is still reasonably priced and easy to use. For the most convenience, remote controls are available to operate groups of shutters.

It is not difficult to install one yourself. Measure and mount the side track on the outdoor wall. Slide the support ends into the top of the tracks and secure it with screws. I installed a very large rolling shutter over a 7-by-11-foot picture window. Even with the help of three neighbors, its size was awkward to handle, but it was a fairly simple project to complete. 2

Have a question for Jim? Send inquiries to JAMES DULLEY, Penn Lines, 6906 Royalgreen Drive, Cincinnati, OH 45244 or visit dulley.com.



SAFE AND SECURE: Rolling window shutters, which operate much like a roll-top desk, are popular for their energy savings and security.

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To me, it's the best sleep chair I've ever had."



You can't always lie down in bed and sleep. Heartburn, cardiac problems, hip or back aches - and dozens of other ailments and worries. Those are the nights you'd give anything for a comfortable chair to sleep in: one that reclines to exactly the right degree, raises your feet and legs just where you want them, supports your head and shoulders properly, and operates at the touch of a button.

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Embracing Inconvenience

ABIGAIL ZIEGER

I REMEMBER THE YEAR MY husband suggested we start going on a weekly winter hike with our kids. I looked at him like he had three heads. Go out in the February wind and weather every week? With our tiny offspring? In the freezing cold?

He assured me that all we needed were proper layers and that the experience would be quite enjoyable.

I, on the other hand, had my doubts. Winter is hard enough with the kids. Even a simple outing means navigat-

ing an unruly pile of coats, hats and gloves. Building a snowman or going sledding involves extra inner layers and outer layers, emergency trips to the bathroom 10 minutes after going outside, and a premature end to playtime when someone takes a snowball to the face.

I wanted to think I was the type of person who would enjoy a winter hike with the kids. However, if I'm being honest, it just seemed like we were setting ourselves up for unnecessary suffering. Why

go through the trouble? If given a choice between getting four kids ready to go out in the cold or staying inside curled up on the couch with a soft blanket, I would most likely choose the blanket almost every time.

I reluctantly thrifted some long johns, wool layers and fleeces for the kids. We started small, hiking only a mile or two on a flat, easy trail. It took us nearly two hours to get everybody clothed and ready. There was most definitely complaining — and I'll admit some of it was from me.

To my surprise, after a few hikes, I actually started to enjoy this new family adventure. The exercise and fresh air boosted our mood and energy. We began to appreciate the winter landscape, plants and occasional critters. We became more tolerant of the cold — and the hassle it took to get ready to withstand it.

Most of all, we started to treasure the time together as a family. We were able to leave our worries, to-do lists and distractions behind. It was just us, together, outside on the trail. I began to realize I had been so preoccupied with

being inconvenienced that I was letting it get in the way of precious family time.

The fact is the hikes were just one example of a harder truth: Parenting is full of inconveniences. It is, by nature, a demanding, tiresome marathon.

What do we expect? There will always be endless dropoffs and pick-ups, meals made that aren't eaten, illnesses, extra homework, and more. Of course it's challenging! A perfectly self-sufficient child who enjoys all things without

> troubling her mother is, frankly, a creature of fiction. And honestly, I wouldn't want that.

Every challenge has an opportunity for growth and connection, if we are willing to look for it. The incessant extracurriculars are the stuff of life that shape our kids' experiences. The meals abandoned by picky eaters will eventually be remembered as mom's homecooked favorites. Our kids do appreciate the care we give when they're sick or despon-

dent, even if they don't often thank us out loud.

The struggles and nuisances of our day-to-day activities are not something to avoid. They are part and parcel of family life. Buttoning up a coat is an act of love. Each walk through the cold together is a memory. Every time we wipe up our slushy bootprints or make hot chocolate, we're investing in something beautiful.

Life changes and seasons change, and we don't hike nearly as often anymore. But it doesn't really matter whether it's a hike, a family vacation or just a run-of-the-mill errand. Being a parent will always come with challenges. If we can start to embrace those inconveniences and look for how we can love and grow together, then we just might be on to something good.

•

ABIGAIL ZIEGER is a music teacher and singer by trade, but also enjoys capturing life experiences through writing. When not singing, teaching or typing, she can be found working in her kitchen, helping her kids with school or consuming copious amounts of coffee. A member of Claverack Rural Electric Cooperative, Abigail lives with her husband and four children in northeast Pennsylvania.





BE PREPARED BEFORE A STORM STRIKES

In the event of a power outage, be prepared by keeping the following items in an easy-to-find emergency supply kit.

WATER

Three-day supply, one gallon per person per day.

TOOLS

Flashlight, extra batteries, manual can opener, battery-powered or hand-crank radio, NOAA Weather Radio with tone alert.



FIRST AID KIT AND PRESCRIPTIONS

First aid supplies, hand sanitizer and at least one week's supply of prescriptions and medications for the family.

Learn more at www.ready.gov





Source: American Red Cross, Federal Emergency Management Agency.

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Winter First Aid for the Yard

GEORGE WEIGEL

WINTER CAN BE UNKIND TO the old landscape, what with the chaotic ups and downs.

So as we head down the home stretch to pea-planting season, it's a good time to pick a tolerable day and see what kind of "first aid" is needed.

Broken branches

Pines, birch, poplars, pears and other weak-wooded or aging trees are notorious for losing branches in winter storms.

Gather branches and other woody debris off lawns and driveways and chip them into mulch or burn them as firewood (when dry).

Then look for where larger branches came off. If you can safely reach the spot, cut stubs cleanly back to the outside edge of the ring where the lost branch was attached.

Any "hangers" — snapped branches still hanging on — should come off ASAP, especially big ones that might drop and cause damage to you, others or property underneath.

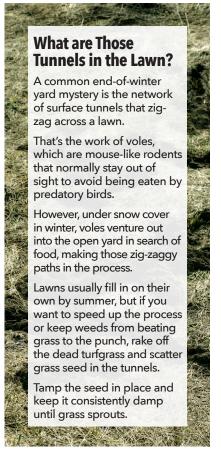
Call an experienced and insured tree professional to remove anything you can't safely reach from the ground.

Saggers

Arborvitae, yews, boxwoods and other evergreens often come out of winter misshapen from the weight of snow on their branches.

No need to do anything now. As temperatures warm, these usually spring back into shape.

If they haven't sprung back by spring, try pruning and/or tying them. Remember: Use soft ties to pull branches back into shape — not wire or rope — so the ties don't dig into the bark.



Cold injury

Borderline-hardy plants can be damaged or die when even a single too-cold night happens (think the Christmas 2022 deep freeze).

There's not much you can do after the fact. Just don't dig and toss seemingly dead plants too soon because many a holly, crape myrtle, camellia, or butterfly bush will leaf out or grow back from the roots after winter damages the foliage. Wait until at least May or even June to see what happens.

Winterburn

The leaf browning that you might notice on broad-leaf evergreens

— holly, euonymus, cherry laurel, nandina, boxwood, rhododendron, etc. — is usually due to cold winter winds that dry the leaf tips.

An end-of-winter pruning or shearing back to live wood will fix most windburn damage. Given a month or two of new growth, most winterburned evergreens will look good as new.

Flower bud injury

Super-cold winter spells and late frosts can freeze the flower buds that formed on trees and shrubs the fall before.

The result is that the plants fail to bloom in spring. It's mainly a problem with spring bloomers, such as magnolias, lilacs and especially hydrangeas.

The bud kill isn't a long-term problem for the health of the plant ... you just won't get flowers this year.

Animal damage

Deer, rabbits, voles, and other rodents often gnaw on lower trunks and branches during winter when the food supply is limited.

Use tree wrap or install a cage protector to prevent any further damage, then wait until spring to see what kind of growth occurs.

Woody plants often heal, unless the wood has been "girdled" (eaten the whole way around). That injury is usually fatal.

Once spring shows you what's dead and what's alive, remove any dead wood and prune/shear to restore shapes as best as you can.

GEORGE WEIGEL is a retired horticulturist, author of two books about gardening in Pennsylvania, and garden columnist for The Patriot-News/PennLive.com in Harrisburg. His website is georgeweigel.net.

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 or call at 717.982.1455.

COOPERATIVE CITCHEN FRESH TAKES ON SEASONAL RECIPES

Pizza is Amore

ANNE M. KIRCHNER

PIZZAIOLO /PIZ·ZA·IÒ·LO/ IS ONE OF my favorite Italian words. It translates to "pizza maker." My husband spent years perfecting a pizza crust. The recipe is simple. Honey adds a subtle sweetness. Whole wheat flour adds a little nuttiness. We also discovered using a dough whisk results in a light, soft dough.

Our household is known for hosting weekend pizza parties. The dough recipe allows for one large thick crust or two thin crusts. The dough can also be divided into four parts to make personal pan pizzas. For me, pizza night means "amore" — another favorite Italian word! 🏚

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

CLARIFICATION: The Chocolate Pound Cake recipe in January's Cooperative Kitchen did not include an oven temperature. The proper baking temperature is 350 degrees.





PIZZA CRUST

- 1 tablespoon yeast
- 1 teaspoon honey
- 1 cup warm water (105 to 110 degrees)
- 2 cups flour
- 1/2 cup whole wheat flour
- 2 tablespoons extra virgin olive oil
- 1 teaspoon salt

Preheat oven to 450 degrees. In a large bowl, dissolve the yeast and honey in warm water; let set for 3 to 5 minutes. Using a dough whisk, stir in the flours, olive oil and salt. Allow the dough to rise for 1 hour in a covered bowl or use immediately. Roll out the pizza dough. Add toppings and bake on a pizza pan or pizza stone for 20 to 25 minutes. Makes 4 to 6 servings.



SAUSAGE, SPINACH AND ARTICHOKE PIZZA

- 1 pound ground sausage 3 tablespoons olive oil, divided
- 1 small yellow onion, thinly sliced
- 1 (13.75 oz) can artichoke hearts, chopped
- 1 cup baby spinach leaves ½ cup shredded parmesan
- 1/2 cup feta cheese

Brown the sausage in a skillet, chopping the sausage into crumbles as it cooks; drain the grease. In a separate skillet, sauté the yellow onion in 1 tablespoon olive oil over low heat. Cook until the onions caramelize, about 45 to 60 minutes. Brush the pizza dough with 2 tablespoons olive oil. Layer with the cooked sausage, sautéed onions, artichoke hearts, spinach leaves, shredded parmesan and feta cheese. Bake at 450 degrees for 20 to 25 minutes or until the crust is brown and crispy. *Makes 4 to 6 servings*.



BBQ CHICKEN AND BACON PIZZA

½ pound bacon, diced 1/3 cup barbecue sauce 1-2 cups cooked, shredded chicken 1 small red onion, sliced 2 cups shredded cheddar cheese Cilantro, chopped

Cook the diced bacon in a small skillet; drain the grease. Spread the barbecue sauce on the pizza dough. Add the bacon, chicken, red onion and cheddar cheese. Bake at 450 degrees for 20 to 25 minutes or until the crust is brown and crispy. Garnish with cilantro. Makes 4 to 6 servings.

A QUICK GUIDE TO GENERATORS

With proper use and maintenance, generators provide great convenience during a power outage. Before you purchase a generator, determine your backup power needs to select the right size. Make a list of essential appliances and devices you'll want to power during an outage, then total the required wattage.



RECOMMENDED IF YOU...

... rarely lose power.

Recreational Inverter

Up to 2,000 watts

Lightweight, about 60 pounds

Quiet, easy to store

Power: fridge and a few smaller items (i.e. lamp, phone charger and home security system)

Midsized Inverter

Up to 3,500 watts

Weighs up to 150 pounds

Power: fridge, laptop, five to 10 lights, phone charger, home security system and 10K BTU air conditioner

... occasionally lose power. Transfer switch required.

Portable Generators and Large Inverters

Up to 7,500 watts

Weighs about 300 pounds

Power: fridge, gas furnace, 10K BTU air conditioner, dishwasher, multiple lights, TV, laptop and more

Ability to connect to home's breaker panel

... frequently lose power. Transfer switch required.

Home Standby

Up to 20,000 watts

Must be permanently installed; starts automatically during outage Power: nearly all home appliances and electronics (simultaneously) Can run indefinitely on natural gas or propane Recommended if you frequently lose power.

SAFETY FIRST!

- Let us know if you purchase a generator that you plan to connect to an electric panel.
- Improperly installed generators can create back feed, which is dangerous to our crews and the community. Before using the generator, disconnect the normal source of power coming into your home/business.
- Never operate a generator indoors or in an enclosed space.

Disclaimer: Please note safety requirements may differ based on the type of generator you purchase. Thoroughly read the operator's manual and know how to shut off the generator quickly.

Source: Consumer Reports

ISSUE MONTH

ONTH AD DEADLINE 3 February 15

April 2023 May 2023 June 2023

March 15 April 14

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/cancelations 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.
- \square 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 ☐ Motor Vehicles
- ☐ Business & Boats
 Opportunities ☐ Nursery & Garden
- ☐ Employment ☐ Real Estate
 Opportunities ☐ Recipes & Food
- ☐ Gift & Craft Ideas ☐ Tools & Equipment
- ☐ Livestock & Pets ☐ Travel & Tourism
- ☐ Miscellaneous ☐ 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

CLASSIFIED ADVERTISING

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.

HEATING & COOLING

GARY & SONS, INC. HEATING AND COOLING - Save money on fuel oil, propane, or your electric bill without sacrificing comfort - add a heat pump! Heat pumps make heating systems 300% more energy efficient. Contact Gary & Sons, Inc. of Falls Creek, Pa. for a FREE estimate: 814-371-4885 or garysinc.com. A Lennox Premier Dealer and Mitsubishi Diamond Elite Contractor, Gary & Sons installs and services heating and cooling equipment, and hot water tanks, and cleans air ducts and dryer vents. PA4673.

HUNTING LEASES

WANTED HUNTING LAND. There is a current demand for hunting leases. Call for evaluation of your property. Professionally managed. Generate yearly income. \$1,000,000 liability insurance. Know who is on your property. www.nollsforestryservices.com. Call Ron, 724-422-5525.

LOG HOMES

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

MEATS

MCMULLEN PREMIUM BLACK ANGUS FREEZER BEEF, Ashville, Pa. Grass-fed and grain-finished with rich marbling. No growth-promoting hormones or anti-biotics. Quarter, half and whole. \$2.50/lb. hanging weight plus processing; price subject to change. www.mcmullenbeef.com. 814-674-2332.

MISCELLANEOUS

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.

NURSERY & GARDEN

TREES AND SHRUBS for all your landscaping needs. Rare, unusual, amazing. Bloomfield Nursery. 167 Sproul Mountain Road, Roaring Spring, PA 16673. 814-224-4508.

POWDER COATING

ALMOST ANYTHING METAL can be powder coated: auto parts, lawn furniture, wheels, etc. Restores, protects, preserves. 1,200-degree manifold coating. Arthurs Powder Coating, 263 Sexton Road, Indiana, PA 15701. 724-349-3770.

REAL ESTATE

VIRGINIA'S EASTERN SHORE. Fishermen and beach lover's paradise. Access Chesapeake Bay or Atlantic Ocean within minutes. Waterside Village 3/4-acre homesites near marina from \$18,000 with fenced and locked RV/camper storage available. Beach access nearby. Waterfront sites available on bayside and seaside. Many free boat ramps within minutes. Low, low taxes. Kirkwoodontheshore.com. 757-678-7631.

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.

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.

SHAKLEE

FREE SAMPLE Shaklee's Energy Tea. Combination red, green and white teas that are natural, delicious, refreshing, safe. For sample or more information on tea or other Shaklee Nutrition/Weight Loss Products: 814-392-4383 orwww.pws.shaklee.com/sbarton.

TIMESHARE CANCELLATION

TIMESHARE VICTIMS! Call 800-223-1770. TimeShareBeGone.com. Timeshares legally canceled for less. A+ BBB rating, five-star reviews. 100% money-back guarantee! Trust is our reputation! Since 2007. Stop paying maintenance fees and mortgages.

TRACTOR PARTS - REPAIR/RESTORATION

ARTHURS TRACTORS. Specializing in vintage Ford tractors, 30 years experience, online parts catalog/prices, Indiana, PA 15701. Contact us at 877-254-FORD (3673) or www.arthurstractors.com.

TRAVEL & TOURISM

NEW SMYRNA BEACH, Florida, oceanfront condo rental. Two bedroom, two bath, deck overlooking beach and pool. \$875/week. \$3,000/month. No pets. Not available Jan. - Mar. Call 814-635-4332 or 814-979-8058.

WANTED TO BUY

ANTIQUE AND CLASSIC American and foreign cars, motorcycles, trucks, Broncos, Blazers and Scouts. Any condition. Will buy entire car collections. krmiller1965@yahoo.com.717-577-8206.

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

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.

WATT'S THE DIFFERENCE?







Ground Fault Circuit Interrupter

Prevents electrical shock by detecting variations in current.

Install in areas where water and electricity are in close proximity.

Test outlets with GFCIs monthly; if they don't work properly, consult your electrician.

Arc Fault Circuit Interrupter

Prevents electrical fires caused by arc flash. Usually installed by an electrician.

An arc is an electrical discharge that can cause intense heat or light.

It interrupts the circuit when it detects an arc or other abnormalities in the flow of electricity.

Tamper Resistant Outlet

Prevents shocks caused by tampering with an outlet

The protective shutters are designed to move when a plug is correctly inserted.

Became part of the National Electrical Code in 2008; if your home does not have these, install childproof devices.



'What Is This and How Long Have We Had It?'

JOHN KASUN

MY WIFE, SANDY, WAS MAKING out her grocery list recently when she opened the refrigerator to check for items we might need. She said more to herself than me, "I've got to clean out this refrigerator." As I peeked over her shoulder, I could see neatly stacked rows of unmarked Tupperware containers, all with special snap-on lids designed to keep things fresh for at least two lifetimes.

Although we are the only two people living in our home, we own a large side-by-side refrigerator, a huge upright freezer in the basement and a medium-sized refrigerator/freezer in the garage. If we had lived during the Civil War, we probably would have had enough food

to feed both armies at Gettysburg with some leftovers for those desiring seconds.

All of our refrigerators and freezers are normally so full, when you open the doors. you can't even see the light come on. I remember when we bought the refrigerator in the garage. It was supposed to be "just in case." Well, I hope "just in case" never comes because we will have no place to put it as the extra refrigerator is also full. As a matter of fact, I had to remove the

lightbulb recently just to get the door closed.

While having a refrigerator/freezer the size of a UPS truck seems like a good idea when you buy it, after it's full, it is an entirely different story. In addition to not really knowing what is in there, you may also find some things that might be better left lost. I feel pretty sure that if the FBI really wants to find Jimmy Hoffa, it should be checking some refrigerators in New Jersey.

I have lived through several refrigerator cleanings during my marriage and know they can be harder than passing the proverbial camel through the eye of a needle. As my wife stood in front of the open refrigerator door, tapping her pencil on the pad, which sounded like the rattat-tat of a machine gun, a vision of the perfect refrigera-

tor popped into my head.

The perfect refrigerator would come without a back panel and would line up perfectly with a matching hole that's been cut in your outside kitchen wall. You can still pack all the leftovers in the refrigerator — "because they are too good to throw out — and when the new "perfect refrigerator" is full, all you have to do is push the next row of Tupperware containers in. As the containers are pushed into the front of the refrigerator, they will simply push the older containers out through the hole in the wall and into a waiting dumpster outside.

As if by magic, there is always room for more food and

leftovers, and you never have to clean out the refrigerator or guess what's in containers that were filled several weeks — or months — ago. I know because the other day I defrosted what I thought was a container of homemade applesauce, and it turned out to be turkey gravy from last Thanksgiving — or at least I think so.

When a caveman got hungry, he took a club, walked outside the cave, hit whatever he found over the head,

and brought it back in and tossed it on the fire. When it was cooked, he ate it and tossed the rest to the wolves outside the cave to keep them happy and because, by the next day, it would be spoiled anyway. If that caveman had Tupperware and a freezer, however, somewhere in this country today a family would be pulling out a package of unmarked dinosaur meat and asking, "What is this and how long have we had it?" That got me thinking ... maybe what I thought was homemade applesauce was actually dinosaur gravy, which could be worth a lot of money. I had better check and see if I can find that again. •

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If freezer the size of a UPS

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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.

RURAL REFLECTIONS

AMBER GROFF • VALLEY REC

AMATEUR PHOTOGRAPHERS are encouraged to send photos for the 2023 "Rural Reflections" contest (no digital files) to: Penn Lines Photos, P.O. Box 1266, Harrisburg, PA 17108-1266. On the back of each photo, include your name, address, phone number and the name of the electric cooperative that serves your home, business or seasonal residence.

Remember: Our publication deadlines require us to work in advance, so send your seasonal photos in early. Photos that do not reflect any specific season may be sent at any time. Photos will be returned at the end of the contest year if a self-addressed, stamped envelope is included.



More Favorite Photos

WE FEATURED WINNERS OF THE 2022 Rural Reflections contest in January and awarded each of the photographers \$75. This month, we present the 2022 runners-up, each of whom wins \$25.

TERRI HOWARD • ADAMS EC



CAROLYN BLEDSOE • ADAMS EC



ADDRESS CHANGES:

For change of address, please contact your local electric cooperative. For cooperative contact information, please visit www.prea.com/member-cooperatives



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