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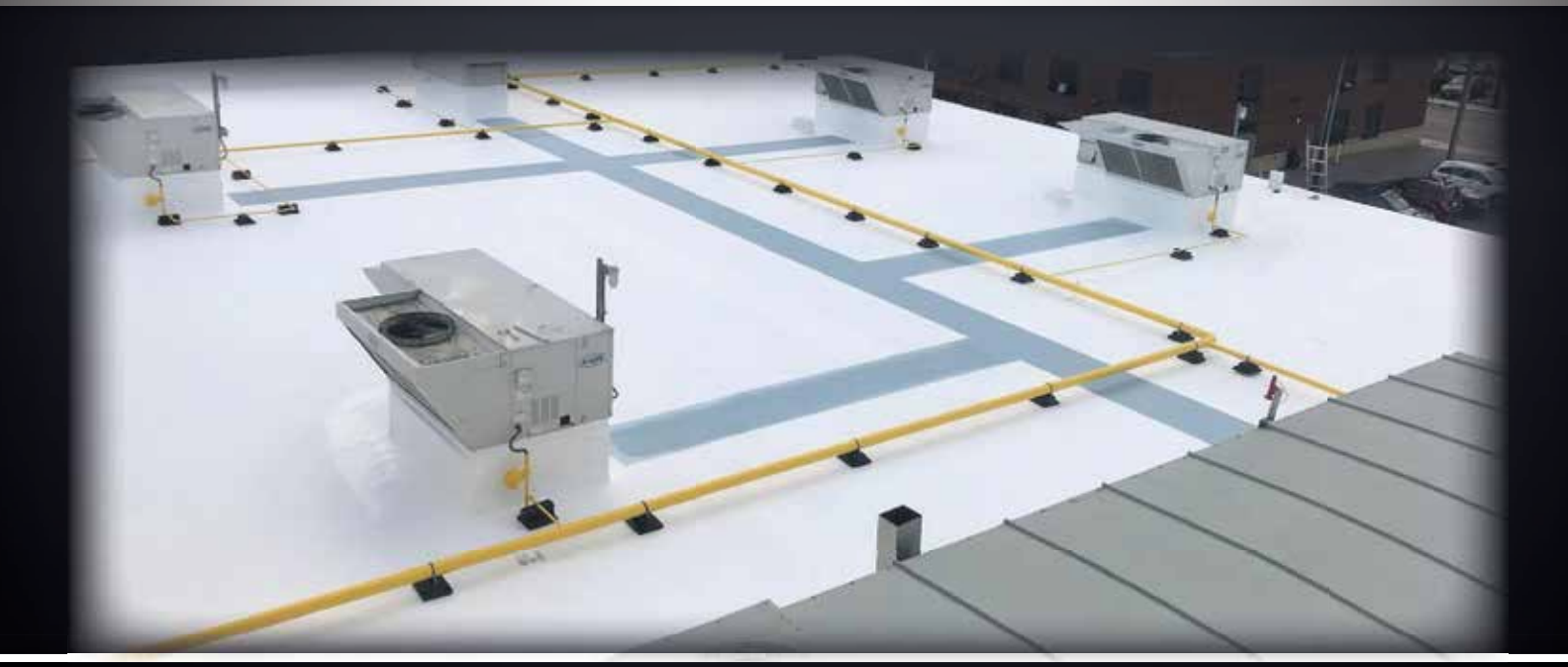

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ON THE COVER

Pennsylvania Secretary of State Kathy Boockvar, left, visits with suffragist Carrie Chapman Catt, portrayed by Pat Jordan, during the June 24, 2019, ceremony in Harrisburg noting the 100th anniversary of the date the General Assembly ratified the 19th Amendment. *Photo by Pennsylvania Department of State*

News from across the Commonwealth

See a wild turkey? PGC encourages you to report it

The Pennsylvania Wild Turkey Sighting Survey, which opened July 1, is open through Aug. 31. The Pennsylvania Game Commission (PGC) is asking people to help track wild turkey populations by making a report

through the PGC's mobile app or the agency's website, pgc.pa.gov.

Information submitted by the public helps the agency analyze turkey reproduction. Participants are asked to record the number of wild turkeys they see, as well as the general location, date and contact information.

"The turkey survey enhances our agency's internal survey, which serves as a long-term index of turkey reproduction and is used in our turkey population model," explains Mary Jo Casalena, PGC wild-turkey biologist. "By reporting all turkeys seen during each sighting, whether gobblers, hens with broods, or hens without broods, the data help us determine total productivity, and allow us to compare long-term reproductive success."

Wild-turkey productivity is affected by spring weather, habitat, previous winter food abundance, predation and the last fall harvest.

The 2019 spring turkey population was estimated at approximately 212,200, slightly below the three-year running average of 216,900.

To find the survey on the website, click on "Turkey Sighting Survey" in the Quick Clicks section. The mobile app can be found by searching for "Pennsylvania Game Commission" in the Google Play Store or Apple's App Store.

Deadline for registering to vote is in October

October 19, 2020, is the last day to register to vote before the Nov. 3, 2020, general election. Eligible residents may register to vote online, by mail, or at a number of government agencies, such as the Pennsylvania Department of Transportation Photo License and Driver License Centers or at the county voter registration office.

To register to vote in Pennsylvania, one must be a citizen of the United States for at least one month before the next primary, special, municipal or general election; be a resident of Pennsylvania and the election district in which one is registering for at least 30 days before the next primary, special, municipal or general election; and be at least 18 years old on or before the day of the next primary, special, municipal or general election.

Registering to vote requires a person to complete a voter registration application form, which is then reviewed by the county voter registration office. If the registration is accepted, the person who registered will receive a voter registration card in the mail. It will show name, address, party affiliation and the address of where to vote.

Persons who are already registered

BEDFORD COUNTY CHAMBER OF COMMERCE

CONCERN FOR COMMUNITY: Bedford Rural Electric Cooperative put one of the seven cooperative principles – "Concern for community" – into action with the donation of materials and labor to assist in the construction of a new IMAX-sized screen at the Bedford County Fairgrounds. The new attraction – constructed by area businesses and organizations in an effort to provide residents and visitors with entertainment that would not be affected by the COVID-19 outbreak – opened on the weekend of July 4.

to vote in Pennsylvania do not have to register again unless their name, address or political party has changed. Voter registration can be updated online, by mail or in person using a voter registration application form.

CWD continues to spread across state

The Pennsylvania Game Commission (PGC) is expanding its Disease Management Areas (DMAs) in an attempt to control chronic wasting disease (CWD), which is continuing to spread across the state. The DMAs are geographic regions that have special rules for both hunters and the general public that are meant to slow the disease's spread and increase the chances of detecting it if it has already spread.

The PGC tested 15,686 free-ranging deer and 161 free-ranging elk in 2019.

No elk were found to have CWD, while 204 white-tail deer tested positive with the top counties for CWD-positive deer being Bedford (99), Fulton (56) and Blair (30). Other counties with at least one CWD-positive deer were: Cambria, Franklin, Huntingdon, Indiana, Jefferson, Juniata, Snyder, Somerset and Westmoreland.

Several of the new cases were found on the fringes of or outside of existing DMAs. When CWD is detected, a 10-mile radius buffer is created around where the infected deer was found. That buffer is then used as a reference for defining DMA boundaries.

It is illegal to move high-risk deer parts outside of the DMA boundaries, and hunters are prohibited from feeding deer or using natural urine-based attractants within a DMA.

According to the PGC, chronic wasting disease is an always-fatal disease that affects members of the cervid family, including deer, elk and moose. There is no live-animal test for it and no cure. First identified in Colorado in 1967, it has been found in 26 states. Infected deer spread the disease to other animals through saliva, urine and feces. Symptoms include lowered head and ears, weight loss, excessive drooling, rough-hair coat, uncoordinated movements and, ultimately, death. To date, CWD has not been found to infect humans, but the Centers for Disease Control and Prevention recommends people

avoid eating meat from CWD-infected animals.

More information about CWD and the DMAs can be found at pgc.pa.gov.

Center for Rural Pennsylvania analyzes data from Overdose Information Network

In March 2018, Pennsylvania launched a voluntary, centralized repository that tracks overdoses, naloxone administrations, and other drug information, to allow police, public safety, and health care professionals to share information related to opioid abuse in their communities. The Overdose Information Network is maintained by the Pennsylvania State Police.

The Center for Rural Pennsylvania recently analyzed reports from Jan. 1, 2018, through May 15, 2020, in order to develop a better understanding of overdose incidents within the state.

The analysis showed 12,832 reported overdoses with an average of 14.8 overdoses reported each day. Of that total, 24% were reported in rural areas. Overdoses occurred every day of the week, but nearly 33% were reported on Fridays and Saturdays, with the largest volume happening in the early evening hours. The highest percentage of overdoses in both rural and urban areas (29% and 30%, respectively) occurred in June, July, and August, while the lowest percentages were reported in December, January, and February for both rural (16%) and urban (18%) areas.

In both rural and urban areas, overdose victims were, on average, white males between 25 and 39 years old. Overall, 66% of rural victims were male, while 69% of urban victims were male. The majority of rural and urban overdose victims were between the ages of 25 and 39 years old (58% and 59%, respectively). In rural areas, 17% of victims were under 25 years old and 25% of victims were 40 years old and older. In urban areas, 13% of victims were under age 25 and 28% were age 40 and older. Ninety-four percent of rural victims and 83% of urban victims were white.

According to the data, the majority of victims in both rural and urban areas overdosed on heroin. In rural areas, 50% of victims overdosed on heroin, 16% on fentanyl, 4% on other types of opioids, and the remaining 30% were from other drugs or unknown drugs. In urban areas, 55% of victims overdosed on heroin, 16% on fentanyl, 3% on other types of opioids, and 26% on other drugs or unknown drugs.

Naloxone, an opioid antagonist medication used to reverse an opioid overdose, was used in 58% of rural overdose victims, while among urban victims, 69% received naloxone. Among naloxone recipients whose outcomes were reported, 92% of the rural victims survived the overdose. Among urban naloxone recipients whose outcomes were reported, 93% survived.

According to the center's analysis, the data indicates overdose incidents are similar in both rural and urban areas of Pennsylvania.

Electric cooperatives: A long and lasting commitment to democratic values

By Derrill Holly

The 19th Amendment to the U.S. Constitution was approved by Congress on June 4, 1919, but it took more than a year for the measure granting women the right to vote to gain ratification by 36 states. This month, the nation marks the centennial of this human rights milestone.

Rural America was built and owes much of its success to family-run farms and businesses. While dads and husbands are often celebrated throughout history and heritage, wives and mothers have been full partners in creating thousands of communities. In fact, electric cooperatives have served as incubators for the leadership skills that guide co-op-served communities today.

Power and partnership

"Historically, rural wives were always isolated and only had interaction with their husbands and children, but they helped run farms and ranches, and ran their homes," says Betsy Huber, president and CEO of the National Grange.

Founded in 1867, the Grange chapters took root as fraternal community organizations committed to promoting sound agricultural concepts in the North, South and the expanding West.

"From the very beginning, women could hold any office in the Grange," Huber says. "We have 13 offices, including four that are only open to women."

By the early 1900s, organizations like the Grange were providing rural women with meaningful leadership opportunities and fueling passions for full engagement in public life that included political participation.

With the rise of suffragist sentiments, in the early 20th century, the Grange routinely included women in governance decisions, Huber notes.

AMANDA WOLFE, NRECA

RIGHT TO VOTE: Erected in 2018, the Burn Memorial depicts Tennessee state Rep. Harry Burn of Niota and his mother, Febb, and honors each of their roles in the ratification of the 19th Amendment.

"One of our national agriculture committees early in the last century had six members, including three men and three women, who reviewed and discussed the resolutions submitted by local Grange chapters that ultimately set policy for the National Grange," she says.

Among the farm women embracing the suffragist cause was Febb Ensminger Burn, a widow from Tennessee's McMinn County, who ultimately played a decisive role in earning women the right to vote and forever changing U.S. history.

Between running her farm and caring for her family, she followed news accounts from Nashville, Tenn., and was turned off by harsh opposition speeches against ratification in the summer of 1920. In August, she penned a seven-page letter to her son, Harry T. Burn, a freshman representative in the House of the Tennessee General Assembly.

"Vote for suffrage and don't keep them in doubt," wrote Burn to her 24-year-old son. "Don't forget to be a good boy and help."

With the letter from his mother in his pocket, Burn broke a 48-48 deadlock by changing his vote to pass the measure, and women nationwide were guaranteed the right to participate in all national elections.

"I spend a lot of my time encouraging co-op members to contact their legislators, and mother-son influence is a great example of true grassroots activism," says Amanda Wolfe, an NRECA senior political adviser, who lives in Nashville.

The area where Burn once farmed and raised her family is still served by Decatur, Tenn.-based Volunteer Energy Cooperative, says Wolfe, adding that voters there are still inspired by the state's role as being the 19th Amendment's "Perfect 36" — a reference to its decisive ratification role.

"Voting is so much more than just a right, it is a privilege," Wolfe says. "The suffragettes fought for generations to finally win that privilege 100 years ago, and every time we cast a ballot, we honor their memories."

Fueling cooperative change

When electric cooperatives were organized years later, many of the same principles honored by rural organizations, including recognition of property rights, were among the fundamental tenets included in

(continues on page 18)

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Century of suffrage

Celebrating 100th anniversary of women's right to vote

By Kathy Hackleman
Senior Editor/Writer

August 2020 marks 100 years since the 19th Amendment to the U.S. Constitution became law. The amendment is short and to the point: "The right of citizens of the United States to vote shall not be denied or abridged by the United States or any state on account of sex. Congress shall have power to enforce this article by appropriate legislation."

While the amendment itself was short, the path to the landmark legislation that allowed women the right to vote in every election was long and winding. Historians vary on how they date the initial embers that became the suffrage movement, with the earliest putting it in the 1830s. What is clear is that by the summer of 1848, the movement was well underway with suffragists including Elizabeth Cady Stanton and Lucretia Mott convening the first formal Women's Rights Convention in Seneca Falls, N.Y., drawing more than 300 attendees. (Today, Seneca Falls is the site of the Women's Rights National Historic Park.)

For decades, women protested, marched, lobbied, wrote, lectured and were arrested as part of this movement. In the late 1860s and early 1870s, many believed success was right around the corner, and an Indiana congressman, George W. Julian, even introduced legislation that would have allowed the right to vote to all U.S. citizens. But success remained elusive. Many of the early suffragists, including one of its most vocal proponents, Susan B. Anthony, Rochester, N.Y., co-founder with Stanton of the National Woman Suffrage Association, did not live long enough to see the movement's successful conclusion. However, Anthony was selected as the first woman to be featured on a U.S. coin, the Susan B. Anthony dollar, in 1979.

Across the nation, early suffrage groups organized, determined to focus attention on women's rights, although they often also promoted an anti-slavery message. Pennsylvanian and

100 YEARS: State officials and members of the public dressed in suffragist white gather June 24, 2019, at the Capitol Rotunda in Harrisburg to commemorate the 100th anniversary of the Pennsylvania General Assembly's vote to ratify the 19th Amendment. Secretary of State Kathy Boockvar is at the podium.

outspoken suffragist Carrie Burnham went to the polls in an attempt to vote in 1871, but she was turned away. She fought all the way to the Pennsylvania Supreme Court, claiming all U.S. citizens had the right to vote. Not only did she lose, the state constitution was soon amended to specify only "male citizens" were allowed to vote.

Both branches of the U.S. Congress finally passed an amendment to the U.S. Constitution on June 4, 1919, allowing women the right to vote in all elections. Ratification was required by at least 36 states (three-fourths of the then 48 states) before it would become law. That effort would take until August 1920, when Tennessee became the 36th state to ratify the amendment.

Pennsylvania was the seventh state to ratify the amendment with the General Assembly giving its approval on June 24, 1919, just 20 days after congressional action was taken in Washington, D.C.

Exactly a century after that action, on June 24, 2019, state officials and members of the public gathered in the Capitol Rotunda in Harrisburg to commemorate the 100th anniversary of the General Assembly's vote. At that event, Secretary of State Kathy Boockvar noted her pride in Pennsylvania's early embrace of women's suffrage.

"We helped lead the way for the rest of the nation," she stated.

COMMONWEALTH MEDIA SERVICES

MAKING IT OFFICIAL: Pennsylvania Gov. William Cameron Sproul signs papers noting Pennsylvania's ratification of the 19th Amendment in June 1919.

WARREN COUNTY CELEBRATES: Phyllis Wright, co-chair of the Warren County Suffrage Centennial Committee, attends one of the events celebrating the 100th anniversary of the signing of the 19th Amendment that gave women the right to vote in all elections.

Long wait

Today, Boockvar, who serves as the Commonwealth's chief election official, emphasizes that the significance of the 19th Amendment cannot be overstated.

"American women had to wait an extraordinarily long time to vote – until 1920, 144 years after the birth of our democracy," she says. "When our great-grandmothers set their sights on suffrage, they understood that voting is the fundamental right of a citizen in a democracy. Susan B. Anthony called it 'the pivotal right.'"

Noting that suffragists labored long and hard, enduring arrests, hunger strikes, violence, and public persecution for their efforts, Boockvar says it's important to remember and honor their sacrifices.

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REMEMBERING THE DAY: Attendees at the June 24, 1919, event honoring Pennsylvania's ratification of the 19th Amendment enjoy activities planned by the Warren County Suffrage Centennial Committee on the Warren County Courthouse lawn.

"It's also worth noting that the 19th Amendment not only gave women access to the polling booth, it led to today's acceptance of women in all aspects of public life, including elected and appointed service on the local, state, and national levels," she says. "Without suffrage, all that followed for women would not have been possible."

In fact, she can see herself as a suffragist if she had been born in a different century.

"My time as a voting rights attorney taught me the precious value of the vote," she says. "I especially admire suffragist Carrie Chapman Catt's tireless approach and unswerving commitment. She even had a prenuptial agreement with her husband guaranteeing her four months of free time each year to work exclusively for suffrage. Carrie used that time wisely. She formed the International Woman Suffrage Alliance, served as president of the National American Woman Suffrage Association and, after suffrage was finally achieved, founded the League of Women Voters."

As secretary of state and also personally, Boockvar encourages residents to register, to vote, and to seek office.

"I have been advocating, supporting, and encouraging women to run for office, be engaged in politics and civic participation, and seek leadership positions for most of the last decade and beyond," Boockvar says. "I've spoken at conferences and events, given feedback and supported women considering these options. I will always continue to do this. I have a broad perspective having been a poll worker, a civil rights and voting rights attorney, a candidate for judge and for Congress, and now, serving as secretary of state, all while also being a mother. I have learned so much from these experiences, and highly encourage all women to vote and become involved in civic affairs and consider running for office, as we need more women in leadership — not only because they are highly effective leaders, but also as role models for our daughters and granddaughters."

Rural voices

State Rep. Tina Pickett (R-Bradford) is one of 55 women (out of 203 representatives) serving in the state House. She represents cooperative members in territories served by Claverack REC, Sullivan County REC and Tri-County REC and agrees on the importance of voting.

"I always speak for the importance of being involved, of voting and of being well informed on the candidates," says Pickett, who was first elected to the House in 2000 after serving several years as a county commissioner. "For those who might say, 'My vote doesn't count anyway,' I say, 'You have never been a candidate standing at a polling place on Election Day then.' As that candidate, it quickly becomes clear to you that the voter has the ultimate power with their vote. Standing at polls on Election Day always gives me a spirited appreciation of this fact."

Even considering that society was slow to come to the realization that women needed to be equal partners in voter participation and elected office, Pickett says their strong involvement and success does not surprise her.

"Women have always had a robust and energetic passion for their families and communities," she says. "We are consistently seeing more women in elected positions as family relationships and responsibilities become more balanced. As women gain more success in elected positions, we also see

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JUSTICE BELL: A replica of the Liberty Bell – known as the Justice Bell – made its way across the country on the back of a flatbed truck in the years before the passage of the 19th Amendment. It remained silent until the passage of the amendment, whereupon it was rung for the first time.

LIBRARY OF CONGRESS

LOBBYING FOR THE RIGHT TO VOTE: This historic photo of Pennsylvania suffragists was first published in 1917.

fundraising becoming more even and equivalent for women candidates."

State Rep. Pam Snyder (D-Greene) explains how important the act of voting has been in her life.

"The first election I could vote in was a presidential year, and Jimmy Carter was the Democratic candidate," she recalls. "I was so excited that I was finally going to get to vote. On Election Day, I was sick with a stomach bug, but I told my husband I was going to vote anyway. As soon as I walked into the voting place, I smelled coffee, and I wondered if I was going to make it through, but I did."

Her husband is an equally dedicated voter — she describes him leaving their farm to vote soon after a microburst had blown off half their roof.

"There were literally strangers in my house trying to help my husband and family salvage things because it was still raining, and he left to vote, so I am able to say neither of us has ever missed an election, even on the day the roof blew off our house, " she says with a laugh.

Prior to being elected to her first term in the House in 2013, Snyder served nine years as Greene County commissioner, all of them as board chair. Because she thinks women bring a different perspective, she is excited that women are seeking office in greater numbers. And nothing makes her happier, she says, than when someone says she is a great role model for their daughter.

Judge Maureen Skerda also is happy to pass along her passion for public service. Skerda was elected the first female judge of the 37th Judicial District (Warren and Forest counties), beginning her term in January 2006, and she became the 26th president judge in 2010. Through her judicial role and her experience as a practicing attorney, she speaks to a number of students – both male and female – who are interested in careers in the law or the judiciary.

"I have always encouraged them about their right to vote," says Skerda, a member of Warren Electric Cooperative (EC), but in the past year, she has become more aware of the history of Pennsylvania judges.

"Many of the early female judges in the Commonwealth were appointed to their first term and then would go on to be elected to full terms," Skerda points out. "I keep thinking that if our governors had not been aware of these exceptional women, they wouldn't have been on the bench."

That dynamic has changed as three of seven state Supreme Court justices are women, 11 of 14 on the Superior Court are women, and eight of 10 on

(continues on page 20)

REMEMBERING THOSE WHO CAME BEFORE: Jane Dunshie, Warren County Suffrage Centennial Committee, provides information about early supporters of women's rights at the grave of Mildred Morton Crosby Lindsey during a Warren County Historical Society public cemetery walk celebrating the 100th anniversary of the ratification of the 19th Amendment.

Sealing air leaks, step by step

By Pat Keegan and Brad Thiessen

Dear Pat and Brad: I love my older home, but it's drafty and uncomfortable at times. What can I do to reduce drafts? — *Cris*

Dear Cris: This is a common problem, particularly in older homes. In many homes, about half of the conditioned air leaks to the outside every hour. The good news, especially if you don't want to spend a lot of money, is that you can seal air leaks on your own with a little time and effort.

Here are three steps to get you started. Keep in mind, there's much more to learn about sealing your home than we can cover in this article, so consider researching trusted websites for additional tips and tutorials.

Step 1: Find the leaks

The first step is a thorough visual search of the interior and exterior of the home. Look for gaps and holes in exterior walls, flooring and the ceiling. These will often occur where different building materials meet, such as the top of cement foundation walls or around windows and doors. Another common source of air leaks is where pipes or wiring penetrate a wall, floor or ceiling. Ductwork located in unheated crawl spaces or attics can also contain air leaks.

Exterior doors and windows that open deserve your attention. Open each door or window and place a dollar bill between the door or window sash and the frame. If you can pull the bill out easily when the door or window is closed again, the seal is not tight enough.

The best way to find all air leaks is to hire an energy auditor to do a blower door test. The blower door is a large fan that is mounted in a doorway to depressurize the house. The auditor can then find the leaks and may even be able to recommend ways to seal them.

It's also possible to conduct your own whole-home pressure test. The Department of Energy provides detailed instructions at energy.gov/energysaver/weatherize/air-sealing-your-home/detecting-air-leaks.

Step 2: Gather the materials you will need

Here's a quick list of materials:

- **Caulk:** You'll need a caulk gun ($4+) and caulk ($4 to $10). We recommend indoor/outdoor waterproof silicone or latex caulk that is water-soluble until it cures and is paintable when dry.
- **Expanding spray foam:** One can typically costs $4 to $6. This is effective, but keep in mind, it's a messy job.
- **Weather stripping:** Prices vary depending on type and length of the materials, but there's a wide variety of weather stripping options made of vinyl, metal, felt, or open-cell foam that works for most situations.
- **Pre-cut foam socket sealers:** You can typically purchase a pack of 24 sealers for about $3.
- **Chimney plug balloon:** Prices range from $50 to $90. You may need a chimney plug balloon if your chimney flu doesn't seal well. Buy a square or round one to match the shape of your chimney flu.
- **Adhesive plastic window insulation sheets:** Prices range from $2 to $14 depending on size. You may need insulation sheets later in the year for windows that can't be sealed and don't have storm windows.

Step 3: Do it!

If you are unfamiliar with how to apply any of these materials, we recommend watching online tutorial videos. Sealing air leaks is one of the best ways to boost your home's energy efficiency. Whether you are a DIY pro or novice, with a few simple steps (and low-cost materials), you'll be well on your way to a sealed, more efficient home.

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. For more information on sealing air leaks, please visit: collaborativeefficiency.com/energytips.

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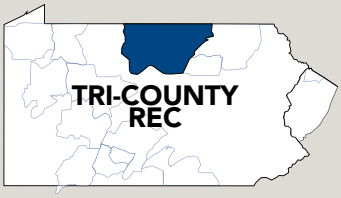

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1-800-343-2559
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Guest Column

Proud to be part of the team

By Austin Helmuth, *Director of Engineering*

FOR ABOUT the past year, I've been serving as director of engineering for Tri-County. Since this is my first time addressing members in *Penn Lines*, I wanted to tell you a little bit about myself before diving into some of the exciting work taking place in the co-op's engineering department.

I was born in Florida but raised in the small town of Ulster in Bradford County.

My interest in the electrical world came from my dad, who makes his living as an electrician. I decided to pursue a career in electrical engineering and graduated from college with a bachelor's degree in that field in 2015. I started my career as a staff engineer with Tri-County shortly after graduation, left the position and Pennsylvania for a short while, and returned to the state and the co-op in December 2018 with my wife, Jillian, in tow. We had our first child, a beautiful baby girl, in May, and we couldn't be more excited!

Outside of work, I enjoy playing sports, especially volleyball, walking, hiking, fishing, and spending time with family and friends. I currently reside in the small stoplight-less town of Tioga and take advantage of the fact that I'm close to Ives Run, Wellsboro, Mansfield, and Corning, N.Y.

My first year overseeing your cooperative's engineering department has been a busy one, and I would like to share a few of the projects we are focused on.

The department has been working to prepare the Bentley Creek, Jackson Center, and Ayer's Corners substations for an automatic switching scheme aimed at reducing outage down-time for members served by those substations. In order to do this, we have staked a new line section out of Jackson Center that will make this project possible. Once all of the necessary equipment has been installed, construction has been completed, and we have reliable communications capabilities through the fiber-optic circuit we are building, we will be able to commission the project, hopefully by the end of the year.

Speaking of fiber, the department has been involved in the make-ready process for the cooperative's Tri-Co Connections broadband construction project that began last fall. Once we receive a list of poles targeted for replacement from the fiber project manager, we send contract stakers to those poles to generate work orders. Once the work orders are created, the poles are replaced by either our own crews or contract line construction crews.

We are also in the process of changing out all of the original one-way automated meters, known as TS1 Turtle meters, on our system. The TS1 substation equipment, installed over a decade ago, is starting to fail and is no longer supported by the manufacturer. We hope to have all of our TS1-equipped substations converted to Aclara's Two-Way Automatic Communication System (TWACS) by the end of the year. With the help of our member services department, we are installing the new meters in areas served by the Cammal, Coneville, Germania, Leidy, Morris and Westfield substations, and Elk Lick and Galeton metering points.

In addition to these major projects,

(continues on page 14d)

Tri-County teams up with Claverack, CoBank to support Food Bank

By Jeff Fetzer

TRI-COUNTY teamed up with Claverack Rural Electric Cooperative and CoBank to provide $20,000 to the Central Pennsylvania Food Bank to assist families in need of food during the COVID-19 pandemic.

A $5,000 donation from each of the electric cooperatives, matched by a $10,000 donation from CoBank, one of the cooperatives' lenders, was used to purchase food to fill crisis response boxes the Food Bank provides to its distribution partners across Northcentral Pennsylvania.

"We are so thankful to these three organizations for providing much-needed support to the Central Pennsylvania Food Bank," said Joe Arthur, executive director of the Central Pennsylvania Food Bank. "Since the beginning of the COVID-19 crisis, our team has distributed more than 120,000 crisis response boxes and millions of pounds of fresh produce, milk, eggs, frozen meats and more to our charitable food network, enough to provide more than 14 million meals. Support like this helps us provide the healthiest foods available to those in need in our communities."

In response to heightened demand for nutritional assistance due to COVID-19, the Central Pennsylvania Food Bank began packing crisis response boxes filled with non-perishable food to meet the needs of its charitable food network in the 27-county area it serves.

This network includes local food pantries, soup kitchens, churches and community organizations that provide nutritional assistance to the public. There are more than a dozen of these partners receiving crisis response boxes in the cooperatives' service territories across the state's Northern Tier.

COMMUNITY: Mindee Lyon, left, development manager for the Central Pennsylvania Food Bank's Healthy Food Hub in Williamsport, accepts a $20,000 check from Bobbi Kilmer, president and CEO of Claverack Rural Electric Cooperative, and Craig Eccher, president and CEO of Tri-County Rural Electric Cooperative. The donation will be used to fill COVID-19 crisis response boxes with food products that the Food Bank will distribute to area food pantries. The donation included $5,000 from each electric cooperative, along with $10,000 in matching funds from CoBank's Sharing Success program. CoBank is a cooperative bank that offers financial services to cooperatives, including Tri-County, across rural America.

"We are proud to be able to help support our local food pantries meet the increased demand caused by the coronavirus," said Craig Eccher, president and CEO of Tri-County Rural Electric Cooperative. "We're all in this together, and we hope by lending our assistance, we will be able to lessen the burden of our friends and neighbors who have been negatively impacted by job loss and other economic challenges."

Tri-County funded its portion of the Food Bank donation through the use of unclaimed capital credits refunds, which all electric cooperatives in Pennsylvania are permitted to retain and use in support of community and low-income energy assistance programs.

Jennifer Sands, communications and marketing manager for the Central Pennsylvania Food Bank, said the Food Bank's demand for food continues to increase, and it is expected that crisis response boxes will be provided to central Pennsylvania food distributors through at least the end of September.

Sands noted the Food Bank has seen an outpouring of support from businesses, industry, charitable organizations and individuals since the pandemic began.

"The community has stepped up big time to help us out," she said.

Sands said the primary need for the Food Bank at this point is financial donations to support its mission to provide nourishment to families throughout central Pennsylvania. The Food Bank is currently not accepting direct food donations from individuals or community organizations.

To make a contribution to the Food Bank, or to find your nearest food pantry, visit the Central Pennsylvania Food Bank website at centralpafoodbank.org or call 1-877-999-5964.

OFFICE CLOSING

Tri-County Rural Electric Cooperative will be closed Monday, Sept. 7, 2020, in observance of Labor Day.

Co-op awards grants to area organizations through Community Services Fund

THE TRI-COUNTY Board of Directors awarded $16,000 to 15 local groups and organizations that had applied for grants through the cooperative's Community Services Fund this spring.

The fund was created in 2013 after a change in state law enabled Pennsylvania's electric cooperatives to retain unclaimed property, primarily unclaimed capital credits refunds, provided they use them for three specific purposes: energy assistance, education and civic purposes.

Prior to passage of Act 187 in 2006, unclaimed capital credits were required to be escheated, or returned, to the state Treasury Department.

Since the Community Services Fund was established in 2013, the cooperative has provided more than $250,000 in grants to various community organizations and clubs that provide benefits to members and communities within the co-op service territory.

Groups that have received funding over the years include charities, fire and ambulance companies, libraries, scout troops, youth sports teams, food pantries, 4-H clubs, veterans assistance organizations, music festivals, fairs, parks, sportsmen's clubs, and recreational groups and facilities.

"One of the cooperative business model's Seven Cooperative Principles is 'concern for community,'" says Bryan Berguson, director of member services for the cooperative. "We've always been strong supporters of our local communities. The establishment of the Community Services Fund has allowed us to take our concern for community to the next level by allowing us to greatly increase charitable giving to local groups."

Berguson, who coordinates the Community Service Committee activities for the co-op, encourages non-profit organizations, clubs and other entities that are in need of financial assistance to apply for funding through Tri-County's website, tri-countyrec.com. The application can be found by scrolling over the "Contact Us" line in the black menu bar and clicking on "Application for Escheats Fund" on the left side of the pop-up window.

The cooperative's Community Services Committee meets two times each year to review applications for grants, and funding is typically awarded to successful applicants in the spring and fall.

For additional information, contact the member services department by calling 1-800-343-2559.

Members can view outage information on outage map on co-op website

Tri-County members can now view up-to-the-minute information about power outages across the cooperative's service territory through an interactive outage map that has been added to the cooperative website.

The map depicts the entire Tri-County service region and can be viewed either by county or township. By selecting either a county or a township, you can see the number of current power outages in any given area of the service territory. The map is updated in real-time based on communications from members reporting power outages.

Members are asked to always report power outages to the cooperative, either by calling the toll-free outage number, 1-800-343-2559, or through the SmartHub application. Please do not report power outages through Tri-County's Facebook page as it is not monitored at all times.

To view the outage map, visit tri-countyrec.com and click on "Outage Map" in the black menu bar near the top of the homepage. Additional information about power outages is available in the "Storm Center" area of the website, which can be found under the "Safety" drop-down menu on the homepage menu bar.

Go Paperless and you could win a $100 Walmart Gift Card!*

3 members will win.

Tired of looking at that pile of bills? Unclutter by signing up for paperless billing!

Secure. Simple. Accessible.

Signing up is EASY!

- Go to tri-countyrec.com
- Log into your SmartHub account
- Select the My Profile tab and click on My Information
- Update your paperless setting to "ON"

For assistance, please call
1-800-343-2559

Paperless billing statements look the same but are stored securely in your SmartHub account with easy access from any location. *All new and current members signed up for paperless billing are eligible to win. If you are already signed up for paperless billing you will be automatically entered into the drawing. Only Tri-County Rural Electric Cooperative members are eligible. Three (3) lucky members will be randomly selected in a drawing to be held on September 1st, 2020.

SmartHub: Manage your account from anywhere

SmartHub, Tri-County's online bill payment and account management program, lets you manage all aspects of your account online or with your mobile device.

WITH SMARTHUB, YOU CAN:

- View bills online
- View billing history
- Change account information
- Receive billing notifications
- Pay your bill online using your checking account, credit or debit card
- Receive a paperless bill
- Access your account info on your smartphone or tablet
- Report power outages
- Monitor your electric use with average daily consumption graphs.

Signing up for SmartHub is easy. Visit our website, tri-countyrec.com, click on the SmartHub icon and follow the registration instructions. The SmartHub mobile app is available for download through your app store.

GUEST COLUMN

(continued from page 14a)

the engineering department has been involved with a steady stream of solar interconnections, mostly small residential arrays, in the past year or so. We have also had requests to interconnect larger solar arrays from several state parks in the area.

From automated system switching and automatic meters to fiber-optic internet and solar energy, the electric utility business has changed dramatically since my interest in electricity was sparked during my youth. I am thankful to be part of a co-op team that has embraced technologies that improve operations as well as the lives of its members.

Family-In-Need Fund

It's common cents

Financial hardships created by the COVID-19 pandemic have caused many cooperative families to struggle keeping up with their energy bills.

You can help some of your neighbors in need by participating in Tri-County's Family-In-Need Fund.

This voluntary program allows you to assist members of the cooperative who have difficulties paying their electric bills. Participating in the program is inexpensive — less than $1 a month — and helps unite the entire co-op as members help each other through difficult financial times.

Contributing is easy

The concept behind the Family-In-Need Fund is simple. You allow Tri-County to "round up" your monthly electric bill to the next dollar amount. The difference between the round-up amount and your actual bill amount — which can be no higher than 99 cents in one month — goes into the fund.

For example, if your electric bill is $100.32, then you would pay $101. The extra 68 cents goes into our member assistance fund for needy families of the cooperative.

In addition to being a great way to help neighbors in need, participating in the program can also make balancing your checkbook easier.

A few cents can make a difference

Your donation of less than a dollar a month doesn't amount to a large sum of money over the course of the year. On average a member would end up donating about $6 annually to the program.

But your pocket change, when pooled with contributions from all of the other participating members of the co-op, can truly make a difference for a family that has fallen behind on its electric bill.

Here's how you can help

If you would like to help your co-op neighbors, the Family-In-Need Fund is an easy way to do just that. Just fill out the form below and enclose it with your next electric bill. If you decide you no longer want to participate in the program, just call the office and ask to stop.

The success of this program depends on the generosity of members. Neighbors helping neighbors — it's the cooperative way. Please send in your form today.

Yes! I want to become a volunteer for the Family-In-Need Fund!

I understand that my bill will be rounded up to the next dollar amount. My total bill will include my monthly contribution to the program, and I am responsible for paying that amount. I also understand that to stop donating to the fund, all I need to do is call the office and ask to stop.

Name: _____ Account No.: _____

Address: _____

_____

Phone: _____

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10 Masks per Pack

$4.99

- Breathable
- Comfortable, Lightweight
- Single Use
- Non-Medical

In-Store Only

While Supplies Last

ITEM 57593

SUPER COUPON

PREDATOR (1365)

2000w Super Quiet Inverter Generator

$449.99

~~$499.99~~

Save $559

Compare to Honda EU2000i $1,009

ITEM 62523

Use Online & In-Store

55905460 LIMIT 1 - Exp. 9/28/20*

WOW SUPER COUPON

SAVE 85%

PITTSBURGH (4323)

1" x 25 ft. Tape Measure

WOW! 98¢

~~$3.99~~

LIMIT 3

Compare to Komelon L4825HV $6.98

ITEM 47737/69031 69030 shown

Use Online & In-Store

55909873 Exp. 9/28/20*

SUPER COUPON

20% OFF ANY SINGLE ITEM*

Use Online & In-Store

55905082

Limit 1 coupon per customer per day. Save 20% on any 1 item purchased. *Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking Lot Sale item, compressors, floor jacks, power stations, safes, storage cabinets, chests or carts, trailers, welders, Admiral, Ames, Atlas, Bauer, Central Machinery, Cobra, CoverPro, Daytona, Diamondback, Earthquake, Fischer, Hercules, Icon, Jupiter, Lynxx, Poulan, Predator, Tailgator, Viking, Vulcan, Zurich. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 9/28/20.

SUPER COUPON

HaulMaster (5765)

72" x 80" Moving Blanket

$5.99

~~$8.99~~

Save 70%

Compare to Blue Hawk 77280 $19.99

ITEM 69505 62418/66537 shown

Use Online & In-Store

55910961 LIMIT 4 - Exp. 9/28/20*

SUPER COUPON

PORTLAND (5604)

1750 PSI Electric Pressure Washer

$79.99

~~$99.99~~

Save $94

Compare to Briggs & Stratton 20600 $174.44

ITEM 63255 63254 shown

Use Online & In-Store

55911309 LIMIT 1 - Exp. 9/28/20*

SUPER COUPON

Quantum (5137)

588 Lumen Tactical Flashlight

$9.99

~~$14.99~~

Save 83%

ITEM 64799/63934 shown

Compare to Streamlight ProTac 1L $59.99

Use Online & In-Store

55915281 LIMIT 4 - Exp. 9/28/20*

SUPER COUPON

PITTSBURGH SERIES 2 (950)

#1 SELLING JACKS IN AMERICA

Rapid Pump® 3 Ton Steel Heavy Duty Low Profile Floor Jack

$99.99

~~$109.99~~

Save $90

Compare to TEQ Correct T830018Z $189.99

ITEM 56618/56619 56620/56617 shown

Use Online & In-Store

55915499 LIMIT 1 - Exp. 9/28/20*

SUPER COUPON

CENTRAL PNEUMATIC (3859)

3 Gallon, 100 PSI Oil-Free Air Compressors

YOUR CHOICE

$39.99

~~$54.99~~

Save 59%

Hot Dog ITEM 69269 97080 shown

Pancake ITEM 60637 61615 shown

Compare to Porter-Cable PCFP02003 $98.62

Use Online & In-Store

55916391 LIMIT 3 - Exp. 9/28/20*

SUPER COUPON

drill master (6094)

4-1/2" Angle Grinder

$9.99

~~$14.99~~

Save 50%

Compare to Ironton 61451 $19.99

ITEM 69645/60625 shown

Use Online & In-Store

55917123 LIMIT 4 - Exp. 9/28/20*

SUPER COUPON

Heavy Duty Foldable Aluminum Sports Chairs (4634)

YOUR CHOICE OF COLOR

$19.99

~~$29.99~~

Save 50%

Green ITEM 63066/62314 shown

Blue ITEM 56719

Compare to Coleman 635394 $39.99

Use Online & In-Store

55922325 LIMIT 4 - Exp. 9/28/20*

SUPER COUPON

WARRIOR (4846)

29 Piece Titanium Drill Bit Set

$10.99

~~$18.99~~

Save 83%

Compare to Dewalt DW1369 $68.14

ITEM 5889 62281/61637 shown

Use Online & In-Store

55924748 LIMIT 4 - Exp. 9/28/20*

SUPER COUPON

HaulMaster (5053)

4 Piece, 1" x 15 ft. Ratcheting Tie Downs

$6.99

~~$12.99~~

Save 69%

Compare to Keeper 5505 $22.80

ITEM 63056/63057 63150/56668/63094 shown

Use Online & In-Store

55924973 LIMIT 4 - Exp. 9/28/20*

SUPER COUPON

U.S. GENERAL MIGHTY · STRONGER · MORE STABLE SERIES 2 (677)

44" x 22" Double Bank Extra Deep Cabinet

$449.99

~~$499.99~~

Save $2,285

ITEM 64446, 64955, 64443, 64954, 64281, 64956

Compare to Snap-on KRA4813FPBO $2,735

Use Online & In-Store

55927028 LIMIT 1 - Exp. 9/28/20*

SUPER COUPON

PORTLAND (2700)

14", 9 AMP Electric Chainsaw

$39.99

~~$49.99~~

Save 50%

Compare to Craftsman 071-45247 $80.74

ITEM 64498/64497 shown

Use Online & In-Store

55927124 LIMIT 2 - Exp. 9/28/20*

SUPER COUPON

HaulMaster (6103)

18" x 12", 1000 lb. Capacity Hardwood Mover's Dolly

$7.99

~~$10.99~~

Save 65%

Compare to Buffalo Tools HDFDOLLY $22.99

ITEM 60497/63095/63096 63097/63098 shown

Use Online & In-Store

55928814 LIMIT 4 - Exp. 9/28/20*

SUPER COUPON

Two Tier Easy-Store Step Ladder (1221)

$19.99

~~$29.99~~

Save 40%

Compare to Werner S322A-1 $33.88

ITEM 67514

Use Online & In-Store

55932978 LIMIT 3 - Exp. 9/28/20*

SUPER COUPON

Kenway (709)

12v LED Magnetic Towing Light Kit

$22.99

~~$34.99~~

Save 46%

Compare to Blazer C7300 $42.65

ITEM 64282

Use Online & In-Store

55933071 LIMIT 2 - Exp. 9/28/20*

SUPER COUPON

CENTRAL MACHINERY (1474)

30" Pedestal High Velocity Shop Fan

$119.99

~~$149.99~~

Save $70

Compare to Strongway 49939 $189.99

ITEM 61845/47755 shown

Use Online & In-Store

55933799 LIMIT 1 - Exp. 9/28/20*

SUPER COUPON

HARDY (5077)

5 Mil Powder-Free Nitrile Gloves Pack of 100

12¢ PER PAIR

AVAIL. IN SM, MED, LG, XL, XXL

NOW AVAILABLE IN GREEN (L, XL)

ITEM 56922, 56923

$5.99

~~$8.99~~

Save 59%

Compare to Venom VEN4145 $14.97

ITEM 64417, 61363, 68496, 68497, 61360, 61359, 68498, 64418 shown

Use Online & In-Store

55934115 LIMIT 4 - Exp. 9/28/20*

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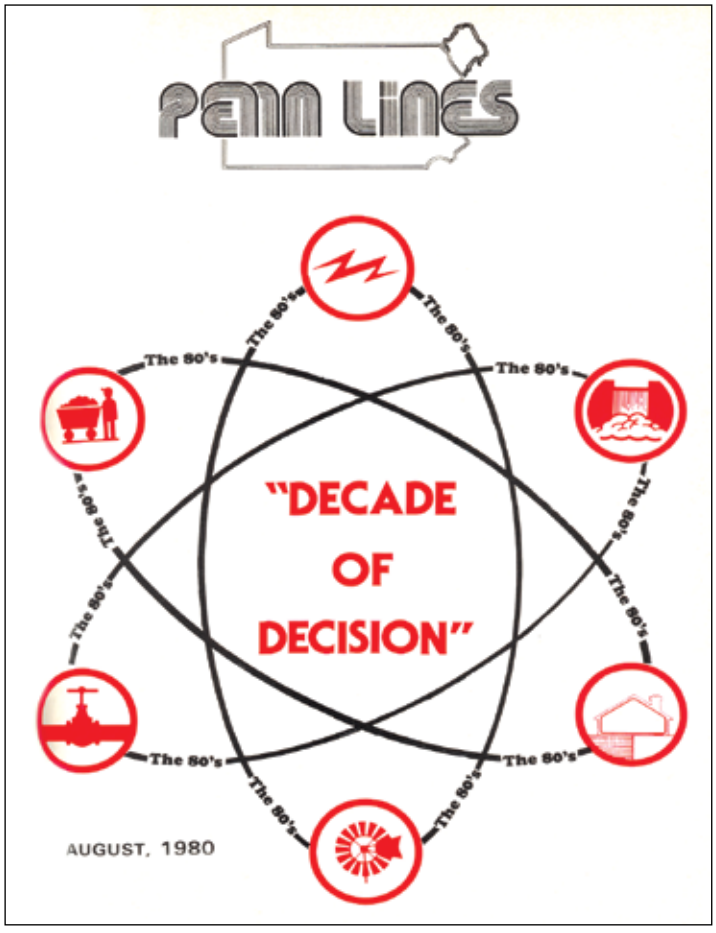


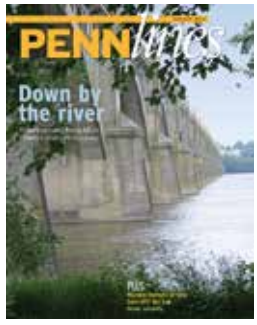
Rural electric cooperative directors, staff and leaders from across Pennsylvania and New Jersey meet in Warren to consider action on matters of critical concern for rural residents in the coming decade.

With the cost of supplying adequate power to rural residents escalating at an alarming rate and federal funding of the rural electric program in danger of falling prey to budget trimming, speakers rally the directors behind a call for "strong co-ops, with strong political action."

Keynote speaker James Grahl, general manager of Basin Rural Electric Cooperative in Bismarck, N.D., stresses that working with legislators at both the state and national level is crucial to the survival of the rural electric cooperative program.

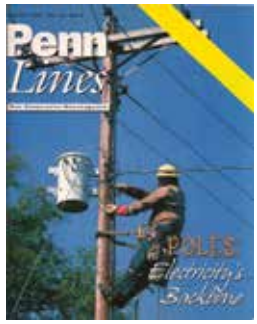
Forty years later, rural electric cooperatives in Pennsylvania and New Jersey continue to work together to provide their members with a reliable source of power that is both available and affordable. Through the Pennsylvania Rural Electric Association, they constantly monitor legislative action that could affect cooperatives and their members.

1980



2010

Pennsylvania's diverse river towns offer unique cultures and environments, and the people who make their living on the rivers contribute to the health of their communities.

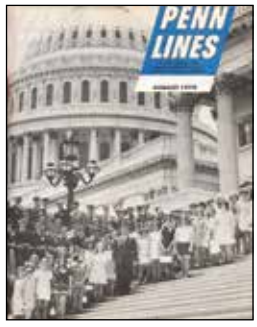


2000

Perhaps the only constant in the rapidly changing electric industry, the ever-present utility pole is the unsung hero in the cooperative effort to bring electricity to members.

1990

Doug Creighton, Seneca, and Monica Shartle, Conneaut Lake, head home after a week in Washington, D.C., as participants in the 1990 Rural Electric Youth Tour.



1970

Pennsylvania's 1970 Rural Electric Youth Tour participants, 72 in all, pose on the steps of the nation's capitol with then-U.S. Sen. Richard S. Schweiker (R-Pa.), center front.

7 COOPERATIVE PRINCIPLES

1 VOLUNTARY AND OPEN MEMBERSHIP

Cooperatives are voluntary organizations open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2 DEMOCRATIC MEMBER CONTROL

Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions. The elected representatives are accountable to the membership. In primary cooperatives, members have equal voting rights (one member, one vote), and cooperatives at other levels are organized in a democratic manner.

3 MEMBERS' ECONOMIC PARTICIPATION

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing the cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefitting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

4 AUTONOMY AND INDEPENDENCE

Cooperatives are autonomous, self help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

5 EDUCATION, TRAINING AND INFORMATION

Cooperatives provide education and training for their members, elected representatives, managers and employees so that they can contribute effectively to the development of their cooperatives. They inform the general public, particularly young people and opinion leaders, about the nature and benefits of cooperation.

6 COOPERATION AMONG COOPERATIVES

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

7 CONCERN FOR COMMUNITY

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

The National Rural Electric Cooperative Association (NRECA) is the national service organization for more than 900 not-for-profit rural electric cooperatives and public power districts providing retail electric service to more than 42 million consumers in 47 states and whose retail sales account for approximately 12 percent of total electricity sales in the United States. Learn more at **NRECA.coop**

NRECA
A Touchstone Energy® Cooperative

Managing home energy use during summer of social distancing

By Paul Wesslund

If you want to make the best use of your efforts to save money on your energy bill, the U.S. Energy Information Administration (EIA) can show you where to start.

Nearly half of the electricity Americans use in their homes, 43%, goes to heating and cooling air and water. Another 31% goes to running our heating and air conditioning systems and 12% powers our water heaters.

In second place for residential electricity use is a grab bag of appliances and lighting. One-fifth of the electricity we use in our homes goes to refrigeration (6%), lighting (5%), clothes drying (4%), and TV and video games (4%).

That means if you want to get the quickest and biggest return on energy savings, focus on how you use your heating and cooling system, and your water heater. That's according to Keith Dennis, vice president of consumer member engagement for the National Rural Electric Cooperative Association (NRECA).

"Turning off an LED lightbulb may come to mind when you think about saving energy," he says. "But in the grand scheme of things, looking at EIA's numbers, it's adjusting your thermostat that's going to make the biggest difference."

Other appliances and devices consume even smaller shares of our total energy use. Eight percent of residential electricity use comes from a combination of computers, freezers, washing machines, dishwashers and cooking appliances. Other home energy users include a range of devices like small appliances, exterior lights, outdoor grills and spa heaters.

SCOTT VAN OSDOL

SAVING ENERGY: If you're looking to reduce energy use, monitor how you cool and heat your home, which is where the biggest potential for saving energy lies.

How COVID-19 is impacting energy use

Even with the recent disruptions to daily life during the COVID-19 pandemic, the advice to focus on heating and cooling to save energy holds up. EIA has started revising its energy use predictions for 2020, and because of business closures and social distancing, they project that electricity sales to commercial and industrial customers will decline 6.5%. With more people staying home, you might expect residential sales to increase, and they will, but not enough to overcome the weather. Even with more people staying home and using more heating and air conditioning, the weather is expected to be mild enough that EIA projects a 1.3% decline in residential electric sales this year. However, those predictions could well be adjusted depending on how quickly businesses reopen, and whether they adopt new ways of operating.

With so many unknowns in 2020 patterns of energy use, EIA's forecast tried to imagine what's going on inside our homes in order to make their projections for the year. Their May 2020 Short Term Energy Outlook says that as a result of the actions to control the spread of COVID-19, use of household electronic equipment will increase, and other uses of electricity, such as cooking or water heating, may also increase. Residential air conditioning use during sum-

(continues on page 18)

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ENERGY MATTERS

(continued from page 6)

co-op charters. Family memberships were vested in heads of households, regardless of gender, and women were among the founding members of many electric cooperatives.

When President Franklin Delano Roosevelt created the Rural Electrification Administration in 1935, farm magazines quickly published stories about the news. Maye Shaw of Quitman, Texas, was a former teacher and regular reader who knew life on the farm would be easier with electric power.

She wrote her representative, Morgan G. Sanders, for information and persuaded her husband, Virgil Shaw, to look into it. By 1937, they both were riding through the surrounding countryside recruiting members and collecting $5 sign-up fees. Virgil Shaw eventually became the founding general manager of Wood County Electric Cooperative, which now serves nearly 36,000 meters and is still headquartered in Quitman.

"Though it was men who signed their names to charter Taylor EMC (in 1937), women have played a vital role in the cooperative's development and success," wrote authors of a 75th anniversary book on the history of Flint Energies. The Reynolds, Ga.-based co-op, originally founded as Taylor Electric Membership Corp., has enjoyed an active female membership since its early days.

Beulah Taylor and Ruby McKenzie became the cooperative's first female board members in 1938 and helped lead the co-op through some of its formative years.

"Homemakers living in rural Taylor County spurred the cooperative's early membership growth," wrote authors. "Eager to bring the benefits and conveniences of electricity to their homes and farms, they held neighborhood meetings and took applications to further the cooperative cause."

In 1939, when the Rural Electrification Administration approved its first loans for electric cooperatives in South Carolina, women were actively involved in the formation of Darlington-based Pee Dee Electric Cooperative.

Mrs. E.S.J. Evans, the home demonstration agent for the Darlington County Agricultural Extension Service Office, was an organizer, and Sue Coker and Mrs. E.A. Gray were elected to the founding board.

Acting for the future

America's electric cooperatives support Co-ops Vote, a grassroots movement designed to encourage voter registration, political engagement and participation in local, state, and national affairs.

"We provide the information to co-op consumer-members to find out how, where and when to vote, and information on the issues that affect rural communities," reports Laura Vogel, an NRECA senior political adviser. "We do not tell people who to vote for, and we don't endorse candidates."

Many electric co-ops are supporting National Voter Registration Day, Sept. 22, to encourage political participation leading up to the November elections.

"We've developed a '5-Star' program that many co-ops have incorporated into their member outreach efforts," Vogel says.

"With so many uncertainties brought on by the COVID-19 pandemic fueling concerns about how voting will proceed this fall, electric co-ops can play vital roles in reminding members of important dates and explaining rule changes," Vogel says. "There will be great opportunities to meet community needs on information about mail balloting or changes in precinct operations, ensuring healthy turnout and widespread voter participation."

Derrill Holly writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56% of the nation's landscape.

TECH TRENDS

(continued from page 16)

mer months is also likely to increase.

Small adjustments for significant savings

During summer months, setting your thermostat a few degrees higher than normal can make a significant difference in energy use. The Department of Energy recommends setting your thermostat to 78 degrees or higher when possible. Consumers can achieve additional energy savings by investing in a smart or programmable thermostat.

In addition to monitoring your thermostat, Dennis suggests keeping an eye on another significant energy user — your water heater.

According to the DOE, lowering your water heater temperature to 120 degrees is an easy way to save energy, and for every 10 degrees reduced, consumers can save 3% to 5% on water heating costs. Dennis also recommends replacing an older, less efficient water heater with a newer, energy-efficient model, which could pay for itself in the long run.

For persistently high energy bills, Dennis recommends contacting your local electric co-op for a more thorough evaluation of your home and how you use energy. Consumers can also find a wide range of additional ways to save energy at energystar.gov.

Small changes to energy use habits, like turning off lights when you leave a room or unplugging devices when not in use, can help you save. But to make the biggest difference in energy use — even during a global pandemic — pay attention to how you heat and cool your home. That's where the biggest potential for saving energy lies.

Paul Wesslund writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56% of the nation's landscape.

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Now available in the U.S. without a prescription!

Popular French Diet Pill Goes On Sale Nationwide

Clinical study shows active ingredients trigger weight loss in the abdomen without harmful side effects; guaranteed results or get 110% of your money back

A compound that triggers weight loss in the abdomen has been used safely in France for years. It is now available in the United States without a prescription.

The pill contains ingredients that not only burn belly fat... but... also help maintain healthy cholesterol levels.

Plus, at just two dollars per daily dose, it's very affordable.

Today marks the nationwide release of this pill in the United States. It's being offered by the Applied Scientific Research Center in Colorado. The U.S. brand name of this pill is OxiTrim.

Clinical results show dieters can lose up to 5 inches from their waistline within just 8 weeks of daily use. That's because OxiTrim works to enhance the body's ability to burn a specific type of fatty acid found in the abdomen.

OxiTrim does not contain stimulants or dangerous chemicals. The active ingredients have a track record of safety showing no harmful side effects.

France's Weight Loss Breakthrough

In 2013, scientists announced a pill that facilitates weight loss in the abdomen. It contains a combination of ingredients shown to enhance the metabolism's ability to burn belly fat.

Since then, it has become a popular diet pill in France and Germany. Sales continue to climb as new people discover how well the product works.

Michael Kenneth, President of the Applied Scientific Research Center is not surprised by the popularity. He says, "The pill is safe. It's effective. It works fast. Plus, it costs less than a cup of coffee per day."

"And now, we're making it available in America under the new brand name OxiTrim. We can't wait to receive feedback from first time users. We know dieters are going to love this pill," he added.

Double Blind Clinical Results

A double blind clinical study was conducted on OxiTrim's active ingredients. The study was reviewed and analyzed by scientists from the University of California, Davis.

The findings were then published in the Journal of Medicinal Food... and... the Obesity Journal.

Participants were given either a placebo... or else... OxiTrim's active ingredients twice per day for 8 weeks. They then ate a normal 2,000 calorie diet and walked for 30 minutes, 5 days a week.

The results were stunning.

Those who took the active ingredients lost almost 4 times more weight than the placebo group. Even more exciting was the quantity of inches they lost from their waistline.

The group taking OxiTrim's active ingredients lost almost 5 inches of belly fat. That's equal to 2 pants sizes for men... and... 4 to 6 dress sizes for women.

The pill even helped maintain healthy cholesterol and blood sugar levels. This is especially good news for anyone who is overweight, given the health risks they often face.

How It Works

The active ingredients in OxiTrim trigger weight loss in a way scientists have not seen before. Research shows they activate a protein in the body that breaks down fatty acids found in abdominal fat.

"You can think of OxiTrim as a match that lights the fuse in belly fat," said Kenneth. "This fuse effects metabolic rate which results in enhanced fat loss around the mid section and other parts of the body, too."

Kenneth also said, "Dieters should know OxiTrim is made from natural plant extracts. It is not a drug. It does not contain any stimulants or dangerous chemicals either."

"Plus, unlike a lot of other diet pills, OxiTrim won't increase your heart rate or make you anxious. In fact, you won't even know you're taking it until you begin to see a slimmer waistline," he added.

Approved By Top Doctors

"The advanced ingredients found in OxiTrim have been used successfully in France for years. The clinical trials show they can burn fat fast for those with a few extra pounds to lose." — Dr. Ana Jovanovic.

"OxiTrim is the most exciting breakthrough in natural weight loss to date. It's a proven pill for men and women who want to cut pounds of belly fat." — Dr. M. Usman, M.D.

"I have reviewed the research and have decided to recommend OxiTrim to overweight people. That's because OxiTrim doesn't just reduce weight, it helps maintain healthy cholesterol and triglyceride levels, too." — Dr. Ahmad Alsayes.

Sales Frenzy: The newly released OxiTrim pill from France is set to break sales records nationwide this week. In clinical studies, users taking the pill's active ingredients lost up to 5 inches from their waistline in 8 weeks without strict dieting.

110% Money Back Guarantee

Amazing feedback from users of OxiTrim has generated a wave of confidence at the company. So much so that they now offer OxiTrim with a 110% money back guarantee.

The company's president, Michael Kenneth says, "We've seen how well it works. Now we want to remove any risk for those who might think OxiTrim sounds too good to be true."

Simply take the pill exactly as directed. You must enjoy fast and impressive weight loss. Otherwise, return the product as directed and you'll receive 100% of your money back plus an extra 10%.

How To Get OxiTrim

Today marks the official nationwide release of OxiTrim in America. And so, the company is offering a special discount supply to every person who calls before inventory runs out.

A Regional Order Hotline has been setup for local readers to call. This gives everyone an equal chance to try OxiTrim.

The Order Hotline is now open. All you have to do is call TOLL FREE 1-888-303-9543. Then provide the operator with the special discount approval code: OTD20. The company will do the rest.

Initial supplies of OxiTrim are limited. Those who don't call soon may have to wait until more inventory is produced. This could take as long as 6 six weeks.

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CENTURY OF SUFFRAGE

(continued from page 11)

the Commonwealth Court are women. That's a trend that's likely to continue, Skerda says, as she points out women have made up almost half of every graduating law school class since 1994.

Commemoration

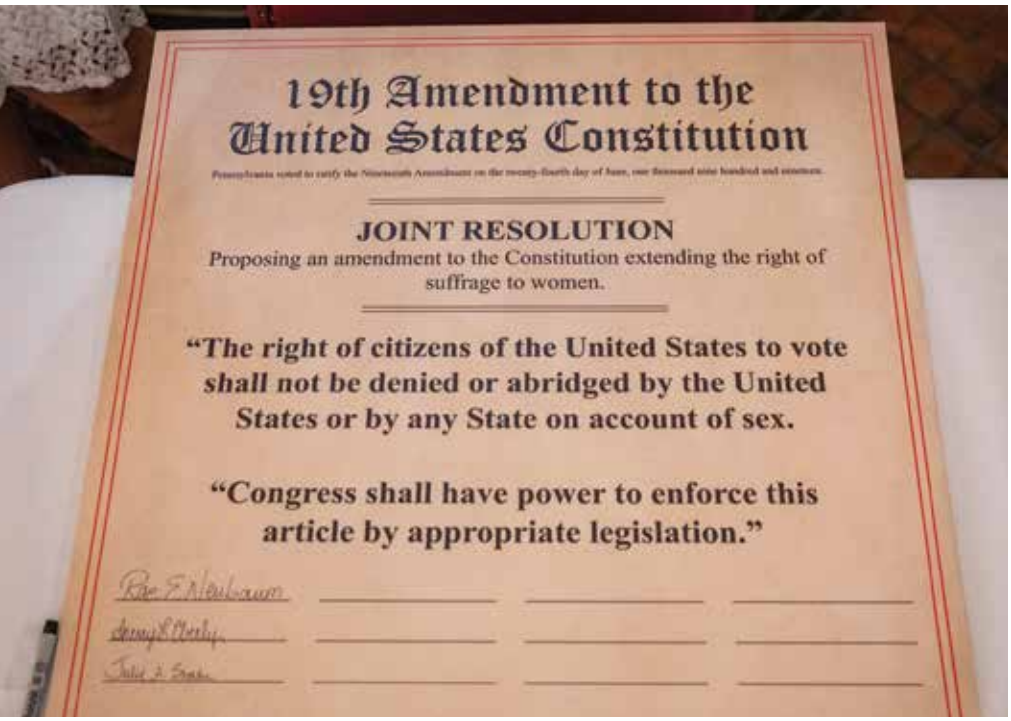
Skerda is featured in a collection of "100 Notable Women of Warren County," one of a number of projects commemorating the ratification of the 19th Amendment undertaken by representatives of about 15 local groups. Events kicked off in 2019 on the 100th anniversary of the Commonwealth's vote to ratify the amendment.

Phyllis Wright, one of the organizers, reports planning for the Warren County Suffrage Centennial Celebration began in early 2019 with the first event being a public ceremony on the courthouse lawn on June 24, 2019, during which the courthouse bell rang 19 times. Related events during the past year in Warren County included a Susan B. Anthony reenactor and the "Equality of Rights: The First Woman's Right Convention" theater production. There were business window displays, dedication of a historic marker honoring Cynthia Catlin Miller, an early suffragist born in Sugar Grove, Pa., multiple displays at the Warren County Historical Society and Warren Public Library, and developing a Warren County historical trail featuring kiosks that provide information about notable historic women.

The group also developed a geocache celebrating the "Justice Bell," a symbol of the suffrage movement (go to geocaching.com and search for Warren County Pa., Justice Bell). The Justice Bell was a replica of the Liberty Bell that suffragists hauled on a flatbed truck around Pennsylvania to encourage citizens to contact members of the General Assembly urging them to vote for women's rights. The chained clapper did not ring until the amendment passed. Other events scheduled this spring and summer were canceled due to the coronavirus.

Meanwhile, back in 2020, United EC board member Shanelle Hawk, Mayport, decided to run for election as a delegate to the 2020 National Republican Convention, but she came up short of votes in the district-wide contest.

Hawk, a former secretary and chair of the Clarion County Republican Committee, says, "Politics is the one way to get things done faster than anything else. I can't believe more people don't get involved."



COMMONWEALTH MEDIA SERVICES

SIGNATURES: Attendees at the June 24, 2019, celebration at the Capitol Rotunda in Harrisburg, Pa., participate in the event by signing a replica of the 19th Amendment. The General Assembly approved the amendment 20 days after it had cleared the U.S. Congress and was sent to all states for ratification.

HISTORIC DISPLAYS: The Warren Public Library in Warren, Pa., displays artifacts and information about the early women's rights movement during the yearlong observance of the 100th anniversary of the ratification of the 19th Amendment.

Hawk has never missed voting in an election, and she credits her family with developing her interest in politics, with both major political parties represented in her family.

"We always discussed politics and religion at our house," she says. "I ended up a very conservative person, but I have one sister and she couldn't be more liberal. For some reason, we grew up in the same household, but we are total opposites."

Community service

While both Betsy Whitsel, co-owner along with her husband of Cassville Country Store and a member of Valley REC, and Kim Phillips, office secretary at Sullivan County REC, hold elected offices (Whitsel on the Cassville Borough Council and Phillips on the Sullivan County School Board), neither views their service as "political." They

just want to get things done in their communities and have found elected office is a way to do that.

Cassville is tiny — about 160 residents, and Whitsel, a 10-year council member, says the council doesn't face many contentious issues.

"We have a great community," she says. "We are just a quiet little borough. We just take care of anything that needs to be done without any fanfare. It's still an old-fashioned community and we take care of each other. If anyone needs something, they just knock on the door of a council member."

While she claims not to be too political as a council member, Whitsel is adamant that her three daughters register to vote when they are 18, and then vote in every election.

"I tell them they can't complain if they don't vote," she explains. "My grandmother was 96 when she died. I remember her talking a lot about the importance of women having the right to vote."

Like Whitsel, Phillips views her 20 years on the school board as service, not politics, but she is outspoken about the importance of women's voices.

"We bring a vast knowledge to serving in a public position," she says. "We have been multi-tasking all of our life. We can manage a budget. We can manage people. We have a different perspective. We need to get involved, be a voice for the people and show young girls they can do anything they want to."

KAMI NOEL

A NEW GENERATION: Jorja Noel, daughter of Adams County residents Kami and Jeremy Noel, is a member of a Brownie Troop that undertook a yearlong Girl Scout Journey entitled "A World of Girls," during which the Brownies studied women's rights and the ratification of the 19th Amendment.

One of those girls absorbing lessons about the importance of women's rights is Jorja Noel, daughter of Kami Noel, communications/member relations coordinator at Adams EC, and her husband, Jeremy.

During the past year, Jorja's Brownie Troop, made up of 7- to 9-year-olds under the direction of Kevin Starner, undertook a yearlong Girl Scout Journey entitled "A World of Girls."

In doing research, Starner, who as leader has some discretion as to the direction a journey will take, discovered the Women's Rights National Historic Park in Seneca, N.Y., and partnered with it on a project where the girls could complete the Women's Rights National Historical Park Junior Ranger Program while on their Girl Scout Journey.

Future meets past

While the girls did not end their study with a visit to the national park or to Washington, D.C., due to the coronavirus, they did learn about the history of women's rights.

STAMP OF APPROVAL: Throughout the 100 years since the ratification of the 19th Amendment allowing women the right to vote in all elections, several U.S. Postal Service stamps have been issued in observance of the historic action.

"They were all absolutely surprised there was a time women couldn't vote," Starner relates. "It was quite eye-opening to them to learn it's only been 100 years that women were allowed to vote."

The most important part to 9-year-old Jorja, a fourth-grader at Bermudian Springs Elementary School this fall? "It doesn't matter who you are, a woman or a man, everyone should be able to vote." And why is it important that her mother be able to vote just like her father? "Because my mom has her own opinion."

As for Mom's opinion about the journey, Kami Noel says, "I think the fact that the Girl Scouts planned far enough ahead to have a program for this year that recognizes the significance of women's rights is a testament to the strength of girl-focused programs and education. It was interesting to hear the questions the girls asked about amendments and voting. These are lessons the girls will carry with them."

Additional details are available at the National Park Service website at nps.gov (search "19th Amendment" for general information and "Women's Rights National Historic Park" for park information).

Now or never

By Janette Hess

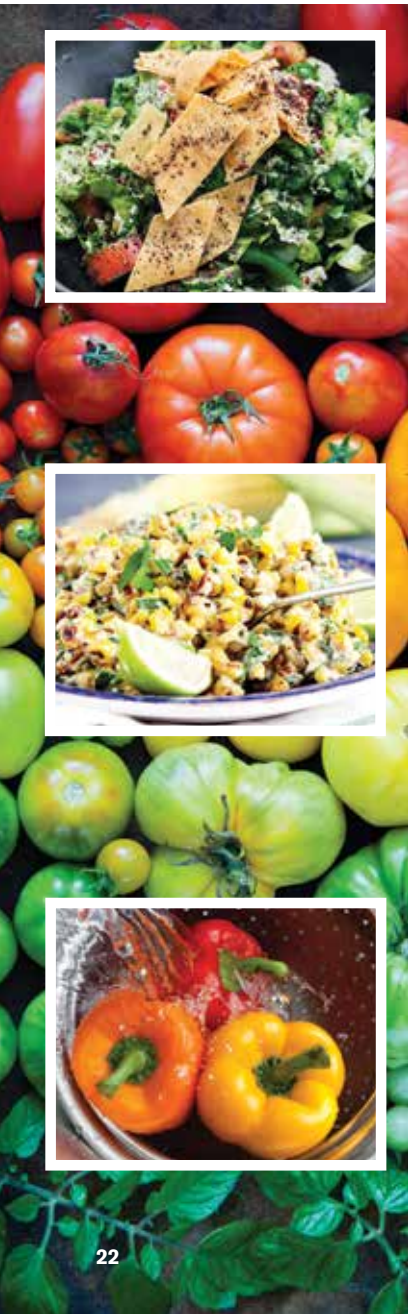
With the end of the garden season in sight, it's time to gorge ourselves on freshly picked produce before it's too late.

Unwilling to compromise on flavor and texture, farm-to-table restaurants serve tomatoes only during their peak season, and when we compare local tomatoes to supermarket tomatoes, we know why. This month's recipe for Summer Fattoush Salad provides the perfect showcase for vine-ripened tomatoes.

A trained journalist, **Janette Hess** focuses her writing on interesting people and interesting foods. She is a Master Food Volunteer with her local extension service and enjoys collecting, testing and sharing recipes.

Grilled Corn Salad takes another fresh favorite, corn-on-the-cob, to new heights. Based on "elote," or the seasoned, grilled corn sold by street vendors in Mexico, this salad is sweet, creamy and spicy all at once. Bell Pepper Salad also is packed with tasty garden vegetables but relies on an Asian-inspired dressing for an extra kick of flavor.

When it comes to taking advantage of garden produce, it's now or never — or at least not until next summer.



Summer Fattoush Salad

2 "rounds" traditional (two-layer) pita bread
1/2 teaspoon Greek seasoning
Olive oil spray
1 head romaine lettuce, torn into small pieces
3 large garden tomatoes, chopped
1 medium cucumber, cut into small chunks (no need to remove skin unless tough or bitter)
1/2 small red onion, sliced and chopped
Generous **1/4** cup drained and sliced kalamata olives
1/4 cup chopped fresh mint

Dressing:

1/2 cup olive oil
1/4 cup fresh lemon juice
1 clove garlic, minced
1/2 teaspoon salt
1/2 teaspoon Greek seasoning
1/2 teaspoon dried oregano
Freshly ground pepper to taste

Split pita into 4 rounds; allow to dry for several hours at room temperature. When dry, place on large baking sheet and lightly spray with olive oil spray. Sprinkle with seasoning. Bake at 250 degrees for 20 to 30 minutes, or until crisp. Allow to cool. (This may be done in advance.) To assemble salad, break pita into bite-size pieces and place in large salad bowl. Add romaine, tomatoes, cucumber, onion, olives and mint. Quickly whisk together dressing and pour over salad. Toss and serve.

Grilled Corn Salad

8 ears sweet corn, husks and silks removed
Vegetable oil for preparing corn and grill
3 tablespoons mayonnaise
3 tablespoons sour cream
2 tablespoons freshly squeezed lime juice
1 tablespoon diced fresh jalapeno pepper
1/2 teaspoon chili powder, plus extra for garnish
1/4 teaspoon ground cumin
1/4 teaspoon salt
1/2 cup crumbled cotija cheese
Chopped fresh cilantro, for garnish

Preheat grill on high. Lightly rub ears of corn with oiled paper towel. When grill is hot, lightly oil grate. Using tongs, place corn on grill. Cook 10 to 12 minutes, turning ears frequently as they cook and brown. Remove to cutting board and, using sharp knife and a downward motion, slice kernels from cobs. In salad bowl, whisk together mayonnaise, sour cream, lime juice, jalapeno, chili powder, cumin and salt. Stir in corn. Top with cotija cheese and sprinkle with additional chili powder and chopped cilantro. Serve at room temperature or chilled. Makes 6 servings.

Bell Pepper Salad

3 large bell peppers (mix of colors)
1/2 red onion
1 cucumber
1 small zucchini
6 tablespoons vegetable oil
4 tablespoons rice vinegar
3 tablespoons lower-sodium soy sauce
3 tablespoons sugar
1 tablespoon creamy peanut butter
1/2 teaspoon dried ginger
Generous dash of sriracha sauce

Halve peppers and remove seeds. Slice peppers into very thin strips. Slice onion into thin rings and then halve rings. Slice cucumbers and zucchini into thin strips. (No need to remove skin unless tough or bitter.) Place vegetables in salad bowl. To make dressing, place peanut butter in small microwavable bowl and heat to soften, no more than 8 to 10 seconds. Add remaining ingredients and whisk until smooth. Toss with vegetables and serve immediately. Makes 6 servings.

Plant CSI: How to figure out what's wrong with your plants

By George Weigel

Much can go wrong in the garden, in case you never noticed.

Every gardener deals with threats such as bugs munching on the trees, diseases attacking the shrubs and perennials, endless rains rotting roots, 100-degree afternoons frying leaves to a crisp, and rabbits, deer, and groundhogs that finish off whatever's left.

The tough part is figuring out what's causing — or about to cause — a plant's demise.

That's not easy, because unlike people, plants can't point to where it hurts or tell you when the problem started.

Diagnosing plant problems is a bit like playing detective. Just like on the Crime Scene Investigation TV show, the answer lies in analyzing signs and symptoms of trouble.

Signs are direct clues — things such as small brown pellets left on the ground next to a chewed-off pansy, dot-sized black fungal spores on the underside of plant leaves, or a glossy film left behind by scale insects attacking a holly.

Symptoms are clues related to how plants have reacted to a problem.

A plant slowly yellowing from the bottom up could be telling you it's suffering from disease, while a plant that's browned just on one side may have been hit by herbicide drift or salt spray.

Symptoms are even harder to decipher since similar symptoms may be caused by drastically different problems.

Wilting, for example, can happen because a new plant hasn't been watered for three weeks or because the roots have rotted from excess water, leaving nothing behind to move moisture up to the leaves.

Before jumping to conclusions, know what's normal for a plant.

PHOTO BY GEORGE WEIGEL

NORMAL PINE NEEDLES: These yellowing pine needles might look like trouble, but it's normal for pines to yellow and drop their inner needles each fall.

Bark that's peeling off a birch tree is normal for that species, while white pines are prone to dropping many yellowed needles each fall.

Regular scouting is a good way to catch a problem early. Take regular walks to enjoy your plants, but while you're gawking and sniffing, watch for early signs and symptoms that something's amiss.

Even if you have no idea what's causing a problem, at least you'll realize something's not normal and investigate further.

County Extension offices, garden centers, and a host of university- and botanic-garden websites are all good sources for researching possible problems and their solutions.

Here are a few common plant problems with some possible causes:

- Young leaves are yellow: Not enough light; iron or manganese deficiency in the soil; excessive fertilizer.
- Old leaves are yellow: Nitrogen, magnesium or potassium deficiency in the soil; overwatering; natural aging of leaves; plant is pot bound; roots are rotting.
- Plant is yellowing all over: Poor soil fertility; extreme heat; light is too intense or lacking; plant is pot bound.
- Random leaves or needles yellowing or browning: Mite damage; herbicide spray drift; root or stem injury; stem galls.
- Dead or yellow spots on leaves: Fungal, bacterial or viral infection; excessive fluoride in the soil; pesticide damage.
- Holes in leaves: Caterpillar, slug or other bug damage; fungal leaf spot disease; hail or wind damage.
- Leaves brown around the edges: Wind damage; excessive salt in the soil; lack of water; excessive fertilizer; pesticide damage; air pollution.
- Leaves falling off: Excessive fertilizer; lack of water; reaction to move or transplanting; cold damage; pesticide damage; lack of light; rotting roots; natural life cycle of plant.
- Leaves wilted: Under- or over-watering; excessive fertilizer; roots or stems rotting; rodent damage to roots; pesticide damage; frost damage; excessive heat.
- Weak growth and/or gradual dieback of branches: Lack of water; root injury or girdling roots; compacted soil; plant was planted too deeply; excessive mulch; poor soil nutrition; lack of light.

George Weigel is a Pennsylvania Certified Horticulturist, author of two books geared to gardening in Pennsylvania, and garden columnist for The Patriot-News/Pennlive.com in Harrisburg. His website is georgeweigel.net.

Classified Advertisements

ISSUE MONTH	AD DEADLINE
October 2020	August 17
November 2020	September 17
December 2020	October 16

Penn Lines classified advertisements reach nearly 166,000 rural Pennsylvania households! Please note ads must be received by the due date to be included in the requested issue month. Ads received beyond the due date will run in the next available issue. Written notice of changes and cancellations must be received 30 days prior to the issue month. Classified ads will not be accepted by phone, fax or email. For more information please contact Michelle M. Smith at 717-233-5704.

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- ❑ **Ad copy** as it is to appear in the publication.
- ❑ **Heading** ad should appear under, or name of special heading (additional fee). See below for FREE heading options.

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DO YOU HAVE PROPERTY IN BEDFORD COUNTY that you want to sell? Maybe you are looking to buy? Call Howard Hanna Bardell Real Estate and ask for Colleen Fix. Local full-time agent with 20+ years' experience – also familiar with family properties and estates. colleenfix@hotmail.com. Let's work together! Call Colleen Fix. 814-977-2075.

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Fishing isn't all it's made out to be on television, in movies

By Earl Pitts, American

I've been tellin' everybody I know about how every useless nut-job out there is panic-buyin' bicycles. On account of nobody's got nothin' else to do this summer. Then my better half, Pearl, decided maybe her and me should buy us some bikes.

Yeah, well that didn't happen.

But here's another thing happenin' on account of the bug fever … everybody wants to go fishin'. Yeah — I know it's true 'cause I heard it right there on the radio. There's a record number of fishin' licenses bein' sold. Bait and tackle shops are bein' sold out of fishin' poles and bait. Prices of nightcrawlers, red wigglers, leaches, crawdads and maggots are goin' through the roof.

So let me explain fishin'. On account of it ain't all the glorious, soul-satisfyin', existential experience y'all seen in the movies or on the TV. Yeah, for my cousin, Bradley Pitts, a river might run through it, but for the rest of us, a pond or a lake just sets there. And there ain't no Wicked Tuna out where we fish, neither. Just obstinate catfish, malicious bass and bothersome bluegill.

If y'all come up to Mudd Lake where we fish, don't be expectin' no emotionally-definin' spiritual moment or clarity. Most likely what you're gonna experience is skeeters and lookin' for a bathroom until you can't hold it any longer.

And by the way, out where we fish, social distancin' is not six feet. It's more like 50 yards — at least. And don't call it "anglin'." Unless you're anglin' for a beat down. It's fishin'. The Good Lord didn't recruit his apostles from a group of "anglers."

Wake up, America! A lot a' newbies ask me the same question — what's the secret to fishin'? Is it the right tackle? The right bait? The right location? I like to tell them — it's the right snacks and drinks. And plenty of them. I'm Earl Pitts, American fisherman.

You know what makes me just wanna rent a tuxedo and escape to the North Pole to live amongst the penguins? I saw where penguin droppin's contain huge amounts of laughin' gas, or nitric oxygen. So, you'd be cold and eat a lot of fish, but at least it would all seem funny. And nothin' else right now seems funny. Can we all agree on that?

I noticed somethin' last night on the TV. They have figgered out a way to sell you ways to calm down. First of all, they run this commercial on there. The words come up: "Relax for 30 seconds." It's a blank screen with just the sound of rain. That's supposed to make people relax, chill out, de-stress. But I'm thinkin', "Did I roll up my truck windows?"

That exact commercial is followed by another one sellin' some pill you can take to relieve your stress. Then another commercial about lavender fabric softener to help you sleep without all the stress. Uh huh, apparently stress is big business these days.

Heck, I don't know what y'all are stressed out about. I ain't stressed. I'm a country boy. We take more gut-punches than Mike Tyson's sparrin' partner. Don't mess with our minds. There are days you could just look at me wrong, and I'd unspool like a roll of steel on the back of an over-turned 18-wheel flat bed. But that ain't stress. That's just my life.

But, while I am not stressed out — you know what I *am*? I am resigned. I am resigned to the fact we're already 17 months into this year, and only just over halfway done with it. And with full-on hurricane season, the election, and whatever kind of other assassin bug comes over here from wherever still to come, it can only get worse.

You know what I feel like right now? You know at the end of that movie, when Butch and Sundance are stuck in that little shed, and they can hear the whole army outside? And they're sittin' there bleedin', checkin' their guns and chidin' each other with false bravado like they got a chance?

I feel a little like that, only it seems like I ran out of bullets about three months ago.

Wake up, America! Yeah, I am not goin' to fight it no more. I'll just get through the rest of this year with a lot of eye-rolls and deep sighs. (Sigh) That's all I got left. I'm Earl Pitts, American.

Social commentary from **Earl Pitts** – a.k.a. GARY BURBANK, a nationally syndicated radio personality – can be heard on the following radio stations that cover electric cooperative service territories in Pennsylvania: WANB-FM 103.1 Pittsburgh; WARM-AM 590 Wilkes-Barre/Scranton; WIOO-AM 1000 Carlisle; WEEO-AM 1480 Shippensburg; WMTZ-FM 96.5 Johnstown; WQBR-FM 99.9/92.7 McElhattan; WLMI-FM 103.9 Kane; and WVNW-FM 96.7 Burnham- Lewistown. You can also find him at earlpittsamerican.com.

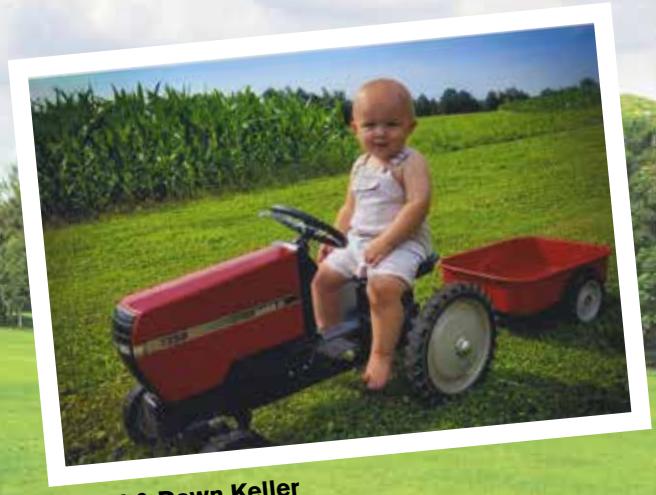
Summer sun

The hours of daylight are still long, making it the perfect time of year to get outside and take some photos.

Amateur photographers are encouraged to send their photos to *Penn Lines* Photos, P.O. Box 1266, Harrisburg, PA 17108-1266. Include name, address, phone number and the name of your electric cooperative. 2020 winners in each of five categories — artistic, landscape, human, animal and editor's choice — will receive $75, and runners-up will receive $25.

We work ahead, so please send winter photos by mid-September (hint: save your spring, summer and fall photos to submit next year). 2020 photos will be returned in early 2021 if you include a self-addressed, stamped envelope.

Jackie Zimmerman
United EC



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