

SEPTEMBER 2024

PENNLINES

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Breaking Things Apart

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ON THE COVER

David Bailey, a member of Huntingdon-based Valley Rural Electric Cooperative, is among the thrill-seekers who spend their spare time creating chaos at the state's many demolition derbies.

PHOTOS BY
 MICHAEL T. CRAWFORD

What to Do When the Lights Go Out

Recent Storms, Water Outage

Highlight Need for Safety, Preparation



DENNIS SHAWLEY

A DAY DOESN'T GO BY that I don't think about safety. In the utility industry, nothing is more important — a message our team stresses with every lineworker who goes through the Pennsylvania Rural Electric Association's Job Training & Safety Program.

At home, safety is crucial, too, and with September marking National Preparedness Month, it's a good time to emphasize the need for consumers of all ages to practice electrical safety.

This year's theme, "Preparing for the Unknown," is particularly timely. Last month, severe storms swept through Pennsylvania, the result of Tropical Storm Debby. Following widespread flooding, Gov. Josh Shapiro issued a disaster declaration in 21 counties, including 10 serviced by rural electric cooperatives. Amid this, a water main break in Central Pennsylvania impacted 42,000 customers, leaving some without running water and others under a boil-water notice for several days. Thousands of power outages were reported, too.

Minute to minute, hour to hour, day to day, year to year, none of us can predict what will unfold, leaving us with only one option: We need to prepare. Sure, it may seem overwhelming — how can you anticipate and plan for *everything*? The key is to take a step-by-step approach, starting with what to do when the lights go out.

Here are some actions cooperative members can take to stay safe when an outage happens:

- **Generator safety:** Generators are invaluable during extended outages but can be deadly if not used properly. Keep in mind, the National Electric Safety Code requires owners to install a manual or automatic transfer switch that disconnects the generator from the main power line. Without a switch, which should be installed by an electrician, power from the generator will flow up to the transformer and back onto the lines, creating a dangerous situation for lineworkers restoring power and others. Also, always operate generators outdoors, at least 20 feet away from windows, doors and attached garages to prevent carbon monoxide poisoning.
- **Downed power lines:** Treat all downed power lines as if they are live and dangerous. Stay at least 30 feet away from them and report the issue immediately to 911 and your cooperative. Never attempt to move a downed line yourself and be aware that lines can become re-energized unexpectedly.
- **Food and water safety:** During an outage, keep refrigerators and freezers closed as much as possible to maintain cold temperatures. A refrigerator can keep food safe for up to four hours, and a full freezer can hold its temperature for 48 hours. Consider having a cooler with ice on hand and stock up on non-perishable food items.
- **Communication and planning:** Make sure you have a way to receive emergency alerts and communicate with family members. Keep mobile phones and back-up batteries charged and have a plan in place for checking on vulnerable neighbors or relatives who may need help.

Your cooperative does its best to avoid power disruptions, but they are inevitable. So as we observe National Preparedness Month, use the lessons learned from this summer's storms to enhance your outage readiness and ensure your family can safely weather any storm. 🌩️

DENNIS SHAWLEY

MANAGER, JOB TRAINING & SAFETY

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FOCUSING ON THE POSITIVES

"What is September?" my managing editor asked.

"Hot," I replied, though I quickly realized she meant, "What are people focused on in September?"

Every month has a litany of awareness initiatives, all struggling for attention; I hadn't realized National Save a Tiger Month was tied to September – understandable, as it's hard to compete with Mullets for Mental Health Month.



Normally, you wouldn't associate mental health with demolition derbies – the topic of this month's feature – but at a recent one in Huntingdon County, I met a church group leader and rural electric cooperative member who was participating to promote a 12-step recovery program (September is also National Alcohol & Drug Addiction Recovery Month, another topic we explore in this month's issue).

This happy fellow with a bushy red beard would, hours later, go on to slam his stripped-down ride into anything that moved, all so he could get out of his car and proudly tell people about how the letters painted on the hood – representing an organization close to his heart – had saved his father's life.

Covering the derby – my first – I realized that while the participants are there to smash things apart, the real outcome is bringing people together. Often these events, held throughout the state as soon as the weather gets warm, raise thousands of dollars for and awareness about great causes, including groups that support people with disabilities and recovering addicts.

So I guess it's only appropriate that September also hosts Positive Thinking Day, Sept. 13. I encourage you to use it to focus on what matters to you, like growing a sweet mullet. Or maybe this will be the year you save a tiger – if it's not too hot.

Michael Crawford

MICHAEL T. CRAWFORD
SENIOR EDITOR



SOMETHING TO CELEBRATE: Pennsylvania will be releasing a new license plate next spring that commemorates its role in the birth of the nation.

LET FREEDOM RING

State unveils new patriotic license plate

In honor of America's 250th birthday in 2026, Pennsylvania is releasing a new patriotic license plate that celebrates its role as the birthplace of American democracy.

In addition to the "Let Freedom Ring" license plate, new welcome signs featuring the same theme have been installed in Adams, Bucks, Erie, Fulton, Monroe, Potter, Susquehanna and Tioga counties with another 29 scheduled to be erected.

Motorists can sign up now at penndot.pa.gov to receive an email update about the new license plates, which will be ready to order in spring 2025. PennDOT said fees will vary based on plate type and any optional personalization. The cost to replace a standard plate is currently listed at \$13 on PennDOT's website.

This is the first major redesign to Pennsylvania's base plate since 2000.

CROC SHOCK

Lake Erie visitors report alligator sighting

Several people enjoying the beach at Lake Erie in early August reported seeing an alligator in the water. Erie

police were alerted about the unusual sighting of the 4- to 5-foot-long reptile and passed the information along to the Erie Port Authority.

Port authority officials say they have been keeping a close eye on the water and nearby land and working with local trappers and others who have more experience dealing with the animals. Signs have been installed near the East Avenue Boat Launch and Lampe Marina and Campground, where the alligator was spotted, to advise people of the potential danger.

Reptile experts, who believe the alligator is between 2 and 4 years old, don't think it will be able to survive a northern Pennsylvania winter. They theorize the animal was someone's pet that was released into the lake. Experts said it's unlikely the gator would approach people; however, they also advise visitors who see it to refrain from approaching the animal or attempting to capture it.

Anyone who spots the alligator should call the Erie Port Authority at 814-455-7557, ext. 223.



FOR THE BIRDS

Volunteers needed to help with Pennsylvania Bird Atlas

The Pennsylvania Game Commission (PGC) is seeking volunteers for the third Pennsylvania Bird Atlas being conducted through February 2029.

The PGC, in partnership with Hawk Mountain Sanctuary, wants to document what birds live in Pennsylvania, where and in what numbers.

"The atlas will provide a snapshot of the population status and distribution of birds," Game Commission Ornithologist Sean Murphy says. "No other bird surveys are as comprehensive, and for that reason, the results are critical to the establishment of conservation priorities for Pennsylvania birds."

But getting those results takes people — lots and lots of them in lots and lots of places.

To volunteer, go to ebird.org and create an account. Volunteers can then access all the necessary information and tools to participate, including a handbook and other printable handouts, and track what others are seeing in real time (click the "Explore" tab).

Anyone is welcome to participate — there is no particular level of expertise needed. Every observation recorded

helps lay the groundwork for bird conservation now and in the future, the PGC says.

Pennsylvania did its first bird atlas in the 1980s, and the second followed in the early 2000s.

AND THE SURVEY SAYS ...

On-site state forest surveys will help improve visitor experiences

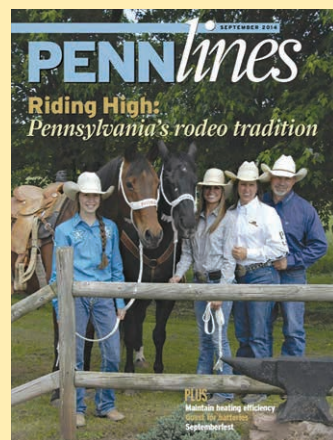
Visitors to Pinchot State Forest (Luzerne, Lackawanna and Wyoming counties) and Weiser State Forest (Dauphin, Carbon, Columbia and Schuylkill counties) are encouraged to participate in on-site surveys being conducted by staff from the state Department of Conservation and Natural Resources and Penn State University students.

Officials say the surveys will help the Bureau of Forestry understand the wants and needs of forest users to improve experiences on public lands.

Survey questions will include where visitors are from, activities they are pursuing, length of stay in the area, spending patterns while in the area and satisfaction with their experience.

The survey will continue through July 2025 with a final report scheduled to be available in fall 2025. 📍

TIME LINES



A decade ago, *Penn Lines* readers were "Riding High," the title of the September feature that focused on cooperative families and their passion for rodeos. Originating hundreds of years ago with Spanish cowboys, who were skilled in horseback riding and herding livestock, rodeos today are designed to test the skill and speed of modern-day cowboys and cowgirls. And they continue to be a big draw at the Pennsylvania Farm Show each January and at other venues across the state.

SEPTEMBER

COMMONS.WIKIMEDIA.ORG



A 'SITE' TO SEE

Looking for something different to do Labor Day weekend? Road trip to Wyoming County for Nicholson Bridge Day Sept. 8. The event celebrates what's been called the "Eighth Wonder of the World" and features music, food and 70-plus vendors. Learn more at sites.google.com/view/nicholsonwomensclub/home.

ROCKHILLRAGTIME.COM

THE GOOD OLD DAYS

The 15th Annual Central Pennsylvania Ragtime & American Music Festival, Sept. 12-15, is four fun-filled days of music, silent movies, lectures, open houses, and more in the twin boroughs of Rock Hill Furnace and Orbisonia, Huntingdon County. Free and ticketed events are planned. Learn more at rockhillragtime.com.



ON THE HUNT

Since 1957, thousands of bowhunters have been journeying to Forksville, Sullivan County, for the Pennsylvania Bowhunters Festival, the oldest gathering of bowhunters in the world. The three-day event, Sept. 13-15, will offer a wide variety of shooting activities and events for the young and young at heart. Find more at pabowhunters.com.

CELEBRATE FALL

Communities throughout rural Pennsylvania are gearing up for fall — and you know what that means: fall festivals. St. Mary's in Elk County will be the site of a Bavarian-themed event, Sept. 20-22, while Smicksburg in Indiana County will host its popular Fall Festival, Oct. 5-6. Learn more at facebook.com/BavarianFallFest and visitsmicksburg.com.



CRASH

**Demolition Derbies
Bring People Together
by Breaking Things Apart**

MICHAEL T. CRAWFORD



COURSE

Hitting and dodging is all part of the chaos at the 2024 Barbecue Bonanza Demolition Derby in Huntingdon.

Ever since we threw British tea into Boston Harbor, Americans have made breaking things a time-honored tradition.

While “rage rooms” are all the, ahem, rage these days, they lack the collective glee of cheering crowds craving chaos. It’s a niche that demolition derbies still fulfill admirably across the Commonwealth.

‘Pretty crazy’

For the uninitiated, a demolition derby pits drivers against one another in a destructive contest. Instead of weaving between cars to cross a finish line, drivers slide and ram their vehicles into each other, hoping to outlast the carnage.

Awards go to drivers who can keep their car going the longest and sometimes to those who put on a good show, either with flashy maneuvers, stunning hits, or just stylishly

designed vehicles.

Somerset Rural Electric Cooperative (REC) member Amy Juratovac, who enjoys spray painting and detailing vehicles before sending them off to their demise, says that despite the high-adrenaline carnage, the sport is incredibly safe.

“There’s a lot going on, but there’s also a ton of people who are watching it all unfold,” says Juratovac, who grew up driving four-wheelers. “You don’t have to freak out when you see a car on fire or somebody’s stuck because there are 20 people who are ready to jump in to help.”

Drake Schmourder, a member of and lineman for Mansfield-based Tri-County REC, is no stranger to danger; he works around high-voltage electricity for a living. On the job, safety comes first, and it’s much the same with his hobby.

“Most derbies will want you to take the airbags out [of the car] so they don’t blow up in your face when you hit people,” explains Schmourder, who has been winning prizes at demolition derbies for eight years. “I always put a four-point cage in my vehicle — from the firewall, down the doors and behind the backseat — so stuff can’t get caved in on me. ... You have to wear a seatbelt when you run — just like you would driving a car normally — and a helmet and safety glasses.”

The lineworker grew up watching derbies at fairs. At age 16, a farmer he was working for told him that if he could make an old car run again, he could have it for free. Seeing his chance to finally dip his toes into demolition derbies, he found a way to make it run — at least long enough to wreck it one last time — and earn third place in the process. He’s been hooked ever since.

“I started off with minis — four- or six-cylinder cars — and now I’ve transitioned to large-truck and minivan classes,” says Schmourder, who primarily drives at the Tioga County Fairgrounds in Wellsboro. “It can turn pretty crazy very quickly. I’ve been in derbies where I’ve lasted 15 seconds, and others where I’ve gone all the way and almost won a couple times.”

What’s going on?

From the stands, a demolition derby is wild.

Smoke billows from the dozens of cars crammed into one tight space. Rubber burns as tires fling mud into the stands. Metal crunches and screeches as vehicles slam into one another — noises quickly drowned out by the wails and cries of the crowd. Behind the wheel, drivers make split-second decisions, slamming their boots against the accelerator as they scan for targets while hoping not to be a target themselves.

“It makes you feel like your head is on a swivel,” says



BORN FOR THIS: Drake Schmourder, a lineman for Mansfield-based Tri-County Rural Electric Cooperative, wraps up a day of chaos at the Tioga County Fairgrounds in Troy. Schmourder has been entering derbies since he was a teenager.



DEMOLISHING DESPAIR: David Bailey, a member of Huntingdon-based Valley Rural Electric Cooperative, discusses Celebrate Recovery – a 12-step, faith-based addiction recovery program he promotes at events – ahead of the 2024 BBQ Bonanza Demolition Derby in Huntingdon.

Steven Sickles, owner of Sickles Racing, a demolition derby team that travels across southwestern Pennsylvania. “Your awareness just shoots through the roof of what’s going on everywhere — what’s coming at you, what’s not.”

Drivers can’t just slam into one another endlessly, though. Survival in a demolition derby requires drivers to know when to hit and when to dodge.

“You need to have a good combination of both if you want to win,” Sickles says. “A lot of times, if you’re trying to do too much damage, you’re also hurting your car. You have to weigh the options and take the smart hits.”

While a derby is chaos, it’s not anarchy. Aside from having fire engines and ambulances on standby, a panel of judges enforces the rules — written and unwritten — for the safety of drivers and spectators. For instance, ramming isn’t allowed on driver-side doors; drivers have a minute to get unstuck during a derby; and all vehicles are inspected beforehand to ensure they don’t pose a danger to other drivers or the audience.

Judges also decide who gets awards beyond just surviving to the end. A Mad Dog Award, for example, is presented to the most aggressive driver.

Like most contests, there are different classes of demolition derbies based on the vehicles and what is (or isn’t) installed in them. The most accessible class — the gut-and-go — is a bare-bones approach to demolition derbies. Rather than souping up a car, drivers strip vehicles down to the barest of necessities.

“You take a compact car right off the street, take the windows out, move the gas tank and battery, chain the door shut, and go have fun,” explains Bill DeArmitt, event coordinator for the 2024 BBQ Bonanza Demolition Derby, an annual event at the Huntingdon County Fairgrounds that’s sponsored in part by Huntingdon-based Valley REC.

A driver looking to enter a gut-and-go class can have a car ready in eight hours, according to Sickles, who also runs an automotive core business. But if you’re looking to enter a larger vehicle or something with a V-8 engine, it could take up to a month. Sickles suggests interested drivers start in the gut-and-go class.

“For that class, all you really need is the car, a good fuel cell and a battery tray, and you can be in it for under \$800,” Sickles says. “Once you get into the heavier classes ... we have anywhere from \$3,000 to \$4,000 in them when it’s all

said and done. For the V-8s ... some people have anywhere up to \$75,000. There are a lot of expensive builds out there.”

Event organizers will usually print a detailed list of requirements for each class of vehicles months in advance of a demolition derby. According to Schmouder, you don’t need to be a certified mechanic to enter the gut-and-go class.

From demolition to donations

Novelist Graham Greene wrote “destruction is a form of creation” — and that certainly holds true for demolition derbies. Aside from creating a good time for drivers and spectators, the events often contribute to the community, drawing crowds to county fairs or raising money for not-for-profit organizations.

“Just for the United Way, the donation last year was upward of about \$20,000,” explains Todd Quinter, a member of Valley REC and board member for the Huntingdon County United Way, which organizes the BBQ Bonanza. Funds raised support Promoting, Rehabilitation, Independence, Dignity and Education (PRIDE), an organization for those with disabilities.

“That all stays in the county,” he adds. “This is a game-changer when it comes to nonprofits in the area. It brings people from all over the town and all over the region. It’s great for our local community, and everyone’s excited. There’s a lot of energy about it.”

Not-for-profit organizations also use demolition derbies

to raise awareness about the issues they address. David Bailey, a Valley REC member and a youth leader at Mount Union Wesleyan Church, drives two vehicles at demolition derbies — one for the thrill and one for Celebrate Recovery, a faith-based, 12-step addiction recovery program operated by his church.

“We call it ‘healing for every hurt, hang-up and habit,’” says Bailey, whose father has been going through the Celebrate Recovery program for the past year. “You could have anxiety ... [or] any kind of issue you’re struggling with on a day-to-day or periodic basis. It’s an outlet to be with similar-minded individuals.”

Whether a driver is in it for the cash — usually a few hundred dollars for third place and a couple thousand for first — the rush, or some other cause, it’s hard for them to head in or out of the arena without a smile on their face.

“There’s nothing like when you’re down there and you make a big hit and you hear the crowd roar,” Schmouder says. “I tell you what — it is fun, and it’s an adrenaline rush. It’s heart-pounding and intimidating all in one.”

Itching for destruction? Demolition derbies can be found all over the Commonwealth. Check in with your county fair organizers to see if they or a neighboring county has one scheduled, or you can join the “Pa Demolition Derby Events” group on Facebook to find upcoming events. 🚗



OBJECTS CLOSER THAN THEY APPEAR: A competitor in the 2024 BBQ Bonanza Demolition Derby slams the back of his gut-and-go car into another driver’s vehicle while vying for the win at the Huntingdon County Fairgrounds.

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MIRANDA BOUTELLE

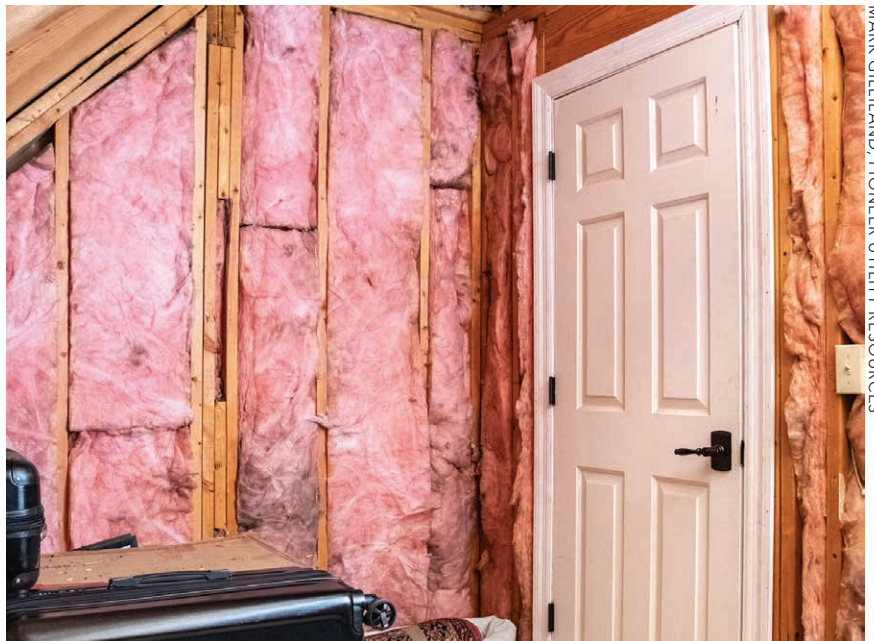
DEAR MIRANDA: How do I use federal tax credits and rebates to upgrade my home?

A: Tax credits and rebates can help bridge the affordability gap to higher efficiency equipment for your home, allowing you to complete upgrades that can lower your energy use and save you money for years to come.

First, knowing the difference between a tax credit and rebate is important. A rebate is a payment for purchasing or installing a qualified product or home improvement. Depending on how the program is set up, the rebate may be provided at the time of purchase or applied for and received after installation. Check with your electric cooperative to see if it offers rebates — many do. Typically, the rebate is applied as a credit on your electric bill. In some cases, the rebate is provided as a cash payment to those who complete eligible projects.

A tax credit is a dollar-for-dollar amount that can be reported at tax time to reduce the amount of taxes owed. You apply for a tax credit when you file your tax documents, so it typically takes longer to reap the benefits than it does with a rebate.

According to Energy Star®, homeowners can qualify for up to \$3,200 annually in federal tax credits for energy efficiency upgrades. Federal



MARK GILLILAND, PIONEER UTILITY RESOURCES

INSTALLING INSULATION: You can also improve your home's envelope with tax credits for insulation.

tax credits are available for heating and cooling system upgrades, including heat pumps, furnaces, central air conditioners, boilers and geothermal heat pumps. Tax credits for Energy Star-rated heat pump water heaters cover 30% of the project cost, up to \$2,000. You can also improve your home's envelope — the portion of the home that separates the inside from the outside — with tax credits for insulation, windows and skylights.

If an energy efficiency upgrade requires improving the electrical panel in your home, there's a tax credit for that, too. You can receive 30% of the cost of the panel upgrade, up to \$600.

These federal tax credits are available through 2032. You must own the home you're upgrading, and it must be your primary residence. Federal tax credits only apply to existing homes in the United States, not new construction.

Additional energy efficiency rebates might also be available. More than half of U.S. states require energy efficiency programs for residents, according to the American Council for an Energy-Efficient Economy.

These programs can help people save money on their electric bills and help states meet climate goals, reduce system costs and improve the electric grid. In Pennsylvania, a good place to start is the state Department of Environmental Protection's website, dep.pa.gov, where you can find information about several loan, rebate and tax credit programs. (Choose the "Residents" tab at the top of the page, click on "Saving Energy" and go to "Energy Efficiency and Conservation.")

I have had the privilege of working in energy efficiency rebate programs for many years and have seen the benefits firsthand. Tax credit and rebate programs can make upgrades more affordable — helping people save money and improve the overall comfort of their homes. 🏡

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.

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"I switched to the MDHearing aids and so should you. These are better than my \$8,000 hearing aids, and no one can even see them."

Joe Namath
Superbowl III MVP
MDHearing Aid User

NEW LOW
PRICE
70%
OFF

REG ~~\$999.98~~
AS LOW AS
\$297
for a pair



 **MDHearing™**

The smallest **inside-your-ear** hearing aids from MDHearing... **no one will know you're wearing it!**

NEO XS - Our smallest
hearing aid ever!

NEO - Our best-selling
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50%
Smaller

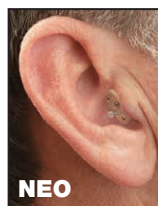


\$397
for a pair

Actual size



or



\$297
for a pair

What's Included:

- FDA-Registered
- Doctor-Designed
- 20-Hour Battery Life
- Portable Charger
- FREE Shipping
- FREE Lifetime Support
- 100% Money-Back Guarantee

45-Day Risk-Free Trial!

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Be sure to enter offer code **SF34** to receive FREE Shipping!

**MDHearing is Now Available Through
Top Medicare Advantage Plans!**

Local Lore

Tri-County Rural Electric Cooperative

Living Among the Trees

Deep in the Tiadaghton State Forest, which spans large portions of land served by Mansfield-based Tri-County Rural Electric Cooperative, Bob and Dotty Webber built a 500-square-foot cabin. It had no running water, no indoor plumbing and no phone lines. From 1961 to 2015, they lived simply to live, practicing what they preached by promoting and connecting with one of the Commonwealth's greatest natural resources: its forests.

"The Webbers' enthusiasm for the forest and the conservation-minded lifestyle they lived was most certainly contagious among those with whom they spent time," says Joshua Roth, Pennsylvania Lumber Museum (PLM) site administrator.

According to the PLM, Bob and his co-workers at the state Department of Conservation and Natural Resources (DCNR) designed and built the



CONSERVATION HOME: Bob and Dotty Webber built this 500-square-foot cabin in Slate Run shortly after they were married in 1961. Throughout their lives, they served as advocates for connecting people with the forest, viewing it as Pennsylvania's greatest natural resource. The Webber cabin is now located in Ulysses on the hill behind the Pennsylvania Lumber Museum's visitor center.

42-mile Black Forest Trail that loops through portions of Tiadaghton. Bob also helped to build and maintain more than 90 miles of public trails in north-central Pennsylvania. He's also believed to have hiked more than 50,000 miles in his lifetime.

Dotty passed away in 2012, and Bob in 2015. In 2018, their cabin was relocated to the lumber museum's property along Route 6 in Ulysses. The museum staff's goal is to inspire visitors to become better stewards of Pennsylvania's forests and heritage,

much like the Webbers.

To learn more about the couple, their cabin and the museum, visit lumbermuseum.org.



Main Office: Mansfield, Pa.
Consumer-members served: 19,624
Website: tri-countyrec.com

This month's work of art is from Daisy Cohenour, age 9, whose parents receive electricity from DuBois-based United Electric Cooperative. Daisy drew this picture based on our July 2024 Outdoor Adventures column, "The Perfect Fishing Buddy." Finn, Steve Piatt's 9-year-old Labrador retriever, reminded Daisy of her dog, Yeller, who died four years ago. We are sad to announce Finn, too, unexpectedly passed away shortly after the article was published. We hope Yeller and Finn find each other and are having fun over the rainbow bridge.

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.



REA *energy* Cooperative Inc.

A Touchstone Energy® Cooperative



2023 Annual Report

2023 Executive Report

We are very pleased to report to you, our consumer-members, on the condition of your cooperative. 2023 was a good but challenging year for the cooperative due to increasing inflation and inventory shortages. The cooperative's financial performance, however, during the year allowed us to continue improving our system and reliability.

The following are just some of our 2023 accomplishments:

Finance

Financially, REA Energy experienced a 12% increase in revenue in 2023. Our electricity sales of \$51,112,008 were due to a rate increase that offset increasing expenses and declining kilowatt-hour (kWh) usage. Our usage decreased by 3%, while expenses increased 16% in 2023. Our cost of power totaled \$28,951,823, which was a 27% increase from 2022.

This combination of increased revenue and a \$1.6 million patronage allocation from our wholesale electric power supplier allowed us to record a cash and noncash net margin of \$4,672,576, which met the requirements of our mortgage holders.

Detailed financial statements can be found on subsequent pages of this issue of *Penn Lines*. The cooperative's records were audited by an independent accounting firm, which issued a clean audit opinion.

Member Services

REA Energy Cooperative continued to expand member services in 2023.

- Held an in-person and virtual annual meeting, with nearly 400 members attending.
- Held a Member Appreciation Month in October in conjunction with National Cooperative Month.
- Redesigned the cooperative's website, reaenergy.com, and REA Energy Services' website, reaservices.com.
- Conducted high-voltage and safety demonstrations with our tabletop display at the Cookport Fair.
- Increased the use of mobile devices in field vehicles for up-to-date information flow.
- Continued communication and education with our members via regular posts to the cooperative's social media pages, *Penn Lines* articles and printed material.

- Continued to promote Touchstone Energy®, a national cooperative that provides our members with benefits.
- Promoted the education of our youth by sending seven students on Youth Tour in Washington, D.C.
- Further promoted and enhanced the Members Sharing with Members Fund to help those in need due to unemployment or financial hardship.
- Encouraged large commercial members, known as key accounts, to expand our system, which may reduce costs for all members.
- Returned more than \$1 million to the membership through capital credits checks.

Adhering to our core principles, REA Energy will continue to enhance existing programs and offer new technology to better serve our members.

REA Energy Services

REA Energy Services, our for-profit subsidiary, continued to be successful due to an increase in commercial customers. REA Energy Services had solid sales in all four business lines, including heating, ventilation, and air-conditioning products (HVAC), electrical contracting, generators, and tree trimming.

REA Energy Services installs most types of HVAC systems, such as electric boilers, and three major heat pumps, including ductless, air-source, and geothermal systems. Through education, which emphasizes the cost-saving benefits of these products, we continue to install many of these systems. We anticipate future interest from members due to volatile fossil fuel prices versus low REA Energy electric rates. Since profits from this subsidiary are returned to the cooperative, the subsidiary's success helps to keep rates low.

Most of our products, such as heat pumps, provide direct profits to the cooperative and also increase electric sales, which also help to keep rates low. Not only does the cooperative benefit from the subsidiary, but members also benefit from purchasing high-efficiency products that help them save money on their monthly energy bills.

Our electrical contracting business line continues to provide safe electrical upgrades to our residential consumers and provides solutions for commercial

consumers. Our load technicians play a pivotal role in increasing electric sales by providing services at a competitive price. This service makes it easier for commercial and industrial accounts to relocate to cooperative lines, which increases sales.

REA Energy Services recorded approximately \$920,940 in revenue for 2023. The solid sales numbers were due to great customer service, honesty and exceptional value, making REA Energy Services the company of choice for many people.

REA Energy Services will be offering more convenient and energy-efficient products and services in the future. Think of us for any future contracting jobs and tell a friend about our excellent products and services.

Rights of Way

REA Energy constantly monitors the reliability of our power system. Each year, an outage summary report identifies areas that need attention and, based on past history, where future outages are most likely to occur. Tree-related outages accounted for 56,783 outage hours in 2023, resulting in 19% of the total outage hours for the year.

Last year, the cooperative spent more than \$3.8 million on cutting trees in rights of way for line extensions to serve new members, as well as on regular cutting and herbicide treatments for existing rights of way. Contributions for rights of way were made by various companies and members in 2023.

Substations we focused on in 2023 were:

Summerhill — cut 57 miles

Birtle — cut 21 miles

Kenwood — cut 84 miles

Washington — cut 139 miles

St. Augustine — cut 115 miles

The maintenance of rights of way is a time-consuming and labor-intensive task. If you notice trees that present an immediate threat to the cooperative's power lines, please contact us so we can investigate.

Reliability/System Improvements

REA Energy strives to provide reliable electric service to members. This past year, the cooperative rebuilt 16.6 miles of line across the system. Rebuilding, relocation and upgrading of electric lines included:

Overhead — 16.6 miles

Amsbry Metering Point

- Columbia Street — 2.7 miles

Indiana North Substation

- Harrison Drive — 0.5 mile
- Thompson Road — 0.5 mile
- Wida Road — 2 miles

Livermore Substation

- Lewisville Road — 0.7 mile
- Willams Road — 1 mile

Shadowood Substation

- Goral Road — 0.6 mile
- Henry Road — 2 miles

Summerhill Substation

- Jap Road — 0.5 mile
- State Route 160 — 0.9 mile

Washington Substation

- Johnston Road — 1.4 miles
- Potts Road — 0.6 mile
- State Route 954 — 3.2 miles

Substation/Metering Point

- Washington Substation — Replaced the aging wooden structure with new steel structures, transformers and regulators.

REA Energy is in the fourth year of its four-year work plan and the eighth year of its 10-year work plan. The four-year work plan runs through June 2025 and includes approximately 15 to 30 miles of reconductoring projects each year.

2023 Outages

REA Energy had 297,584 total member outage hours for 2023, compared to 211,449 in 2022. REA experienced three major-event storms in 2023, totaling 151,052 outage hours, compared to one major-event storm in 2022, totaling 26,624 outage hours.

Outages on the transmission system owned by investor-owned utility, FirstEnergy, accounted for 22,889 member hours in 2023, compared to 49,713 member hours in 2022.

Management and staff continue to focus on system improvements and work closely with our transmission and power suppliers to improve reliability.

Annual Meeting

REA Energy's Annual Meeting is scheduled Thursday, Sept. 19, at the Kovalchick Convention Complex in Indiana, Pa.:

Doors open — 4 p.m.

Entertainment — 4:30 to 5:15 p.m.

Business meeting starts — 5:30 p.m.

In conjunction with the in-person meeting, we will also offer members the ability to log on to a virtual platform to view the meeting. To register to view the annual meeting virtually, go to reaenergy.com and click on the "Annual Meeting Registration"

button before noon Sept. 19. This will admit you to the virtual annual meeting and

makes the named member(s) eligible to win a door prize.

REA Energy Board and Leadership



Michael J. Bertolino,
Chairman, CCD, BLC, Gold

Board of Directors

Wayne Farabaugh, Vice Chairman,
CCD, BLC, Gold

Robert Neese, Secretary/Treasurer,
Allegheny Director, CCD, BLC, Gold

Rick Shope, PREA Director,
CCD, BLC, Gold

Thomas Aurandt, CCD

Tom Beresnyak, CCD

Sandra Dill, CCD

Anthony Enciso, CCD, BLC

John R. Learn, CCD, BLC



Chad Carrick, MBA, CFPC
President and CEO

Staff

Barry Baker, Indiana Operations Manager

Erin Bauer, SHRM-CP, PAC Coordinator

Shane Cribbs, CISSP,
Network & Systems Manager

Dave Daugherty, CSP
Safety & Right of Way Manager

Jeff Dishong, Ebensburg Operations Supervisor

Lisa Gardill, CFPC
Accounting & Finance Manager

Nicholas Hartman, Manager of Engineering

Stacy Hilliard, CCC, CKAE
Communications & Marketing Manager
Local Pages Editor

Bryon Roland, CPSM, CPM
Purchasing & Facilities Manager

Renee Spalla, Supervisor of Consumer Services

Chris Weller, Load Management Supervisor



Headquarters Office

75 Airport Road

P.O. Box 70

Indiana, PA 15701-0070

724-349-4800 or 800-211-5667

Office Hours: Monday-Friday
7 a.m.-3:30 p.m.

Ebensburg, Pa.

127 Municipal Road

P.O. Box 273

Ebensburg, PA 15931-0273

814-472-8570

Office Hours: Monday, Wednesday, Friday
7 a.m.-3:30 p.m.

Closed Tuesday and Thursday

Emergencies/Outages: 844-920-3395

Email: reaenergy@reaenergy.com

Website: reaenergy.com

2023 Statistics

Number of Services - 25,347

Miles of Electric Line - 2,731

System Peak (December) - 74,417 kW

Kilowatt-Hours Sold - 370,745,390 kWh

Net Plant Value - \$114,330,417

Est. Gross Load Mgmt. Savings - \$451,981

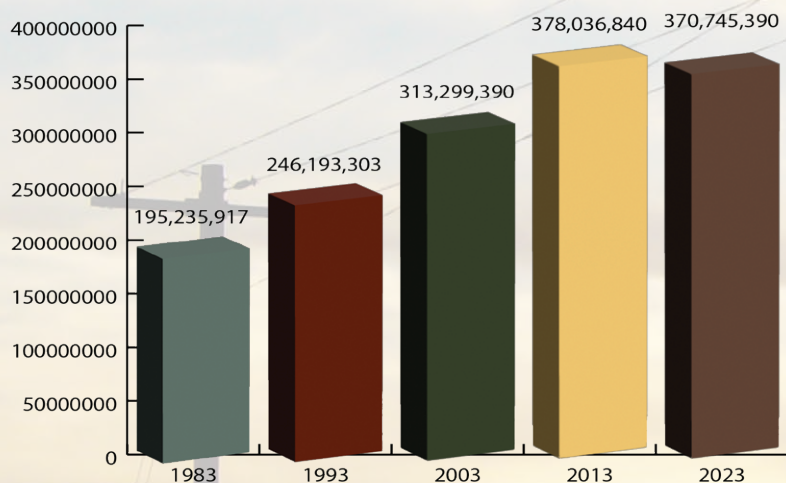
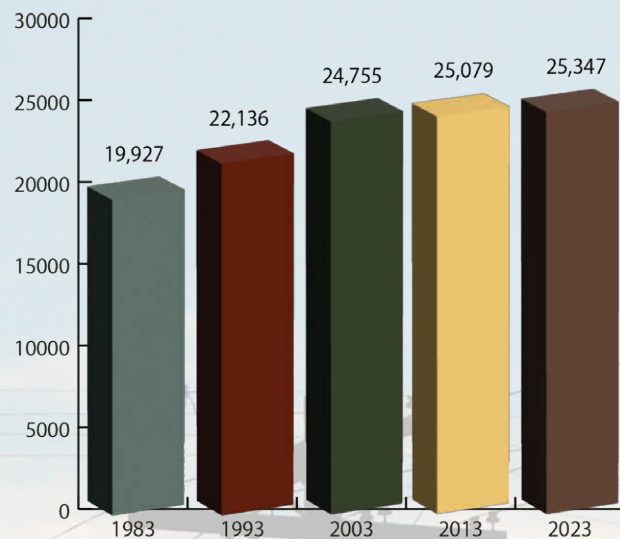
Water Heaters Controlled - 6,414

Water Heaters Issued to Date - 5,075

Round-Up Participants - 1,811

Full-Time Employees - 68

Number of Accounts



kWh Sold

Net Utility Plant

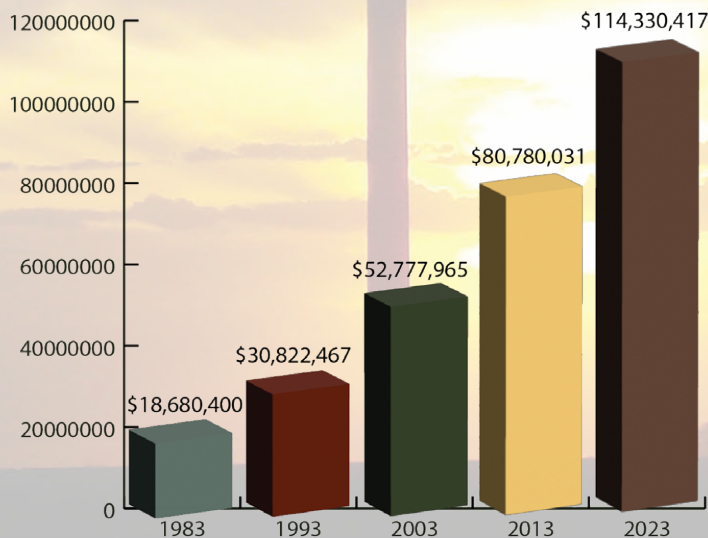
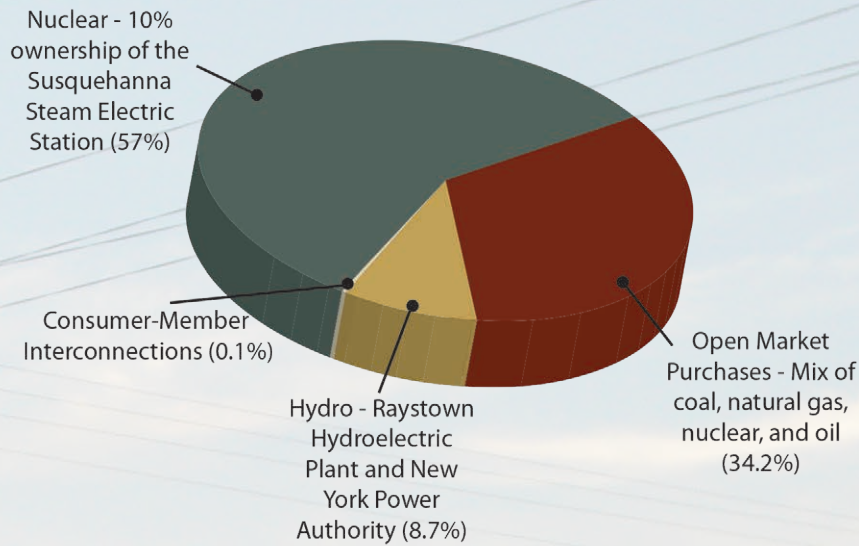
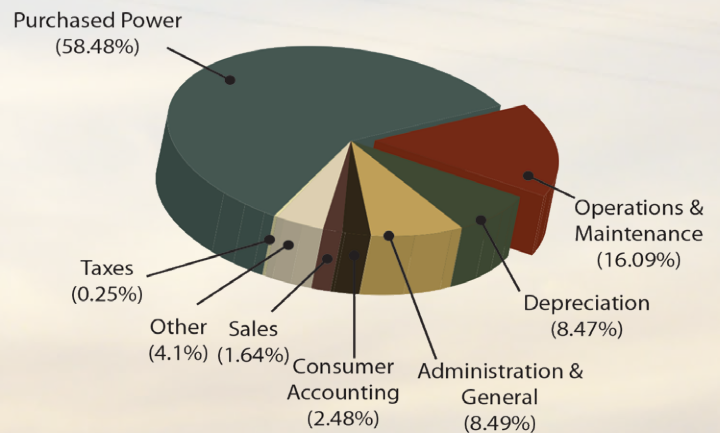


Photo Source: Cooperative.com

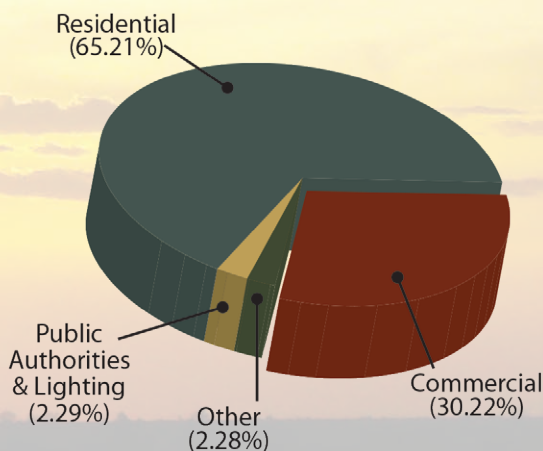
Wholesale Power Supply Sources



How the Cooperative's Dollar Was Spent



Sources of the Cooperative's Dollar



2023 Financial Report

Balance Sheets*

<u>Assets</u>	December 31,	
	2022	2023
<u>Electric Plant</u>		
In Service and Construction in Progress	143,669,563	150,990,092
Less: Accumulated Provisions for Depreciation	<u>35,238,674</u>	<u>36,659,675</u>
TOTAL ELECTRIC PLANT	108,430,889	114,330,417
Investments in Associated Organizations	<u>22,067,748</u>	<u>23,220,151</u>
<u>Current Assets</u>		
Cash	5,284,855	2,310,171
Temporary Investments	12,176,215	7,513,521
Accounts Receivable (less reserves)	2,357,374	2,478,425
Accrued Utility Revenues	2,887,907	3,575,876
Materials and Supplies (at average cost)	1,729,600	2,047,825
Other Assets and Deferred Charges	<u>505,214</u>	<u>384,411</u>
TOTAL CURRENT ASSETS	24,941,165	18,310,229
TOTAL ASSETS	155,439,802	155,860,797
<u>Equities and Liabilities</u>		
<u>Equities</u>		
Memberships	93,560	95,110
Patronage Capital	78,597,955	82,237,088
Other Equities	<u>152,816</u>	<u>153,822</u>
TOTAL EQUITIES	78,844,331	82,486,020
<u>Liabilities</u>		
Long-Term Debt:		
RUS Mortgage Notes (Less Current Maturities)	58,443,064	56,052,198
CFC Mortgage Notes (Less Current Maturities)	2,593,837	1,464,534
Other	1,642,500	1,045,174
Accumulated Post Retirement Benefit Obligation	616,180	633,771
Current Maturities of Long-Term Debt	3,732,113	4,359,191
Accounts Payable:		
Purchased Power	2,107,342	2,431,221
Other	787,945	754,125
Consumer Deposits and Prepayments	75,945	90,347
Other Liabilities and Deferred Credits	<u>6,596,545</u>	<u>6,544,216</u>
TOTAL LIABILITIES	76,595,471	73,374,777
TOTAL EQUITIES AND LIABILITIES	155,439,802	155,860,797

Statements of Revenue and Patronage Capital*

	December 31,	
	2022	2023
<u>Operating Revenue</u>	<u>47,494,091</u>	<u>53,873,821</u>
<u>Operating Expenses</u>		
Cost of Power	22,774,316	28,951,823
Distribution - Operations	1,771,433	1,939,632
Distribution - Maintenance	5,775,263	6,025,707
Consumer Accounts	1,109,420	1,230,069
Sales	822,116	812,435
Administrative and General	4,090,014	4,201,571
Depreciation	3,982,965	4,192,558
Other Operating Costs	1,881,824	2,027,852
Taxes	59,205	124,151
Interest - Other	<u>1,298</u>	<u>1,476</u>
TOTAL OPERATING EXPENSES	42,267,854	49,507,274
<u>Fixed Charges</u>		
Interest on Long-Term Debt	<u>1,972,671</u>	<u>2,040,373</u>
<u>G & T and Other Capital Credits</u>	<u>2,715,407</u>	<u>1,768,102</u>
NET OPERATING MARGINS	5,968,973	4,094,276
<u>Non-Operating Margins</u>		
Interest Income	182,972	575,062
Other Non-Operating Income (Expenses)	<u>466,294</u>	<u>73,093</u>
TOTAL NON-OPERATING MARGINS	649,266	648,155
Provisions for taxes on income	(64,632)	(69,855)
NET MARGINS	6,553,607	4,672,576
Patronage Capital at beginning of year	72,044,398	78,597,995
Less: Retirement of Capital Credits	(0)	(1,033,443)
Other Adjustment	(50)	(0)
Patronage Capital at end of year	78,597,955	82,237,088

Note: The Capital Credits from Allegheny Electric Cooperative, Inc., and other cooperatives, represent patronage capital credits allocated to us, but not paid.

The accounts of our cooperative for 2022 have been audited by Buffamante, Whipple, Buttafaro, P.C., Jamestown, N.Y. The accounts of our cooperative for 2023 have been audited by Fiore Fedeli Snyder Carothers, LLP (FFSC). The auditors' complete report is on file in the office of the cooperative and is available for inspection by members of the cooperative.

*Consolidated Financial Statements

Causes of Outages in 2023

CAUSES OF OUTAGES	TOTAL OUTAGE HOURS (Hours out multiplied by the number of consumers affected)	PERCENTAGE OF ALL OUTAGE HOURS
Major Storm	151,052	50.8%
Trees or Limbs	56,783	19.0%
Pre-Arranged	24,351	8.2%
Power/Transmission Supplier	22,889	7.7%
Distribution Line Equipment	21,732	7.3%
Unknown	7,025	2.4%
Customer Caused	6,976	2.3%
Animals	5,212	1.8%
Lightning	1,564	.5%
TOTALS	297,584	100%

Photo Source: Cooperative.com

Important Annual Meeting News!

The Annual Meeting of the members for REA Energy Cooperative, Inc. will be held Thursday, Sept. 19, 2024, at Kovalchick Convention Complex, 711 Pratt Drive, Indiana, Pa. Doors open at 4 p.m. The business meeting will begin at 5:30 p.m. Those who attend the in-person meeting will receive a gift and be eligible for door prizes.

For those unable to attend the meeting in person, there is an option to attend the meeting virtually. To register for the virtual meeting, visit reaenergy.com and click on the "Annual Meeting Registration" button. Please register by noon Sept. 19.

This admits you to the virtual annual meeting and also entitles the named member(s) a chance to win a door prize. Members who participate in the online meeting for the entire time will receive a \$10 bill credit. Informational videos, along with a list of Frequently Asked Questions on how to register and log in for the meeting, are posted on reaenergy.com.

**REA Energy Cooperative, Inc.
Annual Meeting
Thursday, Sept. 19, 2024
Kovalchick Convention Complex**

- 4:30 p.m. • *Entertainment*
- 5:30 p.m. • *Call to Order and Statement of a Quorum*
- *Reading of Notices*
- *Action on 2023 Minutes*
- *Election Results (Districts 3 and 4)*
- *Chairman's Report*
- *President and CEO's Report*
- *Guest Speaker*
- *Unfinished Business*
- *New Business*
- *Adjournment*
- *Questions & Answers*
- *Awarding of Prizes*

October is National Cooperative Month

Being part of a cooperative means being part of something special. REA Energy Cooperative will celebrate National Cooperative Month in October, along with more than 40,000 other cooperative businesses serving more than 140 million people nationwide.

This year, REA Energy will be celebrating Member Appreciation Month throughout October. Members who were not able to participate in the in-person or online meeting may present their member card (the bottom portion of their annual meeting notice) at either of REA Energy's offices in Indiana or Ebensburg to receive a gift packet. This will be given on a first-come, first-served basis. Only one gift packet per membership will be given, while quantities last. If you received an attendance gift at the in-person meeting or the \$10 bill credit for participating in the online meeting, you will not be eligible for a gift packet.

If you have any questions, please visit reaenergy.com or call 724-349-4800 or 800-211-5667.



**Is your contact
information up to
date? Check on
SmartHub to make
sure or provide
updates on the
back of your
REA Energy bill.**

Right-of-Way Management/Facility Construction News

REA Energy contractors from Penn Line Tree Service will be trimming the rights of way of the Clyde and Union-town substation areas in addition to emergency maintenance areas in September.

Members in the affected areas will be notified. Contractors will perform all right-of-way work per REA Energy specifications. All contractors will carry employee 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.

Your Board of Directors



Michael J. Bertolino
Chairman
District 3



Wayne Farabaugh
Vice Chairman
District 8



Robert P. Neese
Secretary/Treasurer
District 5



Sandra Dill
District 9



Tom Beresnyak
District 1



Anthony Enciso
District 7



Thomas Aurandt
District 4



John R. Learn
District 6



J.R. "Rick" Shope
District 2

REA Energy is an equal opportunity provider and employer.



DORM SAFETY: 101

AVOID ELECTRICAL OVERLOAD



It's the time of year when college campuses are preparing for students moving all of their worldly possessions into their home away from home - the dorm!

Safe Electricity urges everyone to make sure their college-bound students take precautions to prevent and protect themselves from campus-related fires and shocks. **Do not overload your electrical outlets, power strips, or extension cords.** Use power strips with an over-current protector that will shut off power automatically if there is too much current being drawn.



Potentially older wiring in student housing and apartments may not be able to handle the increased electrical demand of today's college student. If use of an appliance frequently causes power to trip off or if its power cord or the outlet feels hot, the appliance should be disconnected immediately and the condition reported to a resident assistant or housing manager.



Visit SafeElectricity.org for a complete list of safety steps to prevent and reduce the risk of electrical fires.



Sweet and Savory Bites

ANNE M. KIRCHNER

PHOTOS BY ANNE M. KIRCHNER



AFTER-SCHOOL SNACKS ARE IMPORTANT NO matter how old your children are. Kids need to unwind after a long day of learning, playing and socializing. Create a relaxing space in your kitchen or dining room then sit down with your children as they graze on a homemade snack. A tasty treat will satisfy their appetites and light-hearted conversation will soothe your soul.

Energy balls are super easy to make with no cooking involved. They are also loaded with favorite flavors — peanut butter, cinnamon and chocolate chips. Pigs in a blanket are a traditional appetizer and kids love to eat them anytime. Lemon drop cookies can be made quickly and effortlessly. The soft cookie is full of zesty citrus flavor. 🍋

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

PEANUT BUTTER ENERGY BALLS

- 2 cups quick oats
- ½ cup creamy peanut butter
- ⅓ cup honey
- ¼ teaspoon cinnamon
- 3 tablespoons mini chocolate chips

Mix all ingredients together in a bowl. Freeze the mixture for 5 minutes. Use a cookie scoop to measure equal amounts of dough. Roll the dough into small balls, pressing it together with your hands. Keep refrigerated for up to two weeks. *Makes 24 balls.*



PIGS IN A BLANKET

- 2 (8-ounce) cans refrigerated crescent rolls
- 1 (14-ounce) package cocktail-size smoked sausage links
- 1 egg, lightly beaten
- 1 tablespoon water
- Everything Bagel Seasoning

Preheat oven to 375 degrees. Line a cookie sheet with parchment paper and set aside. Unroll the crescent roll dough and separate into triangles. Cut each triangle in half lengthwise. Place a sausage link at the wide end of each triangle and roll up to the opposite point. Place the roll, seam side down, on the cookie sheet. Repeat with the remaining dough and sausage links, leaving a few inches in between each rolled link on the cookie sheet. In a small bowl, beat the egg and water to make an egg wash. Brush the egg wash over the top of the rolls. Sprinkle Everything Bagel Seasoning on top of the rolls and bake for 12 to 15 minutes, or until golden brown. *Makes 8 to 10 servings.*



LEMON DROP COOKIES

- 1 (15.25-ounce) box lemon cake mix
- 2 eggs
- ⅓ cup canola oil

Place all ingredients in a mixing bowl. Using a spoon or hand mixer, combine the ingredients until well blended and a soft dough forms. Use a cookie scoop to drop the dough onto a baking sheet lined with parchment paper. Bake at 350 degrees for 10 to 12 minutes or until the bottom edges of the cookies turn light brown. Cool the cookies on a wire rack, then store in a plastic container with a lid. *Makes 2 dozen cookies.*

Choose a homelift, not a ~~stairlift~~



*Stay in the home and neighborhood
you love with a Stiltz Homelift.*

The Modern Solution

A Stiltz Homelift is a safe, attractive, & affordable alternative to stairlifts. It requires no special machine room, and no supporting walls.

Economical & Flexible

A Stiltz Homelift can fit just about anywhere in your house. It has a compact footprint, similar in size to a small armchair. A Stiltz Homelift plugs into a standard home electrical outlet, using less power than boiling a kettle.

Your Forever Home

Avoid the expense and distress of relocating, or the disruption of adapting your home for downstairs living. A Stiltz Homelift helps you live safely and independently in the home you love.

It's Never Too Soon

Some Stiltz customers need a Homelift immediately. But others want to "future-proof" their homes for when the stairs become a challenge.

Homelift Specialists

Stiltz is a world leading Homelift manufacturer, so you'll be in good hands. Your elevator will be installed and maintained by Stiltz trained professionals - who truly care about your freedom.

*"I can't imagine what
we'd do without it.
I wish we had installed
our Stiltz Homelift
several years ago!"*

— Mr. James, Villanova, PA



Fit in
any home



No hassle
1 day install



Quiet as a
whisper



Low
energy use



Free,
no obligation
home survey



1-877-838-0289



stiltzlifts.com

Have a chat with our friendly team about our
Homelifts. They'll answer all your questions.

stiltzTM
Homelifts

Navigating Supply Chain Challenges

SCOTT FLOOD

FROM GROCERY STORE SHELVES TO repair parts for vehicles, we've all had firsthand experiences with supply chain issues in recent years. So much so that the supply chain has become a convenient scapegoat any time a business falls short of our expectations. But when it comes to your local electric cooperative, supply chain challenges are very real and often troubling.

Parts and components electric co-ops use every day are in short supply, which delays planned upgrades and increases the costs of parts and labor.

Electric cooperatives are working together to find innovative ways to deal with supply chain issues. This year, those efforts resulted in a major win that has co-op leaders breathing more easily.

In 2022, the U.S. Department of Energy (DOE) proposed new efficiency

requirements for distribution transformers, a vital piece of equipment that delivers power to every home, school and business in America. The proposal would have required transformer manufacturers to switch from grain-oriented electrical steel (GOES), which has long been used in the production process, to amorphous steel within three years.

The proposal raised red flags, according to Stephanie Crawford, regulatory affairs director for the National Rural Electric Cooperative Association (NRECA), your cooperative's advocate in Washington, D.C.

"Amid all the challenges co-ops are already facing," she says, "it presented a big problem to ask the industry to make a 100% switch in just three years when the sole supplier [of amorphous steel] only produces enough for about 5% of today's market."

NRECA, the Pennsylvania Rural Electric Association, rural electric

cooperative leaders in Pennsylvania and New Jersey and others in the power industry rallied to educate Congress, the White House and DOE about supply chain challenges and share their concerns about the quick shift to amorphous steel.

One major concern was the loss of local jobs. Butler, Pa., is the site of a plant — one of two in the nation — where GOES is produced. The shift to amorphous steel would have resulted in the loss of 1,300 jobs in rural Pennsylvania alone.

"After more than a year of advocacy efforts, the DOE issued its final rule, which allows continued use of GOES in smaller-sized transformers," Crawford explains. "This provides greater certainty with the transformer sizes cooperatives use the most, particularly in the residential segment."

The DOE rule also includes a longer compliance time frame for switching to amorphous steel.

For the foreseeable future, electric cooperatives will continue to face challenges in securing the supplies and equipment they need. The good news is that most have initiated processes to mitigate and manage those risks so they can continue to meet their members' needs. While the future availability of larger transformers remains a cause for concern, co-ops are pleased to see investments in U.S. manufacturing facilities, and that's a hopeful sign. 📶



SHORT SUPPLIES: Parts and components electric cooperatives use every day are in short supply, which delays planned upgrades for power reliability and increases the costs of parts and labor. Recently, however, cooperatives and their advocates convinced the federal government to reconsider and change a rule that would have further impacted the nation's supply of transformers.

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.

ADVERTISEMENT

Popular CoQ10 Pills Leave Millions Suffering

Could this newly-discovered brain fuel solve America's worsening memory crisis?

PALM BEACH, FLORIDA — Millions of Americans take the supplement known as CoQ10. It's the coenzyme that supercharges the "energy factories" in your cells known as *mitochondria*. But there's a serious flaw that's leaving millions unsatisfied.

As you age, your mitochondria break down and fail to produce energy. In a revealing study, a team of researchers showed that 95 percent of the mitochondria in a 90-year-old man were damaged, compared to almost no damage in the mitochondria of a 5-year-old.

Taking CoQ10 alone is not enough to solve this problem. Because as powerful as CoQ10 is, there's one critical thing it fails to do: it can't create new mitochondria to replace the ones you lost.

And that's bad news for Americans all over the country. The loss of cellular energy is a problem for the memory concerns people face as they get older.

"We had no way of replacing lost mitochondria until a recent discovery changed everything," says Dr. Al Sears, founder and medical director of the Sears Institute for Anti-Aging Medicine in Palm Beach, Florida. "Researchers discovered the only nutrient known to modern science that has the power to trigger the growth of new mitochondria."

Why Taking CoQ10 is Not Enough

Dr. Sears explains, "This new discovery is so powerful, it can multiply your mitochondria by 55 percent in just a few weeks. That's the equivalent of restoring decades of lost brain power."

This exciting nutrient — called PQQ (*pyrroloquinoline quinone*) — is the driving force behind a revolution in aging. When paired with CoQ10, this dynamic duo has the power to reverse the age-related memory losses you may have thought were beyond your control.

Dr. Sears pioneered a new formula — called **Ultra Accel Q** — that combines both CoQ10 and PQQ to support maximum cellular energy and the normal growth of new mitochondria. **Ultra Accel Q** is the first of its kind to address both problems and is already creating huge demand.

In fact, demand has been so overwhelming that inventories repeatedly sell out. But a closer look at **Ultra Accel Q** reveals there are good reasons why sales are booming.

Science Confirms the Many Benefits of PQQ

The medical journal *Biochemical Pharmacology* reports that PQQ is up to 5,000 times more efficient in sustaining energy production than common antioxidants. With the ability to keep every cell in your body operating at full strength, **Ultra Accel Q** delivers more than just added brain power and a faster memory.

People feel more energetic, more alert, and don't need naps in the afternoon. The boost in cellular energy generates more power to your heart, lungs, muscles, and more.

"With the PQQ in Ultra Accel, I have energy I never thought possible at my age," says Colleen R., one of Dr. Sears's patients. "I'm in my 70s but feel 40 again. I think clearly, move with real energy and sleep like a baby."

The response has been overwhelmingly positive, and Dr. Sears receives countless emails from his patients and readers. "My patients tell me they feel better than they have in years. This is ideal for people who are feeling old and run down, or for those who feel more forgetful. It surprises many that you can add healthy and productive years to your life simply by taking **Ultra Accel Q** every day."

You may have seen Dr. Sears on television or read one of his 12 best-selling books. Or you may have seen him speak at the 2016 WPBF 25 Health and Wellness Festival in South Florida, featuring Dr. Oz and special guest Suzanne Somers. Thousands of people attended Dr. Sears's lecture on anti-aging breakthroughs and waited in line for hours during his book signing at the event.

Will Ultra Accel Q Multiply Your Energy?

Ultra Accel Q is turning everything we thought we knew about youthful energy on its head. Especially for people over age 50. In less than 30 seconds every morning, you can harness the power of this breakthrough discovery to restore peak energy and your "spark for life."

So, if you've noticed less energy as you've gotten older, and you want an easy way to reclaim your youthful edge, this new opportunity will feel like blessed relief.

The secret is the "energy multiplying" molecule that activates a dormant gene in your body that declines with age, which then instructs your cells to pump out fresh energy from the inside-out. This



MEMORY-BUILDING SENSATION: Top doctors are now recommending new **Ultra Accel Q** because it restores decades of lost brain power without a doctor's visit.

growth of new "energy factories" in your cells is called mitochondrial biogenesis.

Instead of falling victim to that afternoon slump, you enjoy sharp-as-a-tack focus, memory, and concentration from sunup to sundown. And you get more done in a day than most do in a week. Regardless of how exhausting the world is now.

Dr. Sears reports, "The most rewarding aspect of practicing medicine is watching my patients get the joy back in their lives. **Ultra Accel Q** sends a wake-up call to every cell in their bodies... And they actually feel young again."

And his patients agree. "I noticed a difference within a few days," says Jerry from Ft. Pierce, Florida. "My endurance has almost doubled, and I feel it mentally, too. There's a clarity and sense of well-being in my life that I've never experienced before."

How To Get Ultra Accel Q

This is the official nationwide release of **Ultra Accel Q** in the United States. And so, the company is offering a special discount supply to anyone who calls during the official launch.

An Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try **Ultra Accel Q**. And your order is backed up by a no-hassle, 90-day money back guarantee. No questions asked.

The discount offer will be available for a limited time only. All you have to do is call TOLL FREE 1-888-685-5138 right now and use promo code **PLUAQ924** to secure your own supply.

Important: Due to **Ultra Accel Q** recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

Dinosaurs, Dogs and Dates with the Spice Girls

MITCHELL KYD

STAYCATION. IT CONJURES UP A swaying hammock where you luxuriate in simple pleasures: nothing planned, naps without alarms and icy drinks by the pitcher. Better yet, there is no whopping bill at the end. But that's not always the case.

When my grown kids and my daughter's young family set off on a 20-hour road trip, the other grandma, Judy, and I were happy we had declined. Instead, we preferred to miss them and anticipate their return after little staycations of our own. Our offer to tend to all their critters in their absence seemed so reasonable at the time.

In addition to our own pets, we took on another three dogs, five turtles, three anoles, and two fish tanks in one household, and a rooster and six baby chicks at the other. For me, that meant at least one daily round trip of 34 miles.

Judy and I made a pact. She would handle all the early-morning feedings and first romps for the dogs, and we'd split the afternoon outings. I would handle every evening's cuddles and last call with the pups. I also took on the care and feeding of all the other residents.

I stopped at my son's house daily to take care of Blossom the Warrior Rooster and the peeps we called the Spice Girls. They were so small at the time that Ginger, Pickle, Pepper, Chili, Nutmeg and Cinnamon Girl needed to be indoors, under the heat lamp. They lived in a chicken condo in his basement.

If you've never raised peeps, you may not know those adorable chicks are best known for two things: incessant peeping at one end and incessant — you know — at the other. Even at that early age, their instincts are to scratch the ground for food and rearrange their bedding in a flurry to prepare for dust bathing. That means that all of that smelly aftermath flies out of the pen and onto the floor.

Chicks grow at an amazing rate, too, and while my son was gone, the Spice Girls lost all their baby charms. They morphed into awkward, gangly teenagers with ostrich legs and ugly pinfeathers sprouting through their formerly downy fluff. The peeping continued, of course, only louder.

The fish tanks at my daughter's home were no problem, nor were the five adopted turtles in their big aquarium, even though they also had a lamp that needed to be turned on and off. Like the dogs, they were always excited to see me and would scramble to make a turtle tower to be the first to poke a head above the water at feeding time. That tribe included Belle, already past her 30th birthday, as well as Turtlelini, Morelli, Squirt and Crush.

The anoles were more high maintenance. They are modern dinosaurs, and lizards Wiz, Liz, and Miz occupy their own terrarium that must be misted with conditioned water every day. They, too, had a daily regimen with a heat lamp. Anoles are bug-eaters, and one of my jobs was to

feed them meal worms with a set of tweezers. Nothing much can faze you when your day includes that duty.

Judy picked up the mail, took trash to the curb, vacuumed and pulled weeds. I cleaned the kitchen and the bathroom at the end of our shift, filled their fridge, and stocked fresh donuts. Judy also took on the job of making sure the back yard stayed kid-friendly. With three dogs zooming around several times a day, performing doody duty was more than a nicety; it was a necessity.

For 12 days, the dogs got extra snuggles with the grandmas (with no annoying toddlers to horn in on the sofa) and treats overflowed. Blossom continued to get his hand-fed desserts outside the back door as I explained he would soon be very interested in the Spice Girls in the basement.

Our mission was completed with great success. Nothing died; nothing escaped. We were critter-sitters beyond compare. Look for us soon on Craigslist: Got-it-DoneGrandmas.com! 🐾



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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AGING AND ADDICTION

Drug Abuse, Misuse Rising Among Older Adults

PAULA PIATT

Penn Lines Contributor

WHEN THE IDEA OF YOUR “Golden Years” — retirement with a life full of fun, spent volunteering, and enjoying the fruits of your labor — meets with reality — chronic illness and pain, loneliness, and decreased income — the shine can quickly diminish.

Increasingly, seniors are turning to a readily available, easy-to-find “solution” in their medicine cabinet.

Study after study tells the story of the nation’s aging population and its struggles with addiction. A 2018 Johns Hopkins University School of Medicine paper chronicled a steady rise in older adults seeking treatment between

2004 and 2013. Those numbers exploded in the next three years, jumping more than 50%

between 2013 and 2015. And Medicare data suggests

that, since 2013, the estimated rate of opioid use disorder in older adults — the result of chronic use — has increased by more than 300% overall in the U.S.

The last set of data avail-

able from the National Institute on Drug Abuse says that in 2018, nearly 1 million people over the age of 65 lived with a substance abuse disorder. In the dozen years between 2000 and 2012, the number of older adults admitted to treatment facilities has doubled. And this was all before COVID-19 and the struggles the pandemic brought.

That’s because the triggers have always been there, addiction and recovery counselors say.

“As counselors, we look at something called ‘social determinants of health’: Fifty percent of a person’s health is the healthcare they receive. The other 50% is all the other things happening in their lives,” says Angela Morton, the director at Recovery Is NWPA, a consortium of agencies in Erie, Crawford, Clarion and Venango counties that provides support and resources to families impacted by substance abuse. It’s a rural corner of Pennsylvania served by a handful of electric cooperatives.

“It’s a much different picture in someone who’s 70 and widowed and living alone,” Morton adds. “They are alone and very isolated, maybe depressed ... even possibly having thoughts of suicide. If you don’t have some kind of sense of purpose or a sense of belonging in the world, you can fall risk to the isolation that can lead to misusing medications, prescriptions, illicit drugs or alcohol just to self-medicate.”

Continued on page 26





Continued from page 24

And many seniors have the drugs on hand — prescribed for chronic pain or an illness they’ve been battling.

Easing the pain

Dr. Jill Miller, who is certified in addiction medicine, sees patients at the Meadville Medical Center’s family practice office as well as at the Saegertown Recovery Clinic, both located in territory covered by Northwestern Rural Electric Cooperative (REC).

“It’s easy for a patient to use more than prescribed when they’re in pain, especially if they can’t remember whether or not they took the medication,” she says of her patients, who then can slip to the next level. “As access to opioids diminishes, more and more older adults switch to illicit pain-control drugs, such as heroin and fentanyl.

“We also have had older patients come in using fentanyl/opioids from the streets after their children encouraged them to try it for pain.”

And in a cruel irony, the very symptoms they are trying to self-medicate can be aggravated by drug use, creating a spiral that’s hard to break. Older adults metabolize drugs and alcohol in different ways, and that can add to the issues they are already trying to deal with.

“Often, coordination and judgment are impaired,” Miller

says. “We see many of our older patients presenting after multiple falls. Frequently, they are covered in bruises, have fractured ribs, concussions and open wounds. Many times, they don’t even remember where they fell or how they injured themselves.”

Treatment for older adults, at least when it comes to medicine, can also differ. Buprenorphine, methadone and naltrexone are routinely prescribed to treat addiction, chosen based on the patient’s age and their health. When working with older patients, Miller says, physicians will often prescribe medication that leaves the system quicker to reduce the risk of overdose and impairment.

As always, knowing when you need help is the first step in getting it. Angela Morton of Recovery Is NWPA says if your relationships, finances, work or social activities are being impacted, it’s time to look for help. Caregivers should also be looking for these signs.

Older adults struggling with drug — and more commonly, alcohol — misuse are a “quiet population,” says Christy Steidle, a prevention specialist at Mainstream Counseling in Huntingdon, a region served by Valley REC.

“The abuse that we see with things like opioids or other medications in the older population tends to be accidental,” she says. “People forget that they took their medication, and so then they’re taking another dose.”

So even just having the drugs in the house can be a danger. Morton says medication management in the home is critical: Take the medication as prescribed by your doctor, don’t share medications or take something prescribed to someone else and, if you don’t finish a prescription, dispose of it properly.

Finding the help you need

Each county in Pennsylvania has a Single County Authority, a local clearinghouse for drug and alcohol help and information. Visit the Department of Drug and Alcohol Program’s website, ddap.pa.gov, and look for “County Drug and Alcohol Offices” under the “Get Help Now” tab. In addition to information on where to find help, many county offices can provide an at-home opioid drug disposal kit as well as naloxone (commonly known as Narcan), a medicine that rapidly reverses an opioid overdose.

For Morton, facing the crisis head-on starts with eliminating the stigma surrounding drug use and misuse.

“It might be an embarrassing thing for a 70-year-old; the stigma might even be bigger [in this age group]. If we’re afraid to talk about it, it’s hard to get help,” she says. “We need to shift our language, treatment and understanding of substance use to include compassion, so that anybody who does need help is able to come forward.” 🗣️

HELP FOR ADDICTION

If you or someone you love is struggling with addiction, here are some useful resources:

- ▶ **Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline:** Call or text 988, telephone 800-662-HELP (4357) or chat online, 988lifeline.org. The organization’s website, samhsa.gov/find-help, also has a range of valuable information for those needing support and their families.
- ▶ **FindTreatment.gov:** An offshoot of SAMHSA, this is a confidential, anonymous resource for those seeking treatment for mental and substance use disorders.
- ▶ **Pennsylvania Department of Drug and Alcohol Program:** Go to ddap.pa.gov for information about state and county programs and providers.



At Home in the Wilderness

STEVE PIATT

BEFORE PAULA AND I BECAME

seasoned wilderness travelers, we stumbled and bumbled our way into and — thankfully and sometimes miraculously — out of the bush.

I suppose there's a learning curve to it like anything else, but plunging into the wilderness — serious wilderness, the kind where help arrives via float plane or helicopter — without a certain level of knowledge and ability can be, at best, embarrassing, and at worst, life-threatening.

Over the years we've managed to keep the embarrassment strictly between us. Our backcountry miscues have never made the front page of the local paper or required any assistance from forest rangers or medical personnel.

However, we've experienced, in no particular order, sunburns; near hypothermia (I shunned donning my rain gear during what I thought would be a quick summer shower); brief moments of confusion about our exact location (some folks would call it lost); a canoe that nearly drifted away from our island campsite (always tie it off); and a half-hour extrication from a spruce bog when my right snowshoe plunged through the ice as we tracked moose in Canada's Algonquin Provincial Park. The assorted nicks and cuts from falls and fish hooks aren't even worth mentioning.

The wilderness forced us to become fast learners, and we've gotten schooled on trips to the St. Regis Canoe Area in New York's Adirondacks; several paddle-and-portage excursions in Algonquin Park; and canoe and even dogsled



LIVING AND LEARNING: It takes a lot of trial and error to feel truly at home in the wilderness — and to enjoy serene, isolated moments like this.

trips from Minnesota's Boundary Waters Canoe Area into Ontario's Quetico Provincial Park (we cleared customs at the U.S.-Canada border via both canoe and dogsled).

Along the way, we learned those nighttime visitors to our campsite weren't marauding black bears but, invariably, pesky raccoons — but we still dutifully hung our food pack high out on tree branches. We learned that, on the bigger waters, it was best to get an early start before the wind picked up. We learned to pack light, and that the person who invented Kevlar — that lightweight material that allowed me to shoulder our canoe with relative ease as we carried it between lakes — should have won a Nobel Prize.

We eventually became at home in the wilderness, totally comfortable out there, treating the wild with respect but not fear. Our encounters with moose, wolves, otters, bald eagles, ermine and, yes, bears, were something to savor and place in our memory bank, not anything that kept us awake at night. The loons and owls, thankfully, did that.

Our decision-making, obviously, focused on the route we'd take as we plunged into the wilderness, but once out there, we had other choices to make. Do we take that island campsite, one that tips the odds in favor of avoiding a bear visit, or do we opt for that flat shoreline site that guarantees a spectacular view of the sunset? Do we continue to fish for smallmouth bass that are in a feeding frenzy, or do we reel up and try to call in the bull moose we heard grunting deep into the bush? Do we break camp daily or do we go hard and deep on Day One and establish a base camp?

So at home in the wilderness, even after a 10-day trip, we would head back into civilization with a bit of sadness — except for the prospect of a pizza and huge glasses of milk, as well as reuniting with whatever Labrador retrievers were in our lives at the time.

And, truth be told, I only ever forgot the tent once. 🐾

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.

ISSUE MONTH AD DEADLINE

November 2024	September 16
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RECIPES & FOOD

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

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

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

VINTAGE WOMEN'S & MEN'S CLOTHING from the 1900s-1950s. Dresses, sweaters, blouses, skirts, workwear/denim, shirts, etc. ANY condition. Call or text 814-386-5763 or email: webuyvintageclothing@gmail.com.

Preventing Home Electrical Fires



Fire departments respond to an average of **46,700** home fires each year caused by electrical failure or malfunction.

According to the National Fire Protection Association (NFPA):

Over a recent 4-year period...



30%

happened in cold weather months (Nov. – Feb.)

Fires caused

an estimated average of:



390 Deaths
1,070 Injuries



Wiring and related equipment were involved in the **greatest number of home electrical fires.**

Lighting, a lamp or a bulb was involved in the **second largest number of fires.**



WARNING SIGNS of electrical issues:

Damaged cords and flickering lights

Discolored outlets and switch plates

Frequently tripped circuit breakers or blown fuses

Hire a licensed contractor to ensure that your home's wiring is **installed to code** and functioning properly. Learn more at:

Safe Electricity.org®

Source: NFPA's Electrical Fires Report, 2022

Pick a Card – Any Card

JOHN KASUN

MY WIFE AND I WERE running errands recently. When I say “my wife and I,” I actually mean my wife was shopping and I was tagging along. My wife says shopping with me is like taking a 5-year-old to the amusement park. She claims I am always wandering off or talking to strangers. She automatically wonders what I did when an announcement comes over the loudspeaker, “Clean up on aisle five.”

I had promised to behave this day as I followed behind and stuck close when she stopped suddenly at the greeting card section. Looking over the cards, she said (more to herself than me), “Linda and Lester’s anniversary is coming up; I will need a graduation card for Kara, and I should keep one or two sympathy cards on hand as well.”

Being a well-trained husband, I know the best thing for me to do at times like this is to be quiet and try to find the funny card section until this is over. My wife and I have different opinions on what makes the best card for any occasion. My wife looks for the perfect card, while I tend to pick one that is funny or can be altered to be funny to fit the occasion.

One card immediately caught my attention. I could not believe my luck: It was perfect, simple and direct. On the outside it said, “Happy 90th Birthday,” and inside simply stated, “Happy Birthday.”

My hand shook slightly with excitement as I pulled it from the rack and noted it was the only card like it on display. Smiling like I had just swallowed a banana sideways, I offered it to my wife for her consideration. Glancing at it, her face slowly twisted into a frown.

“Who is this for?”

“It is for our neighbor, Joe,” I responded. “His birthday is later this week.”

“Did you look at this card? It’s nice, but it is too simple, only saying ‘Happy Birthday,’ not to mention the fact it says ‘Happy 90th Birthday.’ Joe is only going to be 60,” she said.

“Do you think you might have missed something in your selection?”

“It might seem like that to the untrained eye,” I replied, “but there are several things you are missing. First: Joe is not expecting a card at all, so simply getting him one will be greatly appreciated. Second: After I gave him such a nice card, he would feel awkward asking me to return the tools I recently borrowed; that will give me a little more time to finish the job I was working on. So, you see, it is a win-win situation.”

“I think you forgot one small detail,” she replied. “The card is for a 90-year-old. How are you going to explain that?”

“Ah, that’s the best part,” I said with a laugh. “First of

all, consider the short greeting inside. Any 90-year-old has better things to do with his time than read a bunch of mush in a card that he probably can barely see. The card is on sale for only a buck, probably because they do not sell many 90-year-old birthday cards. Joe is like me: He likes to save money, so I am going to leave the price tag on. He will get a kick out of that, and because he loves getting a good deal, he will appreciate

it even more. The best part is I plan to put a note inside that says I will actually be 115 years old on his 90th birthday and will probably not even be alive and, consequently, unable to attend the festivities. In essence, I am simply getting him a birthday card ahead of time, which is really thoughtful. I think I have all the bases covered.”

Turning back toward the card rack and shaking her head she whispered, “Sometimes I just don’t understand you, but I must admit, you never cease to amaze me. Check and see if you can find a card for that.”



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.

Shake It Off

Anyone who's lived in Pennsylvania for more than a season knows the temperatures don't always shift neatly with the calendar (and boy, were those temperatures rough this summer). Sometimes you've just got to shake off whatever's ailing you and drive forward. After all, a bit of sweat shouldn't keep you from making just one more good memory.

Please send us your good memories — in photo format — for 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. 📷

STEPHANIE RAMSDORFER • NEW ENTERPRISE 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.



DEBI ACKER • SULLIVAN COUNTY REC



FAY SERBIAN • REA ENERGY



JEAN THOMPSON • VALLEY REC

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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MINIMUM PURCHASE OF 4

AND

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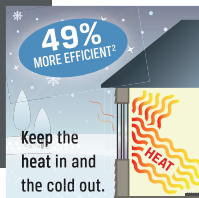
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*Using U.S. and imported parts.