

JULY 2024

PENNLINES

Guardians of the Lost Arts

Craftsmen preserve
time-honored traditions

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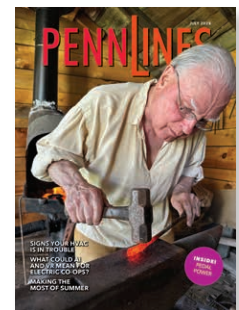
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ON THE COVER

Rusty Sherrick, the senior blacksmith at Bradford County's French Azilum Historic Site, is among the Pennsylvanians keeping "lost arts" alive.

PHOTO BY
JEFF FETZER

Shaping the Future

Pennsylvania's rural communities are seizing the opportunity



STEVE BRAME

AS PENNSYLVANIA'S RURAL COMMUNITIES FACE a projected population decline of nearly 6% by 2050, a plan has taken shape to reverse this trend and revitalize the places electric cooperative consumers call home.

In June, Gov. Josh Shapiro signed legislation to create the Rural Population Revitalization Commission, a move that will poise Pennsylvania to be a leader in empowering these regions.

The initiative was driven by a bipartisan coalition of lawmakers who are among my colleagues on the Center for Rural Pennsylvania (Center) Board: Sens. Gene Yaw (R-Lycoming) and Judy Schwank (D-Berks) and Reps. Eddie Day Pashinski (D-Luzerne) and Dan Moul (R-Adams). Their forward-thinking idea, which stemmed from a recent Center study, marks a significant step toward ensuring that Pennsylvania's rural areas not only survive but also thrive in the decades ahead.

But, as Eddie Pashinski has pointed out, their plan does something more: It takes a stand against "the acceptance of inevitability."

According to the study's findings, urban areas in Pennsylvania are expected to grow by 4.1% over the next three decades, while rural communities are projected to see a notable decrease in population. Seeing this as a call to action, the lawmakers started looking for ways to make meaningful change — and change is precisely what this commission is expected to bring.

The group will consist of a diverse group of 17 stakeholders, including state and local officials, and experts in education, healthcare, and business development. Their mission is clear: to recommend strategies that will attract and retain residents in rural areas. This approach ensures the voices of those directly impacted are not only heard but are also instrumental in shaping the future of their communities.

The bipartisan support for the commission is a testament to the shared understanding that the vitality of rural Pennsylvania is essential for the state's overall well-being. While the group's goal is to prevent further decline, members will also focus on fostering growth, innovation and a renewed sense of community.

At the same time, the state is also stepping up and proposing significant investments in our rural areas. This support will likely include more funding for agriculture, home repairs, medical debt relief and conservation, signaling a comprehensive approach to rural revitalization that underscores a commitment to stabilizing their future and cementing their success.

Of course, the spirit of resilience and determination that characterizes the Commonwealth's rural communities is nothing new to cooperative members, who have never been content to sit on the sidelines. Decades ago, they beat the odds and brought power to their communities, changing rural lives forever. And they will beat the odds again — because of that same spirit.

Pennsylvania is on the verge of becoming a national leader in addressing rural population challenges. At the same time, we're sending a very important message: A number isn't going to dictate the future of our rural communities. Together, we can fix this; we can be the solution — and we're seizing the opportunity. 🇺🇸

STEVE BRAME
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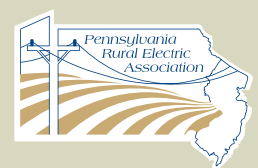
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GOOD WRITERS ARE RARE

The ability to write well is a gift. Sure, those of us who do it for a living are just putting words on paper – how hard can that be? The truth is, it's not as easy as it looks.

There's a beautiful rhythm and flow that happens when you successfully link words and sentences and paragraphs together. In fact, writers are much like musicians, crafting experiences for their audiences through the nuanced use of language and sound. Both are storytellers, too, using lyrics and prose to touch hearts and minds.

And, as an editor, when you find someone who has this uncommon ability, you know you've hit the jackpot because good writers are rare.

Over the years, *Penn Lines* has been blessed with quite a few.

Recently, one of them, Steve Piatt, who pens our "Outdoor Adventures" column, brought home honors from the New York State Outdoor Writers Association for two *Penn Lines* pieces: "A Winter's Walk" from January 2023 and "Time Together in a Tree" from November 2023.



Steve and his wife, Paula, live in Bradford County and met through news writing. Steve joined us in late 2022 – along with columnist Abi Zieger, another talented writer – when we launched the magazine's redesign. Since then, we've adopted Paula, too, who's now part of a freelance crew that includes Kathy Hackleman, my predecessor at *Penn Lines*, and Jeff Fetzer, who before retirement handled the writing duties for Claverack and Tri-County Rural Electric Cooperatives.



We're also lucky to have a handful of other seasoned columnists: John Kasun, Anne Kirchner, Yvonne Butts-Mitchell and George Weigel.

Someone once said, "There's no right way of writing. There's only your way." And I want to thank our writers for bringing their unique voices to *Penn Lines*. You make the magazine sing.

Jill Ercolino

JILL ERCOLINO
MANAGING EDITOR



JUMPING JOROS: Joro spiders, which are native to Asia, look much worse than they are. Still, the jumping spiders, which can have a leg span of up to 4 inches, have been found on the East Coast and are making their way to Pennsylvania.

THEY'RE COMING
Jumping Joro spiders making the leap to Pennsylvania

People who equate the size of a spider to its fearsomeness can breathe easy. According to Penn State University researchers, female Joro spiders may be up to 1 inch long and have a leg span of up to 4 inches, but they're not keen on biting people and if they do, the venom is weak.

Still, the spider's large, brightly colored appearance and ability to leap can be frightening — and they're inching closer and closer to Pennsylvania.

Native to Asia, the spider has already been found in Georgia, Alabama, North Carolina, South Carolina and Tennessee. And researchers say they've been spreading from their original location, Georgia, about 10 miles per year. If that rate continues, they likely will reach southeastern Pennsylvania in 35 years and northwestern Pennsylvania in 60 years.

Spiderlings, however, are capable of moving hundreds of miles via ballooning (movement by the wind) so a storm at the right time of year could move large clumps of them farther and faster. Accidental human

transport is always a possibility, too.

Adult females have golden or silvery hairs on their head and throat while their abdomen is cylindrical with bright yellow and gray-blue bands. Their legs are black with yellow bands. In addition to being smaller, adult males are duller in color, with dark brown stripes on light brown. The adult female can spin a web up to 10 feet wide.

The spider's fangs are small, though, and have difficulty piercing human skin. If a bite does occur, researchers say, it's typically less painful than a bee sting, producing localized pain and redness that usually goes away without medical intervention.

COST OF LIVING
Study: Pennsylvania is most affordable state in the Northeast

Pennsylvania's cost of living in 2023 was 2.1% over the national average, but it had the third lowest cost of living among the bordering states of New York, New Jersey, Delaware, Maryland, West Virginia and Ohio, the Center for Rural Pennsylvania (Center) reports.

The Commonwealth also had the lowest cost of living in the Northeast.

Within the state, Forest County had the lowest cost of living (6.2% below the national average), while Philadelphia County had the highest (28.5% above the national average), the Center says. On average, it costs 6.3% more to live in an urban county compared to a rural county, the report found.

In the six years since the last update of the Center's study, prices in Pennsylvania have increased by 23.2% on average; however, other areas of the U.S. have had larger increases (26.7% in the western regions and 25.3% in the southern regions).

The full fact sheet, along with the 2000 and 2018 studies, is available on the Center's website, rural.pa.gov.

SPELLING STRUGGLES

Tip: Don't ask a Pennsylvanian how to spell 'mountain'

Pennsylvania is blessed with beautiful scenery, so it probably shouldn't be a surprise that when it comes to spelling, "mountain" was the most-searched word for Pennsylvanians,

a recent Google study found.

The study also revealed the length of troublesome words varies from state to state. "Strawberries," the most-searched word in Idaho, was the longest on the list. Meanwhile, Wisconsin and Virginia had trending searches for words with just four letters. Wisconsinites, for instance, asked Google how to spell "ally," and Virginians checked in to see how the word "said" is spelled.

There's also some confusion over how to spell the names of fellow states. Namely, Maryland got caught up on how to spell its neighbor to the north, "Pennsylvania." Nebraska was unsure about "California," and Utah struggled with "Mississippi."

In general, Google says, Americans also had a few questions about which spelling of a word is correct: as in "color" versus "colour." (For the record, "color" is more popular in the U.S., while "colour" is the standard spelling in countries such as the United Kingdom and Canada.)

Another highly searched-for comparison was "capital" (city or town where the seat of government is located) versus "capitol" (the building where the government meets). 🗣️

TIME LINES



JULY 2014

July is National Ice Cream Month, and a decade ago, *Penn Lines* was celebrating the farmers and businesspeople who keep our cones and cups full with the delicious treat. In Pennsylvania, quite a few ice cream operations are based in cooperative territory. Many, in fact, have been operated by the same family for generations and serve up local specialties – everything from peanut butter soft serve to fresh peach sundaes – to die-hard fans every summer.



ENJOY SOME FOURTH FESTIVITIES

Organizations throughout co-op territory will be lighting up the skies this Fourth of July. Events include a celebration at Betts Park in Warren, festivities at the Somerset Football Field and a huge blowout at the Gettysburg Rec Park. A quick online search will turn up information about these and other Independence Day events, so get surfing.

LIVE MUSIC ON TUESDAYS? WHY NOT!

Love live music and live in or will be visiting northwestern Pennsylvania? Check out the 8 Great Tuesdays summer concert series, kicking off July 9 and ending Aug. 27 at Erie's Highmark Amphitheater and Liberty Park. Bands play from 6:30 to 9:30 p.m. each week and admission is free. Learn more at porterie.org/8greattuesdays.



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CAR COLLECTORS UNITE

July 12 is Collector Car Appreciation Day at Huntingdon's Swigart Museum, the country's oldest automobile museum. Collectors who arrive that day in their prized possessions get one free admission to the museum at 12031 William Penn Highway. Hours are from 10 a.m. to 5 p.m. Find out more at swigartmuseum.com.

CONQUER THE CANYON

Enjoy Wellsboro's beautiful scenery and test your endurance July 27 during the Conquer the Canyon Marathon Race Festival. The rain-or-shine event features something for all runners and walkers: a 5K, 10K, half marathon and marathon. The event starts at 8 a.m. and race times vary. Visit events.elitefeats.com/24conquer to learn more and register.



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Guardians of the LOST ARTS

Craftsmen preserve
time-honored traditions

JEFF FETZER

Penn Lines Contributor

SOME CALL THEM LOST ARTS, a vague term used to describe traditional crafts and hands-on heritage skills that have largely fallen out of favor in an era dominated by mass production. But in kitchens and craft rooms, basements and outbuildings, man caves and she-sheds across the country, dedicated artisans and craftsmen continue to breathe life into the once-dying practices of yesteryear.

Time-honored traditions — from baking bread to blacksmithing, canning food to calligraphy, woodworking to weaving — are being revitalized by a new generation eager to explore their creative side, preserve the past, find financial reward or seek a degree of self-sufficiency.

The photo essay that follows provides a glimpse into a sampling of trades and crafts of a bygone era and the Pennsylvanians who are keeping them alive.

CALLIGRAPHY

Stephanie Mummert

A stroke of fancy

Although she grew up near one of the nation's most revered historic sites, the hallowed ground of the Gettysburg Battlefield, Stephanie Mummert's lifelong pursuit of precision with pen and ink stems not from a desire to preserve the past but from her passion for painting and drawing as a child.

"Santa brought me a calligraphy pen for Christmas when I was 12 years old," says the Adams Electric Cooperative member. "It came with an instruction sheet that showed you how to make the strokes, and I took that and ran with it.

"It's the fanciness that drew me to it," the self-taught calligrapher says, "and it was unique. Not many people were doing it."

That has changed: "I do think traditional old-style calligraphy like I do is a lost art," she says, "but in the last couple of years, I've been seeing TikTok videos of people doing fancy 'new wave' calligraphy, as I call it. I think calligraphy is making a comeback — just not the old style."

Within her family and circle of friends, Mummert has been the go-to scribe for handwritten invitations for weddings and other occasions.

"It's very relaxing," she says. "The only thing I ever stress out about is, did I spell this right?"

BLACKSMITHING

Rusty Sherrick

"It's really an art form"

Sometimes it takes a village to fan the embers of a fading art.

In Bradford County, that village is known as French Azilum. And one of the lost arts being rekindled there is blacksmithing.

The original Azilum settlement along the Susquehanna River near Wysox, where Claverack Rural Electric Cooperative (REC) is headquartered, was a short-lived village, built in 1793 as a refuge for exiles from the French Revolution. Today, 23 acres of the original settlement are home to the French Azilum Historic Site.

Always looking to add additional attractions to the grounds, Dr. Deborah Courville, the site's treasurer and a Claverack REC member, spearheaded a project in 2018 to convert an 1830s-era carriage house on the property into a "pretend" blacksmith shop to display artifacts. As word spread, however, interest grew in establishing a working blacksmith shop instead.

Rusty Sherrick of Stevensville, a renowned custom leather holster maker, history buff and hobbyist blacksmith, along with Claverack REC members Dave Wells and Terry Fairchild, volunteered to install the forges and set up the workspace. On weekends, Sherrick, the site's senior blacksmith, and a group of fellow practitioners conduct demonstrations, and every year, they host a one-day basic blacksmithing class.

"The blacksmith shop adds another dynamic to French Azilum — authenticity, if you will," Sherrick says. "It intrigues people — the fire, the smell, and turning hot steel into something. It's really an art form."



CROCHETING

Jenna Reffner

Finding solace with a needle and yarn

The popularity of the ancient needlework art known as crocheting unraveled during the 20th century, pushed aside by the prevalence of mass-produced clothing and textiles.

Thanks, however, to the rise of social media platforms like Instagram and Pinterest and the COVID-19 lockdown, crochet has reclaimed its cachet. And Jenna Reffner, a member and employee of Bedford REC, counts herself among the new generation that's hooked on the hobby.

"I crochet almost every single day, even if it's just for a half an hour," she says. "It feels weird if I miss a day."

Reffner's decision to try her hand at crafting textiles began on a whim in 2015. After watching a few online videos and purchasing needles, yarn and several how-to books, she crocheted her first item, a scarf. Since then, she's been hand-stitching blouses, tops and sweaters for herself, dolls and stuffed animals for nieces and nephews, and slippers, scarves and hats for her husband, Ken.

In recent years, she has become a go-to pattern tester for several online crochet clothing designers. Despite her prodigious output, Reffner has little interest in selling her works; she crochets mostly to relax.

"Crocheting gives me something to focus my mind on," Reffner says. "I am one of those people who can't sit still, and I tend to be a bit of an anxious person. Crocheting is a great outlet for that type of thing."



Saving 'soles' for decades

Cobbler Kirt Caslin likes to say he's been "saving soles and performing heelings daily" for the past 38 years. But he has little faith in the future of the footwear repair trade.

"It's a dying art," says Caslin, a member of Mansfield-based Tri-County Rural Electric Cooperative. "There is just nobody doing it."

He and his wife, Jennifer, own and operate Armenia Mountain Footwear in Troy, Bradford County. The store has provided shoe repair services for more than 50 years.

When Jennifer's father, Jack Kyper, purchased the business in 1972, there were cobblers in just about every town. "Now, I'm probably the only full-time cobbler in a 50-mile radius," Caslin says, adding that his father-in-law continues to cobble a day or two a week since "retiring" in 2001.

Because so few cobblers remain, especially in rural areas, the store attracts customers from as far as two hours away, and Caslin generally has a backlog of two to three weeks for repairs.

"I've always enjoyed getting an old beater and bringing it back to life," he says. "I do it for the sense of accomplishment. It's fun and rewarding to revive a shoe for someone who really appreciates the finished product after getting it back."



COBBLING

Kirt Caslin

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What Could AI and VR Mean for Electric Co-ops?

SCOTT FLOOD

UNLESS YOU'VE JUST AWAKENED from an especially long nap, you've probably been hearing plenty about artificial intelligence (AI), and it's likely much of what you've heard is either exciting or terrifying.

Venkat Banunarayanan smiles when asked if popular media's takes on AI are accurate.

"We're at the stage of discovery with AI," he says. "There's a lot more buzz than reality at this point, and we have a long way to go."

As vice president for integrated grid business & technology strategies for the National Rural Electric Cooperative Association, Banunarayanan spends some of his time exploring AI, augmented/virtual reality (AR/VR), and other promising technologies, and considering how they might improve

the way electric co-ops serve their consumer-members.

"Can AI do things better? Can it handle some of the tasks we have to do today? Can it make decisions for us?" he asks. "The answer to those and most other questions is the same: maybe."

What the future holds

Despite what you may have heard, AI is not capable of thinking on its own. The functionality greatly depends on programming, how the tool is trained to handle specific tasks and the level of data being fed into the system. AI revolves around learning and adapting to decision-making.

In fact, today AI is mostly being used to make incremental improvements to existing products and services, and that's how electric co-ops are likely to experience it.

For example, the next generation of smart meters might incorporate AI tools that help homeowners better manage energy use. AI-based systems may also improve the management

of the nation's power grid, spotting potential problems before human operators do. Electric co-ops could use chatbots to respond to members' questions and requests. With AI, weather forecasts are likely to become more accurate, allowing cooperatives to pinpoint areas most likely to experience damage so crews can be stationed there.

Another promising technology being explored is AR, and some co-ops are already testing it out. For example, by manipulating AR and VR versions of equipment used on the job, apprentice lineworkers can become more comfortable with it before actually using the real thing. Also, instead of watching a video or a webinar, lineworkers can participate in simulations like the aftermath of an ice storm or hurricane, so they can prepare and map out a response.

AR blends VR with the world around us. One day soon, when a lineworker looks up at a failed transformer atop a power pole, his safety glasses may instantly recognize the type of transformer, its exact location and when it was installed. Then, the glasses may display a checklist of needed equipment, offer a guide to diagnosing common problems and even provide 24-hour access to technical experts.

From solving outages more quickly and allowing greater control over energy use to lowering the cost of service, tomorrow's innovative technologies — including AI, VR and AR — will continue to help co-ops enhance the services they provide to their communities. 📍

For more than four decades, business writer **SCOTT FLOOD** has worked with electric cooperatives to build knowledge of energy-related issues among directors, staff and members. Scott writes on a variety of energy-related topics for the National Rural Electric Cooperative Association, the national trade association representing nearly 900 electric co-ops.

AI PUT INTO ACTION

Electric cooperatives are already using artificial intelligence (AI) and augmented reality (AR) for key tasks and activities. Looking ahead, co-ops see great potential for AI and AR as helpful tools for improving grid reliability and the services they provide to consumer-members.

SERVICES FOR MEMBERS
AI tools like chatbots can enhance member interactions and provide a tailored experience based on energy use data.

WEATHER FORECASTING
With the help of AI, weather forecasts will become more accurate, pinpointing areas to station utility crews.

EDUCATIONAL OPPORTUNITIES
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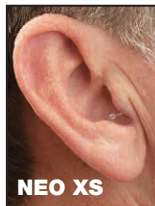
Choose From Our **Smallest NEO XS** or the **Best-Selling NEO**

Both are medical-grade, rechargeable hearing aids offering sophistication and high performance.

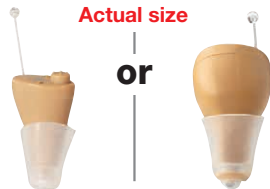
MDHearing™ **NEO XS**

NEW! Our smallest hearing aid ever!

At 50% smaller than our previous model, the NEO XS measures only 15mm long and is virtually invisible. And, at only \$397 for a pair, you won't find a better hearing aid.



\$397
for a pair



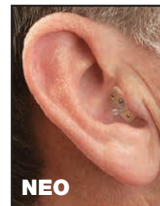
Actual size

or

MDHearing™ **NEO**

Our best-selling hearing aid!

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\$297
for a pair

Sits discreetly inside your ear canal without anyone knowing

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Local Lore

Somerset Rural Electric Cooperative

(Drink) an Apple a Day

According to history, a man named Johnny Appleseed spread the wholesome goodness of apples across North America. His real name, however, was John Chapman, and he was less of a shimmering folk hero and more of an adventurous apple farmer who capitalized on how much early Americans loved cider — the “hard” kind for adults, not kids.

“In rural areas, cider took the place of not only wine and beer but of coffee and tea, juice, and even water,” writes Michael Pollan in the book “The Botany of Desire.”

By the 1850s, Chapman had spread enough of his apple seeds throughout Pennsylvania that cider presses were common at farms. According to the Somerset Historical Center, apples were considered a staple crop, and the production of apple cider for sale or conversion into vinegar or apple butter was vital to the local economy.

On a farm in Glencoe in southern Somerset County, Jacob Emerick —



PRESSING MATTERS: Jacob Emerick’s cider press, restored and preserved by the Somerset Historical Center, was built by hand in the 1890s and used to produce hard cider, a popular drink at the time, and other products. Large presses like this were common on farms throughout southwestern Pennsylvania.

born Oct. 18, 1851 — was no stranger to apples or cider. Instead of purchasing whatever the equivalent of a motorcycle was then for his mid-life crisis, Emerick constructed his very own cider press in the 1890s. For about 40 years, he pressed apples into pulp, wrapped the pulp in linen and squeezed out the juice for cider with a 33-foot-long, 32-inch-wide wooden beam.

Although Emerick passed at the ripe old age of 95, his cider press is still around, restored and safely stored at the Somerset Historical Center. To learn more about Emerick, his cider press or southwestern Pennsylvania, visit somersethistoricalcenter.org or

the center on Somerset Pike in Somerset which is also home to Somerset Rural Electric Cooperative.

What’s the story behind your favorite place? Let us know your stories at communitycorner@prea.com.



Main Office: Somerset, Pa.
Consumer-members served: 13,920
Website: somersetrec.com

This month’s work of art is from Grace Smith, 17, whose parents receive electricity from Indiana-based REA Energy Cooperative. Grace drew this picture for her grandfather after he remarked how he would like a ruffed grouse for his birthday after reading about them in *Penn Lines*. Very thoughtful, Grace!

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

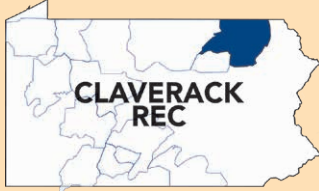
Each month, we’ll feature the artwork of our young readers (or our readers’ youngsters), inspired by something they’ve read in *Penn Lines*. Paints, pencils, crayons, clay, sand – any physical medium is OK! You may send digital photos of the creation to CommunityCorner@prea.com, but please: no digital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

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



Claverack Rural Electric Cooperative

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives serving Pennsylvania and New Jersey

CLAVERRACK REC

32750 Route 6
Wysox, PA 18854
570-265-2167
800-326-9799

Email: mail@claverack.com
Website: <https://claverack.com>

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570-250-2200

Danise C. Fairchild, Zone 1
Vice Chair
570-265-3599

Timothy T. Tewksbury, Zone 6
Secretary/Treasurer
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Angela S. Joines, Zone 3
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Robert W. Fearnley, Zone 5
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Anthony J. Ventello, Zone 9
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Nicholas J. Berger, Sr. *Director, Engineering and Operations*
Jennifer W. Jones, *Chief Financial Officer*
Brian F. Zeidner, *Director, Member Services*

OFFICE HOURS

Monday through Friday
7:30 a.m. - 4 p.m.

Casey M. Wood, *VP, Communications*
C&T Enterprises, Inc.



ENTERPRISES, INC.

C&T Enterprises, Inc. is a jointly owned subsidiary of Claverack (Wysox, Pa) and Tri-County (Mansfield, Pa) Rural Electric Cooperatives. C&T provides shared management and support services for the two parent electric cooperatives, the cooperatives' telecom affiliates of Revolution Broadband and Tri-Co Connections, and C&T's subsidiary utilities of Wellsboro Electric Co. (Wellsboro, Pa), Citizens' Electric Co. (Lewisburg, Pa), and Valley Energy (Sayre, Pa), a natural gas distribution company.

A Late Summer Tradition



STEVEN G. ALLABAUGH

I DON'T KNOW IF IT can be called a "tradition" quite yet, but it sure feels like one. For the third year in a row, Claverack Rural Electric Cooperative (REC) will host its annual meeting of members at the Wyoming County Fairgrounds during Fair Week. While this is only our third year at the fair, the individual traditions of Claverack REC's Annual Meeting and the Wyoming County Fair go back much further.

The very first Wyoming County Fair was held in 1857, more than 20 years before the lightbulb was invented. Claverack REC's first meeting of members was held 80 years later. In the years between, the automobile, phonograph, telephone, and typewriter were all invented, and by 1936, almost every American living in a city had electricity. Rural residents, like those of us in northeastern Pennsylvania, however, were left in the dark. We weren't "valuable" enough to the big power companies to provide service; the return on investment was too long. So, the folks who would become Claverack REC members took matters into their own hands.

In 1936, they formed an electric cooperative and built their own system to provide an essential service that transformed their lives. The cooperative has continued to help improve our members' lives ever since, and we are looking forward to celebrating that at our annual meeting.

This year's meeting will be held Wednesday, Aug. 28, at the fairgrounds in Meshoppen. We've had great weather over the past few years, so hopefully the luck will continue. We will be located right in the middle of the action at the "Claverack tent" in the vendor area. As always, Claverack REC staff will be available to discuss electricity, broadband and anything else on your mind. The business meeting will begin at 3 p.m. under the tent, and we'll provide reports about the cooperative's activities over the past year and our plans for the future. We will be celebrating our successes and discussing the challenges we face. We will also announce the results of this year's director elections for Zones 4, 5 and 6.

Every Claverack REC member who visits the tent and registers on Aug. 28 will receive a \$20 bill credit and \$30 in coupons to purchase food from vendors at the fair. You must be present to receive the bill credit and coupons (one per membership). The coupons can be used throughout Fair Week.

I hope you can join us for a great day in August. We are excited to share a fun day of education and networking with our members as well as information about the important work our employees do every day to serve you.

See you there! 📍

STEVEN G. ALLABAUGH
PRESIDENT & CEO



Slate of Uncontested Directors Approved for Re-Election

WITH AN UNCONTESTED SLATE OF candidates seeking re-election to the cooperative's board of directors for Zones 4, 5, and 6, Claverack Rural Electric Cooperative's (REC) Credentials & Elections Committee agreed to dispense with the formal balloting process. Instead, a unanimous ballot will be cast for the sole nominee for each zone during the cooperative's annual meeting in August. The annual meeting notification will be mailed to all members in late July.

As a result of the committee's decision, cooperative members will not receive a director election ballot with their annual meeting notification this year. In addition, the three incumbent directors stand elected to serve a new three-year term, effective Aug. 28, the date of the annual meeting.

Candidates who filed petitions to run for board seats are Gary L. Hennip, Zone 4; Robert W. Fearnley, Zone 5; and Timothy T. Tewksbury, Zone 6. A profile of each candidate follows.

Zone 4

Zone 4: Athens, Litchfield, Orwell, Pike, Rome, Sheshequin, Ulster, and Windham townships in Bradford County.

Gary L. Hennip

773 Moore Road
Rome, PA 18837



Gary was born and raised on a small dairy farm in Orwell Township, Bradford County. A graduate of Northeast Bradford High School, he earned his Bachelor of Science in elementary education from Mansfield University.

Gary has 18 years of experience with Sire Power Cooperative in Tunkhannock, where he served as the director of marketing for membership sales and service in Pennsylvania, Maryland, West Virginia, New Jersey, and New York. He also worked as a dairy extension educator and

INDEPENDENCE DAY IS JULY 4 & THERE'S SO MUCH TO CELEBRATE!

Local and homegrown, our Revolution team is honored to support our neighbors, friends, and families. We're always available to help – either in person or by phone.

We're proud to celebrate the Fourth of July by offering you complete independence from:

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county extension director for 16 years with the Penn State Cooperative Extension in Bradford County.

Throughout his career, Gary held various roles, including superintendent of the Pennsylvania Farm Show dairy shows, assistant superintendent of the All-American Dairy Show, member of the Pennsylvania Farm Bureau, trustee of the Northeast Bradford Education Foundation, and varsity softball coach at Northeast Bradford High School for 19 years. He is a member of North Orwell Union Church and currently serves as administrative council chairman.

Gary is chairman of the Claverack REC board, where he has been a director since 2015. He is vice chairman of C&T Enterprises, Inc., a jointly owned for-profit subsidiary of Claverack REC in Wysox and Tri-County REC in Mansfield. In addition, he serves on the boards of Lewisburg-based Citizens' Electric Company, which is owned by C&T Enterprises, Inc., and the Pennsylvania Rural Electric Association in Harrisburg.

Gary and his wife, Marianne, have three children and 12 grandchildren. They enjoy traveling, working outdoors and spending time with their family.

Zone 5

Zone 5: Friendsville and Little Meadows boroughs and Apolacon, Choconut, Forest Lake, Jessup, Middletown, and Rush townships in Susquehanna County, as well as Warren Township in Bradford County.

Robert W. Fearnley

752 Chestnut Ridge Road
Montrose, PA 18801



Robert was elected to the Claverack REC board following a special election in February 2019. He also serves as a director on the board of Wellsboro Electric Co.

Robert has earned his Credentialed Cooperative Director certificate as well as his Board Leadership Certificate and Director Gold status.

After receiving a bachelor's degree in biology from Penn State University, he returned to his family dairy farm and managed the business until 2007. He then served as a watershed specialist at the Susquehanna County Conservation District, from which he has since retired.

A former 4-H leader, Robert has been a board member of the Farm Service Agency, Susquehanna County Holstein Club, Penn State Cooperative Extension of Susquehanna County, Young Performers Career Advancement, and Friends of Salt Springs. He was previously a member of the

Susquehanna County Farm Bureau, a director for the Dairy Herd Improvement Program and the Montrose Area Sire Power Advisory Committee, and a member of the local board of directors for Dairy Farmers of America.

He is a member of the Susquehanna County Conservation District Board of Directors, the National Rifle Association, Ducks Unlimited, and Forest Lake Baptist Church, where he serves on the ministry support team.

Robert and his wife, Dawn, reside in Forest Lake Township. Their son, Jeremiah, his wife, Nicole, and their daughters also live in Susquehanna County. Their son, Matt, passed away in 2020.

Zone 6

Zone 6: Cherry and Colley townships in Sullivan County; Braintrim, Forkston, Mehoopany, Meshoppen, North Branch, Washington, and Windham townships in Wyoming County; and Tuscarora and Wilnot townships in Bradford County.

Timothy T. Tewksbury

104 Bowman Road
Meshoppen, PA 18630



Tim was appointed to the Zone 6 director position in 2019 and serves as the board's secretary/treasurer.

During his tenure, he has earned his Director Gold status from the National Rural Electric Cooperative Association.

Tim held various management and leadership positions at PS Bank in Wyalusing before retiring in 2023 as senior vice president/ chief information officer, concluding a 30-year career in information technology and management.

He has served on the board of the Meshoppen Rod and Gun Club, where he has held several officer positions over the years, including president, vice president, and secretary/treasurer.

Tim has volunteered as a hunter/trapper education instructor with the Pennsylvania Game Commission for the past 12 years and previously served as a coach with the Auburn baseball and softball organization.

A graduate of Elk Lake High School, Tim holds a Bachelor of Science in computer science from Lock Haven University.

He lives in Meshoppen with his wife of 26 years, Lori. Their daughter, Megan, graduated from Kutztown University in May. 🍷

OPERATION ROUND-UP: MEMBERS HELPING MEMBERS

Financial hardships can happen to anyone at any time, making it challenging to keep up with electric bills. But you have the power to make a difference by participating in Claverack Rural



Electric Cooperative's (REC) Operation Round-Up Program. This voluntary initiative enables you to help fellow cooperative members with their electric bills. Participating in the program is not only inexpensive, costing less than \$1 a month, but it also allows you to have a positive impact on the lives of your neighbors.

Contributing is simple. With your consent, Claverack REC will round up your monthly electric bill to the nearest dollar amount, with the difference between the rounded-up amount and your actual bill being directed to our member assistance fund. For instance, if your electric bill is \$100.32, you would pay \$101, with the extra 68 cents going into the member assistance fund to support other cooperative families. On average, participating members contribute \$6 annually.

But what if you can spare more than spare change? Claverack REC has introduced additional options for you to contribute beyond the standard round-up amount. Members can choose to add an extra dollar amount to their monthly donation. This can be done by filling out the Round-Up form at claverack.com/operation-round-up or by contacting our office and requesting the change from your member services representative. Your bill will reflect the total amount donated each month. If you prefer to make a one-time donation, you can enter the desired amount in the associated field on our online Round-Up form, and we will add it to your account. The donation will then be included in your next bill, indicated as "Roundup Amt."

By being a good neighbor and opting to help others, you can make a difference with Operation Round-Up. To sign up, call 800-326-9799 or visit claverack.com and select "Operation Round-Up" from the "Your Bill" drop-down menu at the top of the screen. Join us today in supporting our community and creating positive change through Operation Round-Up.

Join Us at the 2024 Annual Meeting

Wednesday, Aug. 28
Wyoming County Fairgrounds
Meshoppen, PA

Registration: 10 a.m. to 8 p.m.
Annual Meeting: 3 p.m. under the Claverack tent

HIGHLIGHTS

- ▶ Director election results
- ▶ \$20 bill credit per voting membership
- ▶ \$30 in fair food vouchers per voting membership
- ▶ Revolution Broadband information booth
- ▶ Meet "Eve," Claverack's Tesla electric vehicle
- ▶ Co-op employees available to answer your questions

ENERGY EFFICIENCY TIP OF THE MONTH

Electricity used to operate major appliances accounts for a significant portion of your home energy use. Here's an easy way to lighten the load on your clothes dryer. Before you dry a load of damp clothing, toss in a clean, dry towel. The towel will absorb excess water, shortening the drying time. If your dryer does not include an autosense feature, reduce the timer to about half of what you normally would. Remove the towel about 15 minutes after the cycle begins. Shorter drying times will extend the life of your dryer and save energy.

Source: homesandgardens.com

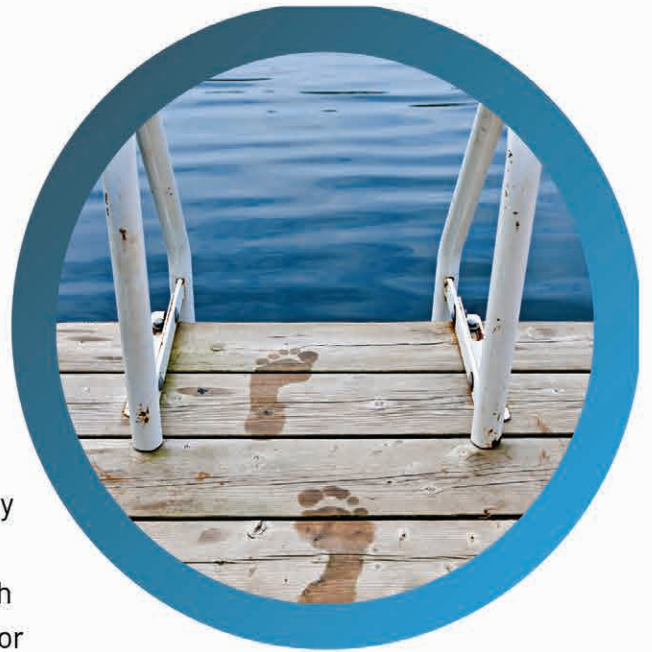
What is Electric Shock Drowning

Know the signs of this hidden danger

Electric shock drowning (ESD) is a type of drowning that many people are not familiar with. ESD happens when electrical current seeps into water from a nearby electrical source such as a yacht, boat or dock. It can also happen in a pool, hot tub or water park if there is faulty wiring or other electrical issues.

To prevent and recognize ESD:

- Do not swim around docks with electrical service or boats that are plugged into a power source.
- If you are swimming and feel tingling or shocks, swim away from the dock or other electrical source.
 - Try to stay upright and tuck your legs up.
 - Alert others to cut the power source.
 - If you feel a shock, swim away from the dock.
- Do not jump in to try and save someone you suspect is exposed to electricity in the water. Instead:
 - Eliminate the source of power.
 - Throw a float.
 - Call 9-1-1.
- After the power is shut off, pull the person in with the float rope. If you cannot find a pulse, start CPR.



Prevention and Maintenance

Boats

- If you own a boat that has an electrical system, ensure circuits have GFCIs and check them often.

Docks

- If you have a dock with electricity, have its electrical system inspected regularly by a licensed contractor.

While it is impossible to know if water is electrified just by looking, learning about the dangers of ESD can help keep you and others safe in the water.

Learn more:



Making the Most of Summer

ANNE M. KIRCHNER

IT'S SUMMERTIME – AND TIME to cook with ingredients from a nearby garden or farmers market. Taking advantage of seasonal produce will help you satisfy appetites while saving money. Look for watermelon, cucumbers, zucchini, tomatoes, cherries and more.

Use your summer bounty for main entrees, side dishes and desserts. A refreshing salsa adds a splash of flavor and color to your meal. Stuffed zucchini offers a unique dinner presentation. Seasonal fruit is scrumptious in cobblers, pies and crisps.

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



WATERMELON SALSA

- 3 cups watermelon, finely diced
- 1 cup cucumber, finely diced
- 1/3 cup red onion, finely diced
- 1 jalapeno, seeded and finely diced
- 1/4 cup cilantro, chopped
- 2 tablespoons lime juice
- 1/2 teaspoon kosher salt

Place all ingredients in a bowl; gently stir to combine flavors. Chill for one hour. Serve with tortilla chips or as a topping for grilled chicken, pork chops, or fish. *Makes 6 to 8 servings.*



SHRIMP-STUFFED ZUCCHINI

- 3 medium zucchini
- 2 tablespoons extra virgin olive oil
- 1/3 cup onion, finely diced
- 2 cloves garlic, minced
- 6 ounces frozen baby shrimp, thawed
- 1/2 tomato, diced
- 1/3 cup yellow or green pepper, diced
- 1 egg, beaten
- 1/3 cup shredded parmesan cheese
- 1/4 cup parsley, chopped
- 1 teaspoon garlic salt
- 1 tablespoon Italian seasoning

Cut each zucchini in half lengthwise. Scoop out the center pulp, leaving a thick shell. Brush the zucchini halves with olive oil; place cut-side down in a baking dish. Bake the shells for 10 minutes at 350 degrees. Place the remaining ingredients in a bowl; stir to blend. Remove the zucchini halves from the oven. Turn over the zucchini and stuff with the shrimp mixture. Bake for 20 to 25 minutes. *Makes 4 to 6 servings.*



SOUR CHERRY COBBLER

- 1/2 cup butter, melted
- 1 cup all-purpose flour
- 1 1/4 cups granulated sugar, divided
- 1 teaspoon baking powder
- 1 cup milk
- 4 cups fresh sour cherries, pitted
- 2 tablespoons cornstarch
- 1 teaspoon almond extract
- 1/2 teaspoon cinnamon

Pour melted butter into a 9-by-13-inch baking dish. In a mixing bowl, stir together the flour, 1 cup sugar and baking powder. Blend in the milk. Pour the batter over the melted butter; do not stir. In a mixing bowl, toss the cherries with 1/4 cup sugar, cornstarch, almond extract and cinnamon. Drop the cherry mixture evenly over the batter; do not stir. Bake the cobbler at 350 degrees for 50 to 60 minutes. *Makes 8 to 10 servings.*

Scientific Discovery Stuns Doctors

Biblical Bush Relieves Joint Discomfort in as Little as 5 Days

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

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

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

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

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

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

Deactivate 400 Agony-Causing Genes

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

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

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

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

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

Many joint sufferers prefer natural solutions but say they work too slowly. Take the best-seller glucosamine. Good as it is, the National Institutes of Health reports that glucosamine takes as long as eight weeks to work.

Yet in a study published in the International Journal of Medical Sciences, 60 patients with stiff knees took 100 mg of Indian Frankincense or a



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

placebo daily for 30 days. Remarkably, Indian Frankincense “significantly improved joint function and relieved discomfort in as early as five days.” That’s relief that is 10 times faster than glucosamine.

78% Better Relief Than the Most Popular Joint Solution

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

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

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

In addition, BMJ (formerly the British Medical Journal) reports that Indian Frankincense is safe for joint relief — so safe and natural you can take it every day.

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

Great Results for Knees, Hips, Shoulders and Joints

Joni D. says, “**Mobilify** really helps with sore-

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

How to Get Mobilify

Right now, the only way to get this powerful, unique formula that clobbers creaking joints in as little as five days without clobbering you is with Dr. Sears’ breakthrough **Mobilify** formula. It is not available in stores.

To secure your bottle of this breakthrough natural joint discomfort reliever, buyers should call with Sears Health Hotline at **1-800-329-8439**. “The Hotline allows us to ship the product directly to customers.”

Dr. Sears believes in this product so much, he offers a 100% money-back guarantee on ever order. “Just send me back the bottle and any unused product within 90 days, and I’ll send you your money back,” said Dr. Sears.

The Hotline will be taking orders for the next 48 hours. After that, the phone number may be shut down to allow them to restock. Call **1-800-329-8439** to secure your limited supply of **Mobilify**. If you are not able to get through due to extremely high call volume, please try again! Call NOW to qualify for this limited time offer provided at a significant discount. To take advantage of this exclusive offer use Promo Code: **PLMB724** when you call.

Signs Your HVAC is in Trouble

MIRANDA BOUTELLE

Q: How do I know if my HVAC system is malfunctioning?

A: Your heating, ventilation and air conditioning system is one of the most important and expensive systems in your home. Detecting issues early can help you plan for repairs or equipment replacement.

The age of your equipment can be a major factor in function. The lifespan of a heating and cooling system ranges from 15 to 20 years. Therefore, while I typically subscribe to the notion of “If it ain’t broke, don’t fix it,” I also believe in being prepared for the inevitable.

Here are a few warning signs that could indicate your heating and cooling system needs to be repaired or replaced:

- ▶ **Air conditioning is not as cool as usual.** If the air from your air conditioner is warm

or not as cool as it usually feels, the equipment has an issue. It could be a problem with the compressor or a refrigerant leak. Contact a professional to get the issue checked. Special certifications are required for handling refrigerants, which can be harmful to the environment, so hire a professional to ensure the work is done properly.

- ▶ **Low airflow.** If you aren’t getting good airflow, it could be an easy fix, such as replacing a filter or opening closed dampers. If you’ve made these fixes and airflow is not at normal levels, contact a professional. There could be a bigger problem with a motor, fan or something else.
- ▶ **Bad odors.** Heating and cooling systems sometimes smell when you first start them up for the season. Those smells should be minor and dissipate quickly. Any serious smells — such as burning metal, melting plastic or noxious odors — are a sign that your system is in trouble. Turn

it off immediately and contact a professional.

- ▶ **Strange noises.** There is typically noise associated with the fans and motors in heating and cooling systems. Take note of any excessive or new noises. If your system is making any clunking, clanging or whistling noises, turn it off and check the filter. If that doesn’t solve it, reach out to a professional.
- ▶ **Running frequently.** Your system needs to run more to keep up on extreme weather days, but there might be an issue if it runs too often. Short cycling is when a system cycles on and off before completing the heating or cooling process. Contact a professional to diagnose this issue.

Several factors come into play when deciding to fix existing equipment or replace it. Consider the severity of the issue, repair costs, the likelihood of additional repairs, equipment lifespan and your budget.

The efficiency of your existing system is also a consideration. Heating and cooling technology improvements have come a long way in the last 20 years. Lower operation costs can offset the cost of a new system over time.

Consider your options before you are in desperate need. I recommend getting estimates from at least three contractors. Ask the contractor, “If this was your home, what type of system would you install and why?” The best solution for your home might be a different type of equipment. 🛠️

MIRANDA BOUTELLE is the chief operating officer at Efficiency Services Group in Oregon, a cooperatively owned energy efficiency company. She has more than 20 years of experience helping people save energy at home, and she writes on energy efficiency topics for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.

MARK GILLILAND, PIONEER UTILITY RESOURCES



A LONGER LIFE: The lifespan of a heating and cooling system ranges from 15 to 20 years. Proper maintenance and lower use can increase the life of the equipment.

Will This Strange Antarctic Squid Solve America's Memory Crisis?

New Deep Sea Discovery Proven to Be The #1 Natural Enhancer of Memory and Focus

Half a mile beneath the icy waters off the coast of Argentina lives one of the most remarkable creatures in the world.

Fully grown, they're less than 2 feet long and weigh under 10 pounds...

But despite their small size, this strange little squid can have a bigger positive impact on your brain health than any other species on the planet.

They are the single richest source of a vital "brain food" that 250 million Americans are starving for, according to a study published in the British Medical Journal.

It's a safe, natural compound called DHA – one of the building blocks of your brain. It helps children grow their brains significantly bigger during development. And in adults, it protects brain cells from dying as they get older.

Because DHA is so important, lacking enough of it is not only dangerous to your overall health but could be directly related to your brain shrinking with age.

With more than 16 million Americans suffering from age-associated cognitive impairment, it's clear to a top US doctor that's where the problem lies.

Regenerative medicine specialist Dr. Al Sears, says thankfully, "there's still hope for seniors. Getting more of this vital brain food can make a life changing difference for your mental clarity, focus, and memory."

Dr. Sears, a highly-acclaimed, board-certified doctor— who has published more than 500 studies and written 4 bestselling books — says we should be able to get enough DHA in our diets... but we don't anymore.

"For thousands of years, fish were a great natural source of DHA. But due to industrial fish farming practices, the fish we eat and the fish oils you see at the store are no longer as nutrient-dense as they once were," he explains.

DHA is backed by hundreds of studies for supporting razor sharp focus, extraordinary mental clarity, and a lightning quick memory... especially in seniors.

So, if you're struggling with focus, mental clarity, or memory as you get older...

Dr. Sears recommends a different approach.

THE SECRET TO A LASTING MEMORY

Research has shown that our paleo ancestors were able to grow bigger and smarter brains by eating foods rich in one ingredient — DHA.

"Our hippocampus thrives off DHA and grows because of it," explains Dr. Sears. "Without DHA, our brains would shrink, and our memories would quickly fade."

A groundbreaking study from the University of Alberta confirmed this. Animals given a diet rich in DHA saw a 29% boost in their hippocampus — the part of the brain responsible for learning and memory. As a result, these animals became smarter.

Another study on more than 1,500 seniors found that those whose brains were deficient in DHA had significantly smaller brains — a characteristic of accelerated aging and weakened memory.

PEOPLE'S BRAINS ARE SHRINKING AND THEY DON'T EVEN KNOW IT

Dr. Sears uncovered that sometime during the 1990s, fish farmers stopped giving their animals a natural, DHA-rich diet and began feeding them a diet that was 70% vegetarian.

"It became expensive for farmers to feed fish what they'd eat in the wild," explains Dr. Sears. "But in order to produce DHA, fish need to eat a natural, marine diet, like the one they'd eat in the wild."

"Since fish farmers are depriving these animals of their natural diet, DHA is almost nonexistent in the oils they produce."

"And since more than 80% of fish oil comes from farms, it's no wonder the country is experiencing a memory crisis. Most people's brains are shrinking and they don't even know it."

So, what can people do to improve their memory and brain function in the most effective way possible?



MEMORY-RESTORING SENSATION: The memory-saving oil in this Antarctic squid restores decades of lost brain power starting in just 24 hours.

Dr. Sears says, "Find a quality DHA supplement that doesn't come from a farmed source. That will protect your brain cells and the functions they serve well into old age."

Dr. Sears and his team worked tirelessly for over 2 years developing a unique brain-boosting formula called **Omega Rejuvenol**.

It's made from the most powerful source of DHA in the ocean, squid and krill — two species that cannot be farmed.

According to Dr. Sears, these are the purest and most potent sources of DHA in the world, because they haven't been tampered with. "**Omega Rejuvenol** is sourced from the most sustainable fishery in Antarctica. You won't find this oil in any stores."

MORE IMPRESSIVE RESULTS

Already, the formula has sold more than 850,000 bottles. And for a good reason, too. Satisfied customers can't stop raving about the memory-boosting benefits of quality-sourced DHA oil.

"The first time I took it, I was amazed. The brain fog I struggled with for years was gone within 24 hours. The next day, I woke up with the energy and mental clarity of a new man," says Owen R.

"I remember what it was like before I started taking **Omega Rejuvenol**... the lack of focus... the dull moods... the slippery memory... but now my mind is as clear as it's ever been," says Estelle H.

"My mood and focus are at an all-time high. I've always had trouble concentrating, and now I think I know why," raves Bernice J. "The difference that **Omega Rejuvenol** makes couldn't be more noticeable."

And 70-year-old Mark K. says, "My focus and memory are back to age-30 levels."

These are just a handful of the thousands of reviews Dr. Sears regularly receives thanks to his breakthrough memory formula, **Omega Rejuvenol**.

WHERE TO FIND OMEGA REJUVENOL

To secure bottles of this brain-booster, buyers should contact the Sears Health Hotline at **1-800-440-6192**. "It takes time to manufacture these bottles," says Dr. Sears. "The Hotline allows us to ship the product directly to customers who need it most."

Dr. Sears feels so strongly about this product, he is offering a 100%, money-back guarantee on every order. "Send back any used or unused bottles within 90 days and I'll rush you a refund," says Dr. Sears.

The Hotline is taking orders for the next 48 hours. After that, the phone number may be shut down to allow for inventory restocking.

Call **1-800-440-6192** to secure your limited supply of **Omega Rejuvenol**. Readers of this publication immediately qualify for a steep discount, but supplies are limited. To take advantage of this great offer use Promo Code **PLOM724** when you call.

The Perfect Fishing Buddy

STEVE PIATT

ONE OF MY FAVORITE FISHING buddies checks all the boxes when it comes to angling companions. Never runs late. Lets me choose which water. Doesn't care what I play on the radio; doesn't even mind my singing. I get first cast at every hole. And my pal agrees with my philosophy that when the day is over, we're required to hit the first McDonald's drive-thru we encounter.

It's been that way for several years since I learned our now 9-year-old Labrador retriever Finn is not only a superb hunting dog, but also a fine fishing companion.

It's a rarity for a souped-up hunting Lab, but Finn understands the game and her role as she dutifully observes my fly-fishing, allowing me to catch a trout or two before I turn her loose for a quick swim. Then it's upstream to the next likely spot where we repeat the scenario.

Admittedly, it doesn't work just anywhere, on any stream. Finn certainly stays home on the opening day of trout season and any other time we may encounter other anglers. She's simply too friendly and wouldn't be able to help herself, splashing up to each and every fisherman to say hello and, in the process, probably blowing up the hole. It wouldn't be pretty.

And even when we do head out, there's a process for prepping Finn for a day on the water. A couple of streams we fish with some regularity are remote enough to be prefaced with a hike of a mile or two, enough to burn off some of Finn's boundless energy and settle her in for our fish-and-swim routine.



A FINE FISHING COMPANION: A hunter by birth, Finn also looks forward to summer days at the fishing hole, where she enjoys splashing around in the water and later stopping for a cheeseburger on the way home.

On the rare occasion we do encounter other anglers, they've been, to this point, more than happy to receive Finn's inevitable greeting, and there haven't really been any "incidents."

I've learned a little about Finn's fishing style over the years as well. She prefers that I fish with dry flies, allowing her to follow the cast and see the strike, which typically sends her into a tap-dancing whine but never launches her into the water. Using dries hasn't been a problem; I like to fish with them as well, and this is usually a mid-June or July outing. By then, most other anglers have shifted their attention to Susquehanna River smallmouths or started pond hopping for largemouth bass. We're perfectly fine with that.

So, I tie on a hopper pattern, something along the lines of a Dave's or Joe's hopper, maybe even a Chubby Chernobyl pattern in size 12, that allows Finn to watch and is also, admittedly, a concession to my aging eyes.

Although I thoroughly enjoy plying the waters of one of Pennsylvania's many trickles loaded with wild brook and — sometimes — wild brown trout, Finn prefers the bigger streams.

Not because they hold larger fish, including some hefty state-stocked trout, but because the swimming is much better. Turning her loose on a mountain stream often leads to a look of disappointment with the lack of swimming water.

So, we usually hit the wider waters, where the casting is simpler, the trout bigger and the holes deeper. Occasionally, our outing allows us to do both, jumping up into a feeder stream for some wild trout after catching a few stocked fish on the main stem.

When we're done for the day, it's my call. Finn usually takes one or two more laps in our final fishing hole before we head to the truck. Boots come off, rod is stored back in its tube, Gatorade is chugged and Finn gets towed off for the ride home.

It's been a long day and she's tired, but still excited.

There's a McDonald's drive-thru a half hour up the road, and it's time for a cheeseburger. 🍔

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

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PEDAL POWER

E-bikes Make it Easy to Get Around

PAULA PIATT

Penn Lines Contributor

YOU MAY REMEMBER THAT MOMENT when your mom or dad gave you the final push after the training wheels came off your bike, and you wobbled your way down the sidewalk. The farther you went, the steadier the bike became

and soon you were experiencing a whole new world of freedom.

Want to do that again? An e-bike just might be the ticket.

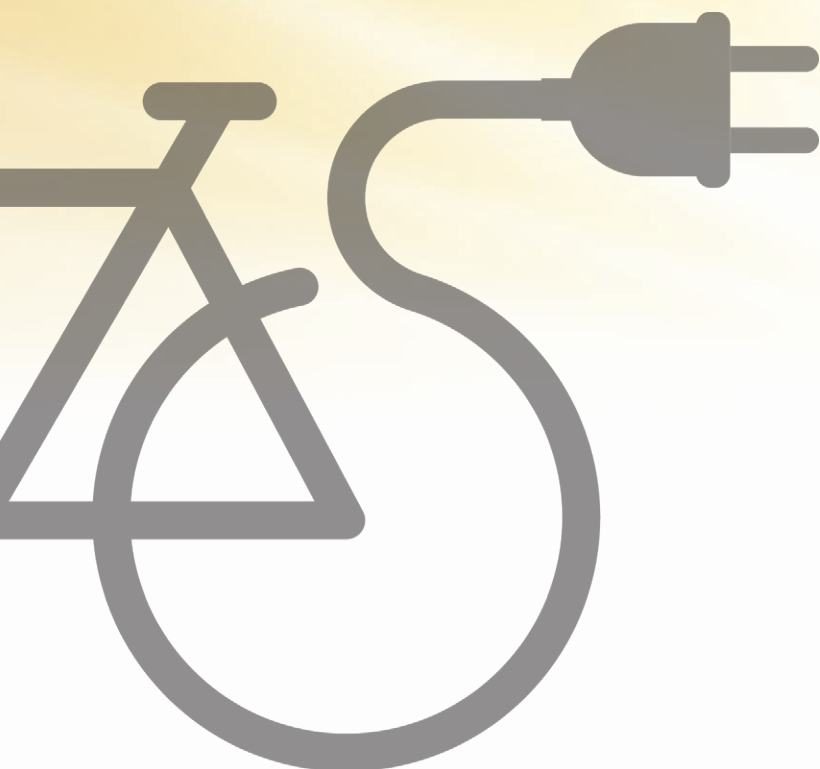
More and more, people are hopping onto this trend and finding they can explore places they never thought possible, giving them the freedom they first found at age 6.

“Just have fun with it,” says Jason Kraft, owner of Electric Bike Technologies in Bucks County, “because that’s what it’s about. It’s about being out there on a bicycle. It’s just a really good feeling.”

Unlocking new worlds

As a concept, e-bikes have been around for a long time, with the first patent issued in 1897. And when it comes right down to it, not much has changed: a motor, powered by a battery, drives a chain and off you go. But throw in today’s technology and you have some choices to make — pedal-activated? throttle-based? class 1, 2 or 3? Take a deep breath, heed the advice of those who have gone before you and you’ll be pedaling (or not) in no time.

The modern e-bike came into its own in the mid-2000s. When gas prices topped \$4 a gallon, Kraft was working in New York City and saw people using electric bikes. The entrepreneur in him saw an opportunity and soon he was selling conversion kits. At the time, e-bikes sold for \$3,500 or more, but for 20% of that, people could retrofit



their own bikes. His manufacturing business in Croydon soon expanded to include e-bikes and tricycles. By 2018, the market had really taken off and then COVID-19 came along — and sales went through the roof.

Now, e-bikes are everywhere.

“I use it for recreation and hunting,” says Ralph Martone of Grampian, a member of DuBois-based United Electric Cooperative. “It has opened up so many more areas for me. I can go places where you wouldn’t want to walk because you don’t know how much time it would take, or you have to drag out your deer. But with the e-bike, you can get in and get out, carry your deer and your tree stand. It has definitely given me a lot more range.”

Greg Henry of Hustontown, a director for Huntingdon-based Valley Rural Electric Cooperative, agrees. A longtime “regular” bicycle rider, he says the e-bike has unlocked new worlds.

“It’s more of a mountain bike; you can take it into the woods,” says Henry of his heavy-duty, fat-tired machine

that gets him to his fall archery hunting spots. “And I can see them helping people who’ve had surgeries. They want to start exercising and [with the e-bike] they’re still moving their legs, but don’t really have to exert themselves.”

Removing barriers

E-bikes definitely offer mobility opportunities a traditional bike can’t. The new market, says Kraft, who’s now concentrating on e-tricycles, is the older demographic who’s looking for stability as well as the ability to go the distance.

A walk around the 29 square miles of Gettysburg National Military Park would be out of the question for some, with its hills and valleys, but Josh Henson’s GettyPeds, a scooter and e-bike rental business, removes those barriers so you can enjoy the history before you.

“[They] give you the opportunity, instead of getting a workout, to enjoy the tour. They’re just amazing,” he says of e-bikes and scooters. The national military park, located



IT'S ELECTRIFYING: Greg Henry, a member and director for Valley Rural Electric Cooperative in Huntingdon, is a biking enthusiast and says his e-bike – a heavy-duty, fat-tired machine – has unlocked new worlds.

in Adams Electric’s service territory, has welcomed the e-bikes to trails that already host traditional bikes as well as pedestrians. “They are perfect for this environment.”

If you’re looking to buy rather than rent, Henry and Martone stress the importance of doing your homework. E-bike prices can range from \$300 to more than \$1,000.

“Know how you’re going to use it,” Henry says. “Are you looking for an all-terrain bike or something to ride on paved roads? There are dealers out there who can help you.”



Martone suggests a test drive.

“My first one, I had trouble riding it; it was just too tall for me,” he said. “The second one was much lower, and it has worked great.” He also suggests doing some research on the available accessories — racks, cargo storage and trailers. When hunting, he says his accessories allow him to take in his tree stand and drag out his deer.

“And get a backup battery,” Martone adds. “You can always take it with you, and it will give you more confidence as you ride.”

From the manufacturer’s point of view, Kraft can’t stress enough the need to take your time when choosing not only the e-bike, but the manufacturer. While you can buy a bike sight unseen on the internet, it’s best to be cautious, he says.

“You want to buy it from a reputable company that uses reputable parts,” he says, adding buyers should look for the Underwriters Laboratories (UL) safety seal on the bike and battery. “Make sure that they’re going to be there if you need any parts; most bike shops won’t work on the bikes they don’t sell.”

With the technical and logistical issues behind you, it’s still just a bike ride — a wobble down the road to new-found freedom.

“I think people should just let all the other stuff we talked about melt away,” Kraft says, “and just go for a ride.”

MORE MOBILITY: E-tricycles, like this one made by Electric Bike Technologies in Bucks County, are gaining popularity with older riders who are looking for stability as well as the ability to go the distance.

KNOW THE RULES BEFORE TAKING YOUR E-BIKE ON STATE, FEDERAL LAND

It’s true: E-bikes can go just about anywhere. Just about.

If you’re planning to ride some of Pennsylvania’s 3.7 million acres of state-owned public land or its 600,000-plus federal acres, know that rules differ depending on where you are.

Within the state parks and forests managed by the Department of Conservation and Natural Resources, e-bikes — as long as they are under 100 pounds, have operable pedals and the 750-watt motor doesn’t go faster than 20 mph — are welcome on trails already open to traditional bikes.

No biking is permitted in natural areas or on designated hiking trails (which will be blazed with yellow or orange). Understand, too, there are trails that may be specifically closed to biking, and if a trail is specifically marked for non-motorized travel, e-bikes are allowed, but you must be pedaling or using pedal-assist power; you can’t use the electric motor exclusively.

On lands managed by the Pennsylvania Game Commission

(PGC), e-bikes are prohibited. The only exception is for hunters with a disabled persons access permit, which is not granted for general public use. Additionally, you may ride the e-bike on a local road (depending on any local vehicle rules) that runs through game lands; however, you cannot travel off that road onto game land property.

The U.S. Forest Service considers e-bikes a type of motorized vehicle. E-bikes are allowed on specific roads and trails identified on a specific forest’s motorized vehicle use map. The best e-bike opportunity in Allegheny National Forest is the Jakes Rocks Trail System.

For more information on e-bike use in state parks and forests, visit dcnr.pa.gov/Pages/EBikePolicy.aspx; for information on the PGC’s disabled persons access permit, go to pgc.pa.gov/HuntTrap/LicensesandPermits/Pages/PermitsforHunterswithDisabilities.aspx; and for information on Allegheny National Forest, visit fs.usda.gov/main/allegheny/maps-pubs.



Water Buffalo, Licorice and a Peek Inside Your Freezer

MITCHELL KYD

THERE ARE TWO KINDS OF PEOPLE in this world: the ones who know what follows the words, *“I scream! You scream! We all scream for...”* — and those who don’t. For those of you who already know, you have a preview of this story. And if you didn’t know the answer, the closing words are “ice cream.”

Welcome to the other side.

On Sunday, July 21, Americans will commemorate the 40th anniversary of National Ice Cream Day. Whatever you remember or think you know about former President Ronald Reagan, you have to love a guy who wrote a giant permission slip for an entire nation to skip the guilt and splurge with a cold and creamy treat by decreeing every third Sunday in July a celebration.

So, what’s the scoop on screaming for ice cream? “We all scream for ice cream” is a lyric in the chorus of a 1920s novelty song. It evolved into a jazz standard, was revived in the 1950s and has become a cultural reference. It’s not surprising that Americans were screaming for some kind of treat around that time because Congress had passed the Volstead Act in 1920, prohibiting the manufacture and sale of alcoholic beverages. Citizens turned to new gathering places and new indulgences while breweries scrambled to endure the drought. The survivors — big names like Yuengling and Anheuser-Busch — held on by producing other things, including ice cream, as consumption of dairy delights exploded by 40% during the 1920s.

Do you like hot dogs, avocados, Stilton cheese, garlic, licorice or bacon? All have since been captured as ice cream flavors. Although I think shoo fly pie should be added to that list, I will admit the hometown batches we find at county fairs and food truck festivals top my list of favorites, like ice cream made by our nearby Williamson Ruritan Club.

Ruritan Clubs sprout up in small towns and rural areas where they become the anchor for community service. Most clubs have some kind of hallmark fundraising and for Williamson Ruritan, it is ice cream. Whether it’s being

served from their building on ice cream social night, dipped out of the deep wells of their ice cream truck or plunked into dishes at their public suppers and catered events, you can bet any gathering advertising Williamson Ruritan ice cream will draw a crowd.

This club in Franklin County is powered by a small but mighty crew of volunteers, now most over the age of 60, and ice cream sales have been a major project for more than 40 years. Sales fuel fundraising for scholarships, relief for house fire victims and holiday gifts for kids. Most ingredients are locally sourced and reflect local bounty. In June, ripe, scarlet strawberries tumble down sundaes leaving the kitchen. In July, black raspberry is a favorite flavor as those plump, purple berries start appearing at

area farmers markets. In August, fat slices of juicy, local peaches crown frozen perfection.

We’ve been in love with ice cream for a very long time. Thomas Jefferson gets credit for introducing Americans to this frozen dessert after his travels to France. The French probably caught the buzz from Italy. Marco Polo introduced it there in the late 1200s, following his treks through Asia. Six hundred years before that, Tang Dynasty records show China was

enjoying a sweet, iced drink made from water buffalo milk infused with camphor. Ooh. Yummy. Let’s see that on the PA Farm Show menu next year.

Here’s the dish: It’s estimated that 87% of Americans have ice cream in their freezers at this moment. On average, we each consume about 4 gallons a year. Make the hunt for the best ice cream a mission vacation by bouncing along the 2024 Pennsylvania Ice Cream Trail, June through September. Visit centerfordairyexcellence.org for details. At the very least, have an extra scoop on National Ice Cream Day. When it comes to eating ice cream, why be average? Strive to excel! 🍦

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



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

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with Farmers

Farm season means sharing the road with large farm equipment, which can be wide and slow. Farmers must move slowly in large equipment, but public roads are often the only way to get from point A to point B.

When you find yourself following or meeting large farm equipment on the road, take a deep breath and do the following to keep everyone safe:

1 Be alert and cautious, and give large farm equipment and other slow-moving vehicles space.

Do not pass in a "No Passing Zone," or in any area where it is not safe to do so, such as intersections, bridges and railroad crossings, among others.

3 Make sure the tractor is not trying to make a left turn before you pass on the left.

Do not tailgate. Following too closely means you could be in the operator's blind spot.

5 Be careful when you do get the chance to pass. Oftentimes, farmers will move their equipment over when it is safe to do so.

Source: Texas Table Top (Texas Farm Bureau)

Safe Electricity.org

The Joys of Old Age

JOHN KASUN

I AM NOT SURE IF you have noticed, but they don't make years as long as they used to. As I age, I notice that time no longer simply flies by; instead, it appears to be on some kind of out-of-control rocket ship.

It seems like only yesterday that my wife and I were discussing the proper placement of Christmas lights. She wanted to put them outside around the house, and I wanted to leave them in a box in the attic. I swear that took place last week and already she is hinting at putting out the lawn furniture before summer is over. How did it get to be July already? Didn't I just get the snowblower running?

In addition to the time problem, I have noticed some other subtle changes occurring in my life. For example, I no longer have to ask for a senior discount. Every clerk or waitress automatically assumes I am a senior. Unlike when I was 18 trying to pass for 21, it would be nice to get my card checked occasionally. Being older, however, does come with some

privileges. For example, when I am sitting at a red light, I really don't have to watch for it to turn green because the guy behind me is keeping an eye out for me. Every time I hear a horn blowing and look up, sure enough, the light is green. It's still important to be alert, though, because not everyone honks the horn. Some prefer hand signals. In either case, thanks to all for your help.

According to my mother, as a teenager, I was very fussy about my clothes and how I dressed. I do remember having black-and-white and brown-and-white plaid shoelaces that I washed after every use to keep them bright and clean. Today, I feel good if my T-shirt doesn't have pizza stains on the front. Actually, I have been thinking about manufacturing a line of T-shirts with food stains already on them. That way, people would not know if I was simply wearing the latest fashion or an old guy who spills stuff on himself a lot.

Despite aging, I still have a pretty sharp memory. I

can definitely remember years ago when people spoke very clearly, and I could easily understand conversations halfway across a crowded room. Today, things have changed drastically. Everyone seems to mumble, and I wind up constantly saying, "What? Huh?" Even with the TV and radio, I always have the sound turned up. The only good news is that next year when my wife asks about the Christmas lights, I can pretend I can't hear her. As a matter of fact, she has been really quiet lately and when she does say something, it is almost like she is shouting.

I've also found that getting older has a funny side that puts everything in perspective if you just pay attention.

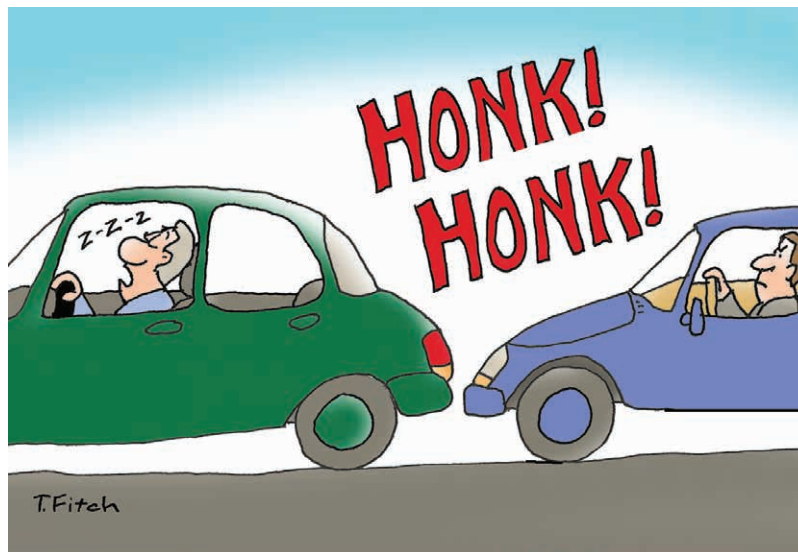
Recently, for instance, while in the grocery store, I turned the corner and found an elderly woman struggling to bend over to pick up a handful of change she had dropped; the coins were scattered everywhere. Stopping to help her, I soon found myself on my hands and knees recovering coins that had rolled under a display case. Due to

ongoing back problems, I held on to her cart as I struggled to get up. Once I had straightened up, she thanked me for my help.

"Glad to help," I replied. "For a minute I thought I might have to ask you for help — now that would have been embarrassing."

Her laughter and being able to share that moment with someone with the same problems had a special meaning. It shows we all need to look out for each other and keep a sense of humor.

That said, old age is an exciting time, and I can hardly wait to see what happens next — I just hope I can stay awake. 🍷



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.

Cut Loose

WORKING WITHIN A BOX has its merits. You know what options are available, there are plenty of examples of what “good” looks like and nearly all your options are “safe.” But sometimes “good” isn’t good enough, and you have to step beyond “safe” and just cut loose.

Just this once, cut loose from the conventional and send your most creative, authentic shots to this year’s Rural Reflections contest. The 2024 winners in five categories (artistic, human, landscape, animal and editor’s choice) will receive \$75 each, and runners-up will each receive \$25. 📷

JEN SNEDIKER • ADAMS ELECTRIC



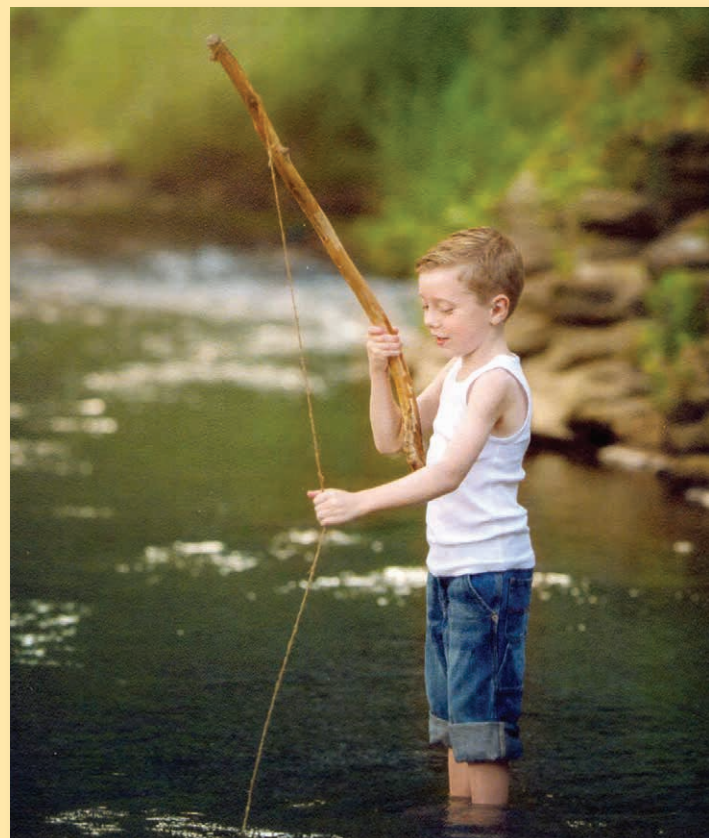
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DEBBIE KNECHT • TRI-COUNTY REC



LUKE FISHER • BEDFORD REC



How to enter

AMATEUR PHOTOGRAPHERS are encouraged to send photos for the 2024 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

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