

Valley Rural Electric Cooperative, Inc.

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives
serving Pennsylvania and New Jersey

Valley Rural Electric Cooperative, Inc.

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1-800-432-0680
www.valleyrec.com

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Monday - Thursday
7 a.m. - 5:30 p.m.

Outages & Emergencies
1-800-432-0680

Guest Column



Your co-op is well grounded

By Doug Roles, *Manager of Member Services*

WHAT a great time of year! Beautiful fall weather gives us many opportunities to enjoy outdoor activities such as hiking, hunting, bicycling, picnicking, and playing outdoor sports like soccer and football. It seems that everyone in central Pennsylvania is taking advantage of these bright autumn days to reconnect with nature.

I read recently where some of us go to greater lengths than others when it comes to connecting to the Earth. Proponents of the “grounding” movement connect to the Earth, literally, by sleeping on wired pads that plug into the ground opening of an outlet — just the round hole at the bottom of the outlet, not the “hot” and neutral slots. Folks who are into grounding (also known as “earthing”) claim that connecting to the Earth — in this case by means of your home’s wiring — improves health by stabilizing the body’s electric potential or balancing one’s energy field.

Those who want to try grounding can purchase a variety of grounding blankets, throws and yoga mats. Prices range from \$25 to \$200. And for a few dollars more you can get the new book on earthing or the soap made specifically for cleaning grounding mats.

While it was surprising to me to find out that some people are using just the grounding portion of their electric receptacles, it’s comforting for co-op members to know that Valley REC has always stayed well-grounded when it comes to your use of the entire outlet (all three prongs) in your homes, farms and businesses.


Certainly our operations and engi-

neering folks make sure our electrical distribution system is well grounded. But more than that, the co-op as a whole has remained true to its mission of delivering safe, reliable and affordable electric service for more than 75 years. We’ve always stayed “down to earth.”

Though we use the latest technologies to run our system efficiently and offer members a variety of electronic payment and communications options, you can still stop by our offices and see a friendly face when you’re paying a bill or asking a question about your account.

Another way we stay connected to our members is through our staking engineers and service crews. These are the employees in the field who work directly with members when they’re starting construction projects or changing the wiring at their properties. And the co-op’s employees are rooted in the communities they serve. They’re local folks who live, work and play in Valley’s service area.

We also stay in touch with our members through our annual meeting, held in April, and our three nominating meetings each February. Staffing a booth at local fairs and providing electrical safety programs for schools and civic groups also help us meet residents face to face and hear their questions and concerns.

As the electric utility business continues to evolve, we are committed to being there for you. We’ll stay true to our mission of providing for your electric energy needs, whether you chose to plug in to just one part of the outlet or the whole receptacle. 

Co-op Connections Card, your link to savings

As a Valley Rural Electric Cooperative member, you can use your free Co-op Connections Card or key fob to receive valuable discounts at the local participating businesses listed on these pages, as well as more than 90 national retailers.

Keep this directory handy to identify local participants. Also, keep an eye out for the Co-op Connections Card decals on doors or cash registers where you shop.

To see an up-to-date list of participating businesses and their discounts, visit www.valleyrec.com and look for the Co-op Connections Card icon on the home page. New discounts are added all the time!



We're a participating business

AUTOMOTIVE/MOTORCYCLE

Calkins Auto

12951 Ferguson Valley Road, Burnham
Offer: 50% off tire rotations.

Huston Ford Motor Company

10719 William Penn Highway, Huntingdon
Offer: 10% discount on parts and labor; does not apply if customer has other specials and not offered on body shop repairs.

J & P Auto Mart

1906 Pleasant Valley Blvd., Altoona
Offer: \$1,000 off purchase of any vehicle. Limit one per vehicle. Can't be combined with any other offer/sale. Not applicable for prior purchase.

Keystone Kawasaki Yamaha

16432 Dunnings Highway, Duncansville
Offer: 5% off on parts and accessories. Best possible deal on new or used units. Must present card before purchase.

Pro-Trans

2400 Commercial Blvd., State College
Offer: 5% off transmission service and repair.

Route 26 Automotive

8413 Anderson Lane, Huntingdon (on Route 26N past former Valley REC building)
Offer: 15% off oil changes.

Steve Seltzer Honda

433 Sabbath Rest Road, Altoona
Offers: 50% off labor on motorcycle or scooter inspections. 15% off regularly priced parts and accessories. Free gas can with purchase of Honda power equipment (up to \$40 value). Extra year of Honda care on purchase of new motorcycle, ATV or scooter.

CONTRACTORS/BUILDING SUPPLY

Adams Electric, Inc.

870 31st St., Altoona
Offer: 10% off on electrical estimates.

Center Region Stone Supply

3462 Birmingham Pike, Tyrone
Offer: 10% off retail prices on Appleridge Stone, FireRock fireplaces and Holland grills.

Central Penn Patio & Awning

321 Park Road, Mount Union
Offer: 3% discount.

Dennis A. Heeter Heating & AC

7583 Bridge St., Alexandria
Offer: \$100 off installation of new heating or cooling unit.

Fink Brothers Supply

961 Pennsylvania Ave., Tyrone
Offer: 20% off in-stock PPG paints.

G.B. Wineland & Son, Inc.

201 S. Railroad St., Martinsburg
Offer: 5% off Polaris insulated doors and/or 5% off five or more Polaris windows.

Gary's Homes, Inc.

13270 Lincoln Highway, Everett
Offer: 10% discount on parts purchased in our parts store.

Impressive Floors, Inc.

118 S. Richard St., Bedford
Offers: 10% off any cash-and-carry item from the store. \$20 off any ordered special materials 144 sq. ft. or more. \$20 off any two or more Hunter Douglas window treatments. These offers cannot be combined with any other offer.

Joseph T. Berrena Mechanicals, Inc.

279 Standing Stone Ave., Huntingdon

Offers: 20% off Hydroflow S38 chemical-free water treatment device. 10% off parts and service.

Lewistown Floor Company

518 W. 4th St., Lewistown
Offer: 10% off any carpet purchase over 450 square feet (50 square yards).

PJs Hearth & Home Heating

2447 Quaker Valley Road, New Paris
Offer: 5% off anything in the store, including installations and cleanings.

Rick Worthy Contracting, Inc.

10321 Sugar Grove Road, Huntingdon
Offer: 5% discount.

Superior Floorcoverings & Kitchens, LLC

904 Lincoln Way West, Chambersburg
Offer: 7% discount; cannot be combined with other discounts.

DINING/FOOD

Allegro Restaurant

3926 Broad Ave., Altoona
Offer: Buy one dinner entree and receive \$5 off the second dinner entree. Not applicable to alcoholic beverages, lunch menu, family-style menu and dinner-for-2 menu. Maximum value \$5. Not redeemable for cash.

Back Yard Burgers

360 Travelers Road, East Freedom
Offer: 15% discount.

Couch's Subs and Groceries

13605 Greenwood Road, Huntingdon
Offer: 5% discount on any menu item.

Doan's Bones Barbecue

3507 McAlevy's Fort Road, Petersburg
Offer: Free large fry with any purchase

(must show card before order). \$4.95 value.

Fox's Pizza Den

128 West Allegheny St., Martinsburg
Offer: \$2 off any large pizza.

Hobo's Restaurant

180 Hyndman Road, Hyndman
Offer: 10% off daily special or dinner entree (dine-in only).

J.P. Edward's Grill and Bar

203 South Logan Blvd., Burnham
Offer: 10% off, excluding alcohol and specials.

Jethro's, LLC

417 Parkview Lane, Altoona
Offer: 10% off. Not valid after 4 p.m. Fridays and Saturdays; not valid on holidays; not valid with any other discount; excludes tax, alcohol and gratuity.

Keystone Candies & Gifts

123 East Pitt St., Bedford
Offer: Free peanut butter meltaway bar with any purchase of \$15 or more.

Queen City Fruit & Produce

125 East Central Way, Bedford
Offer: 50 cents off product not already discounted.

Speck's Deli & Gourmet Pizza

12144 William Penn Highway, Huntingdon
Offer: 10% off menu-priced items; value meals and promotions excluded.

ENTERTAINMENT

Chambersburg Skydiving Center, Inc.

3506 Airport Road, Chambersburg
Offer: \$10 off any student training jump: tandem, static line or accelerated free-fall.

Holiday Bowl

11862 William Penn Highway, Huntingdon
Offer: Free shoe rental for cardholder.

Isett Acres Museum

11941 Stone Creek Ridge Road, Huntingdon
Offer: \$1 off admission cost.

Lincoln Caverns and Whisper Rocks

7703 William Penn Highway, Huntingdon
Offer: \$1 off all adult tickets during regularly scheduled tours. Not valid during special events or in combination with other discounts.

Rockhill Trolley Museum

430 Meadow St., Rockhill Furnace
Offer: Buy one ticket, get one ticket free. Not valid for special events.

HEALTH, BEAUTY & FITNESS

Angelina's Invigorating Hour

103 East Beaver Avenue, Suite 10, State College
Offer: \$5 off any massage service and/or product order, or gift card of \$35 or more.

"BEE" Unique Hair Boutique

17759 Beavertown Road, Todd
Offer: 10% off perms, colors, highlights, manicures and pedicures.

HMJ PATCH Program

900 Bryan St., Suite 5, Huntingdon
Offer: Free quit-tobacco program: free support, free resources, free nicotine patches/gum.

Huntingdon Vision Center, Ltd.

828 Washington St., Huntingdon
Offer: 5% off total bill when paid with cash/check at time of service (excludes vision plan).

Modern Family Dentistry

3195 Cold Springs Road, Huntingdon
Offer: \$75 off new patient exam, cleaning and X-rays (must be a new patient of record).

S'Hair-Eng Styling Salon

139 Kelly Alley, State College
Offer: 10% discount on all chemical and color services.

HOME, GARDEN & FARM

Antietam Iron Works & Powder Coating, LLC

201 Lincoln Way W., Suite 100, McConnellsburg
Offers: Powder coating: 10% off order (for first-time customers). 10% off iron fence or railings (max. discount \$200). 10% off gift shop items. Must mention card when placing order.

BluAcres, LLC

205 McKnight Lane, Williamsburg
Offer: 10% discount on services.

CCI Cleaning Connection, Inc.

1107 Locust St., Chambersburg
Offer: Save 20% on initial service(s) with signed contract; save 10% on any other service. Not valid with coupon offers.

Chimney Doctor

268 Upper Snake Spring Road, Everett
Offer: \$20 off chimney sweep; \$50 off chimney repair.

elizaBeth Designs

11899 Raystown Road, James Creek
Offer: 3 hours of professional kitchen design services with the purchase of kitchen cabinets (\$225 value). Services billed up front and deducted from cabinet order if ordered within 6 months.

Envinity, Inc.

331 East Foster Avenue, State College
Offer: \$100 toward a comprehensive home energy audit. Audit includes: blower door test, thermal imaging, solar site assessment and a comprehensive report on all energy-saving opportunities.

Hines Feed Store

210 South Juniata St., Hollidaysburg
Offer: 5% off, excluding feed and fertilizer.

Kelsey Springs Landscaping

21 Buckingham Dr., Chambersburg
Offers: 5% off maintenance invoices (mowing, fertilizing, lawn service); 10% off new installations (including walkways, patios, ponds, planting beds).

M & T Vacuum Systems

515 Washington St., Huntingdon
Offers: Free estimate on vacuum tune-up or service. 10% off any new vacuum.

Mid State Chimney Sweeps, LLC

595 Calhoun Road, Everett
Offers: \$10 off any chimney cleanings; 10% off any chimney liner installed.

Mill Hill Farm Supply, Inc.

161 Mill Hill Road, Williamsburg
618 Canal St., Williamsburg
Offer: \$5 off any \$25 purchase.

Potted Memories Greenhouse

5118 Piney Creek Road, Williamsburg
Offer: 10% off purchase of \$50 or more.

Raystown Decorator Fabric

7163 William Penn Highway, Alexandria
Offer: 20% off fabrics in stock.

Roberts Four Season Power Equipment

613 North Logan Blvd., Altoona
Offer: 5% off purchase of new mower.

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Stoudnour Petroleum, Inc.
8853 Raystown Road, Saxton
Offer: 1 cent per gallon discount.

OFFICE/PROFESSIONAL SERVICES

Beacon Light Photography
2519 Lower Snake Spring Road, Everett
Offer: 15% off any order.

D-Signs
2816 US Highway 522 South, McVeytown
Offer: 10% off all purchases.

Ellis Office Supply, Inc.
1640 East Pleasant Valley Blvd., Altoona
Offer: 10% off any supply order of \$50 or more.

Film Center (The)
3415 Pleasant Valley Blvd., Altoona
Offer: 50 4x6 photo-lab quality prints from your digital camera for just \$10.

Freedom Rentals
360 Travelers Road, East Freedom
Offer: 15% discount.

Grove's, Inc.
504 Washington St., Huntingdon
Offer: 5% off in-store purchases of \$25 or more. Good on any in-stock items. May not be combined with other discount coupons.

Huntingdon Offset Printing Company
10722 Fairgrounds Road, Suite 4, Huntingdon
Offer: Buy 500 full-color, one-sided business cards, get 500 free of the same card.

Ink Garage (The)
1100 West 4th St., Suite B, Lewistown
Offers: 15% off first compatible toner cartridge purchase, 5% off all subsequent compatible toner cartridges. 50 cents off refilled ink-jet cartridges.

Julie's K-9 Kuts
14310 Croghan Pike, Mount Union
Offer: 10% off merchandise (except items sold on consignment) and 5% off all grooming services.

Kavazea Designs
398 School House Road, McVeytown
Offer: 10% off any new design service.

Manning Photography
28 West 10th St., Tyrone
Offer: \$50 gift certificate (cannot be

combined with other offers).

MJH Services
123 East Pitt St., Suite 1, Bedford
Offer: \$10 discount on tax return preparation.

One-Stop Communications
126 Electric Avenue, Lewistown
Offers: \$10 off any wireless phone and 20% off standard phone accessories.

Paul Prough Photography
59 Lower Country Club Road, Mount Union
Offer: 10% discount on all orders.

Photos by Jean
510 12th St., Huntingdon
Offer: 15% discount.

PPCS Consulting, LLC
195 Bean Hill Road, Suite 200, Martinsburg
Offer: 15% off any service — PC repair/virus removal.

Stone's Notary Service
2183 Cow Path Lane, James Creek
Offer: 10% off one notarized document.

Tiny Tots Childcare and Learning Center, LLC
22965 Croghan Pike, Shade Gap
Offers: 5% discount to families enrolled Monday–Friday. \$25 per child for date night care or “Parents Night Out.”

RECREATION/SPORTS

Bear Creek RV
17481 Raystown Road, James Creek
Offer: 10% off regular-priced items.

Ed's Train Repair & Sales
1317 Vira Road, Lewistown
Offer: 10% off all train track purchased.

Reed Defining Taxidermy
207 Holly Acres Road, Tyrone
Offer: \$25 off the purchase of any mount or service.

Saxton Outdoor Supply
10520 Raystown Road, Saxton
Offers: 15% off any in-stock bait. 10% off any in-stock Carhartt item (only one item discounted per purchase).

RETAIL

Everett Shoe Sales & Repair
18 East Main St., Everett
Offer: 20% off all shoe and boot repairs.

Franklin Frames
911 Logan Blvd., Altoona
Offer: 5% discount on custom framing orders.

Hometown Delights
7133 Petersburg Pike, Petersburg
Offer: 10% discount.

Log Cabin Gallery Shop
Hartslog Valley Road, Huntingdon
Offer: 10% off the item of your choice.

Mount Union True Value Hardware
135 East Shirley St., Mount Union
Offer: 10% off regularly priced items. Not valid on sales.

Prospector Jewelers
1514 Cove Lane Road, Martinsburg
Offer: 10% discount.

Raystown Electronics, Inc.
Route 522 South, Mount Union
Offer: Discount varies with product.

Saxton Station Pharmacy
509 Main St., Saxton
Offer: 20% off regular priced gift dept. items.

Vintage Art Glass & The Foxy Grape
9561 Main St., Huntingdon (Mill Creek)
Offer: Friends and family 10% discount on purchases.

Vintage Jewelry Chest
8493 Woodbury Pike, Hollidaysburg
Offer: 20% discount.

Western Auto of Huntingdon
701 Washington St., Huntingdon
Offers: 10% off computer repair. 10% off gift department.

TRAVEL

Crampton Manor Bed & Breakfast
270 Country Lane, McConnellsburg
Offer: 20% off any accommodation.

Penn Stater Conference Center Hotel (The)
215 Innovation Blvd., State College
Offer: Complimentary guestroom upgrade (based upon availability).


Riley's Bed and Breakfast
863 Washington Avenue, Tyrone
Offer: Sunday through Thursday — 15% discount.



Valley REC hosts 2016 Advanced Chainsaw School

VALLEY Rural Electric hosted the Pennsylvania Rural Electric Association's (PREA) Advanced Chainsaw School Aug. 30 - Sept. 1 at the co-op's Huntingdon District office. Linemen from co-ops across the state practiced cutting saplings under tension and removed felled trees from a span of de-energized line built specifically for the course last year, when Valley REC also hosted the three-day training.

The course was supervised by the PREA Job Training & Safety staff. Field safety trainers from Penn Line Service, Inc. (one of the companies routinely contracted by Valley REC for tree trimming) conducted the class. The goal is for linemen to learn safe cutting techniques in situations they are likely to encounter during storms. Participants also learned notching and rope-tying techniques.

Several employees of Chambersburg Borough also participated in the training. 

ABOVE: Valley REC Journeyman Lineman Adam Atherton makes a clean cut through the base of a sapling.

AT RIGHT: Penn Line field trainer Ben Odell points out to linemen from a number of Pennsylvania electric cooperatives the dangers of cutting into a sapling under pressure.

FAR RIGHT: Penn Line field trainers Brian Nestor (left, facing camera) and Ralph Smith recap the first day of training.



ABOVE: Penn Line field trainer Ralph Smith, second from right, advises Adams EC Apprentice Lineman Jordan Hoke on his next cut. Assisting Hoke in removing the pine tree from a section of overhead line is REA Energy Chief Lineman Bill Wholaver, left, and Adams EC Journeyman Lineman Max Rinehart.

BELOW: Brian Burns, a journeyman lineman with REA Energy Cooperative, makes relief cuts in the underside of a sapling.

