

OCTOBER 2025

PENNLINES

Best-Kept Secrets

A Tour of Pennsylvania's
Smallest State Parks

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OF
HOME

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OCTOBER



JEFF FETZER

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Cumberland County blogger Christian Alexandersen and his wife, Abby, visit Prouty Place State Park in Potter County, a hidden gem in the 124-park state system.

Rates and Reliability

Understanding How the PJM

Capacity Auction Affects All of Us



STEVE BRAME

PJM INTERCONNECTION (PJM) HAS BEEN making headlines for its recent record-setting capacity auction. While the auction doesn't directly set the price of electricity, it does influence what all 67 million of us on the PJM system pay.

So, how do these capacity auctions work — and why do they matter to you?

The electric grid is a complex machine, requiring a steady supply of energy to power our homes and businesses under all kinds of conditions — from hot, sticky summer days to bone-chilling winter nights. To keep the grid balanced and reliable, someone has to manage it. For Pennsylvania (and 12 other states plus the District of Columbia), that's PJM.

Think of PJM's capacity auction as a kind of insurance policy. It guarantees that enough generation resources — like coal, natural gas, nuclear and hydro plants — are ready and on standby when they're needed most. Generators that participate in the auction pledge they can deliver, either by producing electricity or reducing demand during peak periods. In return, PJM compensates them for that commitment.

PJM's most recent auction in July was newsworthy for one reason: The cost to ensure reliability keeps climbing. That means one thing: Higher electric rates for all of us.

The dynamic is simple; it's all about supply and demand.

But for years, energy policies have tilted the balance. We're losing dependable generation while adding new demand (think data centers and electric vehicles), and the market is reacting — not in a good way. The 2025–2026 auction year saw prices jump more than 800%, and the most recent one added another 22% on top of that.

For utilities that distribute power to consumers — whether a cooperative or an investor-owned company — those costs are real. And they eventually show up in what we all pay.

This is where Pennsylvania's rural electric cooperatives stand apart.

About 70% of the electricity co-ops provide comes from Allegheny Electric Cooperative, Inc., an organization they created to secure competitively priced energy for members. Over decades, Allegheny has built a portfolio of nuclear and hydroelectric resources. That owned-asset strategy protects members by reducing the amount of power their cooperative purchases on the open market.

Co-ops also work with members directly to manage demand through Allegheny's Coordinated Load Management System. On the hottest summer days, members are asked to shift usage to off-peak hours — an all-for-one, one-for-all effort that has reduced what cooperatives spend on open-market energy by millions of dollars.

Beyond managing power and price, cooperatives also advocate on behalf of their members. Through the Pennsylvania Rural Electric Association, local leaders are pressing lawmakers to address grid-reliability and affordability issues. That includes urging policymakers to reconsider rules that are driving the premature closure of always-available resources, like coal and natural gas plants.

While we may be facing an uncertain energy future, rural electric cooperatives remain committed to putting people before profits.

That commitment to community — neighbors looking out for neighbors — is what sets co-ops apart. And in times like these, it matters more than ever. 🇺🇸

STEVE BRAME

PRESIDENT & CEO

PENNSYLVANIA RURAL ELECTRIC ASSOCIATION

ALLEGHENY ELECTRIC COOPERATIVE, INC.

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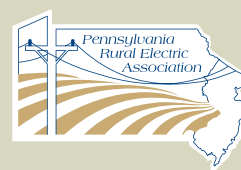
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KNOCK ON WOOD

Our youngest has left the nest, testing her wings on her own. There's an empty room down the hall now, but I still find myself patting the door as I walk by. The "condemned" sign she left hanging there still makes me smile. But that little knock — just a light tapping on wood — is my quiet way of staying connected to her, a gentle reminder of our little feather in the wind.

When our son went abroad for a year, I used to browse the old children's books still sitting on his shelves. I'd grab a favorite — maybe a Seuss or Sendak, a Dahl or Dickens — and plop myself down on the beanbag chair in his room for my own storytime. Holding that book in my hands connected me to a time when that same chair would hold all three of us.

These days, of course, there's Facebook and FaceTime, texts and emails — but sometimes it's comforting to have something tangible to connect to in this digital age. I like the feel of a book in my hands or turning the pages of a magazine. And it turns out, I'm not alone.

In fact, a recent survey of *Penn Lines* readers shows that 97% of you prefer reading the printed magazine over the digital version.



That's consistent with past surveys — and echoes how I feel about reading books and magazines in general. Sure, scrolling is convenient, but I prefer the sensory experience of flipping the pages in my hands.

The same survey also found readers are still highly engaged in the magazine, with 85% considering themselves "regular readers" (those who read at least three out of the last four issues), while nearly 80% read every issue. Those numbers place *Penn Lines* among the most highly read cooperative magazines in the country. And those numbers have stayed strong for decades.

As *Penn Lines* looks forward to our 60th anniversary next year, I'd just like to say thank you for your loyalty to the magazine over all these years. It's an honor to have such devoted readers. Knock on wood, we hope to keep *Penn Lines* in your homes — and in your hands — for the next 60 years.

PETER A. FITZGERALD
EXECUTIVE EDITOR



CBS NEWS.COM

REUNITED AT LAST: After wandering away from a Crawford County sanctuary three years ago, a turtle named Pete was found recently 20 miles away from his former home.

SLOW AND STEADY

Sanctuary's missing turtle found three years later, 20 miles away

Pete, a missing turtle from a Crawford County sanctuary, was recently found 20 miles away from his former home. The errant animal wandered off more than three years ago.

Earlier this summer, a Venango resident came across a box turtle and helped it cross the road. Noticing markings on its shell, the person contacted the Tamarack Wildlife Center in Saegertown, where staff members identified the distinctive markings. Pete, it turns out, was part of a box turtle research project, where he also went by "C3," according to the center's Facebook page.

Before hibernation in fall 2021, Pete was released into the sanctuary with a new transmitter. By the time spring 2022 came around, researchers began to wonder if Pete was moving. When they checked, they found the transmitter — but the turtle was gone.

Fast-forward to this summer, when a well-meaning person stumbled upon Pete some 20 miles away from the sanctuary.

Sanctuary staff says Pete is in good health, has a new transmitter and

has been returned to the study area, where researchers hope to learn from his travels.

RIDERS REJOICE

Tioga County gets state's first designated ATV route

Route 49 in Westfield, Tioga County, is the first road in Pennsylvania to be designated an All-Terrain Vehicle (ATV) Route, according to the state Department of Transportation. The designation program is part of an effort to boost rural economies and the state's recreation industry.

The designated route will include a 3,700-foot section of Route 49 that connects with other ATV routes and provides access to businesses along the road. ATVs will be allowed to operate on the road during daylight only and during a limited riding season that begins the Friday before Memorial Day and ends the last Sunday in September.

Route 49's ATV trail label was the first approved under a new process that enables municipalities that manage trail networks to request the designation. The trail title is meaningful — and valuable; a recent study found that the Commonwealth's

ATV trail system had a \$13 million economic impact in Potter and Tioga counties in 2023. That number is up from \$10.4 million in 2022.

The state announced earlier this year that \$2.1 million will also be invested to expand ATV and snowmobile trails across Pennsylvania.

FOOD FOR THOUGHT

Pa. leads country in venison donations

Pennsylvania led the country in venison donations for the 2024-2025 hunting season, the state Game Commission reports.



In all, hunters donated about 7,800 deer through the Hunters Sharing the Harvest (HSH) organization. That amounts to more than 283,000 pounds of venison and about 1.1 million servings.

"Every year, our expectations are surpassed," says Randy Ferguson, the nonprofit's executive director.

HSH began in 1991 to give hunters the ability to donate deer through more than 100 approved meat processors across 56 Pennsylvania

counties. Those who donate must harvest, tag and field dress a deer, and drop it off at a participating processor.

FOREVER YOUNG

Toolkit aims to help older Pennsylvanians connect with the outdoors

After Pennsylvania was designated as an "age-friendly state" by the AARP earlier this year, the Shapiro Administration unveiled a new toolkit, "Connecting to the Outdoors as We Age: Pennsylvania's RX for Nature."

The toolkit is aimed at helping older Pennsylvanians connect with the outdoors and improve their health. According to a news release, the initiative provides practical strategies for caregivers, long-term care facilities and community organizations. The toolkit also offers suggestions to bring nature indoors, tips to overcome access barriers, and research that highlights the proven health benefits of outdoor recreation.

Pennsylvania is currently home to 124 state parks and 2.2 million acres of state forests that are free and open to the public. The Commonwealth also has more than 6,400 local and county parks and an extensive regional and national trail system. 🌲

TIME LINES

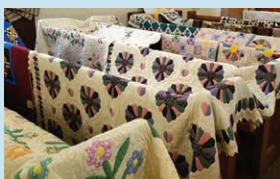


OCTOBER 2015

Ten years ago, *Penn Lines* chronicled the dedication of cooperative board members in honor of National Co-op Month. Among those sharing their stories was Bob Guyer, who served on the New Enterprise Rural Electric Cooperative Board for 60 years. He was 8 years old when his family's home received electricity for the first time in 1936. Guyer's story was one of many that focused on how the arrival of electricity inspired members to help lead their cooperatives.



ENDLESSMOUNTAINS.ORG



HOMETOWN HARVEST

Quilts, music and art will be on display Oct. 4 on Tioga Street in Tunkhannock, Wyoming County, when the Hometown Harvest Fest kicks off at 10 a.m. With the Endless Mountains as a backdrop, the event will highlight heirloom quilts, original needlepoint designs and food specialties. Learn more at endlessmountains.org.

ARTISTS UNITE

Take a tour of Susquehanna County and meet its artists Oct. 11 to 13 at the 29th Annual Susquehanna County Artists' Open House Weekend. The free event features a self-guided tour of artists' studios and homes from 10 a.m. to 5 p.m. each day. Learn more at artiststour.com.

ARTISTSTOUR.COM



PULLING FOR A WIN

Calling all tractor-pull fans: The Western Pa. Pedal Tractor Pull Championship will be held Oct. 11 at the Ox Hill Fairgrounds in Home, Indiana County. To enter, competitors must have finished in first, second or third place in a tractor pull at any festival in western Pennsylvania. The pull starts at 10:30 a.m. and admission is \$5 per carload. For more information, go to visitindianacountypa.org.

HALLOWEEN HOWL

What's better than a beer- and wine-tasting walk? A Halloween-themed beer- and wine-tasting walk. This one will be happening on South Second Street in Clearfield, Clearfield County, on Oct. 24. The Halloween Howl Wine and Beer Walk invites costumed adults to enjoy the festivities. Tickets are \$25. Learn more at visitclearfieldcounty.org.



BEST-KEPT SECRETS





A TOUR OF PENNSYLVANIA'S SMALLEST STATE PARKS

JEFF FETZER

Penn Lines Contributor

Pennsylvania's biggest and best-known state parks – Presque Isle, Ohiopyle, Ricketts Glen, Worlds End and a score more – draw millions of visitors each year. But scattered across the state are a handful of parks so small or remote they almost defy discovery.

They're some of the state's best-kept secrets, and that's part of their allure.

Upper Pine Bottom State Park, a blink-and-you'll-miss-it pull-off along state Route 44 in Lycoming County, received just 662 visitors in 2024, the lowest recorded attendance among the 124 state parks. Interestingly, the state didn't even bother to tally visitation numbers for Prouty Place State Park in Potter County.

Maybe they couldn't find it. I can relate.

"You can't get there from here," I muttered as my GPS insisted I turn right onto the remote Prouty Lick Road. The GPS claimed the park was a little more than 2 miles ahead. A yellow gate across the forestry road told me otherwise. With no cell service and no paper map, I turned to a trio of hikers for help.

The hikers, a middle-aged woman and a young couple in their 20s, eyed me suspiciously. No, they had never heard of Prouty Place State Park. They hailed from New York City and were spending the day exploring the Pennsylvania Wilds.

The young man in the group pulled out his cellphone, and a faint signal slowly allowed a map to materialize; it showed an alternate route to the park, the aptly named Wild Boy Road – and off I went. About a half-mile in, a massive maple tree across the road stopped me in my tracks. Maybe I really couldn't get there from here.

I backed out then backtracked to Route 44, where I received a cell signal that rerouted me to a passable road to the park.

HANGING AT HYNER: A paraglider soars above the Susquehanna River after launching from a platform at the overlook at Hyner View State Park in Clinton County. The park, one of Pennsylvania's smallest, is known for its breath-taking panoramic view of the river valley.

PHOTO BY CHRISTIAN ALEXANDERSEN

A picnic table and a porta potty

As I neared the entrance — 25 minutes after meeting up with the downed maple — I spotted a large black bear padding across the gravel road just beyond the park's sign. It would have been a perfect photo to accompany this article, but by the time I retrieved my camera, the bear had vanished into the forest.

But I had finally arrived at my destination, and there wasn't much to see.

The 5-acre park, void of visitors, was little more than an elongated clearing with a small parking area, a lone picnic table, a disabled water pump housed under a small pavilion and a bright blue porta potty.

There also was a whole lot of quiet to be found there. Not a single car passed by the park over the next hour. The only sounds were chirping birds, buzzing insects and the murmur of Prouty Run, a small wild trout stream that

meanders through the park.

Even so, it felt like this was a special place. Across Pennsylvania, a handful of tiny state parks like Prouty Place offer something beyond acreage and amenities. They provide solitude, a gateway to wild and scenic beauty, and a sense of stumbling upon a site few people will ever look for or find.

"The smallest parks are unique, lovely little picnic areas off the beaten path that people can visit," says Ryan Dysinger, assistant director of the Pennsylvania Bureau of State Parks. "They don't have the large infrastructure and facilities as most state parks would, but they are important because they provide visitors with a nice, welcoming rest area, and many of them are close to state forest areas, which then open them up to thousands of acres for hiking and dispersed recreation."

Indeed. Within view of the Prouty Place Park sign stands a marker for Prouty Lick Trail, a spur connecting hikers to

PHOTOS BY JEFF FETZER

Laurel Summit



Upper Pine Bottom



Sand Bridge



the 84-mile Susquehannock Trail that courses through the sprawling 265,000 acres of Susquehannock State Forest.

In addition to serving as a portal for hikers and hunters venturing into the adjacent state forest, the undeveloped park is primarily, though minimally, used as a rest stop or parking spot for anglers, says Jeb Miller, park manager for Sizerville State Park Complex, which includes Prouty Place.

"It's a great place to fish, look for wildlife and have a little picnic," Miller says, noting elk occasionally roam through the park. "It's a pretty place out there. It's peaceful and quiet."

A bridge but no sand?

That is generally true of each of the state's six smallest parks: McCalls Dam, 8 acres; Hyner View and Laurel Summit, both 6 acres; Prouty Place and Upper Pine Bottom, 5 acres each; and Sand Bridge, 3 acres.

Ironically, Union County's Sand Bridge, the state's smallest park, may be the least tranquil due to its

proximity to a moderately traveled paved road. It is also the only state park under 10 acres not sited in a county served by a rural electric cooperative. McCalls Dam is in Centre County, a portion of which is served by Valley Rural Electric Cooperative (REC). Laurel Summit in Westmoreland County is about 16 miles from Somerset REC's headquarters. Prouty Place, Upper Pine Bottom and Hyner View are in Potter, Lycoming, and Clinton counties, respectively, all of which are within the Tri-County REC service footprint.

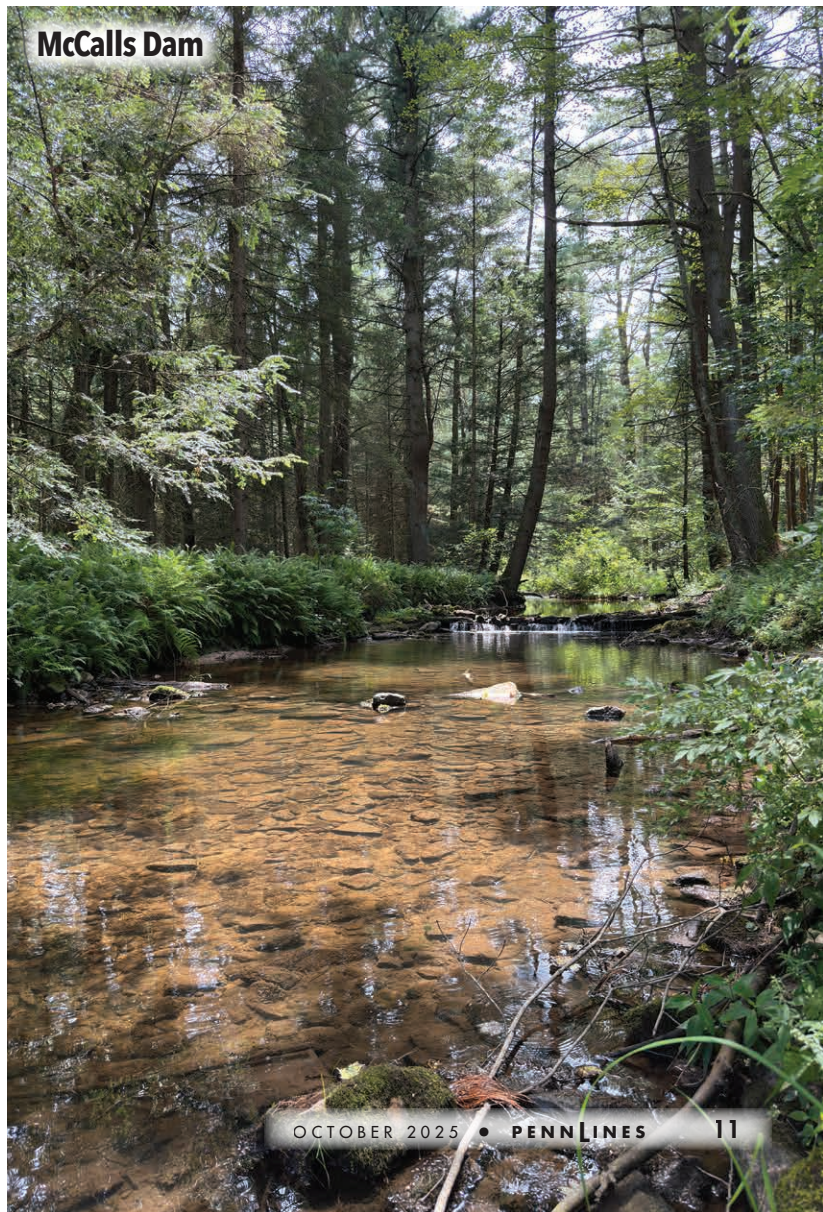
Sand Bridge, located near Mifflinburg on the edge of Bald Eagle State Forest, features two rustic picnic pavilions built by the Civilian Conservation Corps (CCC) in the 1930s, an outhouse, several picnic tables, charcoal grills and a horseshoe pit. The historic pavilions are on opposite sides of Rapid Run, a small, stocked trout stream, and are connected by a wooden bridge.

"Interestingly, nobody knows why it is called Sand

Prouty Place



McCalls Dam



Hyner View



Bridge,” says Mike Crowley, park manager for the R.B. Winter State Park Complex, which oversees Sand Bridge. “There is a bridge there, but no sand.”

The park, which drew 10,868 visitors last year, is primarily used by picnickers and anglers, he says. Northwestern REC member Holly Jacobs was one of them.

Jacobs, who lives in Erie County but owns a seasonal cottage in Crawford County, visited the park last August as part of a quest, known as the “See Them All Challenge.” Her goal is to visit each of the Commonwealth’s 124 state parks.

Since beginning the pursuit in 2021, she has ventured to more than 75.

“This challenge has been awesome,” Jacobs says, “because some of the parks, I doubt I would have ever visited or even known about without doing this. I love nature, and I love being out in it, and we have so much beauty here to see.”

Making a run for it

The tiny footprint of some state parks did pose a challenge for Christian Alexandersen, who lives in Cumberland County and made it his mission to run a mile in each park in 2021.

Alexandersen recalls an elderly fisherman eyeing him suspiciously as he stripped off his shirt and began running laps in the tiny parking lot and picnic area at Upper Pine Bottom State Park on a hot summer day.

“The guy packed up his fishing gear and left,” Alexandersen says, chuckling. “I’m sure he was thinking, ‘I don’t know what this guy’s doing, but I don’t want to be a part of it!’”

Alexandersen had never set foot in a Pennsylvania state park until he and his wife, Abby, visited Perry County’s Little Buffalo State Park during the COVID-19 shutdown in 2020.

“I was like, ‘This is really great. I wonder how many state parks we’ve got?’” he says.

At the time, there were 121, and since then, three more have been added.

“I thought, ‘That’s a lot of places to go visit,’” Alexandersen recalls. “And then my immediate next question to myself was, ‘I wonder how long it would take me to run a mile in each of them?’”

The answer: 224 days.

Alexandersen began his mission on Jan. 2, 2021, and completed it by mid-August of that year.

The experience led to a passion for state parks and public lands, which he has since parlayed into a biweekly podcast, “Hemlocks to Hellbenders.”

“I go to state parks; that’s what I do,” the 40-year-old says. “It’s the thing I spend the most time on and

where I find the most enjoyment. And the best thing about Pennsylvania state parks is that they are free. It’s affordable, accessible fun.”

Since the running challenge didn’t provide Alexandersen with much time to explore the parks, he has since revisited many of them, some multiple times.

“I have this weird love for Upper Pine Bottom, and I really can’t explain it,” Alexandersen says. “It’s not a park where you can really do much, but I enjoy it.”

He has returned at least three times since his initial visit and is captivated by the dense patch of great laurel that grows along the banks of the park’s namesake, Upper Pine Bottom Run.

Originally a public camping area carved out of state forest lands in 1923, the park fell under the watchful eye of the CCC in the 1930s. Camping is no longer permitted at the site, and the only amenities are two picnic tables, one usable and the other covered in bright green moss.

PHOTO COURTESY OF HOLLY JACOBS



SEEING THEM ALL: Northwestern Rural Electric Cooperative member Holly Jacobs visited Union County’s Sand Bridge State Park in 2024 as part of the “See Them All Challenge.” She’s among those on a mission to visit all 124 Pennsylvania state parks.

'Going back to the basics'

Several miles north, off Route 44, travelers will find Hyner View State Park, the smallest to be featured on "Pennsylvania's 25 Must-See State Parks," a list developed by the state Department of Conservation and Natural Resources.

While the park itself is only 6 acres, the spectacular view from its mountain-top perch stretches for miles, delivering panoramic vistas of the Susquehanna River and surrounding mountains. The park also has a statue of a CCC worker and a monument dedicated to the state's forest fire wardens. It's popular with hang gliders, too.

"Hyner View is phenomenal," Alexandersen says.

The park drew more than 30,000 visitors in 2024, the second most among state parks under 10 acres. The top draw in that category is 6-acre Laurel Summit State Park, which attracted 35,000 visitors last year.

At an elevation of 2,739 feet above sea level, Laurel Summit claims one of the highest altitudes among the state parks. It also serves as a trailhead for two popular foot paths that lead to dramatically different experiences: the Spruce Flats Bog Trail, a quarter-mile path that leads to a rare mountain-top bog bordered by wind-swept Atlantic white cedar trees — the only stand of its kind in Pennsylvania; and Wolf Rocks Trail, a 4.4-mile loop trail offering a stunning view of Linn Run Valley and Chestnut Ridge.

Corey Snyder, park manager for Linn Run State Park Complex, which includes Laurel Summit, says that while the state's larger and more heavily visited parks are great assets, so are their little siblings.

"I can tell you exactly why [small parks] are so important," he says. "This is about going back to basics, immersing yourself in the resource, surrounded by the trails, the sounds, and the smells. You're not going to get that same experience at those larger, busier, crowded parks."

I can relate.

Worth the effort

My final two park visits for this article were to be Sand Bridge and McCalls Dam, which are separated by less than 8 miles. After poking around at Sand Bridge on a Saturday afternoon in July for about an hour, I was ready to set off for McCalls Dam, only to realize, again, that I had no cell service, so no directions to the park.

Knowing that the popular R.B. Winter State Park was along the route, I decided to drop by to get directions. The park was bustling with activity, and at the visitor center, a helpful staffer provided me with detailed instructions.

Though the drive was less than 4 miles, it seemed a world away. Located off a dirt road, McCalls Dam was



A LASTING LEGACY: A statue at Hyner View State Park in Clinton County commemorates the Civilian Conservation Corps (CCC) members who worked in Clinton and Potter counties in the 1930s. The CCC program was instrumental in creating and improving many state parks during the Great Depression, building structures, trails, dams, and planting trees.

the last park I visited, but the only one with people. A man dozed in a lawn chair, while his wife sat on a nearby bench, petting her dog as White Deer Creek flowed lazily in the background. After a short chat with them, I headed up a trail that petered out a short distance beyond a small seldom-used tent-camping site.

I returned to an empty picnic area. The only sound was the burbling of a small waterfall on the creek.

I found myself thinking about hidden gems like McCalls Dam State Park and how most people will never stumble upon them. These idyllic spots are tucked into the folds of a map, reachable only to those willing to take wrong turns, back track, and maybe meet a bear or two along the way.

But they are worth the effort. Just remember to take a paper map. 🗺️

Greenhouse Gas Limits Come Under Scrutiny

MICHAEL T. CRAWFORD, SENIOR TECHNICAL EDITOR

THE RELIABILITY OF THE NATION'S electric grid is a growing concern. However, proposed policy changes — including one that would change how greenhouse gases are classified — could provide a lifeline to the energy industry.

To understand the story, it's important to go back to 1990, when the Clean Air Act, a product of the 1970s, was amended to regulate air pollution and protect public health. The law empowered the U.S. Environmental Protection Agency (EPA) to set and enforce air quality standards. Decades ago, *Penn Lines* covered some of the concerns, such as acid rain and toxic waste runoff, that led to these changes.

Fast forward to April 2, 2007, when the U.S. Supreme Court ruled that greenhouse gases are covered by the Clean Air Act and ordered the EPA to determine if they posed a

danger to public health. Two years, eight months and more than 580,000 public comments later, the EPA finalized a 52-page document, known as the “endangerment finding,” which set standards for greenhouse gas emissions to protect public health.

The EPA has enforced the Clean Air Act according to that guideline ever since. It has also received at least 14 petitions to reconsider the finding, and now it's facing a new challenge from the Trump Administration.

The administration's recent proposal to revoke the finding is part of a broader plan to repeal limits on greenhouse gas emissions from fossil-fuel-fired power plants — a move many in the energy industry are applauding. Why? Well, much of it comes down to the matter of reliability.

Demand for electricity is escalating, driven in part by federal policies.

Meanwhile, other federal policies are forcing the premature closure of coal and natural gas facilities.

For a few years now, electric cooperatives across the country and their consumer-members have been communicating with lawmakers about the complications caused by stringent restrictions on power plants. While rural electric cooperatives in Pennsylvania receive a significant portion of their electricity from carbon-free resources like nuclear and hydroelectric energy, the grid still requires a variety of resources, including always-available coal and natural gas, to keep the lights on. Without that powerful mix, the grid will struggle to meet demand and reliability could suffer.

Pulling the plug on long-standing rulings like the endangerment finding takes time, specifically a lengthy review process that includes a period of public comment. And much like when the endangerment finding was implemented, the move to revoke it will likely face similar challenges in court, another lengthy process.

The energy industry operates at its best with certainty, and right now there is a lot still up in the air. What isn't up in the air is your electric cooperative's commitment to you, the consumer-member. Politics and policy can change by the day, but the cooperative's mission — to provide safe, reliable electricity at the lowest cost possible — can't be revoked. 🇺🇸

ALLEGHENY ELECTRIC COOPERATIVE, INC., based in Harrisburg, Pa., is the wholesale energy provider for the 14 rural electric cooperatives in Pennsylvania and New Jersey. The cooperative has a proud history of investing in sustainable energy solutions to benefit the communities it serves while providing reliable energy at an affordable price.



DIVERSE RESOURCES: The electric grid requires a variety of resources, including always-available coal and natural gas, to keep the lights on. A recent White House proposal would dial back environmental rules that are leading to the premature shutdown of fossil fuel plants.

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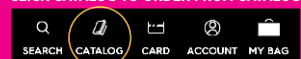
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Best Methods to Bring in Fresh Outdoor Air

JAMES DULLEY

DEAR JIM: This year, I have made my house more airtight, but the indoor air often feels and smells stale. What are my best options for bringing in some fresh, outdoor air? – *Kathy F.*

DEAR KATHY: When tightening up a house to save energy, pollutants can build up and create unpleasant and sometimes unhealthy stale-air issues. According to the U.S. Environmental Protection Agency, people typically spend 90% of their time indoors. Common symptoms of poor indoor air quality include irritation of the eyes, nose and throat, headaches, dizziness, and fatigue. Radon gas can be a cancer risk as great as smoking.

The purpose of bringing in fresh air is twofold. First, when fresh air comes in, polluted stale air goes out. Second, fresh air dilutes indoor pollutants. In

addition to ventilating your home, try to minimize the gaseous and particulate pollution you generate indoors.

The simplest method is to just open windows on each side of your house, but this is not particularly efficient outside of ideal spring and fall weather. Forced-air mechanical systems are more efficient and effective in all weather.

Breath of fresh air

There are four basic methods to introduce fresh air into your house, and each has advantages and disadvantages.

The exhaust-only system often uses a central-ducted vent fan to depressurize the house. This draws fresh air in through gaps and leaks in the house's exterior. Passive inlet vents can also be installed in airtight houses.

This is also the least expensive system to install. It works best in cooler, low-humidity climates, especially during summer. Its drawback is the fresh air may not be distributed evenly throughout the house. It will increase utility bills slightly and may cause chilly drafts during winter. If

you have gas appliances, backdrafting may be a problem, too.

Supply-only systems use ducted fresh air fans to create positive pressure indoors. This forces the stale indoor air out through cracks in the exterior. Simple and inexpensive to install, its primary advantage is that incoming air can be filtered, and it provides better control over the fresh air flow. Also, it will not cause backdrafting of gas appliances.

A balanced system uses

a combination of ducted supply and exhaust-only systems. This provides better control of the ventilation because it does not rely on just cracks or leaks in the house's exterior. It costs more to install because it requires two ducted systems. It uses more electricity because it runs two sets of fans, and it does not control incoming summertime humidity.

Air transfer

A heat recovery ventilation (HRV) system is the most efficient and expensive system (typically \$1,000 to \$2,000). During winter, heat from the stale, outgoing warm air is transferred to the incoming cold fresh air. During summer, the stale, outgoing cold air precools the incoming hot, outdoor fresh air. Up to 75% of the energy in the air can be saved.

An HRV system includes a heat exchanger inside a cabinet and two separate blowers, one for incoming air and one for outgoing air. It has its own duct system to draw out stale air — usually from bathrooms and the kitchen. The incoming air ducts often lead to the living room and hallway.

In many climates, indoor humidity levels are also a concern. During summer, bringing in precooled humid air may not improve comfort and may exacerbate allergies. Excessively dry air during winter can be uncomfortable for the skin and cause other health problems.

The final option, the energy recovery ventilation system, has a special heat exchanger to transfer moisture. During the summer, the incoming air is partially dehumidified by the outgoing air. During winter, the indoor humidity is recaptured. These systems are controlled by a humidistat or programmable timer. 🗣️

HAVE A QUESTION FOR JIM? Send inquiries to James Dulley, Penn Lines, 6906 Royalgreen Drive, Cincinnati, OH 45244 or visit dulley.com.



VENTILATION: The heat exchanger compartment and the blower motor are exposed when the side cover is removed.

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Local Lore

United Electric Cooperative

Say cheese!

Forget stories as American as apple pie — Arnold Nawrocki's is as American as sliced cheese.

For decades, the common cheese consumer has been accustomed to one tiny hurdle before placing that slice of orange, yellow or white heaven on a piece of bread: the cellophane wrap that typically encompasses each portion.

As the story goes, the brainchild of that creative packaging was Nawrocki, who brought the idea to the Clearfield Cheese Co. in Curwensville, Clearfield County, all the way back in 1956. The region is served by United Electric Cooperative.

Initially, the inventor pitched the cellophane idea to his then-employer, Swift & Co. in Chicago. The problem? Swift didn't want to have anything to do with it.

Nawrocki resigned and moved on to Clearfield Cheese. There, he



CELEBRATING SINGLES: Inventor Arnold Nawrocki brought his idea of individually wrapping slices of cheese to the Clearfield Cheese Co. in Curwensville in the 1950s. There, he and his team developed equipment that could wrap 600 individual slices of cheese in cellophane per minute.

assembled a team to put his vision into production.

The first round of equipment came from Philadelphia. After it failed, Nawrocki enlisted local machinists to develop and engineer the equipment that would ultimately lead to plastic-wrapped cheese. With it, Clearfield Cheese could wrap 600 individual slices of cheese in cellophane per minute. The innovation increased the shelf life of cheese from days to months, and as Nawrocki's former co-worker Roger Dixon explained, it

made the cheese industry "into a fast-food industry."

The wrap, however, has faced backlash.

"We have to do something about the plastic crisis," Judith Enck, former administrator for the U.S. Environmental Protection Agency, told the *New York Post* in 2024. "There was a time in America when we didn't put a piece of plastic between every slice of cheese."

Still, there's no denying the impact Nawrocki's single slice wrappers had on the cheese industry. And while the Clearfield Cheese Co. factory closed in 1988, it goes without saying that for a handful of decades, the tiny plant in Curwensville was a pretty *grate* place for cheese lovers to visit. 🧀



Main Office: DuBois, Pa.
Consumer-members served: 19,164
Website: unitedpa.com

A Lovely Ladybug

This month's artwork comes from Lionel Wisor, age 5, whose parents, Josh and Julie Wisor, are members of DuBois-based United Electric Cooperative. As we head into the autumn months, Lionel offered a drawing of a ladybug, reminding us that summer wasn't all that long ago. "Lady bugs are nice, and they don't bite, so I am not afraid of them," Lionel says. "There are a lot of them where I live. I like them!" Thank you, Lionel, for sharing your artwork with us!

Lionel Wisor, age 5, United Electric Cooperative

CALLING ALL KIDS, ages 5 to 17:
Show off your artistic skills!

Each month, we'll feature the artwork of our young readers (or our readers' youngsters), inspired by something they've read in *Penn Lines*. Paints, pencils, crayons, clay, sand – any physical medium is OK! You may send digital photos of the creation to CommunityCorner@prea.com, but please: no digital artwork.

Please include the artist's name, age and electric cooperative, plus a 25- to 50-word description of the art.



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COOPERATIVE CONNECTION

Guest Column

Celebrating Co-op Month: Powering our Community, Together



**STACY
HILLIARD**

EACH OCTOBER, COOPERATIVES EVERYWHERE celebrate National Co-op Month, which showcases the strength, resilience and member-focused values that make each one unique. REA Energy is proud to be part of this tradition, serving our members not only with electricity, but also with a wide range of programs, services and benefits.

As a member-owned cooperative, our mission statement reaches beyond simply keeping the lights on by focusing on the following: “To provide our members with safe, reliable, and affordable electricity and offer innovative solutions to the rural community through our subsidiaries.”

Since 1937, we have offered our members safe and reliable electricity, all while working diligently to keep our rates among the lowest in the state. In recent years, we added two subsidiaries to provide additional programs and services.

REA Energy is part of the cooperative difference, which is showcased in several ways:

- ▶ **Local ownership:** Every member of REA Energy is an owner. That means decisions that affect our members are made locally and with their best interest in mind.
- ▶ **Capital credits:** Unlike other utilities, when financially feasible, any margins are returned to members in the form of capital credits, providing benefits to those we serve.
- ▶ **Commitment to community:** We invest in youth programs, such as the annual NRECA Youth Tour, offer safety education, including live high-voltage demonstrations, and visit local schools.
- ▶ **Reliable energy solutions:** We continue to modernize our system, provide outage restoration updates, and explore new technology to better serve our members. We offer home energy audits for members who request them, as well as an online home energy calculator at reaenergy.com.
- ▶ **Quality products and services:** REA Energy Services Inc. offers quality, innovative products and services, including electrical contracting, generator sales and service, and heating, ventilation and air conditioning solutions. Visit reaservices.com to learn more.
- ▶ **Member programs and services:** With our online payment system, SmartHub, our convenient REA Energy mobile app, and online sign-up for new members, we offer tools that make life easier, save money, and help members manage their monthly bill.
- ▶ **A connected future:** Through our subsidiary, In The Stix Broadband, we are bringing fiber and wireless internet services to our members and communities. Visit itxrea.com for more information.

The theme of this year’s Co-op Month is “Co-ops: Building Stronger Communities Together,” and that’s exactly what REA Energy strives to do every day. Our cooperative is more than poles and wires — it’s people, neighbors, and a shared vision for a brighter future.

We thank our members for being part of REA Energy Cooperative. This October, and every day, we celebrate the cooperative difference with you. 

STACY HILLIARD, CCC, CKAE
COMMUNICATIONS & MARKETING MANAGER

Hooked on Success: Local Angler Lands World Titles with Team USA

KAYLA KING, CCC, MARKETING AND BUSINESS DEVELOPMENT SPECIALIST

WHILE MOST TEENAGERS SPEND THEIR free time scrolling on their phones, playing video games, or hanging out with friends, Landon Cook of Marion Center is knee-deep in fast-moving streams and rivers, honing his fishing skills with a fly rod in hand.

That dedication has taken him straight to the world stage.

At just 18 years old, Cook has already achieved what most anglers only dream about: winning multiple world championships with the USA Youth Fly Fishing Team. In July, Team USA earned another gold medal at the 22nd FIPS-Mouche World Fly Fishing Championship.

Cook and his teammates not only claimed team gold, but they also dominated the international field, catching 425 fish during the 15-hour competition. Team USA's nearest competitor, Poland, caught 295 fish for second place among the eight countries competing in the five-day event.

For Cook, this was more than just another tournament win. It marked his second consecutive world championship — he won a gold medal with Team USA in Vyssi Brod, Czech Republic, last year.

"It's pretty surreal for me," Cook says. "It's just now starting to sink in that I'm a two-time world champion."

Getting hooked

Cook's fly-fishing trip to the top began close to home.

"My dad was a huge part of my fly-fishing journey, and my childhood home had its own pond for me to practice in," he recalls.

PHOTO COURTESY OF USANGLING



His introduction to the Team USA Youth Fly Fishing Program came a few years later during a presentation from Team USA's Mike Komara at a Trout Unlimited meeting.

"That moment really opened the door for me, and I decided I wanted to give it a shot," Cook says.

What started as practicing his skills in his backyard pond has grown into daily discipline. Cook practices several days a week to master his craft. On a good day, he catches up to 40 fish.

"I have an extremely competitive mindset and a deep love of fishing," he says. "I think that's what drives me, knowing that the thousands of hours of practice are worth it."

His training and perseverance paid off at the individual and team level. This year in Idaho, Cook finished seventh overall, and his team claimed five of the top seven spots worldwide.

A big part of that success, he explains, comes from trust among his teammates.

"I have so much confidence in my teammates," Cook says. "We trust each other's skills and knowledge, and that gives us a winning edge. Everyone brings something different to the table, and together, it just works."

Giving back

Looking ahead, Cook wants to give back to the program he loves. His plans include helping as a guide at Team USA clinics and mentoring young anglers who hope to follow in his footsteps.

"Fly fishing has given me so much more throughout my life," he says. "I can't even begin to give back to it as much as it's given to me."

He also invests energy in his business, Nasty Nymph, a professional fly-tying venture based on his passion for the sport.

From Indiana County streams to international rivers, Landon Cook proves that dedication, teamwork, and love for the sport can turn a passion into world-class achievement. 🏆

GOING FOR GOLD: Team USA is shown at the 22nd FIPS-Mouche World Fly Fishing Championship. From left, Captain Lawson Braun, Blake Hall, Justin Hardie, Landon Cook, Ethan Campbell, Max Logan, Manager Jess Westbrook and Head Coach Josh Miller.

REA Energy and In The Stix Welcomes First Indiana County Fiber Internet Customers

REA ENERGY COOPERATIVE AND ITS SUBSIDIARY, In The Stix Broadband (ITX), have reached a major milestone in Indiana County, officially connecting their first fiber-optic broadband customers after years of planning.

In April 2022, the Indiana County commissioners awarded REA Energy/In The Stix a grant to build fiber-optic broadband infrastructure in unserved and underserved areas.

This build will expand the fiber infrastructure in Indiana County to Cambria County, totaling about 750 miles of fiber lines. Other builds will add to the cooperative's infrastructure to not only enhance communication between REA Energy substations, but also bring high-speed internet to rural consumers.

From plans to real-world service

In May, construction had advanced enough for ITX to activate its first residential accounts, a milestone that transformed plans on paper into a real-world service. With speeds limited only by current optic technology, the connection represents more than just faster downloads; it symbolizes opportunity, access and growth for the entire region.

REA Energy member Kathie Kirkland was excited to finally access dependable, lightning-fast internet.

"It has fundamentally changed our lives by enabling us to seamlessly work from home, stream entertainment, and use our cellphones, which was extremely limited or non-existent prior to In The Stix Broadband," she says. "We now have access to so much more that we didn't before."

Chad Carrick, president and CEO of REA Energy and ITX, says the service has been in the works for a long time.

"It has been a 20-year dream of REA Energy to bring high-speed internet to our membership, including those who live in unserved and underserved areas," he says. "We knew the solution was going to involve a team of focus groups and servant leadership."

"Your electric cooperative was formed in 1937 as a solution to bring electricity to rural areas, and now nearly 90 years later, we are doing the same thing with broadband," he adds. "We are excited and proud to serve our communities in so many ways, and we thank everyone involved in solving this rural issue."

ITX's Nick Weakland, meanwhile, highlighted the broader vision of the project.



FIRST FIBER CUSTOMER: REA Energy and In The Stix welcomes the first Indiana County fiber customer. From top left, Wayne Farabaugh, District 8 director; Rick Shope, District 2 director; Tom Beresnyank, District 1 director; and Anthony Enciso, District 7 director. Middle row: John Learn, District 6 director; Tom Aurandt, District 4 director; Sandra Dill, District 9 director; and Robert Neese, District 5 director. Bottom row: Rob Dillon and Nick Weakland, ITX; Kathie Kirkland, Indiana County's first REA/ITX fiber customer; Michael Bertolino, REA board chairman, District 3; and Chad Carrick, president & CEO.

"In The Stix has always had a focus on serving the rural and underserved areas of our community," he says. "We are incredibly grateful for the opportunity to work with the Indiana County commissioners, the Indiana County Planning Commission and REA Energy in bringing the gold standard of internet service to those who need it most. This project is just the beginning of what is yet to come."

Another step forward

Fiber broadband brings a multitude of benefits, including entertainment, telehealth support, remote-work options, online learning, public safety, precision agriculture, small business growth, and stronger communication for emergency responders and local governments.

In rural areas, the topography and lower population densities make broadband expansion challenging. Projects like this not only close the digital divide but also strengthen communities, create economic opportunities and ensure residents stay connected in an increasingly digital world.

With the 750-mile fiber network expanding across Indiana and Cambria counties, REA Energy and ITX are steadily advancing their mission to bring critical connectivity to rural Pennsylvania. Each new connection represents another step forward in ensuring every household, business, and farm has access to the tools and opportunities that high-speed internet provides. 📶



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WE WILL REOPEN FOR BUSINESS ON OCT. 13.

IF YOU NEED TO REPORT AN OUTAGE OR MAKE A PAYMENT,
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REA energy
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WINTER COAT Drive

This season, let's make a difference by participating in the REA Energy Winter Coat Drive. Donate new or gently used coats and new scarves, gloves and hats to help someone stay warm during the cold winter months.

Both children's and adult sizes are needed.

SCARVES | GLOVES | HATS | COATS

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FOCUSED ON YOU.



October is National Co-op Month

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

Get a member appreciation gift this month at either of our offices.

If you couldn't attend this year's annual meeting, bring your annual meeting notice to an REA Energy office during Co-op Month to receive a member appreciation gift.

REA energy
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Right-of-way management/facility construction news

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

Contractor crews from Penn Line Tree Service will be trimming the rights of way of the Fairview and Laurel substation service territories in addition to emergency maintenance areas.

Members in affected areas will be notified. Contractors will perform all right-of-way work per REA Energy specifications. All contractor employees will carry identification cards and their vehicles will display their company name.

If you have any questions, call 724-349-4800, or view the specifications at reaenergy.com.

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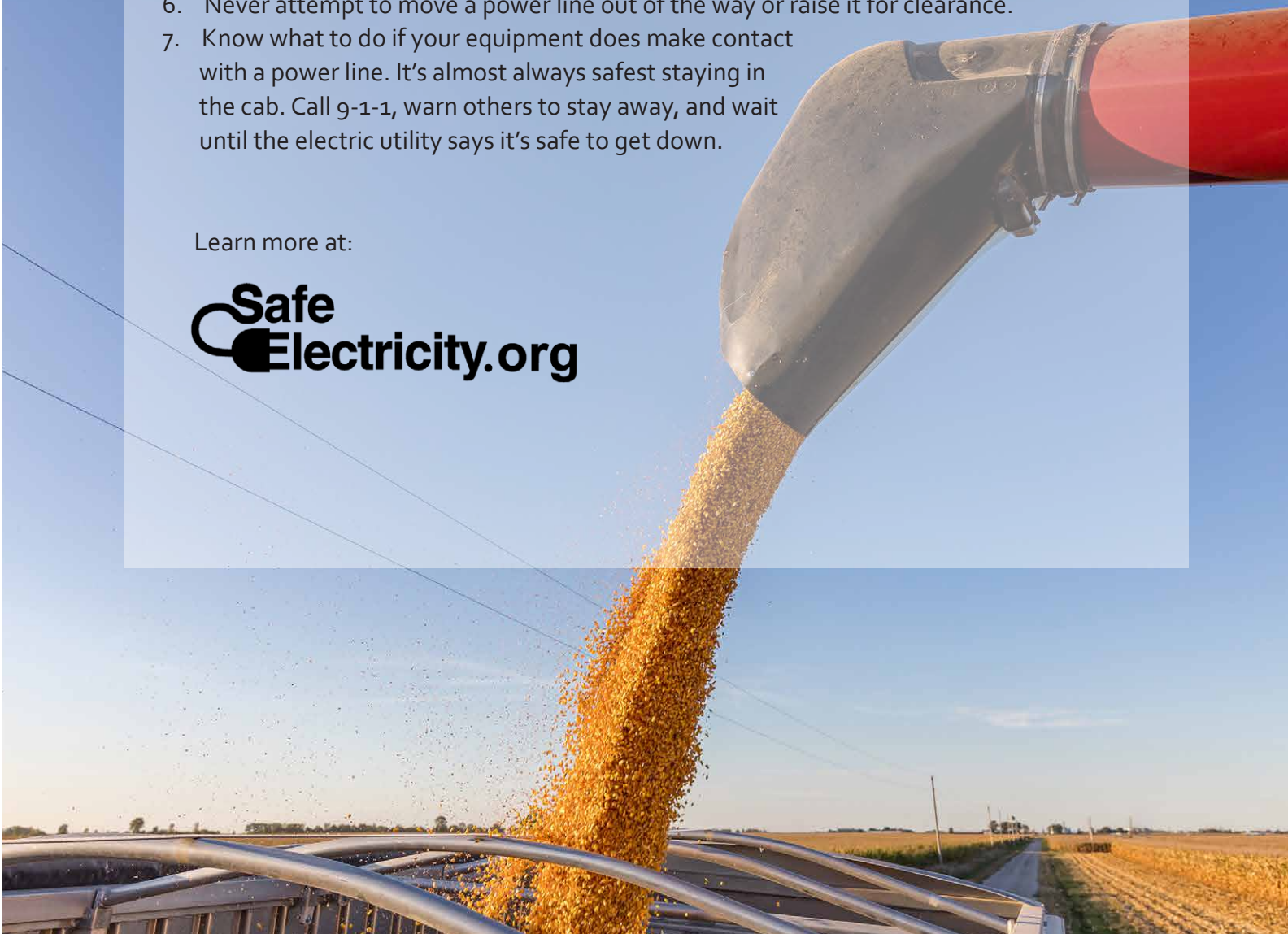
Fall harvest is the most likely time of year for farm-related accidents and fatalities. The number one factor in electrocution on the farm is an auger that hits a power line when being moved. Be aware of your surroundings and look up often.

SAFE ELECTRICITY OFFERS THE FOLLOWING HARVEST SAFETY TIPS:

1. Check the height of the farm equipment to determine clearance.
2. Be aware of the location of power poles and lines, including field entry and exit points, and plan a safe equipment route.
3. Always keep a minimum 10-foot safety radius around an electric line.
4. Use a spotter when moving tall loads near electrical lines.
5. Lower extensions to the lowest setting when moving equipment.
6. Never attempt to move a power line out of the way or raise it for clearance.
7. Know what to do if your equipment does make contact with a power line. It's almost always safest staying in the cab. Call 9-1-1, warn others to stay away, and wait until the electric utility says it's safe to get down.

Learn more at:

 **Safe
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U.S. zip codes turn up silver for residents

Sealed Vault Bags full of State Silver Bars are actually being handed over to the first U.S. residents who find their zip code listed in today's publication and call before the 21 day order deadline ends to claim the bags full of pure 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 pure .999 State Silver Bars are now being handed over to everyone who beats the order deadline.

"That's why U.S. residents will be hoarding all the silver bars they can get their hands on before the deadline ends. This comes as no surprise after the standard State Minimum set by the Lincoln Treasury was dropped for everyone who gets the Silver Vault Bags making them a real steal," said Mary Ellen Withrow, the Fmr. 40th Treasurer of the United States of America, Emeritus.

"As executive advisor to the private Lincoln Treasury, I get paid to deliver breaking news. And here's the best part. This is great news for U.S. residents because the reduced State Minimum set by the Lincoln Treasury is a real steal," said Withrow.

The only thing residents need to do is find the first 2 digits of their zip code on the Distribution List printed in today's publication. If their zip code is on the list, they just need to call the National Silver Hotline before the deadline ends.

And here's the good news. Residents who do are getting the reduced State Minimum set by the Lincoln Treasury of just \$390 for each State Silver Vault Bag which is just \$39 for each pristine Silver half ounce bar as long as they call the National Silver Hotline at 1-888-415-6109 before the deadline ends.

Phone lines open at precisely 8:30 A.M. this morning and are expected to be flooded by U.S. residents looking to cash in on the reduced State Minimum set by the



■ **U.S. RESIDENTS CASH IN:** Calls are pouring in from state residents who are trying to get their hands on the Jumbo Silver Ballistic Bags pictured above before the deadline ends. That's because residents who find the first two digits of their zip code printed in today's publication are cashing in on the reduced State Minimum price set for the next 21 days by the Lincoln Treasury.

► **Who gets the Silver Vault Bags:** Listed below are the zip codes that get to claim the Silver Vault Bags. If you find the first two digits of your zip code below immediately call: **1-888-415-6109 DEPT. SMB204**

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Alaska 99	Georgia 30, 31, 39	Louisiana 70, 71	Montana 59	North Dakota 58	South Dakota 57	Wyoming 82, 83
Arizona 85, 86	Hawaii 96	Maine 03, 04	Nebraska 68, 69	Ohio 41, 43	Tennessee 37, 38	
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(Continued on next page)

Lincoln Treasury to date. That's why U.S. residents who find their zip code on the distribution list today are being urged to call.

Since this special advertising announcement can't stop anyone from buying up all the new 2025 Edition U.S. State Silver Bars they can get their hands on, the Lincoln Treasury has not set a limit of how many Jumbo Silver Ballistic Bags residents can get – these are the bags pictured that contain 10 individual Silver Vault Bags each. Everyone who gets these will be glad they did.

"Residents who want to cash in on the reduced State Minimum set by the private Lincoln Treasury better hurry. That's because after the deadline ends, the State Minimum for these pristine half ounce U.S. State Silver Bars set by the Lincoln Treasury will go up to \$68 per bar no matter how many bars people get," 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 who find the first 2 digits of their zip code listed in today's publication need to call the National Silver Hotline," Withrow said.



■ SILVER IS SOARING: It's good news for state residents who get the Silver Vault Bags each loaded with 10 solid .999 pure Silver State Bars. That's because residents are getting the State Minimum set by the private Lincoln Treasury as long as they call before the deadline ends.

READ THIS IMPORTANT INFORMATION: If you find your zip code on the distribution list printed in today's publication read below then immediately call: **1-888-415-6109 DEPT. SMB204**

► **I keep calling and can't get through:** Keep trying. Right now everyone's looking to cash in on the reduced State Minimum set by the Lincoln Treasury. In fact, we won't be surprised if thousands of residents 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 Lincoln Treasury has been reduced to just \$39 for each silver half ounce bar for everyone who gets the vault bags. And since each Silver Vault Bag contains 10 pristine State Silver Bars for just \$390 we're guessing state residents will be claiming two or more bags while they're up for grabs. But all those who really want to cash in are taking the Jumbo Silver Ballistic Bags containing 100 State Silver Bars before the deadline ends and the State Minimum set by the Lincoln Treasury goes up to \$680 per Vault Bag. In fact the State Minimum set by the Lincoln Treasury is reduced even further for those getting the Jumbo Bags so just be sure to ask the National Silver Hotline operator for your discount. 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 in pristine condition, but those who get in on this now will be glad they did. That's because the State Minimum set by the Lincoln Treasury goes up to \$680 per bag after the deadline ends. So you better believe that at just \$390 the Silver Vault bags are a real steal for everyone who beats the deadline.

► **Can I buy one State Silver Bar:** Yes. But, the reduced State Minimum set by the Lincoln Treasury of just \$39 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 a Jumbo Silver Ballistic Bag get the reduced State Minimum set by the Lincoln Treasury. All single bar purchases, orders placed after the deadline and all non-state residents must pay the normal state minimum of \$68 per silver half ounce bar.

► **Why is the State Minimum set by the Lincoln Treasury so low now:** Thousands of U.S. residents stand to miss the deadline to get the silver at the reduced State Minimum set by the private Lincoln Treasury. Now all residents who find their zip code on the Distribution List to the left 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 after the deadline ends is set to the normal state minimum of \$680 which is \$68 per bar. But residents who beat the 21-day deadline only cover the reduced State Minimum set by the Lincoln Treasury of just \$390 for each State Silver Bar Bag which is just \$39 per bar as long as they call the National Silver Hotline before the deadline ends at: **1-888-415-6109 DEPT. SMB204**. Hotlines open at 8:30 A.M.

***** All 49 States listed are available - States not listed are already sold out *****



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AND WAS
ADMITTED
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← BACK



ALL 49 STATES
LISTED ARE
AVAILABLE. 1
STATE ALREADY
SOLD OUT.

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

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P7471 OF 24042R-1

Fall Foliage in Your Own Yard

GEORGE WEIGEL

TOURISTS DRIVE FOR HOURS THIS time of year to “leaf-peep” at the trees in Pennsylvania’s valleys and mountain-sides, clothed in their fall-foliage glory.

We gardeners can manufacture glory in our own yards with shrubs and trees that turn brilliant colors in fall.

If your yard is finishing the year in a fizzle of dullness instead of a blaze of grandeur, it’s time to add a few fall stars.

Maple

Red maple varieties, such as redpointe, red sunset and October glory, are three good native 40- to 50-footers. Autumn blaze is an excellent similar-sized hybrid. Japanese maple, trident maple, full-moon maple, three-flower maple and paperbark maple are colorful smaller choices.

Dogwood

A native variety, American dogwoods produce deep red fall foliage in addition to red fall berries and gorgeous white or pink flowers in spring.

Non-native Kousa dogwoods are trouble-resistant and tougher in clay and sun, plus they offer dark-red fall foliage, beautiful late-spring bloom, and marble-sized fall fruits.

Rutgers hybrids (i.e. scarlet fire, stellar pink, aurora, etc.) are crosses of American and Kousa dogwoods with nice fall foliage but fewer flowers and few-to-no fruits.

Black gum

This 40-foot Pennsylvania native rivals maple for fiery fall foliage, turning blood red in October. Wildfire is especially nice with new foliage that’s also red.

Witch hazel

Witch hazels can grow up to 20 feet or can be maintained smaller with pruning. They get spidery orange or



FALL STAR: This is a Korean stewartia’s changeable fall foliage.

yellow flowers in very early spring and turn neon red or gold in fall. Good varieties include Arnold promise, pallida, Diana and Jelena.

Stewartia

Japanese and Korean stewartias are slow-growing 20-footers with fall foliage that changes daily in a blend of gold, orange and scarlet. Both produce white flowers with yellow centers in summer and develop attractive peeling bark with age.

Parrotia

Persian parrotia grows either as a 25- to 30-foot tree or as a large, multi-stemmed shrub (depending on pruning). Either way, the foliage is neon gold in late fall. The bark also peels to give a Dalmatian-like appearance as the tree ages.

Serviceberry

Also known as juneberry, this 15- to 20-foot native tree gets white flowers early in spring, then edible dark-purple “juneberries” in early summer, then orange-red fall foliage.

Fothergilla

Also known as witch alder, fothergilla is a native 5- to 6-foot shrub that turns a blend of glowing red, orange and/or gold in late fall. The plant also gets white bottle-brush flowers in early spring. Mt. Airy is one of the best and most available varieties.

Virginia sweetspire

A native shrub, sweetspire grows 4 to 5 feet tall, spreads into colonies, and gets arching white bottle-brush flowers in June. Glossy scarlet fall foliage hangs on for weeks. Little Henry is a widely available dwarf variety.

Oakleaf hydrangea

This native 6- to 8-foot shrub produces hand-sized leaves that turn a rich burgundy in fall. It can produce large cone-shaped white flowers in summer and have peeling, cinnamon-colored bark for winter interest. Good varieties include snow queen and snowflake.

Viburnum

Most grow from 6 to 12 feet with fragrant white flowers in spring, red or blue-black fruits in fall, and showy blood-red foliage in fall.

Good native varieties include Brandywine, Winterthur, blue muffin and Chicago lustre.

Blueberry

Native, high-bush blueberries produce some of the brightest red leaves in fall. Most grow 4 to 5 feet tall and are beloved by birds.

Chokeberry

This native shrub blooms white in spring, then produces red or black fall fruits along with bright red or red-gold fall foliage.

Ninebark

This native shrub’s most popular versions flower white in late spring and turn bright copper to blood red in fall. 🍁

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

IT'S CONTEST TIME!

Penn Lines has a big birthday coming up, and we want you to be a part of our 60th anniversary celebration. Before the confetti flies in 2026, though, **we're kicking off a handful of photo contests this year**; enter one — or all three.

CONTEST NO. 1 – OLDEST ISSUE OF *PENN LINES*! If you have an oldie but a goodie around the house, take a photo of it with you. Please make sure the publication date is visible.

CONTEST NO. 2 – MOST WELL-TRAVELED *PENN LINES*! Take your favorite copy of *Penn Lines* beyond the borders of the Commonwealth. Send us a photo of you holding the magazine at your destination in front of a recognizable landmark or a sign that shows where you are. Also include a 50- to 100-word essay about where you were and why you brought that issue.

CONTEST NO. 3 – A DATE WITH *PENN LINES*! We'll be honest: We like it when we get to go to some place nice. Take your favorite issue of *Penn Lines* to a special place in your community and take a photo of yourself with it.

FOR ALL CONTESTS, WE WILL NEED: your name, address, daytime telephone number, the month and year of the magazine, and the name of the cooperative that serves your home, business, or seasonal residence.

PRIZES: \$50 gift card for each contest winner; the winning photos will be featured in a 2026 *Penn Lines* issue.

DEADLINE: Friday, Oct. 31

SEND ENTRIES TO: PennLines@prea.com (put "60 Years of PL" in the subject line) or *Penn Lines* Editor/60 Years of PL, P.O. Box 1266, Harrisburg, PA 17108-1266



A Taste of Home

Cookbooks are Full of Memories from Co-op Members' Kitchens

KATHY HACKLEMAN

Penn Lines Contributor

A RECIPE IS NOT JUST a list of ingredients and instructions. It's a memory ... a memory of tastes and smells, people and, at times, special gatherings and holidays. Recipes remind us of family dinners and our own attempts to, successfully or unsuccessfully, replicate a tried-and-true favorite.

Likewise, a cookbook is not just a book filled with recipes. It's a book filled with memories. More than four decades ago, the Pennsylvania Rural Electric Association (PREA), the statewide advocate for the 14 cooperatives in Pennsylvania and New Jersey, ventured into something a little different: cookbook publishing.

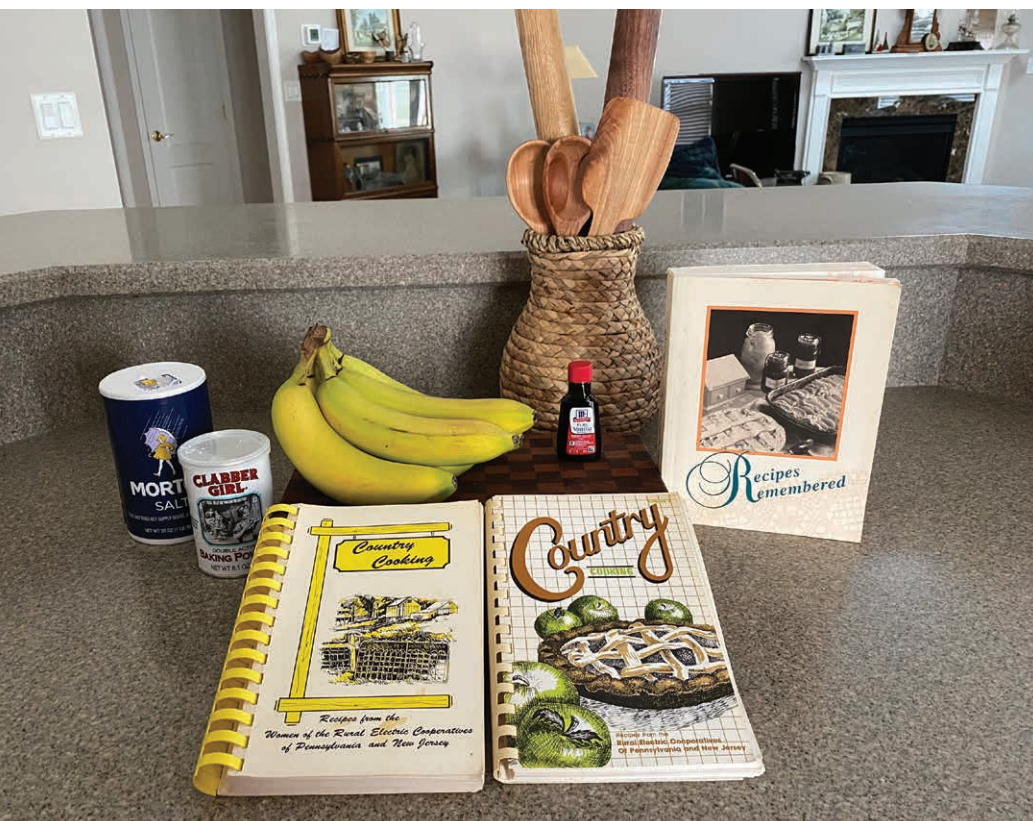
The result was "Country Cooking" which was advertised as "recipes from the women of the rural electric cooperatives of Pennsylvania and New Jersey." The book was so popular, two volumes were developed by what was then the Pennsylvania and New Jersey Women's Task Force. Several years later, the group followed up that success with their third and final cookbook, "Recipes Remembered," another featuring tried-and-true recipes from co-op members.

"When you have a recipe of a family member and you make it, the smells and the taste bring you back to family," says Anita Leitzel Stambaugh, who before retiring from PREA/Allegheny was responsible for marketing and selling the cookbooks. "People talk about memories of when you last ate the recipe, who used to make it, and how the recipe has been tweaked through the years. It brings back thoughts of home and community."

Just like grandma used to make

The first volume of "Country Cooking" featured popular recipes of the era, including multiple versions of molded gelatin salads — remember

NOW YOU'RE COOKING: In the 1980s and 1990s, the Pennsylvania Rural Electric Association released three cookbooks that featured co-op members' recipes. The books — "Country Cooking" (vols. 1 and 2) and "Recipes Remembered" — and their recipes offer a glimpse into rural kitchens.



those?! — as well as cooking hints, such as “Use a thread instead of a knife when cutting a hot cake.” Low-calorie recipes for everything from deviled eggs to tuna salad were printed alongside those for “Jimmy Carter’s cheese ring” and eight varieties of fudge.

Leitzel Stambaugh recalls 10,000 copies of the original “Country Cooking” were printed, and they sold quickly, as did the next 5,000 copies. In 1988, the Women’s Task Force decided it was time to start collecting recipes for volume two.

In a possible indication of economic challenges, this volume of “Country Cooking” featured recipes for Poor Man’s Cake, Mock Lobster and Mock Salmon Loaf. Recipes for fingerpaint, treats for dogs and birds and bubble bath also made it into this edition.

By 1994, the women’s organization had changed its name to the PA/NJ Rural Electric Community Service Network, which still exists today, and wanted to publish a third cookbook, with a defined focus on individual cooperatives.

Leitzel Stambaugh says this book, “Recipes Remembered,” was divided into sections by cooperative and included a brief history of each. It also included recipes from PREA/Allegheny staff as well as from cooks across the country with ties to electric cooperatives.

“History is so important,” she notes, “because as time goes by, we sometimes lose those stories.”

While the third cookbook was popular, Leitzel Stambaugh says co-op members continued to request its sister publications. “We would get calls every year saying, ‘My grandmother’s recipe was in the book. Do you have any left?’” she says. “Families still wanted copies of favorite family recipes.”

The cookbooks are a look back at the history of rural Pennsylvania as well as the cooks who submitted the recipes, Leitzel Stambaugh notes.

“When you look at the recipes, you can tell if the person who submitted it had hunters or anglers in their family,” she adds. “You can tell how they were doing economically.”

Leitzel Stambaugh has favorites from each one.

“I am not someone who does a lot of baking, but there is a cheesecake recipe that is wonderful,” she says. “It uses four 8-ounce packages of cream cheese. It’s so good that I have made it and given it as a gift. (See recipe at right.)

“Over the years, you got to know who submitted really good recipes and you knew you wanted to make their stuff.”

Editor’s note: PREA has copies of “Country Cooking” (Vol. 2 only) and “Recipes Remembered” in stock, both of which would make great holiday gifts. The cookbooks are available as a set for only \$12. For more information about ordering, see page 27. 📖

BON APPETIT!

These recipes are among the hundreds featured in both volumes of “Country Cooking” and “Recipes Remembered,” each a compilation of family favorites submitted by Pennsylvania and New Jersey cooperative members. The cookbooks — the first of which was released more than 40 years ago — were published by the Pennsylvania Rural Electric Association, which still has copies available.

Cheesecake (from “Country Cooking,” Vol. 2)

Crust:

1 package graham crackers
6 tablespoons melted butter
3 tablespoons sugar

Cheesecake:

4 (eight-ounce) packages cream cheese
1½ cups sugar
6 eggs
1 teaspoon vanilla

Topping:

1 pint sour cream
1 cup sugar
1 teaspoon vanilla

For crust: Crush graham crackers and mix with melted butter and sugar. Pack into the bottom of a large spring-form pan.

For cheesecake: Allow the cream cheese to soften at room temperature. Combine the cream cheese, sugar, eggs and vanilla. Mix until creamy smooth. Pour over graham cracker crust and bake for 1 hour at 350 degrees.

For topping: Combine the sour cream, sugar and vanilla. Pour over baked cheesecake and bake an additional 10 minutes. Place on rack until cool and refrigerate until ready to serve.



Rob's Chicken Francese (from “Recipes Remembered”)

3 eggs, beaten
2 tablespoons fresh parsley, chopped
½ cup Parmesan cheese, or to taste
Pinch of salt and pepper
4 boneless, skinless chicken breasts, pounded
Flour for dredging
2 to 3 tablespoons olive oil
1 cup white wine, or to taste
Juice of 1 fresh lemon
½ stick butter

In a bowl, beat the eggs. Add parsley, Parmesan cheese, salt and pepper. Dip chicken breasts in flour, shake off excess and dip in egg mixture. Place in a preheated frying pan with the olive oil. Saute chicken until light gold in color on both sides. Place chicken on warm platter. Pour off excess oil and add wine to pan. Scrape off browned bits on bottom of the pan. Simmer 2 minutes. Add lemon juice and butter (let melt). Stir then add chicken pieces. Simmer 3 to 5 minutes more. Serve over rice or pasta.



The Power of Autumn

ANNE M. KIRCHNER

I STEP OUTSIDE AND AM OVERWHELMED with beauty. Autumn is here, and the trees are bursting with color. Their bold presence reminds me of inspiring culinary ingredients. It's time to make dishes using saffron, balsamic vinegar and capers.

Burnt orange saffron threads color and flavor into many Mediterranean dishes. Though pricey, saffron — with its intense color and earthy floral taste — is well worth the cost. Dark brown balsamic vinegar presents hints of sweet and tang. Packed in brine, sage green capers are salty and savory like green olives. A small amount will add a punch of flavor to any dish. 🍷

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

PHOTOS BY ANNE M. KIRCHNER



SAFFRON RISOTTO

- 4 cups chicken stock
- 1 tablespoon extra virgin olive oil
- 2 shallots, finely chopped
- 1½ cups Arborio rice
- ½ cup white wine or apple cider
- ¼ teaspoon saffron
- ¼ cup grated Parmesan cheese

Heat the chicken stock in a saucepan and keep warm. In a skillet, warm the olive oil on medium heat. Add the shallots and sauté until translucent. Add the rice, stirring to coat the grains in oil. Add the wine or apple cider. Simmer for 2 to 3 minutes. Add a ladle of chicken stock. When the rice absorbs the liquid, add another ladle of stock. Repeat the process until the chicken stock is gone, adding the saffron when there are about three ladles of stock remaining. Continue cooking on low heat until the rice is thick and creamy. Stir in the Parmesan before serving. *Makes 6 to 8 servings.*



ROASTED LEMON CAULIFLOWER

- 1 large cauliflower
- ¼ cup extra virgin olive oil
- ¼ cup capers with juice
- 2 small lemons, thinly sliced

Preheat the oven to 400 degrees. Line a baking sheet with parchment paper. Break the cauliflower into bite-sized florets. Toss the cauliflower with the olive oil and capers. Spread the cauliflower evenly onto the baking sheet and top with lemon slices. Roast the cauliflower for 20 to 25 minutes. *Makes 4 to 6 servings.*



TOMATO GALETTE

- 1½ cups all-purpose flour
- ½ teaspoon garlic salt
- 4 tablespoons cold butter, cubed or grated
- ¼ cup extra virgin olive oil
- ¼ cup sour cream
- 2 medium tomatoes, sliced ¼-inch thick
- 8 ounces fresh mozzarella, sliced
- 2 cloves garlic, thinly sliced
- 1 egg, beaten
- 2 green onions, finely chopped
- 1 tablespoon dark balsamic vinegar

In a food processor, blend the flour, garlic salt, butter, olive oil and sour cream to form a soft dough. Shape the dough into a flat disk and wrap tightly in plastic wrap. Refrigerate the dough for 2 to 24 hours. Preheat the oven to 400 degrees. Roll out the dough so that it's 1¼-inch thick and place on a baking sheet lined with parchment paper. Arrange the filling by layering the tomato and mozzarella slices alternately, leaving a 1-inch border around the edges. Top with sliced garlic. Fold the dough border over the filling, creating pleats around the perimeter. Brush the dough edges with egg. Bake for 30 minutes or until the crust is golden. Garnish the galette with green onions and a drizzle of balsamic vinegar.



TRICK OR TREAT

Don't Let an Electrical Mishap Be Your Halloween Trick

As you ready your yard and porch for Halloween, make sure the decorations you plug in do not become hazardous. **To avoid a Halloween scare, take these safety precautions:**

- Discard any decorations that have **cracked or frayed cords** or damaged plugs.
- **Do not** put any decorations on power poles, padmount transformers or any other electrical equipment.
- Use decorations that are endorsed by a reputable testing laboratory such as **Underwriters Laboratories (UL)**.
- If you are using extension cords outdoors, make sure they are **rated for outdoor use**.
- **Secure all cords** so they do not become tripping hazards.

- Plug all cords into circuits protected by **GFCIs** to prevent electrical shock.
- **Do not use nails or tacks** to hang lights or other electrical decor.
- Keep decorations **away from flammable items** like bales of hay, cornstalks or witch's brew.

Have a safe and festive Halloween complete with safe tricks and tasty treats.

Learn more at:



• COOKBOOKS • Recipes Remembered & Country Cooking



SPECIAL OFFER!

Both Cookbooks for \$12⁰⁰ (Includes shipping)

"Recipes Remembered" and "Country Cooking" include favorite recipes from electric co-op members in Pennsylvania and New Jersey. "Recipes Remembered" features anecdotes about the recipes, cooking tips and favorite quotes. It also includes a section of dishes from co-op friends in other states and sections arranged by cooperative.

A great collector item; order in time for the holidays!

Name: _____ Phone: _____
Street Address: _____ Town/City: _____
State/Zip Code: _____ Amount Enclosed: _____
No. of Sets (\$12 per set; set includes one of each cookbook): _____
Make check or money order payable to PREA and mail order to:
Attn: Cookbooks, PREA, PO Box 1266, Harrisburg, PA 17108-1266

Healthy Movement for Kids

ABIGAIL ZIEGER

RESEARCH HAS SHOWN KIDS who get regular physical activity sleep better, feel better and do better in school. But in many rural communities, kids have long bus rides, short recess times, and fewer facilities for sports and activities. Add in the tendency to spend our spare time scrolling on our phones, and it's natural that we are finding more kids leading relatively sedentary lifestyles.

The U.S. Department of Health and Human Services recommends kids ages 6-17 participate in at least 60 minutes of physical activity per day, including aerobic, muscle-building, and bone-strengthening activity. That may seem like a lot of time, but there are so many ways to encourage healthy movement for our children, and none of them have to look like a traditional workout. Let's look at simple, realistic ways to incorporate the movement our kids need.

Start with activities your kids enjoy that naturally get their hearts pumping. Crank up the music and dance together. Try such classics as playing catch, hopscotch or jump roping. Hold driveway races and "don't step on the crack" sidewalk hops. Set up a mini obstacle course out of tires, haybales, buckets or whatever else you have around the house and yard. So many of the activities our children already enjoy double as great exercise.

Next, consider your commute. If you live close enough and have the time, you and your kids can get to and from school every day by walking or biking. However, many rural families have neither the proximity to school nor the time to get their kids there and back safely. In that case, even a walk down the road or a scooter race to the bus stop can be a great place to start.

Many chores include exercise as well. Stacking wood, walking the dog, and mowing the lawn can elevate the heart rate and help kids get stronger. If you happen to have backyard animals or a garden, your children have even more opportunity to move. Digging in the dirt and

hauling water to the chickens and goats doesn't just build character — it also builds muscle!

Another great way to get moving is to sign up for a sport. In small towns, our public schools offer many of the available structured activities. However, there are also less formal options like a community softball team, ranger-led state park hikes or group canoe trips down the river. Even in the absence of organized activities, there is always the option of biking together on back roads, bouldering at a low rock wall or simply wandering the woods and fields.

Finally, look for healthy activities in your community.

Visit a local splash park or playground to help your kids find lots of ways to run, climb, jump, or test their strength. Look for local trails or walking paths. Consider community volunteer opportunities: Clean-up days, building and painting projects, or walking dogs at a shelter are all wonderful ways to move while having the added benefit of contributing to your local neighborhood.

A gentle reminder: Movement should never come from a place of shame or punishment. Kids should enjoy this and never feel they have to look a certain way or

fit into a certain size. Rather, kids should be encouraged to move because it helps them become strong, healthy and resilient for years come.

Whether it's an organized sport or a simple footrace to the bus stop, every bit of movement adds up. We may not have a gym on every corner out here in the country, but we do have open spaces, strong communities and endless opportunities to make moving a natural part of life. The more we weave movement into our everyday life, the more we help our kids grow into strong, confident and healthy adults. 🚲

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



GENERATOR Safety

When you have lost power, a portable generator can temporarily provide needed electricity. However, it may present serious hazards if not used properly. **Follow these tips to ensure everyone's safety:**

- Select a generator that can provide the amount of power you expect to need.
- **Read all instructions** before using.
- Always operate the generator on a **stable, dry surface**.
- Set up your generator in a **well-ventilated** area outside the home—out and away from your garage, doors, windows, and vents into the home. Generators produce **DEADLY** carbon monoxide.

- Use a **heavy-duty extension cord** to connect appliances to the outlets on the generator.
- **NEVER plug a portable generator into your home.** This can cause electricity to feed back through your home onto the utility's system. This "**backfeed**" can be **deadly** for line workers and anyone near downed power lines.
- Always allow the generator to **cool before refueling**.

Learn more about generator and storm safety at **SafeElectricity.org**.

 Safe
Electricity.org



PREA Announces Scholarship Winners

Pennsylvania Rural Electric Association Scholarships in Memory of William F. Matson

Eight PREA Scholarships in Memory of William F. Matson were recently awarded to outstanding students whose homes are served by rural electric cooperatives in Pennsylvania and New Jersey.

Selection for the annual scholarship is based on academic excellence, community involvement, need and cooperative membership. The scholarship is named for William F. Matson, who served 22 years as president of PREA and Allegheny Electric Cooperative, Inc., until his death in June 1986.

The recipients are Adeline Barkman, Somerset Rural Electric Cooperative (REC); Matthew Blystone and John Bruner, REA Energy Cooperative; Chelsea Empet, Claverack REC; Ella McCahan and Dylan Mobus, Bedford REC; Brady Stetter, Tri-County REC; and Stella Stossel, REA Energy.



Adeline Barkman, daughter of Reno and Amy Barkman of Rockwood, Pa., is a graduate of Rockwood Area High School.

Adeline is attending Washington and Jefferson College and majoring in data science and marketing. While in high school, she was the president of the National Honor Society, served as her class and student council president, participated in multiple clubs, and was in dual-enrollment classes. She was also a member of the varsity soccer, basketball and softball teams, and served as team captain in each of those sports. Outside of school, Adeline does service activities with the Kingwood Church of God, Special Olympics, New Centerville Jubilee, Somerset County Mobile Food Bank, and both the Rockwood and Shanksville school districts.



Matthew Blystone, son of Raymond and Jennifer Blystone of Indiana, Pa., is a graduate of Indiana Area Senior High

School. Matthew is attending Gannon University and studying to be a physician assistant. During high school, Matt was a representative for IHS Ambassadors, where he mentored peers and created a welcoming environment for all. He also participated in many extracurricular activities, including the swimming and diving team, the soccer team, track and field, and a variety of clubs. Matt was the vice president of Cancer Kids First of Indiana County and volunteered with various organizations, including the Chevy Chase Community Center, the Healthy Kids Running Series of Indiana County and Community Care Club. Matt also works at the Indiana Country Club and the YMCA of Indiana County.



John Bruner, son of Clark and Connie Bruner of Blairsville, Pa., was homeschooled. He is attending Penn State DuBois and majoring

in wildlife technology. Throughout high school, John was involved in the 4-H program and represented Pennsylvania at the national level in archery, shotgun and forestry contests. He completed many projects for the 4-H program and has a passion for conservation, the outdoors, hunting, fishing and law enforcement. John's long-term goal is to serve as a state game warden.



Chelsea Empet, daughter of Richard and Dana Empet of Kingsley, Pa., was treasurer and salutatorian of her graduating class at Mountain View Junior/Senior

High School. Chelsea is attending Penn State University and majoring in animal science. While in high school, Chelsea served as treasurer for the Class of 2025. She was also president of the National Honor Society, vice president of the TriM Music Honor Society, and a member of the Spanish Honor Society, the National Business Honor Society, Susquehanna County Envirothon, the Pennsylvania Junior Academy of Science, and Future Business Leaders of America (FBLA). She also served as prom committee chair in 2024. Chelsea participated in girls varsity soccer and the Mountain View Band. She was also president of the North Jackson Ag 4-H Club and secretary of the Susquehanna County Junior Holstein Club.



Ella McCahan, daughter of Stephen and Ashley McCahan of Breezewood, Pa., was valedictorian of the graduating class

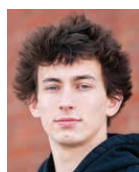
at Everett Area High School. Ella is attending the University of South Carolina, where she is studying biochemistry and molecular biology. During high school, Ella was a dual-enrollment student at Allegany College of Maryland. Ella was vice president of the National Honor Society, president of FBLA, a member of student council, captain of the volleyball and softball teams, and a varsity letter recipient. In addition, Ella participated in band, chorus and drama club, and was inducted into The Society of Torch & Laurel.



Dylan Mobus, son of John and Dena Mobus of Everett, Pa., was also valedictorian of the graduating class of Everett Area

High School. Dylan is attending the University of Pittsburgh and majoring in finance. While in high school, Dylan was the treasurer of

the National Honor Society, FBLA and his class. Dylan was also a member of student council, chorus, and the Scholastic Quiz Bowl and track and field teams. Dylan won first place in FBLA state and regional competitions. He also competed in national FBLA competitions. In high school, Dylan completed 34 early college credits.



Brady Stetter, son of Mitch and Robin Stetter of Liberty, Pa., is a graduate of North Penn-Mansfield High School. Brady attends

Temple University and is majoring in finance. In high school, Brady was in National Honor Society, student council and multiple clubs. He was also a three-sport athlete, serving as captain of the soccer team and competing on the basketball and track and field teams. Brady was also treasurer of FBLA, and in 2025, his team finished first in the state FBLA competition. The team also attended the FBLA national competition, where the students earned second place.



Stella Stossel, daughter of Tony and Katie Stossel of Indiana, Pa., is a graduate of Indiana Area Senior High School. Stella is

attending Washington and Jefferson University and majoring in business administration. While in high school, Stella was the treasurer of Ambassadors, a student collective working toward the common goal of inclusion. She also participated in National Honor Society, Leadership Seminar and Mini-THON. Stella was also a dual-enrollment student, taking courses at Indiana University of Pennsylvania while in high school. She works part time at her family's restaurant.

Jody Loudenslager Memorial Scholarship

Four students who participated in past NRECA Youth Tours have been named recipients of

Jody Loudenslager Memorial Scholarships. They are Ryan Jones, Claverack REC; David Kunselman, United Electric Cooperative; Gabriel Reinstein, Sussex REC; and Eva West, Tri-County REC.

The scholarship is named in honor of Jody Loudenslager, a 1995 PREA Youth Tour student from Trout Run, Pa., who was among 230 passengers who died in July 1996, when TWA Flight 800 exploded shortly after takeoff from New York.



Ryan Jones, son of Richard and Jennifer Jones of Rome, Pa., is a graduate of Northeast Bradford Junior/Senior High School.

Ryan is a student at Penn State University, majoring in electrical engineering. During high school, he was president of the National Honor Society and the Class of 2025. He was also a member of the Student Government Association, Quiz Bowl team and Students Against Destructive Decisions. In addition, Ryan was the co-captain of the cross-country team and a four-time state qualifier in that sport. He was also a four-time district qualifier while competing on the track and field team. Outside of school, Ryan is a team lead at the Rome Presbyterian Church and produces an annual community Christmas light show synchronized with music. He also works at the Antler Ridge Winery Kitchen and participated in the ROCC Ministries Mission Trip.



David Kunselman, son of Gregory and Rebecca Kunselman of Punxsutawney, Pa., is a graduate of Punxsutawney Area

High School. David is a student at Penn State DuBois and is majoring in biology. At Penn State DuBois, he has maintained a 4.0 GPA and been recognized with the first-year baccalaureate award as well as the President Walker Award. David is an active member of the Honors Program and the Delta Mu Sigma Honor

Society. He is also a member of the Criminal Justice Club, serves as a math and biology tutor on campus, and competes on the Penn State Dubois cross-country team. Following his time at Penn State, David plans to pursue a career as an orthopedic doctor in rural Pennsylvania.



Gabriel Reinstein, son of Ari and Jodi Reinstein of Augusta, N.J., was salutatorian of his graduating class at High Point Regional

High School. Gabe is attending the University of Maryland and majoring in aerospace engineering. He also participates in the Air Force ROTC program on campus. While in high school, Gabe played football and ski-raced. Additionally, he was a member of the High Point Jazz Ensemble. Outside of school, Gabe is an Eagle Scout and an active member of the National Stuttering Association's Teen Advisory Council.



Eva West, daughter of Scott and Diane West of Shinglehouse, Pa., is a graduate of Oswayo Valley Junior/Senior High School.

Eva attends Penn State University, majoring in animal science. During high school, Eva served as president of the National Honor Society, was a class representative and member of student council all four years, participated in multiple clubs, and was a member of band and chorus. Eva also participated in multiple sports, including golf, cross-country, basketball, and track and field. She was also captain of the volleyball and softball teams. In the community, Eva was involved with 4-H, where she served as president. She was also the Potter County fair queen.



GET READY

2026 Youth Tour will be held **June 15-20** in Washington, D.C. Please contact your local rural electric cooperative for additional information.

ISSUE MONTH AD DEADLINE

December
January
February

October 15
November 14
December 15

Please note ads must be received by the due date to be included in requested issue month; ads received after the due date will run in next issue. Written notice of changes/cancellations must be received 30 days prior to issue month.

No ads accepted by phone/email. For more information, please call 717-233-5704.

CLASSIFIED AD SUBMISSION/RATES:

ELECTRIC CO-OP MEMBERS:

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

NON-MEMBERS:

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

SPECIAL HEADINGS:

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

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

SEND COMPLETED AD COPY AND PAYMENT TO:

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

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

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

FREE HEADINGS:

- | | |
|---|---|
| ☐ Around the House | ☐ Motor Vehicles & Boats |
| ☐ Business Opportunities | ☐ Nursery & Garden |
| ☐ Employment Opportunities | ☐ Real Estate |
| ☐ Events | ☐ Recipes & Food |
| ☐ Gifts & Collectibles | ☐ Tools & Equipment |
| ☐ Livestock & Pets | ☐ Travel & Tourism |
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CLASSIFIED ADVERTISING

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

AROUND THE HOUSE

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

B&L TREE SERVICE. Topping, removals, pruning, stump grinding, land clearing. Licensed and insured. Please give us a call or text 814-494-1578.

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

BUILDING SUPPLIES

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

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

COAL FURNACE

COAL BOILER & FURNACE PARTS: grates, curved fire brick, and kidneys in stock. For Luxaire®, Penn Ohio®, Hunter®, and Oneida® furnaces. Curwensville Heating and Plumbing. 814-236-1711.

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KEYSTONE COIN & BULLION is buying and selling gold, silver, U.S. coins and currency. Collections, estates, gold and silver jewelry, sterling silver flatware, etc. We pay in CASH. Call us today! Christine or Matt at 814-631-6914. Visit us online or follow us on Facebook! www.keystonecoinbullion.com.

CONSULTING FORESTRY SERVICES

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

EXCAVATING & CONSTRUCTION

FULL-SERVICE EXCAVATING, HAULAGE, sewage systems, road and pond building needs. Remodeling, building camps of any size, wood or steel buildings, and garages. Licensed contractor. Moore Contracting LLC. 814-590-2084 or 814-541-0231.

GIFTS & COLLECTIBLES

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HEALTH INSURANCE

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

HEATING & COOLING - GEOTHERMAL

SAVE UP TO 70% IN HEATING, COOLING AND HOT WATER COSTS with a geothermal comfort system from WaterFurnace. Benefits include energy savings, comfort, quiet, safety, reliability, and long life. Find out if geothermal is right for you at waterfurnace.com/Concierge or call 1-800-GEO-SAVE.

HEATING & COOLING

GARY & SONS, INC. HEATING AND COOLING – Save money on fuel oil, propane, or your electric bill without sacrificing comfort – add a heat pump! Contact Gary & Sons, Inc. of Falls Creek, Pa., for a FREE estimate. We are a Lennox® Premier Dealer and Mitsubishi® Diamond Elite Contractor, and we service all brands. Now is also the right time to plan so you're comfortable later. Located in Falls Creek, visit us online at garysinc.com or call 814-204-2633. Payment plans offered. PA192811.

LIVESTOCK & PETS

KATAHDIN SHEEP, LAYING CHICKENS, AND BIG ROOSTERS. Also Aussie puppies, some with blue eyes. Call 412-289-9498 or 724-464-3789.

MEATS

ANGUS FREEZER BEEF. \$3.00/LB. HANGING WEIGHT, plus processing. No antibiotics or hormones, grass-fed, grain-finished, excellent marbling. By the quarter, half or whole – discount for halves and multiple quarters. Allison Farmz, Alexandria, Pa. 814-669-4014.

CALLING ALL MEAT-EATERS! Get ready to fill your freezer with high-quality Black Angus beef. Quarter, half or whole. Our family farm raises all-natural, grass-fed, grain-finished cattle. www.mcmullenbeef.com. 814-674-2332.

MISCELLANEOUS

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

DON'T LET YOUR RELATIONSHIP DIE! Online couple counseling with a counselor in the field and married over 40 years. \$55 for 50-minute session. Text interest to: 814-932-7078.

MISCELLANEOUS

FOR SALE: CAMERAS AND EQUIPMENT. Nikon D7000, Nikon D7100, multiple lenses, Sigma 150-600mm, light meters, spotting scope, cyber power pack and tripods. \$750. Phone: 724-691-7470.

PORTAGE & MAIN OUTDOOR BOILERS – O'WOODY'S LLC. Outdoor heating with wood or coal. This boiler will meet all your heating needs. Call or text Naomi or Darwin Woods. 814-599-4738 or 223-208-5860.

MOTOR VEHICLES & BOATS

1989 HONDA GOLDWING. \$800 or best offer. Call or text 814-424-2224.

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

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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.

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VIRGINIA'S EASTERN SHORE. Fishermen and beach lover's paradise. Access Chesapeake Bay or Atlantic Ocean within minutes. Waterside Village 3/4-acre homesites Near Marina from \$21,900 with fenced and locked RV/camper storage available. Beach access nearby. Waterfront Sites available on bayside and seaside starting at \$115,000. Many free boat ramps within minutes. Low, low taxes. Kirkwoodontheshore.com. 757-678-7631.

LOOKING TO BUY OR SELL? Timberland Realty specializes in land, sporting properties, camps, cabins, farms, waterfront, exquisite second homes and timberland since 1987. Call our office at 716-962-9935 or agents by region – Western Pa.: Ron Westover, 724-422-5525. Central Pa.: John Rudy, 717-319-0082. Northern Pa.: Dave Anderson, 585-808-5696. Brian Bullard, Managing Broker, 716-499-5608. www.timberlandrealty.net.

SOMERSET COUNTY – 83 ACRES WITH MARKETABLE TIMBER, \$375,000. Near Glendale Lake – Newly built cabin with utilities on 2.48 acres, \$238,000. Cambria County – 18.2 acres, field, gas well, with option to purchase gas rights, \$105,000. Clearfield County – 502 acres, timber, streams, \$1,399,000. www.timberlandrealty.net. Ron Westover: 724-422-5525, 716-962-9935.

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LOT IN JOHNSTOWN, PA. Three-plus acres. \$25,000. Call or text 814-424-2224.

RECIPES & FOOD

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TIMESHARE CANCELLATION

STOP BEING A TIMESHARE VICTIM! TimeShareBeGone will get your timeshare legally cancelled. 100% money-back guarantee. A+ BBB rating, 17 years in business. Low payment plans. Call 800-214-4460, timesharebegone.com.

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15-PASSENGER VANS TO MINI-VANS to car rentals. Call Rent-A-Wreck in Erie. Locally owned for the last 37 years. Rent-A-Wreck, 814-833-9941.

WANTED TO BUY

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

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

JEEP 1940s WILLYS OR FORD ARMY-TYPE JEEP. Rusty, broken down in field. Any condition considered. 215-904-2319. Email: ironrider111@yahoo.com.

COLLECTORS BUYING PRE-WAR AND POST-WAR Lionel® trains, accessories, Plasticville® buildings, Transformers®, etc. Buying pieces to entire collections. Call John, 814-937-9052 or Mick, 814-656-1634.

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FREE & EASY ways to save energy

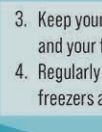
(Spoiler Alert: Your clothes and dishes won't know the difference)

Major home appliances account for approximately 16% of an average home's energy consumption.

16%



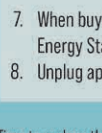
1. Run full loads of laundry instead of several smaller ones.
2. Use cold water to wash your clothes.



3. Keep your refrigerator at 35° to 38°F and your freezer at 0°F.
4. Regularly defrost manual-defrost freezers and refrigerators.



5. Skip the heat-dry setting on your dishwasher.
6. Fully load your dishwasher before washing.



7. When buying new appliances, consider Energy Star versions.
8. Unplug appliances you're not using.

Time to replace that old appliance? Replacing older versions with energy-efficient models can save the average household more than \$500 per year.

Sources: National Resources Defense Council, U.S. Energy Information Administration

Safe Electricity.org®

Having a Kidney Stone is Not Like Having a Baby

JOHN KASUN

IT WAS A COLD, SNOWY NIGHT in February several years ago, but it seems like yesterday. I awoke from a sound sleep with a slight ache in my back. I tossed and turned, but that small ache quickly grew into a burning sensation. I didn't realize it at the time, but I was having my first kidney stone.

Soon, that burning became a rip-roaring fire. I found myself on the floor beside the bed, moaning and rolling around, trying desperately to get away from the pain. Before long, I couldn't stand it and woke up my wife, announcing that I had to go to the hospital. Reaching for the phone she said, "I'll call the ambulance."

"No ambulance," I moaned. "You drive me."

It's a funny thing about men and ambulances. We seem to like the sound of the siren and how the ambulance can go through red lights and exceed the speed limit. Riding in one as a patient, however, somehow threatens our manhood. It was about 3 a.m. as my wife navigated the slick streets toward the hospital. I was on the passenger side, curled up in a ball on my knees with my head buried in the seat and my butt firmly pressed against the passenger window.

Suddenly, the car stopped at a red light and my wife, peering through the now heavily falling snow asked, "Is there anything coming your way?" It took me a moment to grasp the situation. Even if I was Superman with X-ray vision, I couldn't have seen if anything was coming. Under the circumstances, I did the only thing I could think of.

"OK my way," I said.

I told my wife to drop me off at the emergency room and park the car so we would not block the entrance. I knew the entrance was monitored by cameras and someone would be out immediately to help. When we arrived, my wife stopped, opened the door, helped me out and then sped away to park the car. I was in so much pain that I

couldn't straighten up, but I knew someone would be there to help in a minute. One minute dragged into two and was heading to three when I gathered the strength to twist my neck enough to look up. To my horror, I was standing in front of the employee entrance — about 30 feet from the emergency room door.

It took all the strength I had to waddle sideways toward the emergency door and into the view of the cameras. Suddenly, the door flew open, and two sets of white shoes appeared, one on either side of me, as two nurses grabbed my arms. "Stand up, we have you," one said. With the pain

intensifying, I just wanted to curl into a ball and die. "I am standing up," I replied. "This is as straight as I get."

Once inside, the doctor quickly diagnosed my condition as a kidney stone, and I was shot full of painkillers. Over the next several days while waiting for the stone to pass, I was in constant pain while every attending nurse eagerly explained that the pain of a kidney stone is like giving birth. While I have total respect for the medical profession, that is a lie.

First, if my bed had stirrups, I feel certain I could have delivered a baby to get rid of

the pain. Second, it is common for a woman a year or two after giving birth to say something like, "It would be nice to have another baby." Meanwhile, anyone who has passed a kidney stone lives the rest of their life in constant fear of that burning feeling in the lower back returning. You will never hear anyone who has passed a kidney stone say, "It's been about three years since I passed my last kidney stone; it might be nice to have another one." 🚫

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



Frights of Fancy

OCTOBER IS A TIME WHEN the magic of change fills the air. The colors of the leaves turn a vibrant array of yellow, orange and red, and it's a wonderful time to enjoy the outdoors. Whether you prefer long walks on cool fall days or can't wait to put on your favorite costume for some spooky Halloween fun, be sure to take a few photos and enter them in our Rural Reflections Photo Contest.

The best photos in each of five categories (animal, artistic, human, landscape and editor's choice) will run in the January 2026 issue and receive a \$75 cash prize. Runners-up will run in the February 2026 issue and receive \$25. 📷



CAROLYN BLEDSOE • ADAMS EC

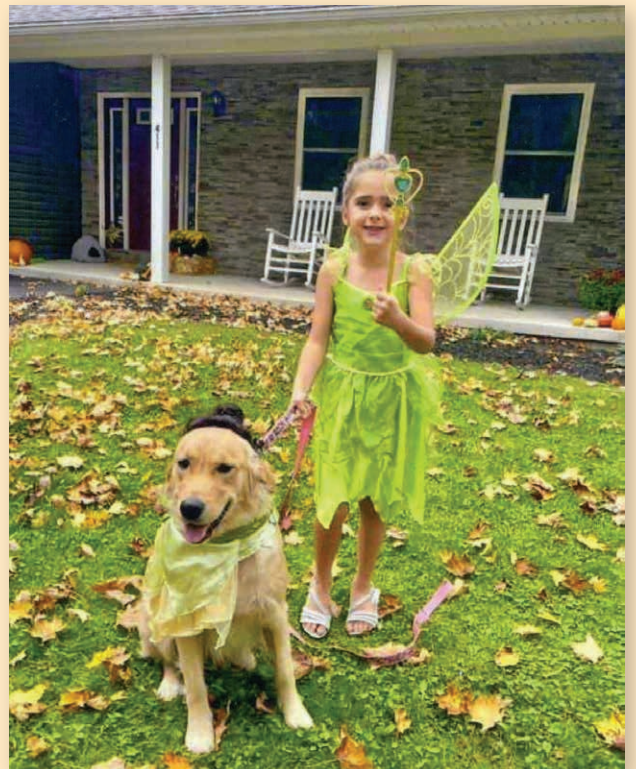


EDEN BLAIR • REA ENERGY



TINA SKELTON • NORTHWESTERN REC

BETTY LAFFERTY • BEDFORD REC



How to enter

AMATEUR PHOTOGRAPHERS are encouraged to send photos for the 2025 Rural Reflections contest (no digital files) to: *Penn Lines* Photos, P.O. Box 1266, Harrisburg, PA 17108-1266. On the back of each photo, include your name, address, phone number and the name of the electric cooperative that serves your home, business or seasonal residence.

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

ADDRESS CHANGES:

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

\$379 OFF EACH WINDOW¹

\$779 OFF EACH DOOR¹

MINIMUM PURCHASE OF 4

AND NO Money Down | NO Monthly Payments | NO Interest for 12 months¹

MINIMUM PURCHASE OF 4 – INTEREST ACCRUES BUT IS WAIVED IF PAID IN FULL WITHIN 12 MONTHS

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¹**DETAILS OF OFFER:** Offer expires 11/30/2025. Not valid with other offers or prior purchases. Get \$379 off per window, get \$779 off per entry/patio door and 12 months no money down, no monthly payments, no interest when you purchase four (4) or more windows or entry/patio doors between 10/12/2025 and 11/30/2025. Subject to credit approval. 12-month Promo Period: while no payments are due, interest accrues but is waived if the loan is paid in full before the Promo Period expires. Any unpaid balance owed after the Promo Period, plus accrued interest, will be paid in installments based on the terms disclosed in the customer's loan agreement. Financing is provided by various financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License numbers available at renewalbyandersen.com/license. Some Renewal by Andersen locations are independently owned and operated. ²Review aggregator survey of 5-star reviews among leading national full-service window replacement companies. January 2024 Reputation.com. ³It is the only warranty among top selling window companies that meets all of the following requirements: easy to understand terms, unrestricted transferability, installation coverage, labor coverage, geographically unrestricted, coverage for exterior color, insect screens and hardware, and no maintenance requirement. Visit renewalbyandersen.com/nationsbest for details. ⁴Values are based on comparison of Renewal by Andersen® double-hung window U-Factor to the U-Factor for clear dual-pane glass nonmetal frame default values from the 2006, 2009, 2012, 2015, and 2018 International Energy Conservation Code "Glazed Fenestration" Default Tables. ⁵Based on testing of 10 double-hung units per ASTM E2068 20 years after installation. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. © 2025 Andersen Corporation. All rights reserved. RBA14201