

Valley Rural Electric Cooperative, Inc.

Valley News

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GETTING FIT, GIVING BACK

Co-op wellness program focuses
on health, community service

Page 4

www.valleyrec.com

Why put power lines in harm's way?

HIGH WINDS OR ICY CONDITIONS

are recipes for disaster when it comes to electric reliability because they cause tree limbs to fall on power lines, triggering outages.

Although Valley's line personnel are on call around the clock and respond quickly to problems, some folks have asked us: Why build power lines in harm's way?

One of two methods are used to deliver electricity to a home: Overhead or underground power lines. Although underground lines may seem attractive during storms since the lines are not exposed to extreme weather, the technology doesn't always make sense from an affordability standpoint.

For example, installing power lines underground can cost up to double the amount per foot compared to overhead. It depends on the terrain.

In the United States, most underground lines are found in subdivisions where developers request and pay for the option for aesthetic reasons or to comply with local statutes. A high concentration of homes in these areas helps spread out the expense. According to Hi-Line Engineering, a Georgia-based utility consulting firm, nine out of 10 new subdivisions are served by underground wires.

But the bulk of our country's cooperative power continues to be delivered via overhead lines. Only 16 percent of the 2.5 million miles of distribution lines owned and maintained by electric co-ops across the nation are found underground (although the amount grows by about 1 percent annually).

Because Valley is a not-for-profit organization, we select our distribution methods with two goals in mind: Keeping electricity affordable and reliable for our consumers.

As with most things, there are pros and cons to both forms of power distribution. For instance, underground facilities are more reliable during storms and generally require less right-of-way maintenance because there are no trees, brush and other vegetation to clear away.

However, faults in underground power lines are not easy to track down and fix. A North Carolina study found that outage restoration times averaged 92 minutes for overhead lines versus 145 minutes for under-



Wayne F. Miller
President & Chief Executive Officer

ground lines. In 2005 in Virginia, Hi-Line Engineering compared the increased cost of underground lines against their benefits. The results: Underground savings did not outweigh the heavy initial cost of installation.

Obviously, if a tree falls on a line, our crews can often spot the problem right away and get to work restoring power. The same holds true for repairing broken insulators and crossarms -- If you can see it right away, you can fix it right away. But underground lines are tough to troubleshoot. You have to track down the problem based on where the power flow stops. Then a line crew has to dig a hole to reach the spot before repairs can be made.

For most Valley consumers, affordable overhead lines will remain the norm, at least for now. But we will continue to weigh our options, ensuring we always offer the best service reliability at the lowest possible cost.

Statistics courtesy of the National Rural Electric Cooperative Association

Cooperatively yours,

Wayne F. Miller
President & CEO

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Valley Rural Electric Cooperative, Inc.

Your Touchstone Energy® Cooperative



On the cover ...

Shade Gap lineman Wilmer (Tink) Bucher makes contact during a Valley Rural Electric Cooperative-sponsored softball tournament July 17 that benefited a local child with disabilities. For more details on Valley's community outreach projects, turn to Page 4.

AT A GLANCE

America's Cooperative Electric Utilities

ELECTRIC CO-OPS are an integral part of the \$344 billion U.S. electric utility industry. They play a critical role in our nation's economy and in local communities.

Electric cooperatives are:

- ▶ private, independent utility businesses
- ▶ owned by the consumers they serve
- ▶ incorporated under the laws of the states in which they operate
- ▶ established to provide at-cost electric service
- ▶ governed by a board of directors elected from the membership, which sets policies and procedures that are implemented by the cooperatives' professional staff.

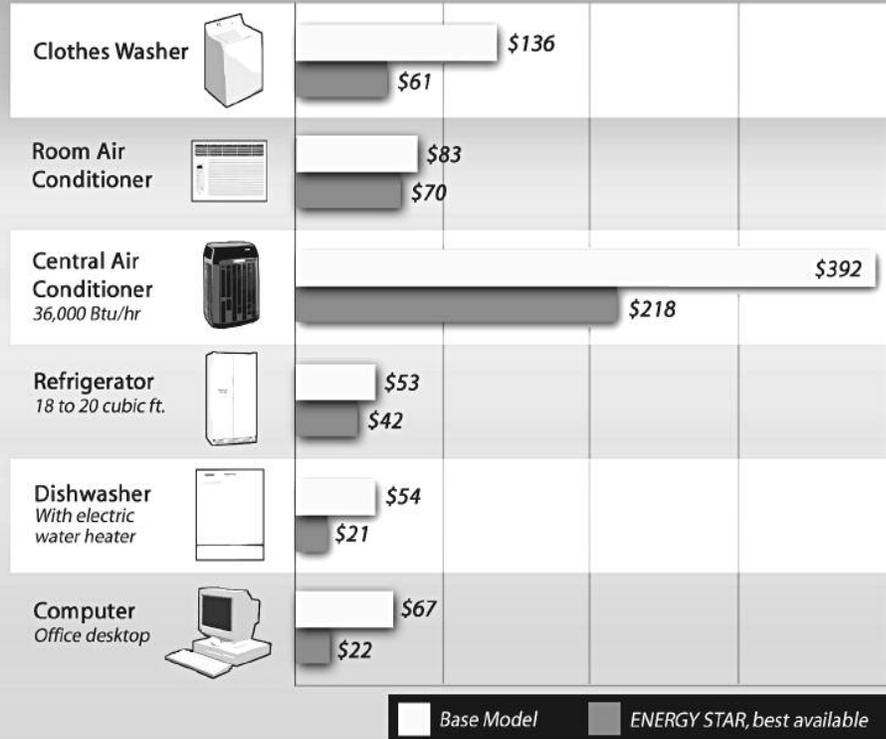
Compared with other electric utilities:

- ▶ Co-ops serve an average of seven consumers per mile of line and collect annual revenue of approximately \$10,565 per mile of line.
- ▶ Investor-owned utilities average 35 customers per mile of line and collect \$62,665 per mile of line.
- ▶ Publicly owned utilities, or municipals, average 46.6 consumers and collect \$86,302 per mile of line.

Information from the National Rural Electric Cooperative Association

Appliance Energy Use: Annual costs to keep things running

Energy-efficient appliances can have a big impact on your electric bills. When you compare the average annual cost of operating a less efficient, base-model appliance to that of a high-efficiency, ENERGY STAR-qualified model, the difference adds up in a hurry.



Source: U.S. Department of Energy, Federal Energy Management Program, "Purchasing Specifications for Energy-Efficient Products" (March 2006)
All examples based on standard test procedures and calculated assuming an average 2007 U.S. residential electric rate of 10.9 cents per kWh

Time's Running OUT

to take advantage of federal Energy Efficiency Tax Credits

Incentives provided by the 2009 American Recovery and Reinvestment Act to help you make energy efficiency improvements to your existing home expire **December 31, 2010**. You can receive a tax credit for 30 percent of the cost of materials for qualifying improvements—up to \$1,500 over 2009 and 2010.



For a list of qualified improvements visit
www.energystar.gov/taxcredits

Cooperative's new wellness program focuses on health, community service

BY SUSAN R. PENNING

Director of Member Services

WITH THE SUPPORT of the board and management, employees at Valley REC recently kicked off a wellness program aimed at enhancing the health and well-being of co-op personnel, their families and the community.

Objectives of the new program include:

- ▶ Offering services and hosting events that emphasize health awareness, prevention and positive behavior change;
- ▶ Providing current and accurate information on personal, family and community health issues;
- ▶ Fostering a workplace environment that supports a healthy lifestyle;
- ▶ Equipping co-op employees and their families with the knowledge and skills necessary to improve and maintain their health and quality of life; and
- ▶ Encouraging and offering opportunities for community service.

To help steer the new program and organize events, a health and wellness committee, comprised of employees from all three co-op districts and the corporate office, was formed.

"Joining the (health and wellness) committee has given me the opportunity to expand my skills beyond my typical work



COURTESY PHOTOS

PLAYING TO SERVE: Co-op employees and family members hosted a softball tournament July 17 to raise money for Renee Kauffman (No. 1 t-shirt) and her family (left of Renee). The event was organized as part of the co-op's new health and wellness program.

duties," said co-op Executive Secretary Kim Kane. "Plus I am always looking for ways to improve my own health and this program has been a great source of accountability for me and my family."

The committee was charged with the planning and execution of events that align with the mission of the new health and wellness program.

The committee hit the ground ... walking ... in March. They organized a co-op-sponsored walkathon where Valley employees and their family members helped to raise \$1,300 for Huntingdon County PRIDE, Inc.

In May, a Rails-to-Trails bike ride brought co-op families together for a day of fun.

In June, Valley hosted a horseshoe tournament, raising more than \$300 for a local Lions Club.

In July, co-op personnel and their families organized and participated in a softball tournament, raising nearly \$1,500 that benefited a local girl with disabilities.

To help propel the program forward and explore other avenues, the health and

wellness committee recently called on the expertise of Jennifer Reese, a certified wellness program coordinator with Highmark Blue Cross Blue Shield, the co-op's insurance provider for employees.

Jennifer explained that, by using Highmark's preventive health services, the co-op could take advantage of many resources such as tobacco cessation programs, health screenings and assessments, physical activity challenges, nutrition, health and weight management programs and behavioral health and stress management programs.

"Statistically, we know that workplace wellness works," Jennifer pointed out.

In addition to boosting morale and productivity, workplace health and wellness programs have the potential to substantially decrease healthcare premiums, she said.

"It's a win-win situation for everyone," she added.

Upcoming co-op health and wellness events include a scavenger hunt, blood drive and health risk and productivity assessment.



LEFT: Co-op Warehouse Material Handler Billy Ayers gets into the game during a Valley REC-hosted horseshoe tournament benefiting the Stone Creek Valley Lions Club.

Extend a helping hand to needy neighbors

AS THE HOT, humid days of summer wind down, many of us here in Pennsylvania grow eager to experience that first chilly autumn breeze and to take in the bright fall foliage.

For a lot of co-op members, however, that chill in the air isn't a source of excitement, but rather of fear about how they will pay for the coming winter utility bills.

You can help these needy families by donating to Valley REC's Members Helping Members assistance program.

A choice of several billing options makes giving easy, and all donations are tax-deductible.

If you'd like, you can round up your bill to the nearest whole dollar, with the difference earmarked for needy members. For example, if your monthly charges total \$86.32, you could choose to round up the amount to \$87, with 68 cents going to Members Helping Members. Using this method, your average annual contribution would be about \$6.

If you'd prefer, you can simply add \$1 to the total due on your bill, for an annual contribution of \$12. Actually, any amount you wish may be added to your bill. Or you can also opt for a one-time donation.

Since the Members Helping Members

program was reestablished in August 2005, generous co-op members have helped 97 families experiencing financial hardship. And donations continue to be gratefully accepted.

If you'd like to help a co-op neighbor get back on track, please complete the form below and return it with your next bill payment. Whether you can give 50 cents or

\$50, your contribution, combined with those from other caring co-op consumers, could make a difference for an elderly member living on a reduced income or a young family facing tough times.

For more information about Members Helping Members, visit www.valleyrec.com and follow the Programs & Services link. Or call 800/432-0680.

Valley Rural Electric Cooperative, Inc. Members Helping Members Program

Name(s): _____

Address: _____

City/State/Zip: _____

Phone No.(including area code): _____

VREC Account No.: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Round up to nearest \$1

Add \$1 to total

Add \$ _____

Ongoing contribution

One-time donation

(month)



PHOTO BY SUSAN PENNING

Learning from our linemen

During a recent safety-related demonstration, Valley REC lineman Curt White from the co-op's Huntingdon district showed local elementary school students the various tools that line crews use when working around energized equipment. Valley Rural Electric offers free educational programs focused on topics ranging from electrical safety to energy production to efficiency. To schedule a program for your school or organization, email memberservices@valleyrec.com or call 814/643-2650 or 800/432-0680.

THE
**Trading
Post**

Classified Advertising



Co-op members may submit ads via e-mail at valleynewsads@valleyrec.com; by phone at 800/432-0680; by fax at 814/643-1678; or by mail at Valley REC, PO Box 477, Huntingdon, PA 16652-0477. There is no charge for this service. If consumers wish to continue running particular ads, they are required to resubmit the information on a bimonthly basis. The deadline for submission is the 25th day of the month prior to the issue months. Submissions are viewable on the co-op's website at www.valleyrec.com. Items published are printed at the request of our members. The co-op does not endorse, recommend or assume any responsibility for the products or services advertised. The co-op also reserves the right to edit material for content and/or space as necessary.

Real Estate

32-1/2 ft. x 63-1/2-ft. brick ranch-style house w/ 5 BR, 2 full BA, lg. LR w/ fireplace, country kitchen w/ oak cabinets & matching hutch & corner cupboard. Full basement painted & paneled. 2 heat sources (geothermal & oil-fired hot water baseboard), central air, wired for generator. 42 ft. x 128-ft. shop building (42 ft. x 37-ft. concrete block construction) located on 2-1/2 acres outside Williamsburg, near trout stream. 814/832-3119.

5.91 acres of wooded ground. Nice getaway. Juniata Co., Lack Twp. \$29,500. 717/734-3275.

3 acres in McVeytown. 5 acres in East Waterford. Good for hunting, cabin or house. \$27,000. 717/994-4806 or -2109.

Raystown Lake - 12 acres. Prime location w/ septic. Near 2 boat docks, main road frontage. Mtn. top vista w/ seasonal lake view. Near Penn State. \$150,000. E-mail clover5005@gmail.com or call 610/850-2724.

10 acres in Blair Co., Juniata Twp., Lilly Rd. A stone's throw from game lands. Mostly wooded, very scenic. \$49,000. Call for particulars. 814/696-9006.

Office/retail rental - Rt. 22 Ardenheim, fronting hwy., 450 sq. ft. of office space w/ restroom, \$285 per month plus electric. 814/643-3775 or 599-4284.

Campground membership for sale. Located at Wilderness Camping Resorts in Spotsylvania, Va., near I-95. Year-round activities for all ages. Avail. at 50% of original purchase price. For more information, call 814/224-5414 or email Dgoebel611@atlanticbb.net.

Need cash? Want to cash in your seller-financed real estate note? A private party can help you sell your note. Call 888/205-3466 Ext. 1.

Wanted

House to rent in August. Must allow small dogs & be 2 or more BR. 814/232-9199.

Lg. amount of used ceiling tile, 2-ft. wide by 4-ft. long. Pop-up camper, cheap. Juniata Co. 717/734-3275.

Scrap gold - Gold jewelry, sterling silver & coins. High prices! Cash payment! Fair & courteous! No item too small! Call Cathy at 814/695-7219 for price quote & appt.

Will do yard work. Doug Wilson, 23662 Wilson Lane, Shade Gap. 814/259-3634.

Autos/Trucks

1991 Chevy van w/ Explorer conversion & new motor. 814/448-2263.

1998 Dodge truck w/ cap. 814/448-2263.

2 Bridgestone duelers AT. 33 x 12.50 R-15 LT. 1 new, 1 used. \$75 for both. 814/943-2192.

1990 Chevrolet Suburban 1500 4x4, for parts. Frame is shot. Autozone rebuilt heavy duty 350 V8 w/ 4-bolt main w/ 3,000 miles. Documentation avail. Heavy duty 4-spd. auto. OD transmission. Fully functioning 4x4 systems, newer tires, water pump, radiator, exhaust, etc. Front & rear heat & air, 9-passenger. Engine was originally \$1,600. Willing to sell whole vehicle for \$1,200 firm. Body panels have limited rust. Interior cleans up nice. 1 burn in front seat. Mark Zorger. Call 814/239-8027 to see.

Ford engine. 352 V8 4-barrel, out of a 1965 Galaxie. Complete engine, ready to run. No need to rebuild. \$450. 814/239-5808 for details.

Reese 5th-wheel hitch w/ rails. Mint cond., \$400. Electric trailer brake control, \$40. 1999 Chevy towing mirror, \$45. Tow Tector protection shield. 15" high. Fits full-sized pickup, \$25. 814/793-3674 or 207-5816.

Recreational

24-ft. Checkmate boat. 1984 Chevy 300 hp, cuddy cabin, galvanized trailer. 570/658-0022.

1991 Cross Country Sports Coach RV. 454 engine GMC classic. 25,000 miles, great cond. 5,000-watt generator, 80-gal. tank. 32' long. Outside shower & lots of storage space. \$8,500. 814/658-2170 or 599-1507.

2000 Wahoo 16-ft. boat w/ trailer.
814/448-2263.

Boat. Medium-sized. 814/447-3735.

1986 Bayliner Trophy cuddy cabin
hardtop. 4 cyl. Chevy OMC (motor
new in 2003) with 1986 Escort trailer.
\$3,500 firm. 814/212-1530.

1990 Yamaha Moto 4 350 ATV. Has
oil cooler, dual range, racks, exc.
tires. Not raced or abused or run on
paved roads. Very nice, barn-kept
machine. \$1,300. Hershey area.
717/566-2993.

Vacation Rentals

3256 Charter Oak Rd., Petersburg. 4
BR, 1-½ BA, lg. FR, LR, DR, full
kitchen. Sleeps 7. Everything fur-
nished except your food. Great for
Penn State football weekends. Walk-
ing distance to state forest, Shavers
Creek Environmental Center & 2 mi.
to Whipples Dam. Rent \$1,000 w/
\$200 security deposit. Call 717/348-
5045 or e-mail dlf62@verizon.net.

Blue Knob All Seasons Resort studio
condo for sale or rent. All furnishings -
TV, dishwasher, pots & pans, silverware
- included. Skiing, golfing, hiking, biking,
swimming & tennis w/ indoor pool &
sauna. Call 814/224-9969, 329-0937 or
email RDGlass5844@aol.com.

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rustic vacation homes, nestled in the
woods by a creek. Minutes from 7
Points Marina, Raystown Lake. Both
homes are within walking distance of
each other, so they're perfect for gather-
ings of larger groups of friends & family.
Fully equipped kitchens, bed linens pro-
vided, high-speed internet, cable TV,
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site at www.wildlodge.net or call Pam at
814/571-8799.

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Alpacas & unique alpaca products.
Visit us at www.terracedmountainalpacas.com or call 814/643-2854. Near
Calvin. Free farm tours.

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New LP gas refrigerators. Ideal for camps.
No electric needed. 717/935-2434.

Tools/Equipment

New 105-amp Chevy alternator. Pol-
ished 1-wire hook-up, 1-groove pul-
ley. New \$220. Will sell for \$100.
814/685-3457, leave msg.

Power hacksaw on stand. \$250.
814/943-2192.

Westinghouse air compressor w/ 40-
gal. tank & 1-hp motor. \$250.
814/943-2192.

Front tractor weights for Massey Fer-
guson & International. Make offer.
814/224-2839.

6" Craftsman planer-jointer on good
stand, \$100. 10" Craftsman radial
arm saw on good stand, \$125.
Craftsman wood shaper & molder on
good stand, \$125. John Deere 4310
backhoe w/ front loader. All auto.
Exc. cond. \$15,500. 814/448-9985.

Delta full-sized pickup truck black
plastic toolbox w/ tray. Lockable w/
keys, \$25 OBO. Billy Goat truck
loader debris vacuum w/ Honda 13-
hp motor & 8" loading hose, \$1,500
OBO. Billy Goat self-propelled
lawn/parking lot vacuum. 5.5 Briggs
& Stratton motor, \$400 OBO. 2004
Bri-Mar dump trailer. 7,000-lb.
GVWR. Dual axle. Barn door. Hy-
draulic dump w/ hand-held remote.
Two trash tarps, \$2,000 firm. 2 sets
of Bil-Jax 5 Scaffolding w/ 2 19' x 7'
walking boards, \$50 OBO. Precise Fit
42" lawn sweeper, \$140 OBO. Brind-
ley lawn de-thatcher, \$40 OBO.
Brindley lawn plug aerator, \$90 OBO.
Call 814/212-1530.

Metal trailer. Can be hauled behind
truck. 814/447-3735.

ATV flatbed utility trailer, 5 x 8 tilt
bed, 13" sides. Good cond. \$495. Or-
bisonia area. 814/447-3744.

9N Ford tractor. Good cond. 3-speed.
4 new tires. Runs good. Attachments
included: Carry-all lift snow blade,
disk, 2-pt. plow. \$2,800. 814/667-3668.

Miscellaneous

Brown, vinyl-coated chain link fence w/
privacy strips. 100 ft. x 5 ft. high. \$550.
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Classified Ads

Free slate fill. You dig, you haul. East
Freedom area. 814/695-5838.

Trane XL 1200 central air conditioning
unit w/ heat pump. Exc. condition. \$475.
814/943-2192.

Perfection antique kerosene stove. An-
tique cream separator. Make offer.
814/224-2839.

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36" white full-view storm door w/ screen.
Great cond. \$49. 814/793-3674 or 207-
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History of Huntingdon's Juniata College
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3197.

Gorell white double-vent casement win-
dows w/ screens. Brand new. 46-1/2" x
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lations. \$100. 717/773-6526. Leave mes-
sage.

New 36" oak bath vanity w/ sink top. 2
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Alpaca & llama feed. Golden Blend. Has
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Essential daily nutrients formulated for
well-being. 6 U.S. gov. patents. No
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Decker Electric - Complete electrical
contracting service for commercial,
residential, farm & light manufacturing
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electrical needs. 814/599-0835.

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Frank's Backhoe Service - Offering digging in tight areas, septic & water line repair. Fully insured. 814/643-3343.

Esh Appliance & Repair, Belleville - We repair all makes & models of appliances. 717/935-2434.

TLC Powerwash - Residential or commercial. 814/644-1173 or 643-4367.

Avon - New products to help you look your best & enjoy summer. Receive a 10% discount off your first order (mention Valley News) & a free gift with orders \$50 or more! Tanya's Avon 814/330-8877 or 669-1259. I appreciate your business.

Maggie Mae's Dog Grooming - Owner Mari Jo Reese. Located in Sinking Valley on Steinbeiser Drive behind Fort Roberdeau. 814/937-0312.

Bat, bird & squirrel droppings in your attic can be a health hazard. With my specialized industrial vacuum machine, I can safely dispose of the problem. Call Darrin Fillman, wildlife specialist, 717/436-9391. We also remove bats, skunks, groundhogs, squirrels, birds, snakes, raccoons, flying squirrels, etc. Licensed & insured.

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Roll-off containers: 10, 15, & 25-yd. roll-off containers avail. Great for cleanups, remodeling projects, shingles & more. Smaller dumpsters also avail. Query's Sanitation Service, Mount Union, 814/542-9547 or 542-2570. Family owned & operated since 1979. Weekly garbage service avail. in most of Huntingdon Co. & Newton Hamilton/Wayne Twp. areas of Mifflin County.

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Dennis A. Heeter Heating & Air Conditioning. We service & install all types of heating & cooling systems including wood stoves, coal furnaces, oil furnaces, gas furnaces, boilers, air-to-air heat pumps, geothermal heat pumps. Free estimates. 800/492-9332 or 814/669-9332.

Antique clock repair & restoration. Call Richard Port. 814/643-1582.

Everhart Painting - Interior/exterior painting/staining, power washing, chinking for log homes. More than 15 yrs. exp., fully insured, free estimates. Call 814/667-4427 or email jeff@everhartpainting.com.

ES Ministries Thrift Shop - 5468 Charter Oak Road, Petersburg, in the Faith Center at Mooresville United Methodist Church. Hours are Thurs. & Fri. 9 a.m. - 6 p.m. & Sat. 9 a.m. - 3 p.m. Shop has clothing, household items, toys & books. We carry items for current holidays. New merchandise added weekly. Weekly 50% off & 50-cent sales. Donations accepted during shop hours.

Book Construction - Excavation, clearing, roads, ponds, septic systems, foundations, prep sites for bldg. Snow plowing & anti-skid. Check our prices. Fully insured, free estimates. 814/448-0186 or 599-6262.

Charter Oak Forestry is working with forest landowners to achieve the highest sale value for your timber while regenerating a future forest. Timber sales, appraisals, trespass values and wildlife enhancement. PSU Forestry graduate Galen Baney. 814/667-2018 or email coforest@uplink.net.