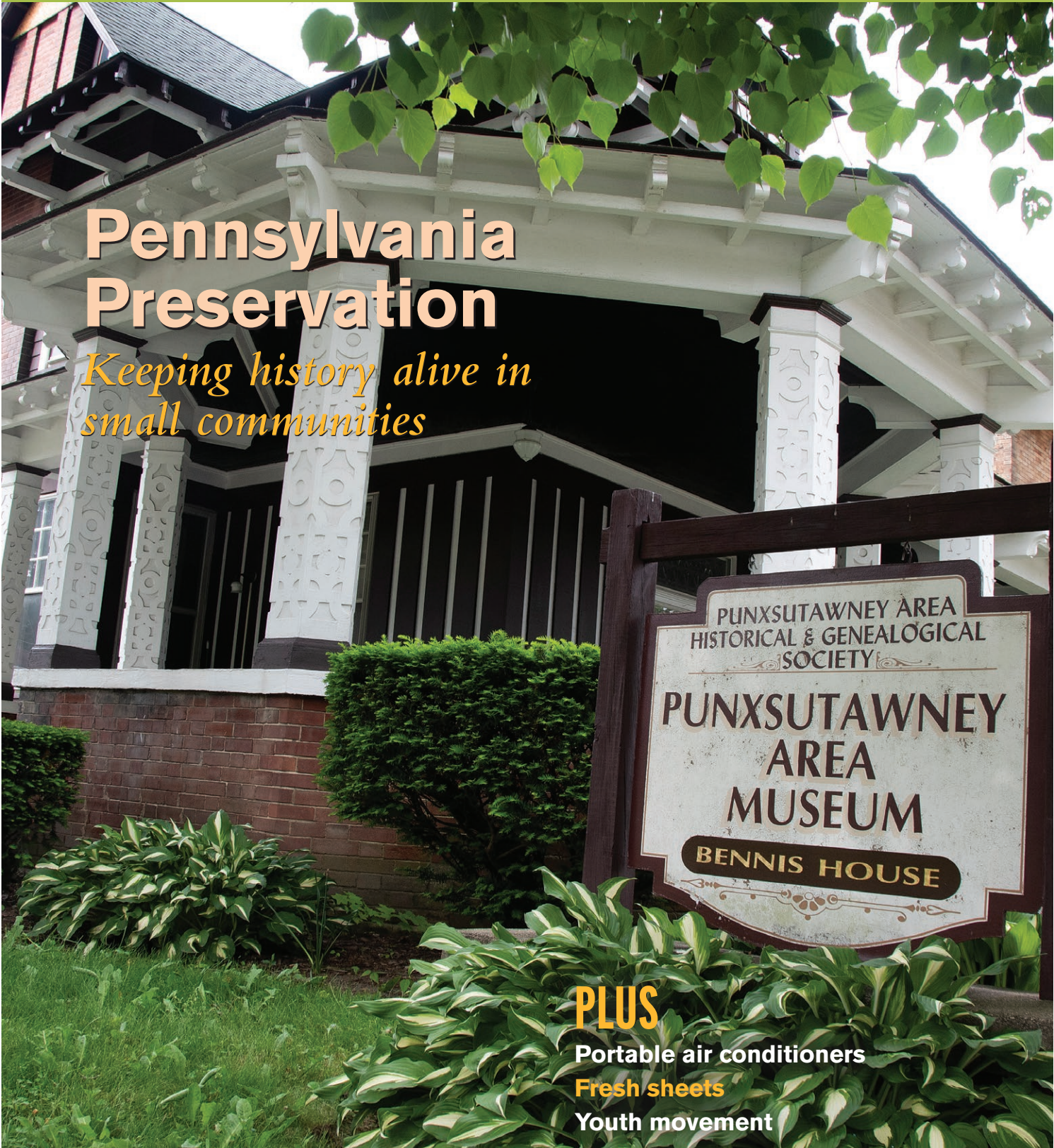


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*Keeping history alive in  
small communities*



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ITEM 61259/90764 shown

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**ON THE COVER**

The Punsxutawney Area Historical & Genealogical Society houses local historical documents and displays, some dating back nearly 200 years.

Photo by Michael T. Crawford



## News from across the Commonwealth

### Pennsylvania's rural counties have lower cost of living

The cost of living in rural Pennsylvania counties is lower than the cost of living in urban counties, according to a recent study done by researchers at Penn State Erie-The Behrend College for the Center for Rural Pennsylvania.

Overall, the study shows the Commonwealth's rural counties have a lower cost of living than urban counties in five of the six categories reviewed: groceries, housing, transportation, health care, and miscellaneous goods and services. The final category reviewed was utilities.

The overall cost of living tended to be highest among Pennsylvania counties in the southeastern and southwestern parts of the state, with housing costs being the key category driving the overall higher cost of living.

When comparing Pennsylvania's cost of living to other states, the study found that, on a population-weighted basis (to account for the larger number of people living in higher-cost urban areas), Pennsylvanians pay about 10.7 percent more overall, on average, than other Americans. Housing was the key category here as well, with Pennsylvanians paying 26.8 percent more, on average, for housing than other U.S. residents.

### State budget prioritizes investments in agriculture industry

Pennsylvania Secretary of Agriculture Russell Redding, a member of Gettysburg-based Adams Electric Cooperative, reports the 2018-19 fiscal year budget recently signed by Gov. Tom Wolf addresses some of the most pressing challenges facing the Com-

monwealth's agriculture industry.

"From protecting our land and products from invasive pests and ensuring consumer safety to preparing students and workers for careers in agriculture and putting food on tables across the state, agriculture touches us all," Redding said. "The funding provided in the



2018-19 budget reflects a commitment to preserving, protecting, and advancing agriculture in the Commonwealth."

Specifically, \$3 million is dedicated toward combating the spread of the spotted lanternfly, an invasive insect that has now spread to 13 southeastern Pennsylvania counties and threatens to destroy \$18 billion worth of agricultural commodities produced in the state. The funding will allow the department to increase detection and control efforts, and coordinate multi-agency response, outreach, and training.

In addition, \$5 million was approved to help struggling dairy farms through research and development, organic transition, value-added processing, and marketing grants to support dairy producers working to maintain the viability of their operations.

For more information about the Pennsylvania Department of Agriculture's programs and services, or to read the state's Agriculture Economic Impact Study, visit the department's website at [www.agriculture.pa.gov](http://www.agriculture.pa.gov).

### Hunting, trapping guide available online

Hunters and trappers who purchase licenses receive a pocket guide that summarizes hunting and trapping seasons, bag limits, hunting hours and other basic requirements. However, the 2018-19 pocket guide is also now available online on the 2018-19 Hunting and Trapping Digest homepage, which can be accessed under Quick Clicks at [www.pgc.pa.gov](http://www.pgc.pa.gov) and printed on 8 1/2-by-14-inch legal paper.

The guides are also available at the Pennsylvania Game Commission's headquarters and regional offices. The 2018-19 license year began July 1.

### State adds to 'Opioid Data Dashboard'

Pennsylvania's multi-agency Opioid Command Center has announced the addition of information to the state's "Opioid Data Dashboard," increasing information for public access.

"As the Opioid Data Dashboard grows to include more information, we are moving toward a more complete picture of the impact the disease of opioid-use disorder has on our communities," Health Secretary Dr. Rachel Levine said. "With this information in hand, communities can work at the grassroots level to help prevent the disease, rescue those who are in immediate need and get their loved ones into treatment. Treatment works and recovery is possible."

The Opioid Data Dashboard focuses on data sets in the three main areas mentioned by Gov. Tom Wolf in his January statewide disaster declaration for the opioid epidemic: prevention, rescue and treatment. It also shows data at the county level. 🌱

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# Understanding appliance energy use

By Pat Keegan and Brad Thiessen

Energy use varies month to month, so it can be difficult to see how much difference an appliance purchase makes on your energy bill. It's best to view the purchase over the lifetime of the equipment. Think about the up-front cost and the lifetime energy cost. In a *Consumer Reports* test, the most efficient refrigerator used \$68/year less electricity than the least efficient model. Multiply that difference over a decade or two, and the lifetime energy savings could be greater than the up-front cost.

Appliance energy use is usually less, on average, than home heating and cooling bills, but can be several hundred dollars each year. Your appliance use depends on factors like the model, how often you use it, the settings you use for its particular function and even the time of day it is most used.

Over the last few decades, new appliances became more energy efficient, driven partly by minimum government standards. These standards save consumers over \$60 billion each year. Appliances are required to include an Energy Guide label that shows estimated energy use and operating cost per year. These labels help you compare different models and calculate the initial cost against the long-term savings.

Some appliances will also have an Energy Star label. This indicates the appliance is substantially more efficient than the minimum standard. Your greatest energy savings opportunities can come from replacing an old appliance with an Energy Star-rated appliance. Removing a refrigerator that's 20 years old and replacing it with a new Energy Star model can lower the monthly electricity cost by 75 percent,



**EFFICIENCY:** According to a recent study, all of the most efficient 2018 models of washers and dryers are front-loading models.

from \$16.50 to less than \$4.

The configuration of the appliance can make a substantial difference. For example, a side-by-side refrigerator/freezer uses about 70 percent more energy than other configurations, with all the most efficient models having the refrigerator stacked on top of the freezer.

Consider how much you use the appliance. The more you use the appliance, the greater your savings will be from choosing a more efficient model. If you use the appliance less or have a small household, you may get by with a smaller refrigerator or freezer.

How you operate appliances can also make a difference in savings:

► **Refrigerator/freezer**

- Set your refrigerator at 35 to 38 degrees and your freezer at 0 degrees.
- Make sure there is adequate air flow between the wall and the back of the unit.
- Keep the refrigerator relatively full when possible.
- Replace the seals around the doors

if they appear to be leaking air.

- Defrost the refrigerator and freezer regularly.

► **Stove/oven**

- Use the correct size of burner to fit the pan.
- Use smaller appliances like a microwave or slow cooker instead of the oven when possible.

► **Dishwasher**

- Use the most energy-efficient and shortest setting that gets your dishes clean.
- Air dry rather than using the heated dry function.
- Wait to run a load until the dishwasher is full.

Make the most out of your appliance energy use with a little research before buying a new model and a few easy adjustments to the way you use them. ☀

*This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. For more information on saving energy on your appliances, please visit: [www.collaborativeefficiency.com/energytips](http://www.collaborativeefficiency.com/energytips).*

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PRESERVING THE PAST: The Kerr House, belonging to the Clearfield County Historical Society in Clearfield, Pa., houses exhibits reaching back over a century into the county's past.

# Pennsylvania Preservation

*Keeping history alive in small communities*

One of the original 13 colonies, Pennsylvania is not without its fair share of history. Countless historical societies dot rural communities across the Commonwealth, cataloging this rich history and housing shelves overflowing with records and legends from centuries past.

A classic piece of Pennsylvanian lore is that of the sciophobic groundhog in Punxsutawney. While Phil can certainly draw a crowd, he's far from the only story the Jefferson County community has to tell. A mere two blocks away from the Punxsutawney Groundhog Club sits the Punxsutawney Historical & Genealogical Society (PHGS), a

By Michael T. Crawford  
*Associate Editor*

front of local lore reaching back over a century.

"I've always been interested in history," says Raymond Hanley, a trustee for the PHGS. "With the internet anymore, it's a lot easier to access old records. It's addictive. Once you find one piece of the puzzle, you're looking for the next one. The big payoff this winter: I got my wife's family traced back to the American Revolution, and we managed to get her into the Daughters of the American Revolution."

Genealogy research is the No. 1 request for many local historical so-

cieties, and often the breadwinner for those with enough staff and resources to pull it off.

"In this day and age of Ancestry.com, a lot of people get hooked on finding out who they are," explains Jeanne Curtis, director of the PHGS. "We have all of the obituaries that appeared in the local paper as far back as the 1880s in alphabetical order by your last name, so it's a gold mine if you're doing a family history."

## **Volunteer effort**

Compiling all those records is no small task, and the PHGS leans heavily on volunteers to sift through the decades- or centuries-old newspapers,



leaflets, and other documents in order to build the society's archives. While the society doesn't have a dedicated volunteer recruitment process, workshops, presentations and other events hosted throughout the year continue to draw in a steady stream of locals eager to help.

"It just keeps snowballing every year when people see what we have there," says Hanley, a United Electric Cooperative (EC) member since 1974. "When the public comes in and sees what we're doing, they get involved. They're scanning old documents ... putting them in the computer. It's so time consuming; we're lucky to have the volunteers doing that."

Scouring those old documents pays off — literally and figuratively — for historical societies. The Clearfield County Historical Society (CCHS) maintains a record system so vast it has opened a separate office just for research.

"In this area, we have stuff you can't even find because none of it was digitized; a lot of it was family history," explains Mary Kay Royer, CCHS board member and secretary. "Today, we just had a couple people bring in more stuff. They were cleaning out mom and dad's home and didn't want it to leave the county, so they're dropping it off here."

But not every story is ancient history. While the CCHS has its own team of genealogical super sleuths keeping track of everything from businesses, graveyards and native artifacts, the society also maintains a growing collection of more recent stories, such as the largest elk ever poached in the Commonwealth from 2014.

"We have people who drive in from Pittsburgh or take the train in just to look at the elk," says Royer, a United EC member. "That's one of our biggest draws right now. ... And a lot of people come back; they want to know more about their family, what they learn about and what they remember. Over in the Kerr House, we have all kinds of displays: voting, baby things, music rooms, the library... we carry all that stuff."

## Preserving history

A trophy of a different sort has become the centerpiece of another historical society. At around the same time as the poached elk was recovered in Clearfield County, a much more ancient piece of history was being reclaimed in Sullivan County. While scuba diving in the Loyalsock Creek in Hillsgrove, Pa., John Smithkors, a member of the Sullivan County Rural Electric Cooperative (REC), discovered a massive smokestack from a train engine that had fallen into the water over a century ago.

"They were tearing down the cov-

ered bridge at Hillsgrove, and for some unknown reason, they chose to begin the deconstruction with the engine on the bridge," recalls Melanie Norton, president of the Sullivan County Historical Society (SCHS) and a Sullivan County REC member. "It went nose first down into the creek. This engine was only 2 years old."

Recent rainstorms had moved the silt away from one end of the smokestack, and Smithkors immediately recognized the namesake of the legend of 'Dinky in the Drink.' Determined to find a way to recover the lost artifact, Smithkors reached out to Sullivan



**CHUGGING ALONG:** A prairie-style train donated to the Bloody Run Historical Society sits on a remaining stretch of rail from the Huntingdon and Broad Top Mountain Railroad in Everett, Pa.



**RECOVERED RELIC:** Left – Craig Harting, Sullivan County REC CEO, supervises the extraction of a century-old smokestack from a train that had fallen into the Loyalsock Creek in Hillsgrove, Pa. Right – In this historic photo, men stand on a Climax Class B locomotive, now referred to as ‘the Dinky in the Drink’ that broke through a covered bridge above the Loyalsock Creek.

County REC CEO Craig Harting.

“I approached Craig Harting well in advance of the actual recovery date,” Smithkors says. “Sullivan County REC has deep, long-standing roots in Sullivan County and is always a supporter of the community. They also had the perfect vehicle to assist in the recovery.”

After Smithkors, a former member of the cooperative’s board of directors, secured the proper permits, the plan went into action. Harting enlisted the help of Walt Tubach, manager of electric operations at Sullivan County REC and a former lineman, to help Smithkors and some fellow divers extract the smokestack. On the shore, a preservationist from Philadelphia guided the team through the process of safely maneuvering the smokestack to the shore. Once safely on the shore, 20 high school students helped the preservationist with the decontamination process to prevent further decay.

“This artifact had been covered and uncovered by sediment and debris for the past 108 years,” Smithkors explains. “My concerns were that the artifact would either be lost again when covered by the unpredictable Loyalsock Creek or even worse, someone would find the artifact, not know the significance and history behind it, recover it, and expose it to the atmo-

sphere, speeding up the degeneration of the cast iron.”

The smokestack now sits as a centerpiece in the main building of the SCHS, a reminder of how a community can come together to preserve a piece of history.

“This was a once-in-a-lifetime opportunity to assist in a historical moment,” Harting says. “It was a great project to be a part of. We’re happy to see it’s a real treasure that we can keep in our county forever.”

### Old ways

Far to the southwest, another historical society hosts a more intact but no less important piece of history. The Bloody Run Historical Society (BRHS) in Everett, Pa., is housed in an old train



station removed from service in 1954. The station was part of the Huntingdon and Broad Top Mountain Railroad, chartered in 1852 to bring coal, timber, and other commodities, as well as passengers, to the industrial town then known as Bloody Run. The BRHS keeps the history of the railroad — and the people who frequented it — alive.

“It ran right behind this building, right along the mountain and down to Huntingdon,” explains Barbara Hummel, acting president of the BRHS and Bedford REC member. “People would go to Altoona to do their shopping, they’d go to Bedford to do some shopping, and they’d come to Everett and visit everybody, and then go home all in one day.”

Not surprisingly, the site is overrun



**POACHED:** Scott Kolesar, Clearfield County Historical Society board member and United Electric Cooperative member, explains how the society came into possession of the largest elk poached in Clearfield County.

with all things train. An old engine and a refurbished caboose sit on one remaining stretch of rail behind the station, while the interior houses outfits, ticket stubs and even a miniature train layout.

All donated, of course. Like other historical societies, BRHS often finds itself strapped for cash.

"The only funding we have are the donations that people make when they come," explains Patricia Morgart, publicist and curator at the BRHS.

"Money is very tight, and we have to be very careful. We're only open for one Saturday afternoon each week April through October and any special programs that we have."

Part of the lack of funding stems from a hesitance among historical societies to put a paywall between interested community members and local history.

"We don't charge admission for anything," explains Nancy Pifer, United EC member and regular volunteer at the PHGS. "We'll take as much money as people want to give us, but rather

than charge — most places charge \$5 or something to go in — we figure if you have two or three kids, you don't have that money to spare, so we're trying to keep it free."

Not only free, but accommodating. While the standard operating hours of historical societies may appear as a narrow window of opportunity — PHGS, for example is only open Thursday through Sunday, sometimes for as little as three hours — a simple phone call can enable hours on demand.

"If you call ahead of time, we'll open up," notes Curtis. "There are usually four or five of us who are knowledgeable enough to come in and open up if your schedule doesn't work on the open days. We try to be flexible and open up whenever you're ready to come. Just give us a call... we'll open for you!"

Regardless of which particular historical society you decide to visit, it's a safe bet the staff and volunteers will be overflowing with knowledge and eagerness to share it.

"I love teaching about the old days — the pioneer days, back in the 1700s when this country was first founded — and the various hardships they had and the kind of people that they had to be in order to survive," Myers says. "I could get into a lot of specifics of the old days, like how much work it took to make a shirt or something of that nature — it took a quarter of an acre of flax to make a single shirt ... and it took upwards of nine months. And you only got one pair a year. Little things like that; there's just so many things people don't realize how easy we have it today."

For group tour information at BRHS or to schedule a tour, contact John Nebel, secretary of the BRHS and Bedford REC member, at 814-623-8850. Courtesy guided group tours of the CCHS Kerr House Museum can be arranged year round by calling 814-378-5748. For more information about PHGS or to schedule a visit, contact Curtis at 814-938-2555. To arrange a visit at the SCHS, call 570-946-5020. 🌱

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**OUTDOOR  
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# Cooperative cybersecurity matters

By Kaley Lockwood

Digital technologies and smart devices are facilitating greater information sharing by allowing people (and devices) to more efficiently communicate with each other. Internet-connected devices not only better enable us to stay in touch with loved ones, they simplify and streamline our lives by communicating with each other.

But greater connectivity comes with a cost.

Addressing the persistent and evolving reality of cyber threats is important for individuals and organizations alike. As people become increasingly interconnected and reliant on digital technologies, there are more opportunities for cyber threats that need to be addressed.

To this end, the National Rural Electric Cooperative Association (NRECA) launched RC3, the Rural Cooperative Cybersecurity Capabilities program, to help electric cooperatives build stronger cybersecurity programs. With funding from the U.S. Department of Energy, RC3 is developing tools to help cooperatives develop a culture of cybersecurity.

Electric cooperatives, large and small, are investing time and resources to build stronger cyber defenses and increase their resiliency to cyberattacks. As cooperatives ramp up capabilities in the beneficial use of digital technologies, they are integrating best practices to safeguard consumer data and grid operations from cyberattacks.

Electric cooperatives are responding to the challenge, but are you? Cybercrime affects everyone — organizations, businesses and even individuals. Taking steps to protect your home network and devices from cyberattacks now will save you time and money in the long run.



Here are a few tips to beef up your personal cybersecurity:

- ▶ Make sure you have antivirus software installed on your computer, and remember to keep it updated.
- ▶ Don't send emails containing personal information, like your date of birth or Social Security Number, because that increases opportunities for mal-actors to steal your identity. Be careful when entering a credit card number into a website — if you do, make sure that it's a secure website. You can tell if it's secure by looking for the "s" at the beginning of the website address. Most begin with "http://." A secure site will begin with "https://."
- ▶ Attachments or links in an email can contain malware that can infect your computer. Never open an email attachment or click a link unless you know the person sending it, and you were expecting them to send it to you (hackers can take over an

account and make it look like it's from a friend).

- ▶ Monitor children's online activity, and make sure they know how to practice good cybersecurity. Visit the U.S. Computer Emergency Readiness Team's (UC-CERT) website for security tips on how to keep children safe online (<https://www.us-cert.gov/ncas/tips/ST05-002>).

- ▶ Always use a different password for each account. Stick to longer passwords that include a combination of numbers and special characters, with both lowercase and capital letters. 🔒

*Kaley Lockwood 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.*

# ADVANCED HEARING AID TECHNOLOGY

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— Don W., Sherman, TX

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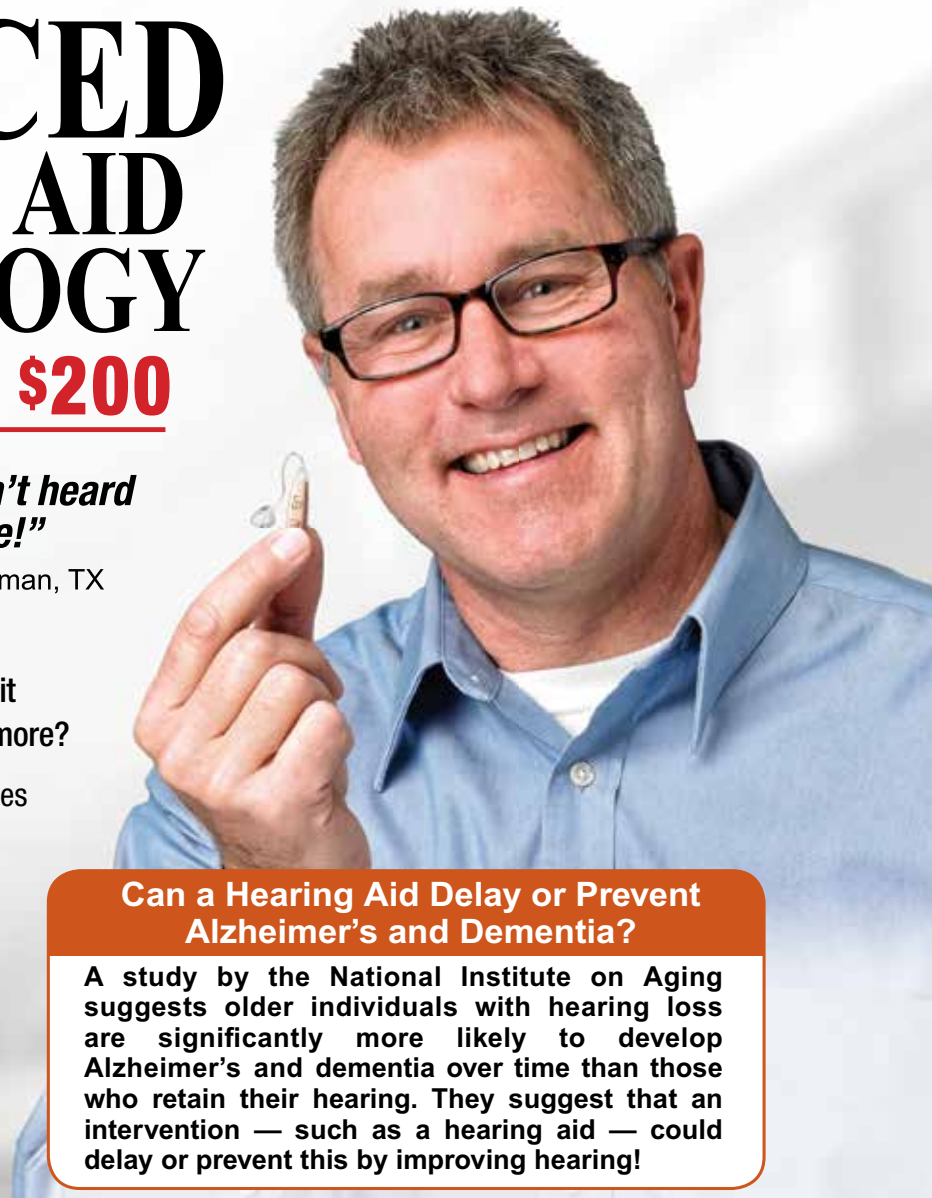
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### Can a Hearing Aid Delay or Prevent Alzheimer's and Dementia?

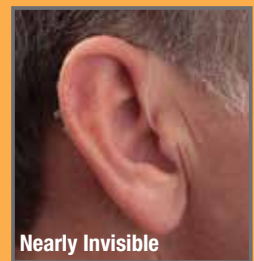
A study by the National Institute on Aging suggests older individuals with hearing loss are significantly more likely to develop Alzheimer's and dementia over time than those who retain their hearing. They suggest that an intervention — such as a hearing aid — could delay or prevent this by improving hearing!

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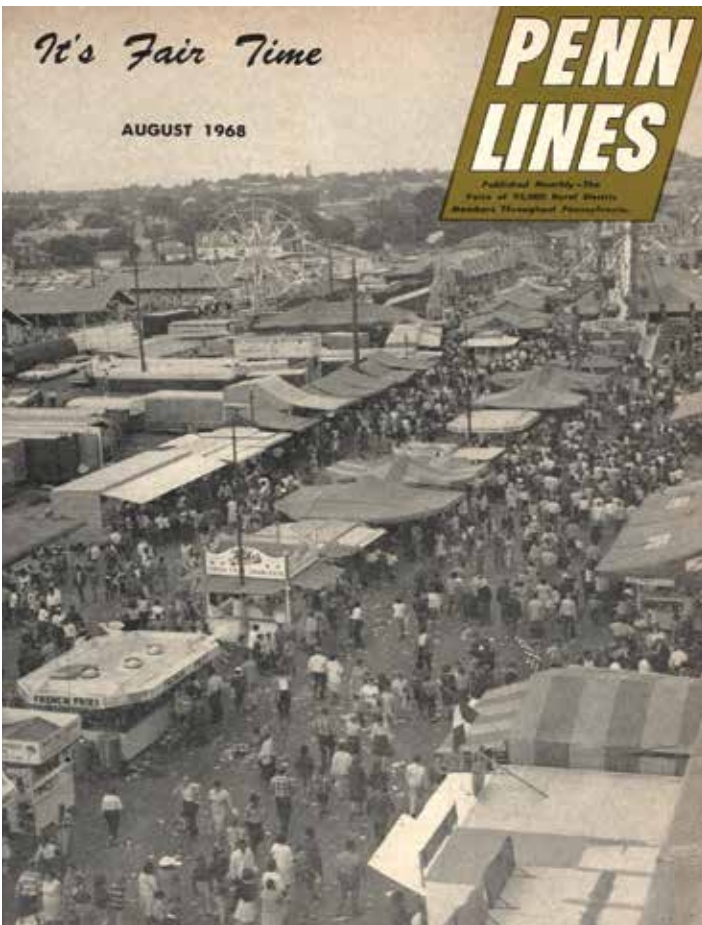
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Your Newsmagazine Through the Years



**F**ifty years ago, Pennsylvania’s 108 county and community fairs recorded a combined attendance of 6.7 million people. Today, there are about the same number of fairs, but attendance has slipped to approximately 6 million people annually.

Pennsylvania fairs today offer many of the same types of activities — exhibits by 4-H members, opportunities to see farm animals eyeball to eyeball, carnival rides and music, not to mention made-on-the-spot funnel cakes, french fries, hamburgers and milkshakes — as were offered 50 years ago.

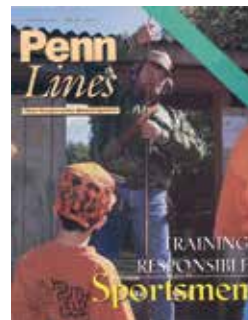
In fact, some fair events remain similar to events scheduled back in 1765, when the York Fair became not just Pennsylvania’s first fair, but the first fair held in the New World. Eleven years before this nation was founded, a charter to hold the two-day agricultural market and fair was granted to the people of York by Thomas Penn, son of William Penn. Records indicate the days of the fair were reported to have been “the liveliest days of the whole year” in York.

1968



2008

County and community fairs provide entertainment for fair attendees plus economic benefits for their host communities.



1998

Butler County’s Youth Field Day represents part of a long-term project to encourage a new generation of hunters, anglers and archers.



1988

The Rural Electric Youth Tour celebrates its 25th year of cooperatives sponsoring high school students for a week-long educational trip to Washington, D.C.



1978

A.D. Stainbrook is named Pennsylvania Rural Electric Association’s “Man of the Year” at the annual PREA Summer Meeting.

Nowadays, some of us take electricity for granted. But no matter where you go, you expect it to follow. And it does. It's there because your electric co-op is here. Learn more about the power of your co-op membership at [TogetherWeSave.com](http://TogetherWeSave.com).



[TOGETHERWESAVE.COM](http://TOGETHERWESAVE.COM)

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A Touchstone Energy® Cooperative 



One of 14 electric cooperatives serving Pennsylvania and New Jersey



Chad Carrick  
President & CEO

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

## From the President & CEO



### What is grid resiliency?

By Chad Carrick, MBA, CFPC  
*President and CEO*

**RESILIENCY** of the grid is one of the most popular concepts being talked about in the electric industry today. This concept recently made headlines in the wake of Hurricanes Irma and Maria, which caused extraordinary damage to Puerto Rico’s electric grid, resulting in the longest sustained outage in U.S. history. Lack of resilience became the go-to phrase describing Puerto Rico’s grid. Here in Pennsylvania, what does grid resiliency mean for you?

Resiliency is many things — it’s reliability in your electric service, it’s our ability to efficiently restore your power, it’s being able to meet the demands of new technology and it’s how we serve you with various generation sources without skipping a beat. Ultimately, resilience is how we deliver on our promise to improve the quality of life for our owner-members.

When it comes to having a resilient electric grid, it begins with a system that is designed and built to withstand high winds, powerful storms, cybersecurity threats, and other disruptions that could result in outages. A resilient grid is also flexible and adaptable by allowing different types of generation — such as wind, solar, coal, and hydro — to seamlessly work together to provide you with safe and reliable power. The way our systems react to advancements in technology — from demand response investments to serving the needs of electric vehicles — all factor into the resilience of our grid.

Resiliency is a 24/7, 365-days-a-year

task. Whether it’s the power lines, substations, or generation facilities on our grid, it takes proactive maintenance and investment to keep them running smoothly. With thousands of consumers without power for months, the lack of resiliency in Puerto Rico’s power grid wasn’t solely caused by hurricane damage; it was the result of years of neglect in taking care of their system and preparing for a worst-case scenario.

In a similar way to how we maintain our vehicles with regular oil changes, inspections and tire rotations, a grid must also be properly maintained. Throughout the year, we regularly conduct pole and line inspections. Our goal is to find a problem before it becomes one. For example, if we find a weak pole that has damage from termites, we replace that pole. Doing so ensures that pole is as strong — or as resilient — as it can be.

Living in Pennsylvania, we know that significant power outages can occur, especially as we enter spring and summer storm season. Whether we’re at the mercy of thunderstorms or heavy snow storms, we have confidence in the resiliency of our system to recover from the situation with as little disruption as possible.

In the dictionary, resilience is defined as “the ability to bounce back, recover quickly and go back into shape or position after being stretched.” When it comes to providing our owner-members with resilient service, this is what we work toward — day in and day out! ☀️



# Youth Tour 2018

In June, a group of over 1,800 high school students descended upon Washington, D.C., to take part in the Rural Electric Youth Tour. This tour, sponsored by the National Rural Electric Cooperative Association (NRECA), gives students who are entering their senior year of high school the opportunity to see the sights of Washington, D.C., and to learn about our nation's government and the role of rural electric cooperatives.

In 2018, REA Energy was represented by 11 excellent students from throughout our service territory. The students are very active in school and civic activities, and all knew a great deal about electric cooperatives.

During Youth Tour, students from each Pennsylvania cooperative have the chance to be selected to represent our state on the NRECA Youth Leadership Council (YLC).

The purpose of the YLC conference is to build leadership and public speaking skills and to enhance the delegates' knowledge of the energy industry and the cooperative form of business. These students also make presentations at their statewide and local cooperative annual meetings. REA Energy is very excited and proud that one of our students, Mary Ellen Lohr, was chosen as the YLC representative for Pennsylvania this year! She will now compete for a chance to serve as the national spokesperson for the YLC.

REA Energy's 2018 student representatives, shown in the photo below, include: front, from left: Paul Kirby, Ethan Brewer, Leah Farabaugh, Emily Cunningham, and Julie Pittman; and back, from left: Hunter Overdorff, Haiden Long, Jillian Barger, Mary Ellen Lohr, Madison Britton, and Kaylee Schall. REA Energy employee Marissa Cronauer attended as a chaperone. ☀



OUR OWN: REA Energy's YLC Student Representative, Mary Ellen Lohr.



# The Seven Cooperative Principles

COOPERATIVES around the world operate according to the same set of core principles and values, adopted by the International Cooperative Alliance. Cooperatives trace the roots of these principles to the first modern cooperative founded in Rochdale, England, in 1844. These principles are a key reason that America's electric cooperatives operate differently from other electric utilities, putting the needs of their members first.

## Cooperative Principles

1. Open and Voluntary Membership
2. Democratic Member Control
3. Members' Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

Recently, REA Energy had a chance to put one of these principles in action: Concern for Community, defined as cooperatives working for the sustainable development of their communities through policies supported by the membership.

Through a joint effort by the cooperative and our subsidiary, REA Energy Services, we were able to assist a local dining establishment, 9th Street Deli, during a planned outage in their area. The deli was going to be affected by the outage from their power supplier during their normal business hours. A local representative asked if there was anyway we could help them. In response, our subsidiary was able to provide back-up generator power during their outage, keeping their power on and doors open. 🌞



CO-OP PRINCIPLES IN ACTION: REA Energy Services employees Dave Craig, left, and Nathan Pappal, right, use a portable commercial generator to help 9th Street Deli owners Steve and Richelle McCabe, center, keep the deli open during a recent planned outage with their power supplier.



### 1 VOLUNTARY AND OPEN MEMBERSHIP

Cooperatives are voluntary organizations open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

### 2 DEMOCRATIC MEMBER CONTROL

Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions. The elected representatives are accountable to the membership. In primary cooperatives, members have equal voting rights (one member, one vote), and cooperatives at other levels are organized in a democratic manner.

### 3 MEMBERS' ECONOMIC PARTICIPATION

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing the cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefitting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

### 4 AUTONOMY AND INDEPENDENCE

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

### 5 EDUCATION, TRAINING AND INFORMATION

Cooperatives provide education and training for their members, elected representatives, managers and employees so that they can contribute effectively to the development of their cooperatives. They inform the general public, particularly young people and opinion leaders, about the nature and benefits of cooperation.

### 6 COOPERATION AMONG COOPERATIVES

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

### 7 CONCERN FOR COMMUNITY

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

**Do we have your current contact information for outage purposes?**

SUMMER storms can cause power outages. These storms can contain lightning with the potential to knock out electrical power. REA Energy offers different options for members to report a loss of power to your residence. In order to ensure accurate reporting of your outage, there are several steps to follow:

Call REA Energy’s outage reporting system at 724-463-

7273 or 800-332-7273 from a working telephone number. Our outage reporting system recognizes the first two contact numbers listed with your account. If you have recently changed your telephone number or want to change your contact numbers, please contact the cooperative.

There is an option to leave a message if you are unable to call from either of the two contact numbers that we have on file. After leaving a message, if you do not receive a call back from an REA representative within 15 minutes, please call the outage telephone number again. Please note that when the cooperative calls back, the caller ID may show up as “Unknown.”


If your power is restored and goes back off again, please call and report an outage again. We may think the problem was fixed the first time and not be aware that you have another loss of power.

If you notice that your neighbors do not have power, please still call in and report your outage. The more members that call in their outage, the better our Outage Management System (OMS) predicts the location of outage problems. This enables us to get our crews to the location more accurately to restore power faster.

In the event of larger outages, updates will be posted on the cooperative’s Facebook page. To join, visit [www.facebook.com](http://www.facebook.com), search for REA Energy Cooperative, Inc. and “Like” the page. \*\*Please note that REA Energy’s Facebook page is not monitored 24 hours a day. Please DO NOT report a power outage via Facebook. Use one of the other options listed above.\*\* ☀

**Do We Have Your Current Information?**  
 The best way for REA Energy to communicate with our members is with accurate account information. If you like to update your information with the cooperative please fill out and return this slip.

Name \_\_\_\_\_  
 Acct. #: \_\_\_\_\_  
 Phone #: \_\_\_\_\_  
 Email Address: \_\_\_\_\_



A Touchstone Energy® Cooperative

**REA Energy offices will be closed on Monday, Sept. 3, in observance of Labor Day. Power outages can be reported by calling 724-463-7273 or 800-332-7273.**

**Right-of-way management/facility construction news**

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

- ▶ Contractor crews from Asplundh Tree Expert Co. will be trimming the right-of-way of the Kenwood and Indiana North substation areas, in addition to emergency maintenance areas. Crews from Penn Line Service will be trimming the right-of-way of the Uniontown Substation area.

Notification of work will be made to members in the areas affected. Contractors will perform all right-of-way work per REA Energy specifications. All contractor employees will carry employee identification cards and their vehicles will display their company name.

If you have any questions, call 724-349-4800, or you can view the specifications online at: [www.reaenergy.com](http://www.reaenergy.com).

**Your Board of Directors**



*REA Energy is an equal opportunity provider and employer.*

# Roll a portable air conditioner from room to room for better comfort, lower cooling costs

By James Dulley

**D**ear Jim: We have central air-conditioning. It seems wasteful to cool the entire house when just we two are home. Is using a portable air conditioner in various rooms more efficient overall? — Sean K..

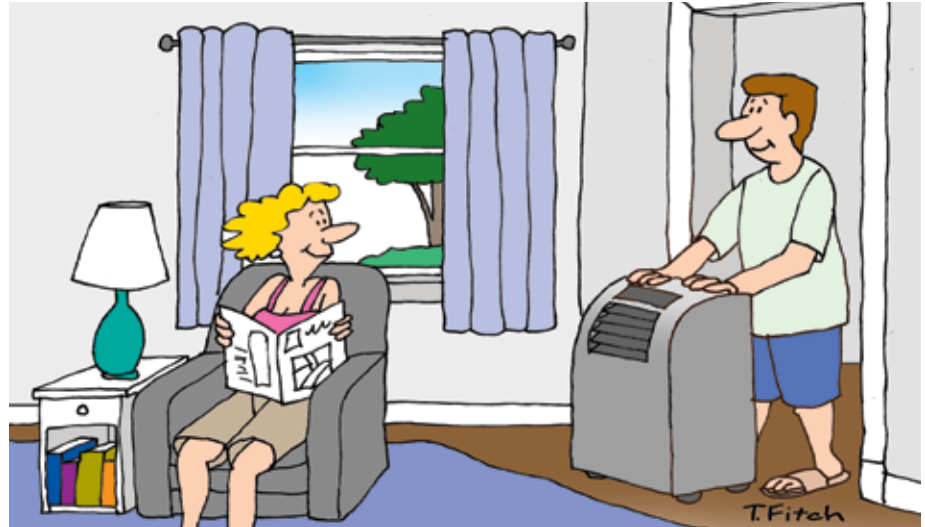
**Dear Sean:** Using a portable air conditioner (or heat pump) can be a good idea especially when you and your wife are going to be in the same room for an extended time. This also is effective with central air-conditioning. Even though the Seasonal Energy Efficiency Ratio (SEER) efficiency of a newer central air conditioner is generally higher than the Energy Efficiency Ratio (EER) efficiency of a portable model, using one can save money overall if used properly.

Run the portable conditioner to cool just a frequently used room or two to the comfortable cool temperature you desire. Raise the temperature setting on the wall thermostat for the central air conditioner 4 or 5 degrees higher than normal. This can provide a 10 to 15 percent electricity savings without a major sacrifice in comfort.

During moderate temperature weather, turn your central air conditioner off completely and use just the portable unit. A sizing rule-of-thumb is an 8,000-Btuh model should comfortably cool rooms up to 350 square feet and a 12,000-Btuh model should cool a 550-square-foot area. Both plug into a standard 120-volt outlet.

Portable air conditioners are particularly convenient to use because you can roll one from room to room. With this feature, one portable air conditioner can be used to keep different rooms cool depending upon which room you are using.

Portable air conditioners operate



similarly to a typical window unit. The internal rotary compressor, evaporator and condenser function in the same way. The primary difference is it is on castors and rests on the floor.

There are two basic designs of portable units. One design uses a single duct to the window adapter. This is the simplest system and works well, but it does draw some cooled or heated room air to the outdoors.

The other design uses two ducts, which is more efficient. All of the air flowing through the condenser (which carries the heat away) is drawn from outdoors and exhausted back outdoors. With two ducts, no already-conditioned indoor air is being exhausted outdoors.

Another feature to consider is how the condensed water is handled in the cooling mode. Evaporative models mix the water with the air exhausted outdoors so there is nothing to empty. Other models, which also function well as dehumidifiers without cooling much on “Dehumidify” setting, capture the water in a small tank, which you must empty.

Select a model with several blower


speeds and adjustable directional louvers. When cooling, adjust the louvers to direct the cooled air up at about a 30-degree angle.

A flat adapter panel is used to connect the portable air conditioner or heat pump to a window with one or two 5-inch-diameter flexible and collapsible ducts. This is where the heat, which is pulled from the room air, is exhausted outdoors. The window adapter and ducts must be moved along with the portable air conditioner.

Use 1-by-1-inch foam weatherstripping to seal the window edge against the panel. Hollow round foam pipe insulation also works well. To use with a casement window, you must make a triangular top and bottom end caps to seal in the window opening. ☀



Have a question for Jim? Send inquiries to **James Dulley**, Penn Lines, 6906 Royalgreen Drive, Cincinnati, OH 45244 or visit [www.dulley.com](http://www.dulley.com).

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# Fresh sheets

By Janette Hess

For end-of-summer picnics, potlucks and neighborhood barbecues, nothing feeds a crowd quite like a 24-serving sheet cake. In the weeks ahead, why not try one or two fresh takes on traditional sheet cake?

Almond Butter Sheet Cake with Fudge Frosting is an exceptionally tasty pairing of two favorite flavors. When making any cake from scratch, keep in mind that weighing flour — 5 ounces per cup — is faster and more precise than measuring flour. And while you're at it, keep the kitchen scale handy for weighing the powdered sugar for the frosting.

Summer Fruitcake is a convenient way to transport and serve cake and fresh fruit to an outdoor crowd. This recipe takes a short cut in the form of a boxed angel food cake mix, because cooks appreciate a summer break, too. Fresh berries are the ingredient that make this cake special. ☀



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.

## Almond Butter Sheet Cake with Fudge Frosting

- |  |   |
|--|---|
| <b>2</b> cups flour                          | <b>1/2</b> teaspoon almond extract                                      |
| <b>2</b> cups sugar                          |   |
| <b>1/2</b> teaspoon salt                     | <b>Fudge Frosting:</b>  |
| <b>1/2</b> cup almond butter (roasted style) | <b>1/2</b> cup (1 stick) butter   |
| <b>1/2</b> cup canola or other vegetable oil | <b>1/4</b> cup cocoa powder   |
| <b>1/2</b> cup (1 stick) butter              | <b>6</b> tablespoons milk   |
| <b>1</b> cup water                           | <b>2</b> teaspoons vanilla extract                                      |
| <b>2</b> eggs                                | <b>16</b> ounces powdered sugar   |
| <b>1/2</b> cup sour cream                    | <b>3/4</b> cup slivered almonds, toasted and chopped into small pieces* |
| <b>1</b> teaspoon baking soda                |   |
| <b>1/2</b> teaspoon vanilla extract          |   |

In large bowl, combine flour, sugar and salt. Set aside. In medium saucepan, combine almond butter, oil, butter and water. Cook over medium heat, whisking as needed to break up almond butter. Do not boil. In mixing bowl, beat eggs and add sour cream, baking soda, and extract. When almond butter mixture is smooth and hot, remove from heat and pour over flour mixture. Stir to combine. Pour that mixture into egg mixture and beat to combine. Pour into prepared 10 1/2- by 15 1/2-inch jelly roll pan. Bake at 350 degrees for approximately 25 minutes, or until pick inserted in center of cake comes out clean. Prepare frosting while cake is cooling. Combine butter, cocoa and milk in saucepan. As butter melts, whisk to combine. Do not boil. Remove from heat and add powdered sugar and vanilla. Whisk until smooth and add toasted almonds. Frost cake. Makes 24 servings.

\*To toast almonds, line rimmed baking sheet with foil. Spread almonds on sheet. Watching carefully, toast on top rack of 350-degree oven for 5 to 7 minutes, or until almonds just begin to turn golden. Remove from oven; cool before using.

## Summer Fruitcake

- |  |  |
|--|--|
| <b>1</b> 16-ounce box angel food cake mix                                | <b>2</b> tablespoons cornstarch              |
| <b>16</b> ounces fresh strawberries, cleaned, hulled and roughly chopped | <b>3</b> tablespoons strawberry gelatin mix  |
| <b>1</b> cup fresh blueberries, if desired                               | <b>1/2</b> teaspoon almond extract           |
| <b>1 1/2</b> cups water  | Dash of salt                                 |
| <b>1/2</b> cup sugar   | Whipped cream or whipped topping for serving |

Spray 10 1/2- by 15 1/2-inch sheet pan with cooking spray and line with parchment paper. Prepare cake mix according to package instructions. Pour batter into prepared pan and gently spread to edges. Bake at 350 degrees for 30 minutes, or until top is golden brown. (Cake will rise above rim but will settle back down as it cools.) Cool completely.

To make sauce, combine water, sugar and cornstarch in medium saucepan. Cook and stir over medium to medium-high heat until mixture is thick and clear. Remove from heat and whisk in gelatin mix, almond extract and dash of salt. Cool to room temperature. Gently lift cake from pan. Peel off and discard parchment paper. Spread 3/4 cup strawberry sauce over bottom of pan and replace cake. Add cut strawberries and blueberries (if desired) to remaining sauce and spread over top of cake. Chill. To serve, top each piece of cake with dollop of topping. Makes 24 servings.

**Note:** This recipe may be made with fresh peaches. Simply use 3 peeled and chopped fresh peaches in place of strawberries. Replace strawberry gelatin with peach gelatin.



# 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 swelling 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 of 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 system, 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
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- 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

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for the next 48-hours only. All you have to do is call **TOLL- FREE 1-800-771-4556** and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Those who miss the 48-hour deadline may lose out on this free bottle offer.

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# Dead plants? It's OK with me

By George Weigel

Some gardeners get upset when their plants croak, counting it as a miserable failure at best and botanical murder at worst.

Me? Eh, it happens.

Garden long enough, and you realize that dead plants come with the territory.

No matter how much you know or how much babying you do, plants die. It may take 300 years for a sycamore, 80 years for a peony, or in my yard, just one or two for a “perennial” lady’s mantle or scabiosa. But sooner or later, all plants die.

One positive spin is that killing plants is a learning experience.

If you can figure out why a plant died, that increases your success odds the next try, making you a better gardener in the long run.

But I’ve also learned not to blame myself every time a plant dies. I’ve done enough wrong things to wipe out my fair share of plants, but nature has caused at least as much mayhem.

Sudden freezes knock out the borderline stuff. Record heat waves kill the cool-lovers. New bugs and new diseases keep showing up to wipe out one favorite species after another.

What’s left rots in the cold clay, blows over in a “hurricane remnant,” or gets eaten by deer, voles, ground-hogs, or rabbits.

There’s plenty of blame to go around.

My game plan is to do my best to keep my chlorophyllic friends alive — within reason.

I’ll do plant protectors for a few favorites heading into winter, erect cages to keep rodents off of the new plantings, and water selected plants to milk them through a drought.

I also improve the soil before planting and especially do ample homework



PHOTO BY GEORGE WEIGEL

**DROUGHT-KILLED SPRUCE:** These aren’t dead trees. They are a “positive learning experience.”

to get good plants in the right spot in the first place.

But for bugs, diseases and erratic weather surprises? Forget it. If a plant can’t defend itself against those, it’s doomed in my yard.

I’ve decided it’s too expensive, too time-consuming and too complicated to try and apply the right product at the right time to keep bailing a plant out of trouble year after year. That’s assuming I’ve nailed the diagnosis in the first place ... which isn’t easy either.

When a plant struggles in my yard, I usually try moving it to another spot to see if a change in microclimate does any good.

If I can figure out the problem and come up with an easily sustainable or one-time fix, say, wrapping foil around the base of a squash plant to repel borers, I’ll do that.

What I don’t do is what a lot of gardeners turn to first when they encounter a struggling plant: feed it.

Most of the time, lack of nutrients is not the problem, and therefore, fertilizing can be a waste of money. Sometimes it’s even counter-productive, such as in the case of over-fertilized azaleas actually being more attractive to lace bugs.

When the inevitable happens and I notice one day that there’s a bare spot where my veronica used to be, I don’t sweat it.

I look at it as newly available real estate to grow the next candidate on my plant wish list.

Come to think of it, where would I plant in my full yard these days if nothing were dying? ☀



**George Weigel** is a Pennsylvania Certified Horticulturist, author of two books geared to gardening in Pennsylvania, and garden columnist for The Patriot-News/Pennlive.com in Harrisburg. His website is <http://georgeweigel.net>.



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# Youth movement

*Rural Electric Youth Tour brings history alive for future leaders*

By Neil C. Jones  
Contributing Writer/Photographer

“A once-in-a-lifetime experience.” That’s how many of the participants in the Rural Electric Youth Tour describe the annual event that now draws more than 1,800 high school students to Washington, D.C., every summer to learn about their country’s government and the electric cooperative program.

The National Rural Electric Cooperative Association (NRECA) began sponsoring the program in 1964, although the Youth Tour’s roots began in 1957 when then-Sen. Lyndon B. Johnson, speaking at an NRECA meeting, encouraged cooperatives to set up a program to send teenagers to Washington, D.C., as an educational experience.

Soon after, Texas electric cooperatives began sending summer interns to

work in Johnson’s office. A few years later, cooperatives from other states began sponsoring weeklong visits to Washington, D.C., and the program evolved into today’s Youth Tour.

“You don’t get to experience much like this in rural Pennsylvania,” says Paige Hagy, a student sponsored by Mansfield-based Tri-County Rural Electric Cooperative (REC) on the 2018 tour, held in June. “It’s just magical.”

**TAKING IT IN:** Youth Tour participants from Pennsylvania and New Jersey visit the Jefferson Memorial, dedicated to Thomas Jefferson (1743-1826), the nation’s third president (1801-1809).

Even though she has been to Washington, D.C., before, Hagy says participating in Youth Tour provided a unique experience.

“It’s been great,” she says. “Lots of energy, lots of things to do. There’s so much to experience, and it’s fun doing it with all of these people.”

While high school students by design can participate in their once-in-a-lifetime experience only one time, adult chaperones often make the trip year after year.

In fact, Anita Leitzel, member services and education coordinator for the Pennsylvania Rural Electric Association (PREA), has been on Youth Tour 35 times, shepherding more than 3,400 Pennsylvania and New Jersey students around the capital.

The longest-serving Youth Tour director in the national program’s history, Leitzel still calls every tour an adventure.

## Changing lives

“It’s been a pleasure to work with new groups of students each year,” she says. “It’s so rewarding to see students

grow and discover how they can impact their community through the program. This program truly is changing lives. I have been asked many times why I continue to do Youth Tour. The answer is simple: it's the students."

Leitzel is assisted every year by an able group of chaperones provided by local cooperatives, many of whom return year after year.

This past Youth Tour was the first of what she expects will be many for Kristi Smith, who joined the member services department at Somerset REC in April. Smith was one of three chaperones from the Somerset-based cooperative who traveled to Washington, D.C., with 14 students.

"I felt like one of the teenagers experiencing Youth Tour for the first time," Smith says. "It was neat to be able to take it all in with them, to see the students get to know each other and hear how much they loved the trip. They were so appreciative to have been selected to attend."

Smith found Youth Tour to be educational and moving for her as well as the students.

"I learned co-ops have a strong voice today, just as they did in the 1930s when REA (the Rural Electrification Administration) was formed," she reports. "... I was really touched by the Pentagon Memorial and how uniquely it was designed."

Students also found the tours of



CO-OPS VOTE: Pennsylvania and New Jersey students spell out the word "Vote" on the steps of the Jefferson Memorial in a nod to the national "Co-ops Vote" initiative that encourages rural residents to become involved in political issues.

national memorials and museums to be among their most memorable moments.

### Touring history

A visit to the U.S. Holocaust Memorial Museum, which houses more than 20,000 objects, more than 110,000 images, approximately 105 million pages of archival documents and more than 17,000 Holocaust-related testimonies, was a moving moment for students.

"It's honestly really sad and emotional," says Karissa Cowles, a student from Wysox-based Claverack REC. "I'm just in awe. I have no words for any of it."

Brooke Holben from DuBois-based United EC calls the experience of seeing the museum "mind-changing."

"You read from books that, yes, there was a lot of death, and they were treated harshly," she says, "but you never really understand it until you see a lot of the artifacts. It makes it a little more real than just reading from a textbook."

The students also had an opportunity to visit the Pentagon Memorial to honor those lost on Sept. 11, 2001. Many of the students were only infants on that tragic day, while some had not even been born yet.

A visit to the Newseum included an exhibition of Pulitzer Prize-winning photographs, including *The Kiss of Life*, 1967, an image of a lineman giving mouth-to-mouth to a co-worker after he contacted a low-voltage wire.

"Each image told a really powerful story," says Olivia Wilson, a student sponsored by Huntingdon-based Valley REC. "They were from places all over the world, and they really showed the way that the media can pull us all together."

The group also toured other monuments in the nation's capital.

"I really love the memorials," says Aidan Locke from Tri-County REC. "They really capture a lot of sacrifice that people have made for this country."

Of the Youth Tour, he adds, "It was absolutely amazing. I love everything

about this tour. I think it's a great opportunity. I'm really glad a lot of people could share this experience with me."

By mid-week, the students were primed to meet and talk with their representatives in Congress: U.S. Reps. Lou Barletta (R-11th), Mike Kelly



HELLO, PENNSYLVANIA: Youth Tour participants from Somerset REC pose at the Pennsylvania section of the World War II Memorial. The memorial honors the men and women who served in the U.S. armed forces during the war. Students are, from left: Morgan Weaver, MaKayla Morocco, Madison Trent, Allison Fidler and Ashley Byer.

(R-3rd), Tom Marino (R-10th), Scott Perry (R-4th), Bill Shuster (R-9th) and Glenn Thompson (5th). U.S. Rep. Keith Rothfus (R-12th) was unavailable, but students met and spoke with J. Craig Kemper, legislative counsel in the Rothfus office.

"It was nice to meet with Congressman Shuster and get to know him a little bit more through that conversation rather than just through the web or the news," says Madison Trent from Somerset REC. "It's nice to hear his exact words. He was very thorough and put it in terms that we could understand as high school students. ... It gets me connected with our country more. I'll be voting this coming November, so there's still things I need to learn, and this has really helped me do that."

Students began the tour with Youth Day, where Mary Ellen Lohr from Indiana-based REA Energy Cooperative was announced as the 2018 Outstanding Student from Pennsylvania to serve on the NRECA Youth Leadership Council and return to the 2019 Youth Tour as a peer leader. 🌞

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WILD WIND FOLK ART & CRAFT FESTIVAL. SEPTEMBER 8-9, 10 AM TO 5 PM EACH DAY. WARREN COUNTY FAIRGROUNDS, 371 BARTON RUN ROAD, PITTSFIELD, PA. 150 JURIED ARTISANS, FOOD, LIVE MUSIC, CHILDREN'S ACTIVITIES AND MORE. [WWW.WILDWINDFESTIVAL.COM](http://WWW.WILDWINDFESTIVAL.COM)

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ANOTHER CHANCE THRIFT STORE. Bright, friendly, organized. 3560 Fairfield Road, Gettysburg. Tuesday, Wednesday, Thursday 10 a.m. – 6 p.m. Friday – Saturday 10 a.m. – 3 p.m. Check us out on Facebook. So much stuff, such great prices!

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HARRINGTONS EQUIPMENT COMPANY, 475 Orchard Rd., Fairfield, PA 17320. 717-642-6001 or 410-756-2506. Lawn & Garden equipment, Sales - Service - Parts. www.HarringtonsEquipment.com.

## LIVESTOCK AND PETS

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26' WINNEBAGO VIEW 24V Class C Motorhome. Mercedes diesel. New 2016. One slide. Twin beds/king. 4,600 mileage. Excellent condition. \$85,000. 814-617-0575.

## 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. Fisherman and beach lover's paradise. Access Chesapeake Bay or Atlantic Ocean within minutes. Perfect for vacation/retirement dream home. Waterside Village 3/4 acre near marina from \$18,000 with storage for RV and boat. Beach access nearby. Clearview 1.8-acre waterfront on scenic cove \$119,900. Many free boat ramps within minutes. Kirkwoodontheshore.com. 757-678-7631.

LOTS FOR SALE - 4 & 5 acre lots. Perc-tested building lots. Silver Mills Road, Artemas, Pa. Bedford County. \$23,000 each. Phone: Rick 814-635-4020.

LAND TO LEASE - Responsible hunters seeking to lease farm/large tract of land to hunt in Northern Lycoming or Tioga County. Call 484-300-1059 or 610-326-1715.

HUNTER? NATURE LOVER? THIS IS THE PLACE FOR YOU!! Solar Log Home - Three bedroom, 3.5 bath, Jacuzzi master bath, Corian countertops, Pella windows with internal shades, thermal electric heat storage units and combination wood/propane boiler for radiant heat floor. Includes two-bay, two-story barn, storage/shop building and boiler building. Paved driveway, 50 x 100 fenced organic garden area and 10 x 10 dog enclosure. Option of 12+, 28 or 54 acres in Susquehanna/Bradford counties, all OGM transfers. Asking \$374,500 for all buildings and 28 acres, negotiable. Call: 570-240-3018.

## REAL ESTATE

FOR SALE - COMMERCIAL MULTI-USE building on 2.08 acres one mile north of Dushore, PA on busy Route 220. 8,797 sq. ft. (4,072 retail or office space - 4,725 warehouse space). Retail or office space heated with oil hot air. Warehouse space has 16-foot high ceilings and upstairs office. In Cherry Township with town water and sewer. Was formerly a hardware store-lumber store. Call 570-363-2213 or 570-637-2153.

IN ALASKA - FOR SALE: 6 1/2 acres off of Parks Highway between Willow and Talkeetna. Must sell. Good hunting and fishing area. \$39,000. 570-549-3864.

APPROXIMATELY 2-ACRE WOODED building lot, country setting, rural Williamsburg, Pa. Spring Cove schools, tremendous view, previously passed conventional perk. \$39,500 Joyce Dalton, Remax Results Realty Group 814-946-9355, ext. 315. Cell: 814-329-3509.

## RECIPES AND FOOD

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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: 800-403-3381 or sbarton.myshaklee.com.

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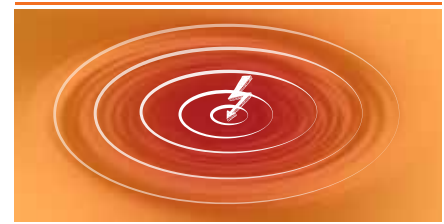
SEVEN SPRINGS - EIGHT BEDROOMS, six baths and two half baths, very near the resort. Available for winter & summer rentals, hot tub, pool table, big screen TVs and other amenities, sleeps up to 21 guests. For photo brochure, availability and pricing, email c.r.cole@verizon.net.

MYRTLE BEACH 4TH FLOOR RENTAL: Sunday, August 19-26, 2018. Sacrifice at \$975. Beachfront view of ocean from living room balcony. Pool, elevator, parking included. Bath, kitchen, dining, sleeps 4. 610-358-1776.

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VINTAGE WOMEN'S AND CHILDREN'S CLOTHING from the 1930s, 1940s, 1950s & 1960s. Men's work wear/farm wear/denim 1900s to 1950s. Please no furs, wedding gowns, hats or coats. 814-386-5763.

## STEP POTENTIAL



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A downed line does **NOT** have to be arcing or sparking to be energized — and dangerous.

Even if you do not touch lines or equipment, you can still be killed or seriously injured.

The danger exists beyond the point where the downed line is making direct contact with a vehicle or the ground. Electricity can flow 360° around it.

### What is step potential?

If a person connects two different points of this gradually decreasing voltage by walking away, stepping out of a vehicle, or touching the vehicle and ground at the same time — electricity flows through the individual (path to ground).

### Stay safe.

If you're in a car accident that involves downed lines, **stay in the car**. If you come upon a scene with a downed line, stay far away and call 911 to have the utility notified.

Learn more at [SafeElectricity.org](http://SafeElectricity.org)

# Earl has a bee in his bonnet about octopuses, flies

By Earl Pitts, American

I like to think these commentaries ain't all about complainin', arguin' and pickin' fights. No sir, there is also an educational element. Me being awed and fascinated by science and all.

So here's the latest science thing I heard. This is a brand new theory about how life got on planet Earth. Aliens from other planets seeded organic organisms on Earth — by placing octopuses in our ocean. So basically — octopuses are aliens.

Am I the only person who's not surprised? Hey — I have seen some "Animal Planet" stuff on octopuses, and I don't trust those little rubber-skinned, creepy critters. No sir. They change shape. They change color, and a giant octopus can squeeze through a hole the size of a dime. Now that is not somethin' your normal earth creatures do. I love monkeys — but they can't squeeze through a tiny hole.

So imagine this — the scientists who believe this say that billions and billions of years ago, the Earth was a ball of water and land, completely devoid of life. And then your aliens come down here and sprinkle octopuses in the water. Sure enough, they slowly start to evolve, and that leads to more organisms. And before you know it, we got fish climbin' out of the water, and cave men, and your Earth of today.

I say it's kind of a shame that we evolved like this and lost six arms. 'Cause we could have carried a lot

more with those extra arms. Think about it.

Oh — and octopuses are smart, too. I seen one that picked the winner of the Super Bowl. Makes you think, don't it? Yeah, how did he know who was gonna win? Everybody thinks the monkeys are gonna take over or the robots are gonna take over. I got my money on octopuses.

Wake up, America! You go to the aquarium and you see that octopus lookin' at you with that big ol' eye. He's thinkin' how he's gonna take you out. Mark my words. I'm Earl Pitts, American.

I had me one of the most unpleasant experiences of summertime last night. I had a fly in the house.

And I know what you're thinkin'. Oh, big deal — Earl had a fly in the house. And truth is that out where we live, there are days we got more flies inside the house than outside.

But this was not your typical fly. No sir, this was the highly irritatin' back and forth between the TV and your face fly. You ever get one of them flies that's back and forth between the TV and your face all night long? I don't know what the heck they think they're doin'. I mean, we get a lot of flies in the house just there to inspect the screens — lookin' for ways in and out. Garbage flies. Food flies. We get some sittin' up in the corner by the ceilin' and just lookin' flies.

We get flies in the house that just

got lost. Sittin' on the screen door, waitin' for somebody to open it. "Excuse me, sorry. Let me get that door for you."

But nothin' drives you up the wall like a fly that keeps measurin' the distance from the TV to your face. I don't know — maybe it's some kind of reconnaissance mission or somethin'. They're workin' on somethin'. Somethin' evil.

Yeah, and good luck tryin' to swat a fly comin' right at you. If you can take a fly right out of mid-air, you got to be part frog. I ain't got those kind of reflexes no more. I got a rolled-up "People" magazine in one hand and the old, plastic fly-swatter they gave away at the funeral home in the other.

And a fly comin' right at me.

Wake up, America. I finally get fed up and turn off the game. I said, "Good night, fly — I'm goin' to bed. Are you comin'?" Of course he was. 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 [earlpitts-american.com](http://earlpitts-american.com).

## Fun in the sun

It's August — what better time to get outside and take some seasonal photos while everyone is still in vacation mode before the kids head back to school?

Amateur photographers are encouraged to send their 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. 2018 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 winter photos by September (hint: save your spring, summer and fall photos to submit next year). 2018 photos will be returned in early 2019 if you include a self-addressed, stamped envelope. 📧



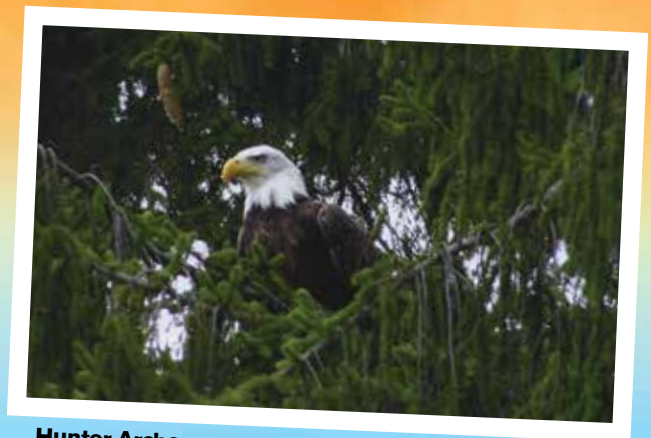
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