

MAY 2019

PENN*lines*

THE MAGAZINE YOU COME HOME TO

Energy and you

*Understanding your
cooperative power supply*

PLUS

DIY energy savers

Bearing down

Frozen in time

MAY 2019

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ON THE COVER

The Susquehanna Steam Electric Station, a 2,600-megawatt nuclear power plant in Berwick, Pa., provides electric cooperatives in Pennsylvania and New Jersey with approximately 60 percent of their power consumption.

Photo by Peter Fitzgerald



Cooperatives support common-sense solutions for our energy future

By Frank M. Betley

As farmers take to the fields across Pennsylvania this spring, they're making an investment in the future. The hope is that what is planted today, if nurtured appropriately, will bear fruit tomorrow. Given that agriculture is one of the Commonwealth's top industries, our farmers have a pretty good track record for their investments.

Eighty years ago, that kind of hopeful vision led rural residents, including many of Pennsylvania's farm families, to create their own electric cooperatives. When private power companies would not serve rural areas, farmers and their neighbors decided to invest in their own future. By organizing their own electric cooperatives, they found a common-sense solution to an energy challenge.

Today, thanks to that vision, cooperatives in Pennsylvania enjoy one of the lowest and most stable generation rates in the entire region. One reason for this has been the investment in nuclear energy. Cooperatives in Pennsylvania have a 10 percent ownership share in the Susquehanna Steam Electric Station (Susquehanna) in Luzerne County. That 10 percent share is enough to power 60 percent of all the electricity needs for more than 600,000 rural residents.

While Susquehanna has been a solid investment for cooperatives, other nuclear facilities are facing the threat of premature closure in the state due to a flawed design in the state's energy market. The current market in Pennsylvania does not recognize nuclear energy for its significant environmen-

tal attributes, including its zero-carbon qualities. If the market continues in this direction, other plants, including Susquehanna, will face similar challenges.

Pennsylvania's electric cooperatives recently had the opportunity to testify before the state Legislature about the importance of nuclear energy. Cooperatives fully support recent legislative proposals that would correct the current market by adding nuclear energy to the state's Alternative Energy Portfolio Standards (AEPS). Such a measure would recognize nuclear energy for its zero-carbon attributes — attributes that benefit all Pennsylvanians. After all, nuclear energy produces 93 percent of Pennsylvania's zero-carbon energy.

If we're going to be serious about clean energy, we need a market that values nuclear energy's contribution to the Commonwealth's clean energy goals. Even the smallest reactor in the state produces more carbon-free electricity than all of Pennsylvania's renewable resources combined. Losing such a resource would make those goals largely irrelevant. In Pennsylvania, the energy market (through AEPS) recognizes the carbon-free attributes of certain resources. It makes sense that the market should value nuclear energy for these very same attributes.

Beyond its clean-energy attributes, cooperatives believe supporting nuclear energy is critical for a diverse and competitive energy marketplace. The rich energy diversity we maintain in Pennsylvania is not possible without nuclear energy. As a reliable 24/7 source of electricity, it has allowed other resources, including natural gas and

renewables, to enter and thrive in the marketplace. Without it, the energy market will be subject to the control of one major commodity: natural gas. This is not an attack on natural gas; this is a virtual economic certainty — and one that will drastically impact the cost of power to rural communities should nuclear power cease to be viable in Pennsylvania.

Not-for-profit electric cooperatives have a proud 80-year history of delivering life-changing electricity to the countryside. We believe our experience can offer some perspective on the current energy challenge. Nuclear energy is an investment that will continue to pay off well into the future — if appropriately nurtured. Just like the hopeful vision that formed electric cooperatives, we believe a common-sense solution exists in recognizing nuclear energy for the benefits it brings to a competitive energy marketplace in Pennsylvania.

The time is now to recognize the importance of nuclear energy to our rural residents. The time is now to ensure the diversity, competitiveness and future of our energy marketplace. You can help — go to PARuralAction.org and send an email to your local legislators urging them to support efforts to ensure nuclear energy remains viable in Pennsylvania. 🌞



Frank M. Betley
President & CEO
Pennsylvania Rural Electric
Association
Allegheny Electric
Cooperative, Inc.

Whitetail Gathering

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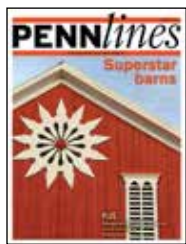
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News from across the Commonwealth

Penn Lines wins award

The Pennsylvania Rural Electric Association (PREA), publisher of *Penn Lines* magazine, was recently recognized by the Spotlight on Excellence



Awards program. The national contest sponsored by the Council of Rural Electric Communicators through the National Rural Electric Coopera-

tive Association (NRECA) annually recognizes outstanding work produced by electric cooperative communication and marketing professionals across the country.

PREA won a Silver Award in the category of Best External Publication, recognizing *Penn Lines* magazine for excellence throughout 2018.

Awards are presented and winning entries are displayed at the 2019 NRECA Connect Conference in Houston, Texas, this month. NRECA showcases winning entries to provide cooperative communicators with an inspiring collection of leading practices and winning strategies to adopt in their own cooperative.

It's Lyme disease season

In an effort to understand more about how people's practices and activities impact their exposure to ticks, researchers from the Midwest and Northeast Centers for Excellence in Vector-Borne Diseases are looking for volunteers.

They want people who live in high-risk areas for Lyme disease (all of Pennsylvania) to participate in a tick-exposure behavioral study through a smartphone app, "Tick App – 2019," available free from Google-

Play and iTunes.

Participants will be asked to take an enrollment survey to help researchers capture baseline risk of exposure to ticks. Participants will receive a message to start a tick diary during the high-risk months (May to September). The activity report should take less than 1 minute to complete. Daily reminders will be sent until participants complete 15 reports. Alternatively, participants can sign up at the group's website and surveys will be sent to a designated email.

For additional information, go to thetickapp.org.



17-year cicadas are returning

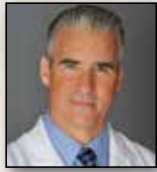
This spring marks the return of the 17-year cicadas in western Pennsylvania. Experts expect millions of the loud chirpy critters will emerge from the ground for the first time since 2002 once the ground temperature reaches 64 degrees Fahrenheit (usually in May).

Known officially as the Brood VIII, these cicadas will hang around for a few weeks with most of them expected to surface in Allegheny, Clarion, Indiana, Washington and Westmoreland counties. The mature cicadas will make a lot of noise, then mate and die. Females can lay up to 600 eggs. If you miss them this year, the next time they will emerge is 2036. 🌞



HOUSE COMMITTEE TESTIMONY: Steve Brame, vice president – public affairs & member services for the Pennsylvania Rural Electric Association and Allegheny Electric Cooperative, Inc., right, and former Pennsylvania Gov. and U.S. Secretary of Homeland Security Tom Ridge testify April 8 in support of House Bill 11 before the state House Consumer Affairs Committee. The proposed legislation would recognize nuclear energy for its significant contribution to Pennsylvania's zero-carbon energy production. Similar legislation has been introduced in the state Senate.

MEDICAL BREAKTHROUGH



Dr. Steven Battaglia
Board Certified Ear, Nose
and Throat Surgeon

MDHearingAid Makes Hearing Aids Affordable for Everyone

Advanced Hearing Aid Technology **For Less Than \$200**

Too many people with hearing loss go without a solution because they can't afford hearing aid prices. As a practicing Ear Nose and Throat Surgeon, Dr. Steven Battaglia has seen first-hand the hardships people suffer when they have hearing loss. That's why he jumped at the opportunity to join MDHearingAid in their quest to make FDA-registered, high quality hearing aids available to everyone who needs one.

"MDHearingAid has done an incredible service for the millions of people suffering from hearing loss, but can't afford high-priced hearing aids," states Dr. Battaglia.

It's Nearly Invisible One of the most important requirements for the new line of hearing aids would be for the device to be hard for others to see. One of the biggest objections people have to wearing a hearing aid is that they are embarrassed. MDHearingAid's design helps people get past this concern.

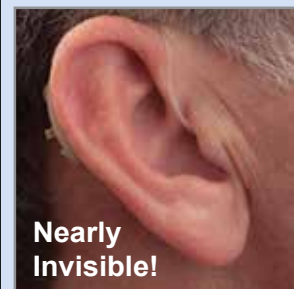
FDA-Registered Hearing Aid **Outperforms Competitors**

The new medical-grade hearing aid is called MDHearingAid PRO®. It is sleek, lightweight, and full of the same advanced technology found in higher-priced devices, but at a small fraction of the price. MDHearingAid couldn't understand why technology based products kept coming down in price, like computers, TVs, and DVD players, but not hearing aids. Once MDHearingAid was able to produce a device that costs less than \$200, the industry was turned upside down.

So How Did They Do It?

Since about 95% of the people who need a hearing aid only require a few settings, MDHearingAid PRO® simplified the need for certain variable components not needed by most people. This also makes it so easy for people to try the product, because no prescription is needed, even though it's an FDA-registered, medical-grade hearing aid.

45-Day Risk-Free Trial. You can try it at home and if you're not completely satisfied, just return it. It's that simple. They even provide **Free Shipping and Batteries.**



**Nearly
Invisible!**

SAME FEATURES AS EXPENSIVE HEARING AID COMPETITORS

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- ✓ Multiple sized Open-Fit & Closed-Fit ear domes allow for the perfect size for your ears.
- ✓ 2-Program toggle switch for customized hearing. Decrease background noise and choose the best program for your hearing loss.

Doctors & Patients Agree: **"BEST QUALITY SOUND" "LOWEST AFFORDABLE PRICE"**

"I previously owned a \$2,200 aid and I am much more satisfied with my MDHearingAid than I ever was with my 'custom fit' aid. Being a pianist, I can quickly change the program to Normal and roll the volume all the way down. I haven't enjoyed playing my piano this much in years!" – James B.

"I have a \$2,000 ReSound® Live Hearing aid in my left ear and the MDHearingAid PRO® in the right ear. I am not able to notice a significant difference in sound quality between the two." – Dr. May, ENT Physician



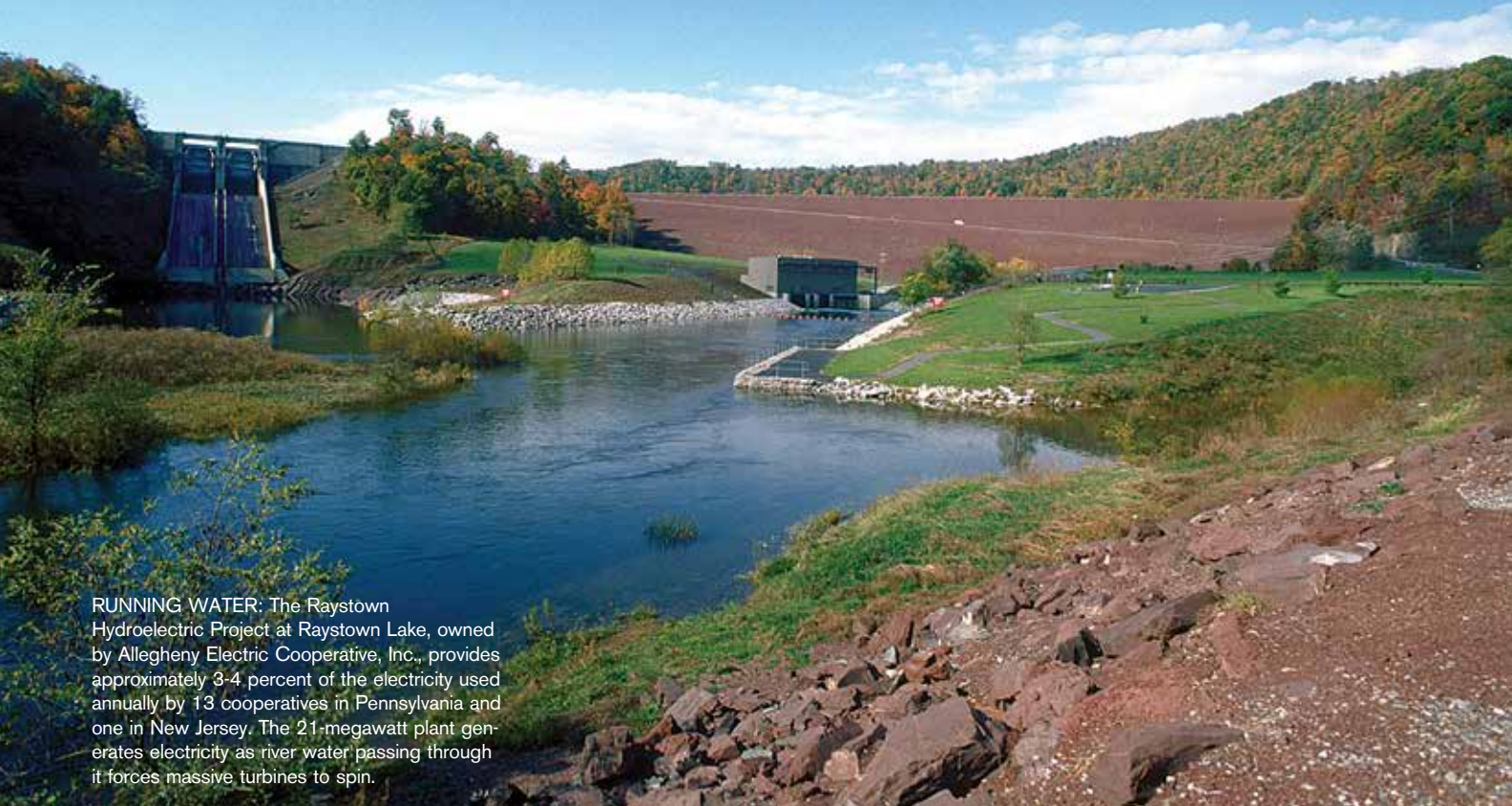
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**Mention Offer Code JJ38 to Get
FREE Batteries for a Full Year!**

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RUNNING WATER: The Raystown Hydroelectric Project at Raystown Lake, owned by Allegheny Electric Cooperative, Inc., provides approximately 3-4 percent of the electricity used annually by 13 cooperatives in Pennsylvania and one in New Jersey. The 21-megawatt plant generates electricity as river water passing through it forces massive turbines to spin.

Energy and you

Understanding your cooperative power supply

How many people does it take to turn on a lightbulb? A microwave? A coffee pot? When you flip that switch or push that button, your hand is just the last in a long line of people devoted to bringing just the right amount of electricity flowing into your home or business at just the right time.

Tracing that line to its source takes you to Allegheny Electric Cooperative, Inc. (Allegheny), the wholesale supplier of electricity to 13 electric cooperatives in Pennsylvania — including yours — and one in New Jersey. Through a mix of self-owned generation assets and power purchases, Allegheny provides the power that reaches your home via your local electric cooperative.

Your cooperative, along with the other 13 sister organizations, formed Allegheny in 1946 to serve cooperative energy needs.

By Michael T. Crawford
Associate Editor

“The purpose of Allegheny’s inception was to help save power costs for the local cooperatives,” explains Allegheny Chairman Jay Grove, who also serves as chairman of Gettysburg-based Adams Electric Cooperative. “It has and continues to do just that. The idea behind it was that the local cooperatives could better control their destinies by being in control of the power supply.”

Over the years, Allegheny, based in Harrisburg, Pa., has evolved from an organization that simply negotiated power contracts on behalf of the cooperatives to a robust energy company with highly sophisticated power trading operations, as well as a diverse portfolio of self-owned generation resources.

“The not-for-profit business model of electric cooperatives dictates that

Allegheny is driven to provide its members a reliable source of power at the most affordable price. It’s a model that’s worked extremely well,” notes PREA/Allegheny President & CEO Frank Betley. “Today, electric cooperative consumers in Pennsylvania and New Jersey enjoy among the lowest and most stable generation rates in the entire region.”

Generation

When a light goes on, demand is created. Power providers like Allegheny meet this demand by converting energy to electricity, typically by spinning turbines to generate that electricity. These turbines can be spun using steam, combustion gases, air, or the force of strong winds or rushing water. Converting solar energy through photovoltaic cells — or solar panels — also generates electricity.

Your power is drawn from a mix of resources, including renewables.

Allegheny owns and operates the Raystown Hydroelectric Project, a 21-megawatt run-of-the-river plant at Raystown Lake in Huntingdon County, which produces approximately 4 percent of the electricity cooperative consumers use each year.

Allegheny also draws power from hydroelectric electricity generated by Niagara Falls and the St. Lawrence River through long-term contracts it maintains with the New York Power Authority. These contracts produce approximately 6 percent of the power that lights cooperative homes.

Some homes of consumer-members even contribute to the cooperative grid through an ever-growing system of interconnected renewable energy projects, including solar arrays, wind turbines, and anaerobic digesters.

For cooperative members in Pennsylvania, the lion's share of power comes from nuclear energy. Specifically, Allegheny generates nearly 60 percent of cooperative consumer-members' electricity needs from a 10 percent share of the Susquehanna Steam Electric Station (Susquehanna), a nuclear plant in Berwick, Pa.

Susquehanna, a two-reactor, 2,600-megawatt unit, is one of five nuclear plants in Pennsylvania, which together provide roughly 41.6 percent of the Commonwealth's electricity. According to the Nuclear Energy Institute, nuclear power accounts for 93.7 percent of the state's carbon emissions-free electricity, letting Pennsylvanians avoid about 52 tons of CO₂ emissions and more than \$260 million worth of pollutants every year.

"There's no other resource that compares to the capacity and production of nuclear energy — or its positive environmental impact," notes Betley. "It's

critical to a diverse and competitive energy marketplace — and to achieving clean energy goals. For cooperatives in Pennsylvania, it's the workhorse of our generation mix."

Generation mix is just that — a mix of different generation methods for electricity, and the more varied, the better. Anything, including unexpected wild weather can — and inevitably will — temporarily disrupt any generation method, so the more baskets one can put their proverbial eggs in, the better.

Power delivery

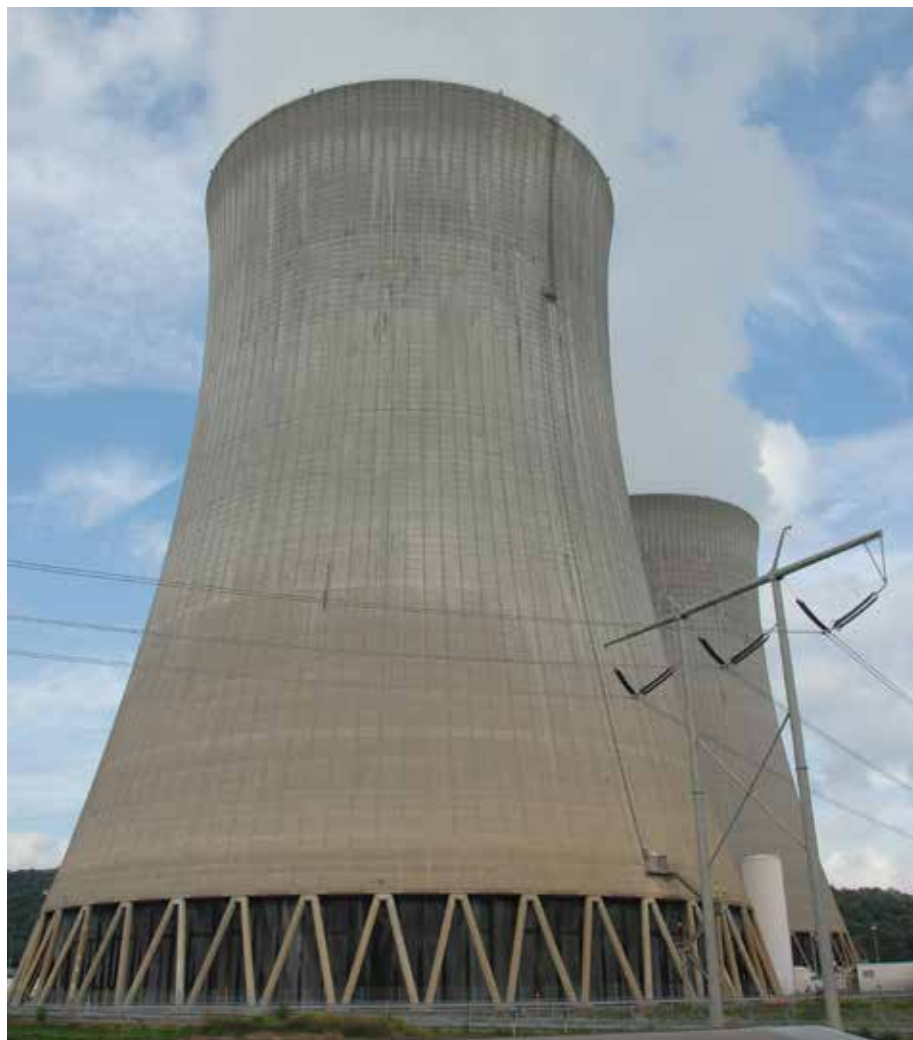
Once the power supply is generated, it has to get to the consumer, but it doesn't go straight from the source to the point of demand. To successfully and economically transmit power across vast distances, the power is transformed at a transmission substa-

tion from a low voltage to an extremely high voltage — up to 500,000 volts. At this high voltage, power flows across large transmission lines to various distribution substations around the Commonwealth where the power is transformed again to a much lower voltage.

Once your power moves from the transmission line to a distribution substation, your local cooperative takes over. From the substation, the power flows along distribution lines — those easily spotted running alongside the road. But even here, the voltage is still too potent for the end user.

To handle the electricity at this point, your local electric cooperative has a number of highly skilled personnel, including lineworkers. They ensure electricity flows safely from the substation and eventually to your

BOILING WATER: Cooling towers of the Susquehanna Steam Electric Station, a two-reactor, 2,600-megawatt nuclear power plant in Berwick, Pa., emit steam generated by heat from nuclear fission. A transmission line carries high-voltage electricity from the plant to the PJM Interconnection electric grid before ultimately being delivered to consumers. Allegheny Electric Cooperative, Inc. owns a 10 percent share of the plant.





LOAD MANAGEMENT: Allen Tobias, senior coordinated load management system (CLMS) operator for Allegheny Electric Cooperative, Inc., conducts a routine inspection of one of the CLMS servers in Harrisburg, Pa. The voluntary CLMS program helps reduce electricity use during periods of peak demand, which ultimately lowers costs for cooperative members.

home. They're also the ones who head out into the storm to get your power back on when the lights go out.

The job of a lineworker is regularly listed among the most dangerous in the world. When you factor in the rugged terrain rural electric lineworkers must navigate, that job becomes even more dangerous. Fortunately, cooperative consumers have a dedicated team committed to ensuring the lights stay on in their rural areas.

"I can't think of anything I would rather have done as a career," says Lindsay Chamberlain, crew chief of Wysox-based Claverack Rural Electric Cooperative. "You are out there working for people who genuinely appreciate you being there. I like having the feeling that what I am doing is making a difference in somebody's day or in somebody's life."

Right before your electricity reaches its destination, the power transforms one last time inside a transformer box — the gray cylinders atop the poles outside your home — and finally arrives at 120 or 240 volts to turn your light on, microwave your breakfast burrito, or brew your cup of coffee.

All of these feats require a certain amount of electricity, or watts, but your electric bill charges by the kilo-

watt-hour. Why? The LED lightbulbs your cooperative sent you last year don't just need 9 watts of electricity — they need it over the course of an hour. It boils down to this: appliances need a constant flow of exactly the right amount of power to function — too much or too little may cause them to malfunction — so generation sources tone down or ramp up production to meet a constant stream of demand.

"One of the challenges with a commodity like electricity — unlike pretty much any other commodity — you have to match on a minute-by-minute basis how much you're using versus how much you're generating," explains Todd Sallade, PREA/Allegheny vice president — power supply & engineering.

So Susquehanna and Raystown are constantly ramping up and down? No, not at all. While much of Allegheny's power comes from its own resources, about 30 percent of its generation mix comes from market purchases. This "patchwork quilt" approach allows Allegheny the flexibility to provide that 24/7 on-demand power — essentially a constant supply of electricity — and purchase any excess on an as-needed basis. The key is keeping those costs down — and where being in a cooperative truly makes a difference.

Cooperative difference

Purchasing power can get expensive, especially during times of high demand. The more people who need that power *right now*, the more expensive it can get. These high-demand points are

called peaks, and the higher the peak, generally the higher the cost. Allegheny, in coordination with your local cooperative, works to reduce these peaks through a voluntary Coordinated Load Management System (CLMS).

Through small switches installed on electrical appliances, such as water heaters, in cooperative homes, CLMS can temporarily disable sources of demand that aren't actively being used. Once the peak has passed, CLMS switches the devices in question back on. In practice, it's like adding an entirely new generation source without having to build one, thus reducing the amount of excess power Allegheny has to purchase.

"The idea is that to the extent we shave our peak, we save on power costs," Sallade says. "Ideally, it's transparent to the member — they never know you've turned the switch on and off."

CLMS is actually a way you, as a cooperative consumer, can get involved in your own power supply — and have a role in controlling your power costs. The program has been remarkably effective over the years, with more than 45,000 load control devices connected in cooperative homes throughout the Commonwealth.

The goal of power supply is to function much like CLMS — that is, without the member realizing anything was done at all. When the switch is flipped, the lights come on, and when the bill comes in the mail, the frown stays off. To date, CLMS has saved cooperative consumers nearly \$146 million in avoided power costs since 1986, which is something to smile about.

"As a cooperative, the idea is to keep costs down for the members — from the power plant to the light switch," says Betley. "Right down the line, from Allegheny to the local cooperative to the member at home, everybody has a role in that. This is a very different business model from shareholder-owned companies. Understanding that difference is the key to understanding your cooperative power supply." 🌞

Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

Clinical studies show breakthrough acid reflux treatment also helps maintain vital health and helps protect users from the serious conditions that accompany aging such as fatigue and poor cardiovascular health

by David Waxman
Seattle Washington:

A clinical study on a leading acid reflux pill shows that its key ingredient relieves digestive symptoms while suppressing the inflammation that contributes to premature aging in men and women.

And, if consumer sales are any indication of a product's effectiveness, this 'acid reflux pill turned anti-aging phenomenon' is nothing short of a miracle.

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more.

But soon doctors started reporting some incredible results...

"With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems... even less stress and better skin, hair, and nails" explains Dr. Liza Leal; a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

The daily allowance of AloeCure has shown to calm this inflammation which is why AloeCure is so effective.

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, AloeCure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles – helping patients to look and feel decades younger.

FIX YOUR GUT & FIGHT INFLAMMATION

Since hitting the market, sales for AloeCure have taken off and there are some very good reasons why.

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.

A healthy gut is the key to a reducing swell-

ing and inflammation that can wreak havoc on the human body. Doctors say this is why AloeCure works on so many aspects of your health.

AloeCure's active ingredient is made from the healing compound found in Aloe vera. It is both safe and healthy. There are also no known side effects.

Scientists believe that it helps improve digestive and immune health by acting as a natural acid-buffer that improves the pH balance of your stomach.

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

EXCITING RESULTS FROM PATIENTS

To date over 5 million bottles of AloeCure have been sold, and the community seeking non-pharma therapy for their GI health continues to grow.

According to Dr. Leal, her patients are absolutely thrilled with their results and are often shocked by how fast it works.

"For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health," says Dr. Leal, "and I recommend it to everyone who wants to improve GI health without resorting to drugs, surgery, or OTC medications."

"I was always in 'indigestion hell.' Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened... Not only were all the issues I had with my stomach gone - completely gone - but I felt less joint pain and I was able to actually sleep through the night."

With so much positive feedback, it's easy to see why the community of believers is growing and sales for the new pill are soaring.

THE SCIENCE BEHIND ALOECURE

AloeCure is a pill that's taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

The active ingredient is a rare Aloe Vera component known as acemannan.

Made from 100% organic Aloe Vera, AloeCure uses a proprietary process that results in the highest quality, most bio-available levels of acemannan known to exist.

According to Dr. Leal and several of her colleagues, improving the pH balance of your stomach and restoring gut health is the key to revitalizing your entire body.

When your digestive system isn't healthy, it causes unwanted stress on your immune sys-



tem, which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

This would explain why so many users are experiencing impressive results so quickly.

REVITALIZE YOUR ENTIRE BODY

With daily use, AloeCure helps users look and feel decades younger and defend against some of the painful inflammation that accompanies aging and can make life hard.

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion... soothe aching joints... reduce the appearance of wrinkles and help restore hair and nails ... manage cholesterol and oxidative stress... and improve sleep and brain function... without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

One AloeCure Capsule Daily

- Helps End Digestion Nightmares
- Helps Calm Painful Inflammation
- Soothes Stiff & Aching Joints
- Reduces appearance of Wrinkles & Increases Elasticity
- Manages Cholesterol & Oxidative Stress
- Supports Healthy Immune System
- Improves Sleep & Brain Function

HOW TO GET ALOECURE

Due to the enormous interest consumers have shown in AloeCure, the company has decided to extend their nationwide savings event for a little while longer. Here's how it works...

Call the AloeCure number and speak to a live person in the US. Callers will be greeted by a knowledgeable and friendly person approved to offer up to 3 FREE bottles of AloeCure with your order. AloeCure's Toll-Free number is 1-800-746-1312. Only a limited discounted supply of AloeCure is currently available.

Consumers who miss out on the current product inventory will have to wait until more becomes available and that could take weeks. They will also not be guaranteed any additional savings. The company advises not to wait. Call 1-800-746-1312 today.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. ALL DOCTORS MENTIONED ARE REMUNERATED FOR THEIR SERVICES. ALL CLINICAL STUDIES ON ALOECURE'S ACTIVE INGREDIENT WERE INDEPENDENTLY CONDUCTED AND WERE NOT SPONSORED BY THE AMERICAN GLOBAL HEALTH GROUP.

Pennsylvania zip codes turn up silver for residents

Sealed Vault Bags full of heavy silver bars are actually being handed over to the first Pennsylvania residents who find their zip code listed in today's publication and call before the 48 hour order deadline ends to claim the bags full of valuable silver

NATIONWIDE – Operators at the National Silver Hotline are struggling to keep up with all the calls.

That's because Silver Vault Bags loaded with a small fortune of .999 pure Silver Bars are now being handed over to everyone who beats the 7-day order deadline.

"It's like a modern day Gold Rush. Pennsylvania residents will be hoarding all the silver bars they can get their hands on for the next 7 days. This comes as no surprise after the standard State Minimum set by the Federated Mint dropped 42%, going from \$50 per bar to just \$29 making these Silver Vault Bags a real steal," said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

"As executive advisor to the private Federated Mint, I get paid to deliver breaking news. And here's the best part. This is great news for Pennsylvania residents because it's the lowest ever State Minimum set by the Federated Mint," said Withrow.

The only thing residents need to do is find the first 3 digits of their zip code on the Distribution List printed in today's publication. If their zip code is on the list, they need to immediately call the National Silver Hotline before the 7-day order deadline ends.

Residents who do are cashing in on the record low State Minimum set by the Federated Mint. This is a real steal for residents because each Silver Vault Bag loaded with 10 Pennsylvania State Silver Bars is normally set at \$500 which is the standard \$50 per heavy half ounce bar State Minimum set by the Federated Mint. But here's the good news. Residents who call today get the lowest ever State Minimum set by the Federated Mint of just \$290 for each Pennsylvania Silver Vault Bag which is just \$29 per bar as long as they call the National Silver Hotline at; 1-866-874-7770 EXT. FMM1589 before the deadline ends.

Phone lines open at precisely 8:30 A.M. this morning and are expected to be flooded by resi-



■ **PENNSYLVANIA RESIDENTS CASH IN:** It's like a modern day Gold Rush. Everyone's scrambling to get their hands on the heavy, Jumbo Silver Ballistic Bags pictured above before they're all gone. That's because residents who find the first 3 digits of their zip code printed in today's publication are cashing in on the lowest ever State Minimum price set for the next 7 days by the Federated Mint.

► **Who gets the Silver Vault Bags:** Listed below are the Pennsylvania zip codes that get the Silver Vault Bags. If you find the first 3 digits of your zip code below immediately call: **1-866-874-7770 EXT. FMM1589**

150	158	166	174	182	190
151	159	167	175	183	191
152	160	168	176	184	192
153	161	169	177	185	193
154	162	170	178	186	194
155	163	171	179	187	195
156	164	172	180	188	196
157	165	173	181	189	

(Continued on next page)

(Continued from previous page)

dents looking to cash in on the lowest ever State Minimum set by the Federated Mint to date. That's why Pennsylvania residents who find their zip code on the distribution list today are being urged to call immediately.

Since this special advertising announcement can't stop dealers and collectors from hoarding all the new 2019 Edition Pennsylvania State Silver Bars they can get their hands on, the Federated Mint had to set a strict limit of three Jumbo Silver Ballistic Bags per resident – these are the bags everyone's trying to get because they contain 10 individual Silver Vault Bags each. Everyone who gets these will feel like they just hit the jackpot.

"Residents who want to cash in on the lowest ever State Minimum set by the private Federated Mint better hurry. That's because in 7 days, the State Minimum for these heavy half ounce Pennsylvania State Silver Bars returns to the normal State Minimum set by the Federated Mint of \$50 per bar," Withrow said.

"We're bracing for all the calls and doing the best we can, but with just hours left before the deadline ends, residents lucky enough to find the first 3 digits of their zip code listed in today's publication need to immediately call the National Silver Hotline," Withrow said. ■



■ **SILVER HITS ROCK BOTTOM:** Everyone's scrambling to get the Silver Vault Bags each loaded with 10 solid .999 pure Silver State Bars before they are all gone. That's because the standard State Minimum set by the private Federated Mint dropped 42%, going from \$50 per bar to just \$29, which is a real steal.

IMPORTANT INFORMATION: If you find your zip code on the distribution list printed in today's publication read below then immediately call: **1-866-874-7770 EXT. FMM1589**

► **I keep calling and can't get through:** Keep trying. Right now everyone's looking to cash in on the lowest State Minimum ever set by the Federated Mint. In fact, tens of thousands of residents are expected to order up as many Silver Vault Bags as they can get their hands on before the deadline ends. That's because the State Minimum set by the Federated Mint has been slashed from \$50 per heavy half ounce to just \$29 for the next 7 days. And since each Silver Vault Bag contains 10 valuable State Silver Bars for just \$290 nearly everyone is taking at least three bags before they're all gone. But all those who really want to cash in are taking the Jumbo Silver Ballistic Bags containing 100 State Silver Bars before the State Minimum set by the Federated Mint goes back up to \$500 per Vault Bag. So if lines are busy keep trying.

► **How much are the Silver Vault Bags worth:** It's hard to tell how much these Silver Vault Bags could be worth since they are highly collectible, but those who get in on this now will be the really smart ones. That's because the State Minimum set by the Federated Mint goes back up to \$500 per bag after the deadline ends. So you better believe that at just \$290 the Silver Vault bags are a real steal for everyone who beats the deadline.

► **Can I buy one State Silver Bar:** Yes. But, the lowest ever State Minimum set by the Federated Mint of just \$29 per bar applies only to residents who purchase a Silver Vault Bag(s). That means only those residents who order a Silver Vault Bag(s) or the heavy, Jumbo Silver Ballistic Bag(s) get the \$29 per bar State Minimum set by the Federated Mint. All single bar purchases, orders placed after the 7-day deadline and all non-state residents must pay the standard \$50 per heavy half ounce Bar State Minimum set by the Federated Mint.

► **Why is the State Minimum set by the Federated Mint so low now:** Thousands of U.S. residents stand to miss the deadline to get the silver at the lowest ever State Minimum set by the private Federated Mint. Now all residents who find the first 3 digits of their zip code on the Distribution List printed in today's publication are getting the Silver Vault Bags for themselves and all the solid .999 pure State Silver Bars found inside. The price for each Silver Vault Bag is normally set at \$500 which is the standard \$50 per bar State Minimum set by the Federated Mint, but residents who beat the 7-day deadline only cover the lowest ever State Minimum set by the Federated Mint of just \$290 for each State Silver Vault Bag which is just \$29 per bar as long as they call the National Silver Hotline before the deadline ends at: **1-866-874-7770 EXT. FMM1589**. Hotlines open at 8:30 A.M.

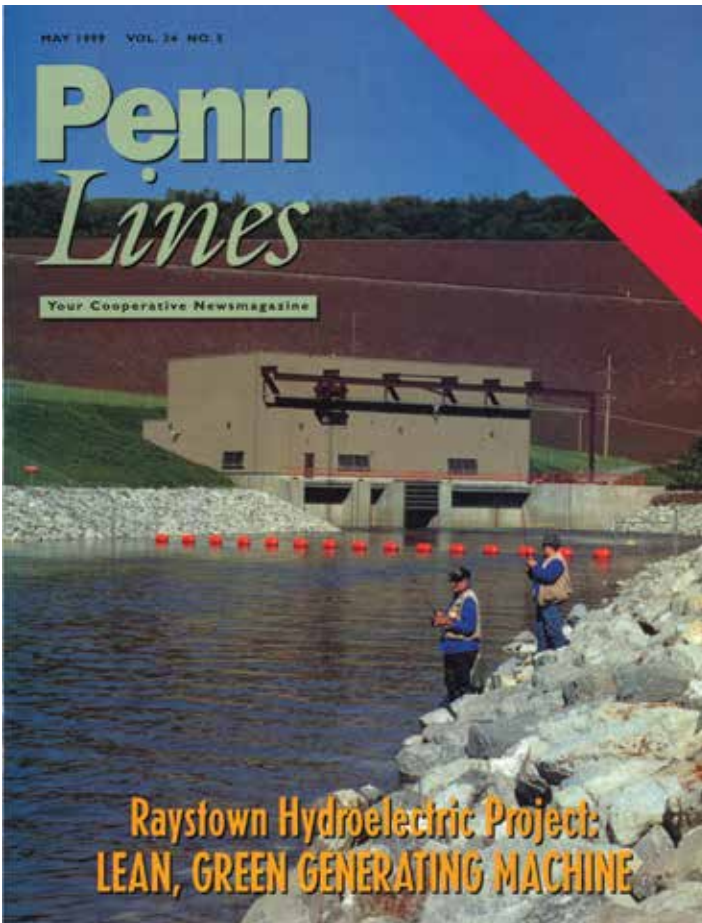


PHOTO ENLARGEMENT SHOWS ENGRAVING DETAIL OF SOLID HALF OUNCE STATE SILVER BARS

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Your Newsmagazine Through the Years



The Year 2000 computer glitch would prove to be no more than “water over the dam” at the Raystown Hydroelectric Project (Raystown), thanks to testing in early 1999.

Some people believed the so-called “Y2K bug” could make date-sensitive computer programs malfunction if their two-digit date fields interpreted “00” as 1900 instead of 2000. Due diligence dictated that a wide array of testing be done to make sure everything was on track to function properly as 1999 changed over into 2000.

Operation and monitoring of the Raystown plant can be done remotely from the Allegheny Electric Cooperative, Inc. office in Harrisburg, so the control computer was the first to be tested. After upgrades and software installation, testing teams manually advanced the system’s internal clock to 11:57 p.m., Dec. 31, 1999, to simulate what would happen. The date rolled over to Jan. 1, 2000, without a hitch. A similar test was done to make sure the computer would recognize Feb. 29, 2000, the first leap year.

A similar process of upgrades, patches and tests was conducted on the computers at Raystown, used by on-site operators to control the generating station. Following that successful off-line test, operators allowed water to flow through the turbines in a “live” state, during which all systems performed well.

1999



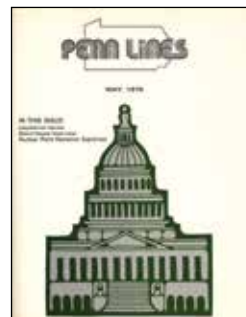
2009

The annual Rural Electric Youth Tour to Washington, D.C., each June continues to inspire rural youth who participate in the cooperative-sponsored trip.



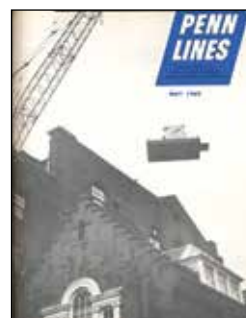
1989

Penn Lines focuses on tax reform and what it could mean to Pennsylvania as voters are asked to choose whether or not to increase taxes on “unearned income.”



1979

The Pennsylvania Rural Electric Association (PREA) monitors legislative action at the state and federal levels on behalf of electric cooperatives and their members.



1969

Electric cooperatives join the computer age as data processing equipment is moved into the downtown Harrisburg building shared by PREA and Allegheny.

REA Energy Cooperative, Inc.

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives
serving Pennsylvania and New Jersey

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724-463-7273

Office Hours

Indiana Office: 7 a.m. - 3:30 p.m.

Ebensburg Office:

7 - 11 a.m. and 11:30 a.m. - 3:30 p.m.

Monday - Friday

Guest Column

Safety tips that can save your life

By Stacy Hilliard, CCC

Communications & Marketing Manager

AN ELECTRIC cooperative's top priority is always to provide safe, reliable, affordable energy to their members. Your well-being and that of the larger communities we serve are of paramount concern.

May not only means spring storms and potentially severe weather, it also heralds the beginning of the celebration season for many high school students, especially seniors. Proms, graduation parties and other social gatherings are often associated with this time of year.

While we naturally focus on the sunny aspects this season brings, we also sometimes hear about preventable tragedies involving young people and car accidents. This brings me to the topic at hand: safety.

Does your teen or loved one know what to do in the event of a collision with a utility pole resulting in a downed power line? I would like to share a few safety tips I hope you never have to use. But if you do, they could save a life.

Life-saving tips

If a car collides with a utility pole, the vehicle may be charged with electricity. Anyone exiting the car could come in contact with thousands of volts of electricity from the downed line. When you step out of the car, you become part of the electricity's path to the ground and could be electrocuted.

It's critical to stay in the vehicle and tell others to do the same until emergency crews have told you it's safe to exit the car. If the vehicle is on fire or you must exit for other safety reasons, jump clear of the vehicle. Do not let

any part of your body or clothing touch the vehicle and ground at the same time. Land with your feet together and shuffle away (in small steps with your feet still together) to avoid electric shock. Keep moving away until you are at least 40 feet from the vehicle.

If you come upon a car accident involving a utility pole and downed power lines, keep your distance. A downed power line can energize the ground up to 35 feet away. Do not approach the car or scene of the accident. Tell others to stay away. While you may be concerned about injuries to those involved, the best action you can take is to alert emergency officials, who will in turn coordinate with the power provider. For the same reasons described above, never drive over a downed power line or through water touching a downed power line.

If you have a downed power line on your property as a result of a falling tree or storm, do not go near the power line. Assume the downed line is energized and dangerous. Never try to move the power line even if you think it's not energized or if you are using a non-conductive material. We recognize that you may be eager to clear your property of tree limbs or other debris near the downed line, but please wait until after an electric co-op crew or emergency officials have confirmed it is safe to do so.

Contact your local electric co-op for additional electrical safety tips or if you would like to request a safety demonstration at your school or community event. It is no accident that safety is our top priority. ⚡

2019 area meetings

By Stacy Hilliard, CCC
Communications & Marketing Manager

REA ENERGY held its yearly area meetings in March. This year, the cooperative held meetings for members residing in board District 1 at the Plumville Fire Hall. Members in District 2 attended a meeting at the Grove Hall.

Board Chairman Michael Bertolino welcomed members and gave an update on the February windstorm that caused numerous outages and downed poles.

President & CEO Chad Carrick conducted a town hall-like meeting answering members' questions from their reservation slip. Several of these questions are included in this article.

Members attending the meeting took advantage of the opportunity to look at displays of the products our for-profit subsidiary, REA Energy Services, Inc., offers. This subsidiary was formed in 1999 to help offset cooperative costs, as well as give the members an opportunity to purchase quality products at excellent prices.

When members return their reservations to attend an area meeting, they have the opportunity to include a question on the slip. These are some of the questions:

Why does the billing name need to be changed when a spouse is deceased?

In many instances, the membership of a husband and wife is only in one name. When that spouse passes away, the surviving spouse needs to put the account in their name. This is so they can get information on the account and the cooperative has a point of contact.

Who do I contact about removing trees that may be a hazard if they would fall during a storm?

Please call 724-349-4800 or 800-211-5667, and ask to speak to our right-of-way supervisor. REA Energy's trained tree contractors are experienced with removing and trimming trees to industry standards. We offer competitive and safe tree maintenance services to all members and non-members.

Why is there a monthly service charge of \$30?

The service charge has been a part of

members' bills for decades. This service charge is to cover the cost of providing electric service to our members, including the upkeep of the electrical system, such as lines, poles, meters and substations.

I am considering installing a new electrical panel at my home. How do I contact your subsidiary?

To receive a free quote on the cost of upgrading your electric panel and more information, call our subsidiary, REA Energy Services, at 724-349-4800, option 2. To learn more about all the products and services that REA Energy Services offers, visit reaservices.com.

Please explain why the switch from analog meters to smart meters? How safe are smart meters?

In 2009, REA Energy, in accordance with Act 129, began to install automated meters, which are often referred to as "smart meters." The meters that REA Energy uses allow us to read a member's meter and check on voltage, ampere, and peaking information. Our meters also help streamline our storm management process by showing which members are out of power and pinpointing outage locations. The radio frequency emitted by smart meters is well below the limits set by the Federal Communications Commission and it is below levels produced by other common household devices such as cellphones, baby monitors, satellite TVs, and microwaves.

What is the chance that REA will provide internet service?

REA Energy is always looking for ways to provide more value-added services to our members. We are currently looking to perform a feasibility study on offering broadband service to our members. Stay tuned for more information later!

Can estimated times of power restoration be posted on your power outage map?

The cooperative has an online outage viewer at reaenergy.com. Members can see the total number of outages, the number of outages per county, number of members affected and the cause, if known. The information for any estimated times of restoration are also shown on this page.

What district am I in? When I hear about elections or right-of-way, I am

curious to see if it pertains to me.

REA Energy holds elections for each directorate district every four years. In accordance with the elections, our area meetings are held in the districts that are up for election.

Why are you widening rights-of-way?

With a non-maintained right-of-way (ROW), utility lines can become entangled within brush and tree limbs. When ROWs are in this form, restoration times may increase because personnel have to spend more time looking for the outage location. There are approximately 2,600 miles of electric line to maintain in the cooperative's territory. REA Energy requires tree trimming, tree removal and herbicide treatment on a cycle basis. Currently, the cooperative has adopted a five-year vegetation management cycle to take care of all of the ROWs in our service area. Adequate trimming and spraying programs make it possible to provide reliable electric service and reduce outage time.

Why do I only have REA for electricity? Without competition, REA is free to (overcharge) its customers.

In Pennsylvania, no alternative suppliers have ever entered cooperative service territories to serve cooperative consumers, due in large part to competitive cooperative rates. Recognizing that,



MEMBER ENGAGEMENT: REA members visit displays to learn more about products the cooperative and subsidiary offer.

in 2014, the General Assembly passed legislation removing cooperatives from the retail market.

Why do our lights blink sometimes?

There are several reasons that may cause your service to blink. These include a tree on the line, failing equipment or an increase in electrical load from a commercial account. If a problem persists, please call 724-349-4800.

I want to pay my bill online. How do I set this up?

To sign up for the online member por-

tal, visit reaenergy.com and click on the link for the member portal. From there, you will be redirected to a page that contains a link to click to "Sign Up." After filling in the information at the bottom of the page and submitting valid data, your User ID is created. You can then log in using your User ID.

The board would like to invite all members to join us at our 82nd annual meeting on Thursday, Sept. 19, 2019, at the Kovalchick Convention Complex. We hope to see you there! 🌟

REA Energy offices will be closed on Monday, May 27, 2019, in observance of Memorial Day. Power outages can be reported by calling 724-463-7273 or 800-332-7273.

Have you been using your Co-op Connections Card?

In 2012, REA Energy joined a nationwide alliance called Touchstone Energy, offering a value-added product to you in addition to our commitment to providing safe, reliable and affordable electricity. We are always looking for ways to provide value to our members and our community, especially during tough economic times. REA Energy's Co-op Connections Card is a money-saving tool we're proud to offer our membership. The card connects you with discounts on everything from hotel stays to prescription drugs.

A wide variety of merchants throughout our community accept the card, including Yanov's Bait and Tackle in Portage and Indian Springs Eye Associates in Indiana. Be sure to mention your card to receive your discount.

Our hope is that our local businesses participating in the Co-op Connections Card program continue to benefit from increased traffic from our members. Businesses can sign up for the program at no cost. For a complete list of all participating businesses in our area, simply log on to our website, reaenergy.com, and follow the Co-op Connections Card link.

The card also gives you access to online savings at many national retailers. You can check out these great discounts at connections.coop.

Perhaps one of the most valuable features of the Co-op Connections Card is the pharmacy discount. While it is not an insurance, the discount can mean savings of 10 to 60 percent on prescription drugs. The logo and information on the back of your card is recognized at more than 60,000 national, regional, and local pharmacies.

The pharmacy discount has been widely used by members of Touchstone Energy co-ops across the country. In fact, REA Energy members to date have saved over \$42,000; that's an average of over \$7,000 in savings per year!

Want to find out more? Log on to <https://www.mymemberportal.com/#/Login> to search for pharmacies in our area that honor the card.

As a Touchstone Energy co-op, REA Energy strives to serve our members according to four core values: integrity, accountability, innovation and commitment to community. Our Co-op Connections Card is one of the ways we live up to those values.

We're eager to answer any questions you have about the card and how to take advantage of the discounts it provides. Call us at 724-349-4800 to find out more, or log onto reaenergy.com.





May is National Electrical Safety Month

This month, we encourage all members to take extra time to plug into safety.

#ElectricalSafetyMonth



AMERICA'S ELECTRIC COOPERATIVES

Right-of-way management/facility construction news

REA Energy contractors will be completing tree-trimming work in the following areas in May:

- Contractor crews from Penn Line Tree Service will be trimming the rights-of-way of the Laurel and Parkwood Substation areas, in addition to emergency maintenance areas.

Notification of work will be made using our automated phone system to members in the areas affected.

Contractors will perform all right-of-way work per REA Energy specifications. If you have any questions, call 724-349-4800, or you can view the specifications online at reaenergy.com. All crews will carry cards and have magnets on their vehicles identifying them as REA Energy contractors.

Three easy DIY projects to save energy

Winter weather can have a big impact on your energy bills, hitting your pockets a little harder than you would have liked. Now that spring is just around the corner, it's the perfect time to tackle a few do-it-yourself (DIY) efficiency projects for your home. The good news: you don't have to be an energy expert to do this.

Here are three projects you can do now to start saving:

Insulating a water heater that's warm to the touch can save 7 to 16 percent annually on your water heating bills. It should also be noted that if your water heater is new, it is likely already insulated. But if your water heater is warm to the touch, it needs additional insulation.

You can purchase a pre-cut jacket or blanket for about \$20. You'll also need two people for this project. Before you start, turn off the water heater. Wrap the blanket around the water heater and tape it to temporarily keep it in place. Once the blanket is positioned correctly, tape it permanently in place, then turn the water heater back on. If you have an electric water heater, do not set the thermostat above 130 degrees, which can cause overheating.

Applying caulk around windows, doors, electrical wiring, and plumbing can save energy and money. There are many different types of caulking compounds available, but the most popular choice is silicone. Silicone caulk is waterproof, flexible, and won't shrink or crack.

Before applying new caulk, clean and remove any old caulk or paint with a putty knife, screwdriver, brush, or solvent. The area should be dry before you apply the new caulk.

Apply the caulk in one continuous stream, and make sure it sticks to both sides of the crack or seam. Afterward, use a putty knife to smooth out the caulk; then wipe the surface with a dry cloth.

One of the best ways to seal air leaks is to weather strip exterior doors, which can keep out drafts and help you control energy costs.

When choosing weather-stripping materials, make sure it can withstand temperature changes, friction, and the general "wear and tear" for the location of the door. Keep in mind that you will need separate materials for the door sweep (at the bottom of the door) and the top and sides.

Before applying the new weather stripping, clean the molding with water and soap, then let the area dry completely. Make sure the weather stripping fits snugly against both surfaces so it compresses when the door is closed.

By completing these simple efficiency projects, you can save energy (and money!) while increasing the comfort level of your home. And you can impress your family and friends with your savvy energy-saving skills.

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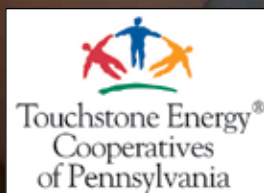
REA Energy is an equal opportunity provider and employer.

WE ALL USE ENERGY DIFFERENTLY

We rely on our electric cooperative for information about safety, efficiency and renewables. In our community, power is more than electricity. It's the expert information we get from our local Touchstone Energy cooperative.

Visit TouchstoneEnergy.com to discover the power of your co-op.

YOUR SOURCE OF POWER. AND INFORMATION.



New era in electric utility industry

Solar, batteries, energy efficiency create consumer-centric system of electricity

By Paul Wesslund

The power that lights your home is not your grandfather's electricity. Heck, it might not even be your older brother's electricity.

"Consumers are becoming more active participants in their daily energy lives," says Jan Ahlen, director of energy solutions at the National Rural Electric Cooperative Association (NRECA).

Think about it. When a homeowner installs an array of solar panels on their roof, they're no longer just a customer, they've become a generator of electricity. And under federal and state rules, that homeowner can sell their excess electricity back to their utility.

"The utility industry has traditionally generated electricity from large power plants, then sent that to the distribution system, and then to the consumer," says Ahlen.

The transformation that's going on is huge because it's not just about the solar energy hobbyist, but about more and more people using a growing number of energy choices. It's a trend utility insiders call "distributed generation," meaning electricity is getting made in lots of different ways and places. Back-up generators give a homeowner the option to run a refrigerator during a power outage. A smart thermostat helps an electric consumer control energy use by automatically using less heating or cooling at times when normally there's nobody home. Even electric cars can store electricity and use it at a different time.

Ahlen sees the trends as a new era of the industry that's "more consumer-centric."

The new era means utilities will have to find new ways of doing business. It gives consumers more choices,



CHANGING TIMES: Consumers are finding a growing number of energy choices. One change is a growing solar energy field.

but more choices mean homeowners and businesses will need the time and expertise to figure out how to get the best deal. Electric cooperatives are positioning themselves to help sort out the options for their consumer-members in ways that benefit the surrounding community as well by connecting to the larger electricity network.

The distributed energy revolution is spreading as technology gets better and cheaper, and new ideas are even changing ways of thinking about what generating electricity means — energy efficiency can be thought of as a substitute for generating electricity, as improved lighting and appliances do the same work with less energy.

Here are a few of the trends:

- ▶ Wind and solar energy have grown from generating about 3 percent of the electricity in the United States 10 years ago to about 8 percent today. And the Energy Information

Administration (EIA) says that will continue, with wind energy growing 12 percent this year and 14 percent next year. EIA projects large-scale solar power will jump 10 percent in 2019 and 17 percent in 2020. Smaller-scale solar installed by homes and businesses is predicted to increase 44 percent in the next two years.

- ▶ Falling costs help drive that rise in renewable energy. One industry group estimates the cost of wind power is about a third of what it was 10 years ago.
- ▶ Americans are getting increasingly energy efficient, and in a new-fangled way of thinking, that's considered distributed generation.
- ▶ Big batteries are putting more power under the control of consumers. From large home models that let the rooftop solar owner store electricity from sunlight for use at night, to huge industrial-scale arrays, batteries

are another technology that's getting better and cheaper.

- ▶ Batteries also power the increasingly popular electric vehicle. About 700,000 electric vehicles drive on American roads today, according to an analysis by CoBank, a financier for electric co-ops, and that number could jump to 3 million in the next five years.

One of the newer forms of distributed energy comes in the form of microgrids — essentially a miniature utility system. A hog farm might get some of its electricity from the local utility, but it might also have its own wiring system powered by an anaerobic digester producing electricity from pig waste, a set of solar panels and a large battery.

Microgrids, and others jumping on the distributed generation bandwagon, can benefit even more by working with their local electric co-ops on those kinds of projects, says Brian Sloboda, director of consumer solutions for NRECA.

"A commercial company could put in a battery to benefit themselves, but they're only going to get a fraction of the benefit they could get from working with their co-op," Sloboda says.

Sloboda says that in the era of distributed energy, electric co-ops could also help consumers make the best energy decisions.

"There are all sorts of people out there trying to sell you stuff, and they may or may not have your best interests at heart," he says. "Talk to the folks at your electric co-op. They're the electricity experts, and they're your fellow community members. They're going to give you the most unbiased information." 🌱

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. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56 percent of the nation's landscape.

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Make simple, low-cost DIY improvements to save energy, improve comfort

By James Dulley

Dear Jim: Our doors are old, inefficient and drafty. They let in cold air in the winter and hot air in the summer. One is solid wood and one is metal. What inexpensive improvements can I make myself to increase their efficiency? — *Rick P.*

Dear Rick: People often do not realize how leaky an old door has become. Chairs and sofas are typically not very close to a door, so drafts are not noticed. Check doors by moving a stick of lighted incense around the edge on a windy day. Observe the smoke trail for signs of leaky spots or have a helper shine a flashlight around the edge at night and look for light.

Leaky doors cost money in two ways. The cold air leaking in makes your heat pump run longer to keep your house warm and the draft makes you feel chilly. When feeling chilly, people often set the thermostat higher, which wastes even more energy. The opposite is true for hot days.

There are ways to improve the efficiency of old doors, but don't immediately eliminate the possibility of installing a new one. Prices for some well-insulated steel and fiberglass doors are very reasonable. A prehung one is not difficult to install yourself. They are efficient, easy to install and prices on some returned items at home centers are deeply discounted.

But about your current doors: check for rotten wood by probing visibly bad spots on the wood door with a screwdriver. If a spot is more than 1/4 inch deep, it will be difficult to repair with wood filler. Place a long straight edge on the door to check for warpage. If the warpage is more than one-half inch across the door, installing new weath-



erstripping probably won't seal it.

Most metal doors have steel skins, so rust is a common problem, but it can be repaired. Rainwater often gets trapped at the bottom by the weatherstripping. Small rust holes can be filled with auto body compound. Drill several 1/8-inch drain holes in the weatherstripping so no more water gets trapped.

On a wood door, the weatherstripping may become compressed over time. Push the door very tightly closed to see if this helps. Install closed-cell foam weatherstripping if it needs to be replaced. Metal doors use magnetic weatherstripping, so compression is not often a problem.

To fix leaks for a wood door, reposition the latch plate. Remove some wood in the door frame and move the plate back up to one-quarter inch maximum. Drill out the old screw holes and fill them with a dowel rod. Drill new screw holes to secure the latch plate in its new position.

Check the condition of the hinges and replace them if needed so the door will seal well. There are many different

sizes of hinges so take an old one along to the store and get an exact match. Don't just buy the cheapest ones.

It is almost certain the seal on the bottom of the doors against the floor threshold is worn. If it is not torn, adjust the floor threshold higher. There are several height adjustment screws across the threshold. If the seal itself is bad, there are many generic replacement seals you can install.

Another option is an add-on retractable threshold seal, which is effective with carpeting by the door. It is mounted on the inside surface of the lower door edge. When the door starts to open, a pin against the door frame is released and the seal automatically lifts to clear the carpeting. It is easy to install and adjust. 🔧



Have a question for Jim? Send inquiries to **James Dulley**, Penn Lines, 6906 Royalgreen Drive, Cincinnati, OH 45244 or visit www.dulley.com.

Spring cleaning means endless 'obstatunnities' at the Path Valley Hotel

By Mitchell Kyd
"News from the Path Valley Hotel"

It's May and for some people, that's a little late to start spring cleaning. Here at the PVH, we think we're right on schedule. After all, spring is technically here until June 20, and when you live in the woods, the remnants of winter are present a long, long time. Spring cleaning at a cabin surrounded by trees, leaves and critters presents some special challenges. Some might call those obstacles; others see them as opportunities. I think it's fair to call them "obstatunnities."

For starters, our list of cleaning supplies gets a little complicated. Oh sure, we need vinegar for window washing, a good corn broom for cobweb chasing, and trimmers to tame the Virginia Creeper that is on a mission to blot out the sun, but spring cleaning here also means pulling out the welder's gloves, my Tingleys, and rethinking our inventory of wire mesh. Here's why:

Welder's gloves: I learned long ago not to stick my hand into anything unless it was completely empty and I could see the bottom. That applies not only to wood racks but also clothes hampers and plastic storage tubs. At some point, you begin to wonder if your heart will truly stop and your bladder will fail after something gray and furry or eight-legged and hairy scurries up your arm. I don't know how spiders do it, but I have found them in my summer clothing containers that had lids firmly snapped in place.

Tingleys: If you don't recognize the name, Tingley is a brand of rubber boot that has been around since the late 1800s. They are never out of fashion when it comes to doing the dirty work,



especially in a place where there are more surprises waiting outside, too. If you're intentionally noisy and give fair warning in this start of slither season, it's unlikely you'll encounter anything that wouldn't rather wriggle away than slide over you, but why take the chance?

Wire mesh: One late night last November, I bolted awake at the sound of several somethings racing around in my attic. Because everything sounds bigger at night, my brain instantly short-circuited. Surely not squirrels. Raccoons, maybe? Bobcats? Mountain lions? Was there an entire pack of coyotes in my attic?

I realized over the next nights that whatever was overhead was strictly nocturnal so I started my research. To be truthful, that research did not involve actually going into the attic. That was a job I held in reserve for my son due home at Christmas.

I recruited him to pull down the attic access and place a Have-a-Heart

trap with some yummy nuts for bait. Sometime after midnight, I heard the cage rattle but not snap shut. When he checked it in the morning, the nuts were gone but so was the bandit that had snatched them.

While I would have only ventured up there wearing my Tingleys, welder's gloves, hardhat and bullet-proof underwear, my son ventured out under the rafters armed with only a flashlight. What he found was squirrels all right, flying squirrels, at least three tucked in hiding that he could see. Apparently, our accommodations are so posh we had attracted celebrities.

Even if those critters didn't have a get-out-of-jail-free card with their protected status, I couldn't have given them the boot to find a new home at the start of winter, but they are on the spring cleaning list for relocation. We may need a professional for live removal or at least a trap with a much lighter pressure plate and finer mesh. It turns out flying squirrels have other superpowers and can turn themselves into liquid or at least become temporarily boneless to ease through any opening larger than 1/4 inch. That means we'll need to find their secret attic entries and put mesh there, too. And by "we," I mean my son, of course. It's a great training obstatunnity for a future innkeeper. 🦫



YVONNE BUTTS-MITCHELL writes and blogs (deadmouseidiaries.com) under the pen name Mitchell Kyd. The "News from the Path Valley Hotel" series was inspired by her encounters with contractors, critters and assorted creepy crawlies while rehabbing her family cabin after its 17-year stint as a giant closet.

Bearing down

Handling nuisance bears in Pennsylvania

By Wes Bower
Retired Game Warden
Pennsylvania Game Commission

Black bears evoke a myriad of emotions. Since the days of the early Native Americans, bear facts and fiction have been interwoven into our American history. Folklore involving bears has been passed along for generations, and these tales have succeeded in lending color to our wildlife traditions in Pennsylvania.

The increase in the black bear population has been a wildlife success story. Last year, approximately 170,000 hunters bagged around 3,150 bears in Pennsylvania. Compare that to 1968, when the total statewide bear kill was 233.

Today's state bear population is close to 20,000, with sightings being reported in almost every county. While the increased bear population has been a favorable turn of events for some residents, others are concerned. That is because as bears have expanded their territories and become more accustomed to being around people, nuisance bears have become an increasing problem.

Growing problem

The state's agriculture community is suffering increasing bear damage

to crops, particularly corn, and these oversized predators at times have been known to destroy a beekeeper's entire hive industry. They sometimes stalk and kill domestic animals. Nuisance bears cause problems with bird feeders, residential garbage containers and other "edible" products that have been left outdoors. A bear, particularly a sow with cubs, that is visiting a crowded neighborhood can cause a plethora of problems.

When local game wardens receive a "move-the-bear request," they consider the circumstances and decide whether trapping and relocating a bear

is warranted. A major issue game wardens must consider in their relocation decision is a bear's potential danger to people and pets.

While some citizens think of bears as "clowns in the woods," other individuals perceive them as "killers lurking in the forest."

It's worthy of note that between 1895, when the Pennsylvania Game Commission (PGC) was established, to 1988, agency records confirm no known attacks by a bear in which an individual was injured. This safety record had its first blemish in 1988 when a bear attacked and injured an individual who was attempting to scare it out of a cornfield.

In the ensuing three decades, there have been fewer than 25 encounters where individuals reported they were injured by bears. The most recent encounter in Pennsylvania was in Lycoming County in December when a woman and her dog were both mauled by an adult bear accompanied by her cubs. Many of the reported man-vs.-bear incidents involved a sow with cubs.

Old ways

The current method of trapping aggressive bears or bears that are causing property damage in preparation for relocation (a solution that doesn't always work) is a much different endeavor than the techniques used in yesteryear. Prior to 1915, deadfalls and bear pits were common. Some early-day outdoorsmen resorted to yet another method. They would drive oversized sharp spikes at a strategic angle into a heavy wooden barrel and then place molasses or some other desirable bear food in the bottom of the barrel.

The bear would force its head past the interior sharp points of the spikes. When it attempted to withdraw its head, the sharp points would not allow the bear to successfully complete this return maneuver. The bear, unable to see, would aimlessly stumble and provide an easy-to-follow travel trail. Typically, the bear, with its head still in the barrel, would be located a short distance away, and would then be





LIVE TRAP: Decades ago, Pennsylvania Game Commission officials decided to use live traps to catch nuisance bears so they could be relocated to a safer area. This is an early prototype of a wooden live trap.

dispatched.

In 1921, the PGC launched a bear trap and transfer program. In a two-year period, approximately 50 bears were live-trapped and transported to suitable areas. The PGC also trapped a few bears to display in their county fair exhibits.

The difficulty of this early-day process was moving a captive bear from an in-forest, log-style live trap to a different location. The number of men needed to accomplish this task depended on the size of the bear. The designated game wardens would lasso the bear with oversized ropes. Because the game wardens were pulling from different angles, the bear would be unable to reach his captors and could be led in the desired direction.

In an effort to improve upon the original log trap, the PGC developed a sturdy, wooden, box-like trap. The downside of this trap was the manpower needed to lift the “bear-in-a-trap” onto a truck bed.



PENNSYLVANIA GAME COMMISSION

EARLY BEAR TRAP: Pennsylvania Game Commission officials have been tasked with removing nuisance bears for well over a century. This early steel trap was outlawed in 1911.

New Methods

By the late 1960s, the agency began using tranquilizing equipment and about this same time, bear man-agement became high priority with

increasing numbers of bears being trapped. PGC wardens installed wooden-box traps on a lightweight trailer frame to haul the bears.

The wooden trap was soon abandoned in favor of the trailer-type, corrugated-metal culvert trap, some of which are still in use today. Game wardens also became more proficient with immobilizing dart guns and jab sticks.

There is no denying that nuisance bears will continue to be an ongoing problem in the areas where they live in close contact with people. While the PGC has the responsibility of keeping unwelcome encounters between bears and people in check, rural residents must also understand their responsibilities.

Those include securing garbage, emptying bird feeders where necessary, removing extra pet food from outdoor locations, not deliberately enticing bruins by feeding them treats and being alert in areas where bears are known to roam. Also, remember to do a visual check of the area before letting pets go outside, and be extremely careful in any encounter with a sow and her cubs. 🐾

Frozen in time

By Janette Hess

The kitchen is a place of trial and error. We cooks love to experiment, and when we discover shortcuts, we eagerly share them. Information about desserts that have the power to impress beyond the freezer can be invaluable when time is at a premium.

Who knew that tried-and-true Chocolate Sheet Cake — the kind with decadent chocolate pecan frosting — could be prepared in advance and then frozen without frosting, only to be brought out a month or so later and restored to fresh-baked glory by the addition of warm frosting? Chocolate Sheet Cake has been around for years, but this newer version calls for sour cream instead of buttermilk. The recipe still relies on margarine, however, because it results in a lighter cake.

It's a known fact that cheesecake freezes well, so why not streamline the process by baking cheesecake in single, easily-thawed portions? Lemon Cheesecake Bites are as tasty coming out of the freezer as they are going in, assuming that they make it there in the first place.

Enjoy — fresh or freshly thawed! ☀



A trained journalist, **Janette Hess** focuses her writing on interesting people and interesting foods. She is a Master Food Volunteer with her local extension service and enjoys collecting, testing and sharing recipes.



Chocolate Sheet Cake

- | | |
|-----------------------------------|--|
| 2 cups flour | 1/4 cup cocoa |
| 2 cups sugar | 2 eggs, well beaten |
| 3/4 teaspoon salt | 1 teaspoon baking soda |
| 1 cup (2 sticks) margarine | 1/2 cup sour cream |
| 1 cup water | 1 1/2 teaspoons vanilla extract |

In large bowl, stir together flour, sugar and salt. Set aside. In saucepan, bring margarine, water and cocoa just to boil. Pour over flour and sugar mixture; mix well. In mixing bowl, beat eggs and add baking soda, sour cream, and vanilla extract. Add chocolate mixture and beat well. Pour into greased, floured sheet cake pan. Bake at 350 degrees for 20 minutes, or until pick inserted in center of cake comes out clean. Frost while still warm OR cool completely, wrap and freeze for later use. If cake is being frozen for later use, thaw to room temperature before frosting. Makes 24 servings.



Chocolate Pecan Frosting

- | | |
|--|--------------------------------------|
| 1/2 cup (1 stick) butter | 1 tablespoon vanilla extract |
| 1/4 cup cocoa | 1/2 cup finely chopped pecans |
| 6 tablespoons milk | |
| 1 pound (approximately 4 cups) powdered sugar | |

Combine butter, cocoa and milk in saucepan; heat over low heat but do not boil. Remove from heat and whisk in powdered sugar and vanilla extract. Stir in pecans.



Lemon Cheesecake Bites

- | | |
|---|------------------------------------|
| 12 golden vanilla sandwich cookies | 1 1/2 teaspoons lemon juice |
| 1 8-ounce package cream cheese, softened | 1 teaspoon lemon extract |
| 6 tablespoons sugar | Zest of 1 large lemon, divided |
| 1 large egg | 12 paper muffin pan liners |

Pull cookies apart by lightly twisting. Filling should stick to half of each cookie. Place halves with filling in small food processor. Place "bare" halves in bottoms of paper-lined muffin pan. Set aside. In mixing bowl, beat softened cream cheese and sugar until smooth. Add egg, lemon juice, lemon extract and half of lemon zest. Beat until smooth. Spoon half of mixture into muffin cups, dividing mixture evenly among cups. Add remaining half of lemon zest to cookie halves in food processor; blend into fine crumbs. Sprinkle generous teaspoon of crumbs into each muffin cup. Top with remaining cream cheese mixture. Gently tap muffin pan on flat surface to smooth out filling. Bake at 350 degrees for 18 to 20 minutes, or until set, but not browned. If desired, any leftover crumbs may be sprinkled over tops of cheesecake bites when they come out of the oven. Chill before serving or freezing. Place in air-tight container to freeze. Thaw and remove wrappers before serving. Makes 12 servings.

Monitoring energy use at home

By Brian Sloboda

As consumers, many of us try to find ways to save energy. But determining how and where energy is being used in your home can be difficult. Luckily, a new generation of home energy monitors is available, and these monitors promise greater insight into how we use electricity.

For several years, consumers could purchase energy-monitoring devices that connected to individual appliances. These devices would show how much energy that specific appliance was using. This was a time-consuming process because each appliance had to be connected individually, one by one, to the device.

New versions of energy-monitoring devices follow the same concept, but instead, consumers can view energy use for the entire home. Rather than connecting individual appliances to the energy monitor, you can install a kit into your home's breaker panel. (It's important to note you should consult with a licensed electrician before performing any work on your home's breaker panel.)

Another cool feature these new home energy monitors offer is the ability to automatically recognize appliances within the home. Consumers can log into their account, either online or via an app, to view a breakdown of each appliance. The device may prompt you to verify that the appliance found is correct, or it may prompt you to input what the appliance actually is. But over time, as the monitor is exposed to different appliances, it will become better at



MONITORING YOUR ELECTRICITY: Energy monitors, like the Sense Home Energy Monitor kit shown here, promise greater insight into how we use electricity.

automatically recognizing them. Once properly configured, the monitor can provide a customized energy use report for the home.

You may be wondering if home energy monitors actually save energy. No, they do not. They simply provide information on your home's appliances and how they use energy. But you can use this information to identify energy hogs (like that spare freezer in the garage) that might need to be replaced.

Two of the most popular home energy-monitoring systems on the market today are the Sense Energy Monitor and the Neurio Home Energy Monitor. Energy monitoring systems promise different levels of reporting, and some can even interface with rooftop solar systems. It's up to the consumer to decide which ener-

gy-monitoring system makes the most sense for their needs. A whole-home, energy-monitoring system typically costs between \$150 and \$400, plus installation.

If you're looking to optimize your energy use, home energy monitors can be helpful tools. But remember, they are not a magic bullet, and you will need to act on the information provided by the system. ☀

Brian Sloboda is a program manager specializing in energy efficiency for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56 percent of the nation's landscape.

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Cursive writing brings Earl to the brink of cursing

By Earl Pitts, American

A few days ago, my better half Pearl was showin' me this card she got from her mama. It wasn't her birthday or a holiday or nothin'. Her mama just sent her a "Thinkin' of you" card with a letter written inside. And Pearl says, "Read that letter, Earl. Read what mama says about cousin Lester."

Well, I'm starin' at this thing, but I sure as heck can't read it.

So, I hand it back to her and I go, "You tell me what it says."

And she smiles and goes, "Oh, you can't read it because it's cursive." Then she goes, "Nobody reads cursive no more, Earl. They don't even teach cursive in school no more. We are raisin' up a generation of idiots."

And then she stops short and says, "Present company expected."

Back to the letter. It don't look like no cursive to me. To me, her mama's scratches look like a wounded mouse stepped in ink and then dragged itself across the inside of that card — while it was twitchin'. You know why they call it "cursive?" Because when I try to read it, I start cursin'. I mean, I have seen pictures of the writin' on the Dead Sea Scrolls that I would have a better chance of decipherin'.

Her mama sends out a two-page Christmas letter every year. I still don't have a dang clue what her family has been up to 'cause she always writes in cursive. I always thought if my family got kidnapped by somebody who wrote the ransom note in cursive like her mama, well, I'd miss them.

Then I would get that angry phone call. Why wasn't that bag of money behind the dumpster? Well, I couldn't ... I didn't ... I-I-I was confused.

Now me, I like to write stuff like a regular, normal American. I write in stick letters. Every now and then, they touch. Kind of curvy. It looks like they could join together and be cursive at any time. But they don't. You know why? Because then I couldn't read what I wrote!

Wake up, America! So, I tell Pearl to read her mama's card to me. But I says, "Do me one favor, though. Read it in French. I won't get that, either." I'm Earl Pitts, American.

OK — so sometimes I don't know what's goin' on in the world. That is, until life smacks me up-side the head. And it did last night. I accidentally stepped into a Twilight Zone of confusion and bewilderment.

See what happened was, I'm gettin' off early at the Duck Inn, and Pearl calls me and tells me to pick up some toilet paper on the way home. She says get an eight-pack that will last us until she goes shoppin' again.

Y'all bought toilet paper recently? Yeah, I am on the phone with her again 20 minutes later, only this time I am standin' in the toilet paper aisle at the store.

I says, "Pearl, did you want the eight-pack of toilet paper that's eight rolls? Or the eight rolls of toilet paper that seems like they're 12? Or the super huge eight rolls of toilet paper that's equivalent to 27 rolls?"

What in the blue blazes is going on with toilet paper these days? Is this that common core math come to the toilet paper industry? You get them kids screwed up on their math when they're young, and then when they get older and go toilet paper shoppin',

then you got'em!

You know, ever since Pearl hit the middle ages, she's been tellin' me 40 is the new 30. And now 50 is the new 40. Well at the grocery store, eight rolls of toilet paper is the new 16. We're just messin' with numbers, aren't we?

Remember when you were in school and they gave you tough math classes? And you'd get disgusted and say, "I'm never gonna use this math in real life." Well, I'm talkin' to you from real life. And you're never gonna use algebra or geometry or anything else they taught you in high school math. But you do need to know enough elementary school math to figure out how many rolls of toilet paper you want to buy.

But I digress. So, Pearl is thinkin' about it, and she goes, "Get the eight rolls that seem like 16. And while you're there, pick up a couple rolls of paper towels."

OK.

"Pearl, do you want the two rolls that clean like five? Or the two super rolls that clean like seven?"

Wake up, America! I'm glad Mr. Whipple is no longer among us on account of this new toilet paper math would have squeezed the life out of him. I'm Earl Pitts American. 🌟



Social commentary from **Earl Pitts** — a.k.a. GARY BURBANK, a nationally syndicated radio personality — can be heard on the following radio stations that cover electric cooperative service territories in Pennsylvania: WANB-FM 103.1 Pittsburgh; WARM-AM 590 Wilkes-Barre/Scranton; WIOO-AM 1000 Carlisle; WEEO-AM 1480 Shippensburg; WMTZ-FM 96.5 Johnstown; WQBR-FM 99.9/92.7 McElhattan; WLMI-FM 103.9 Kane; and WVNW-FM 96.7 Burnham-Lewistown. You can also find him at earlpittsamerican.com.

May flowers

Everywhere you look, flowers are blooming and animals and people are playing, meaning it is the perfect time to get outside and take some photos.

Amateur photographers are encouraged to send photos to *Penn Lines Photos*, P.O. Box 1266, Harrisburg, PA 17108-1266. Include name, address, phone number and the name of your electric cooperative. 2019 winners in each of five categories — artistic, landscape, human, animal and editor's choice — will receive \$75 and runners-up will receive \$25.

We work ahead, so please send summer photos by mid-May, fall photos by July and winter photos by September (hint: save your spring photos to submit next year). 2019 photos will be returned in early 2020 if you include a self-addressed, stamped envelope. 📧



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