

Valley Rural Electric Cooperative, Inc.

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives serving Pennsylvania and New Jersey

Valley Rural Electric Cooperative, Inc.

10700 Fairgrounds Road
P.O. Box 477
Huntingdon, PA 16652-0477
814-643-2650
1-800-432-0680
www.valleyrec.com

BOARD OF DIRECTORS

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Corporate Office Hours
Monday - Thursday
7 a.m. - 5:30 p.m.

Huntingdon/Martinsburg/Shade Gap Office Hours
Monday - Thursday
7 a.m. - 5:30 p.m.

Outages & Emergencies
1-800-432-0680

Guest Column



Understanding your business

By Ethan DeVore, *Director of Member Services*

HALLOWEEN is right around the corner, so there's a good chance you are carving pumpkins for your porch and watching football on TV. It's understandable that with all the distractions, you might not stop to think about your electric cooperative or your power bill. As an owner-member, you may find it beneficial to learn more about your cooperative.

Valley REC is a distribution co-op, meaning it purchases power through a G&T (generation & transmission) cooperative. The G&T feeds the electricity onto the co-op's substations where it is dispersed through the distribution system and finds its way into your home's outlet.

Valley Rural purchases power from Allegheny Electric Cooperative, Inc., a generation and transmission cooperative owned by 14 Pennsylvania and New Jersey co-ops. Formed by these co-ops in 1946, Allegheny provides its electric cooperative consumers with a reliable supply of energy at a competitive price.

Allegheny owns 10 percent of the Susquehanna Steam Electric Station and also operates the Raystown Hydroelectric Project. It also has long-term contracts with the New York Power Authority for hydropower generated on the Niagara and St. Lawrence rivers. These sources help Valley maintain stable rates on electricity as they provide approximately 70 percent of the co-op's power needs. The remaining 30 percent — also purchased through Allegheny — is bought through the open market, where rates are more volatile, and can skyrocket during peak demand hours.

If you're wondering, "What is peak demand?" keep in mind that electricity is produced for immediate use, which means it must meet electricity requirements at all times. When there is high demand — periods where consumption is at its highest — energy prices are higher on the open market.

So, what does that mean for you? Well, for starters, it means you can play your part in helping stabilize those rates by participating in your co-op's demand response program. The program works by allowing a demand response unit (DRU) to be installed on your water heater. During peak demand periods, a signal to temporarily shut off your water heater is sent to the DRU. This generates substantial savings for the co-op — an estimated \$500,000 annually, and this amount will keep rising as more DRUs are installed. Your choice to opt in to the program will not only help in the co-op's efforts to stabilize rates, but it will also grant you a \$100 bill credit.

Educating members about what they can do to help positively impact their co-op falls in line with the fifth cooperative principle — education, training and information. As a member of Valley REC, you have several ways you can help develop your business. Participating in the demand response program is one of them. Visit our website at www.valleyrec.com to learn more about your cooperative's programs and services. While you're at it, be sure to stock up on candy for the trick-or-treaters and have a happy Halloween. ☀

Co-op Connections Card, your link to savings

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

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

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



We're a participating business

AUTOMOTIVE/MOTORCYCLE

Calkins Auto

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

Huston Ford Motor Company

10719 William Penn Highway,
Huntingdon

Offer: 10% discount (\$50 max) on parts and labor; cannot be used with other specials or body shop repairs.

J & P Auto Mart

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

Keystone Kawasaki Yamaha

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

Pro-Trans

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

Route 26 Automotive

8413 Anderson Lane, Huntingdon (on Route 26N past former Valley REC building)

Offer: 15% off oil changes.

Steve Seltzer Honda

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

CONTRACTORS/BUILDING SUPPLY

Adams Electric, Inc.

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

Center Region Stone Supply

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

Central Penn Patio & Awning

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

Dennis A. Heeter, Heating & A.C.

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

Fink Brothers Supply

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

G. B. Wineland & Son, Inc.

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

Gary's Homes, Inc.

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

Impressive Floors, Inc.

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

Joseph T. Berrena Mechanicals, Inc.

279 Standing Stone Ave., Huntingdon
Offers: 20% off Hydroflow S38 chemical-free water treatment device. 10% off parts and service.

Lewistown Floor Company

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

Mount Union Lumber & Supply, Inc.

114 West Poplar Street, Mount Union
Offer: Receive a \$200 rebate on the purchase of any one of the following Fujitsu mini-split units: 9RLS3Y, 12RLS3Y, 15RLS3Y, 18RLXFZ Dual-headed unit, and 24RLXFZ Triple-headed unit. Please notify MULS, Inc. at the time of purchase about the card.

PJs Hearth & Home Heating

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

Rick Worthy Contracting, Inc.

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

Superior Floorcoverings & Kitchens, LLC

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

DINING/FOOD

Allegro Restaurant

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

Back Yard Burgers

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

Couch's Subs & Groceries

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

Doan's Bones Barbecue

3507 McAlevy's Fort Road, Petersburg
Offer: Free large fry with any purchase (must show card before order). \$4.95 value.

Fox's Pizza Den

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

Hobo's Restaurant

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

J.P. Edward's Grill and Bar

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

Jethro's, LLC

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

Keystone Candies & Gifts

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

Queen City Fruit & Produce

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

Speck's Deli & Gourmet Pizza

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

ENTERTAINMENT

Chambersburg Skydiving Center, Inc.

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

Holiday Bowl

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

Isett Acres Museum

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

Lincoln Caverns & Whisper Rocks

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

Rockhill Trolley Museum

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

HEALTH, BEAUTY & FITNESS

Angelina's Invigorating Hour

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

"BEE" Unique Hair Boutique

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

HMJ PATCH Program

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

Huntingdon Vision Center, Ltd.

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

Modern Family Dentistry

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

S'Hair-Eng Styling Salon

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

HOME, GARDEN & FARM

Antietam Iron Works & Powder Coating, LLC

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

BluAcres, LLC

1301 Allegheny Street, Suite 112, Hollidaysburg
\$250 discount on pond dredging and permit plan. \$100 discount on wetland delineation.

CCI Cleaning Connection, Inc.

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

Chimney Doctor

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

Envinity, Inc.

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

Hines Feed Store

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

Kelsey Springs Landscaping

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

M & T Vacuum Systems

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

Mid State Chimney Sweeps, LLC

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

Mill Hill Farm Supply, Inc.

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

Potted Memories Greenhouse

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

Raystown Decorator Fabric

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

Roberts Four Season Power Equipment

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

Stoudnour Petroleum, Inc.

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

OFFICE/PROFESSIONAL SERVICES

Beacon Light Photography

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

D-Signs

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

Ellis Office Supply Inc.

1640 E. Pleasant Valley Blvd., Altoona
Offer: 10% off any supply order of \$50 or more.

Film Center (The)

3415 Pleasant Valley Blvd., Altoona

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Offer: 50 4x6 photo-lab quality prints from your digital camera for just \$10.

Freedom Rentals

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

Huntingdon Offset Printing Company

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

Ink Garage (The)

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

Julie's K-9 Kuts

14310 Croghan Pike, Mount Union
Offer: 10% off merchandise (except those sold on consignment) and 5% off all grooming services.

Kavazea Designs

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

Manning Photography

28 W. 10th St., Tyrone
Offer: \$50 gift certificate (cannot be combined with other offers).

MJH Services

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

One-Stop Communications

126 Electric Ave., Lewistown
Offers: \$10 off any wireless phone and 20% off standard phone accessories.

Paul Prough Photography

59 Lower Country Club Road, Mount Union
Offer: 10% discount off all orders.

PPCS Consulting, LLC

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

Stone's Notary Service

2183 Cow Path Lane, James Creek
Offer: 10% off one notarized document.

Tiny Tots Childcare and Learning Center, LLC

22965 Croghan Pike, Shade Gap
Offers: 5% discount to families that are enrolled Monday – Friday. \$25 per child for date night care or "Parents Night Out."

RECREATION/SPORTS

Bear Creek RV

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

Ed's Train Repair & Sales

1317 Vira Road, Lewistown
Offer: 10% off all train track purchased.

Reed Defining Taxidermy

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

Saxton Outdoor Supply

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

RETAIL

Everett Shoe Sales & Repair

18 E. Main St., Everett
Offer: 20% off all shoe and boot repairs.

Hometown Delights

7133 Petersburg Pike, Petersburg
Offer: 10% discount.

Log Cabin Gallery Shop

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

Mount Union True Value Hardware

135 E. Shirley St., Mount Union
Offer: 10% off regularly priced items. Not valid on sales.

Prospector Jewelers

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

Raystown Electronics, Inc.

14188 Croghan Pike, Mount Union
Offer: Discount varies with product.

Saxton Station Pharmacy

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

Trough Creek Candle Co.

17958 Cooks Road, Cassville
10% off in-store purchase of \$25 or more.

Vintage Art Glass & The Foxy Grape

9561 Main St., Huntingdon (Mill Creek)
Offer: Friends and family 10% discount on purchases.

Vintage Jewelry Chest

8493 Woodbury Pike, Hollidaysburg
Offer: 20% discount.

TRAVEL

Crampton Manor Bed & Breakfast

270 Country Lane, McConnellsburg
Offer: 20% off any accommodation.


Penn Stater Conference Center Hotel (The)

215 Innovation Blvd., State College
Offer: Complimentary guestroom upgrade (based upon availability).


Riley's Bed and Breakfast

863 Washington Ave., Tyrone
Offer: Sunday through Thursday – 15% discount.

ENERGY VAMPIRES



can add **10%** or more to electric bills.


research collected from Energy.gov

VAMPIRE ENERGY:

Also known as standby power, vampire energy is the electric power consumed by electronic devices that are plugged in but swithed off. That wasted energy could be costing you!

Co-op hosts fourth American Red Cross blood drive

VALLEY REC hosted its fourth American Red Cross blood drive on Tuesday, Aug. 7, 2018. The drive was held during Huntingdon County's Fair week, which enabled visitors to cross the street from the fair and donate blood at Valley's corporate office. Many employees signed up and gave blood along with several other area donors.

"I think it's great that Valley sponsors a blood drive," says Valley employee Tricia Long, who participated in the blood drive this year. "By taking part in the drive, I discovered my blood could be donated to four other types. I am grateful for this opportunity to give back to someone in need."

Twenty-two donations were made with all available time slots being filled. Since the inception of the blood drive, 98 blood donations have been provided by Valley employees and other area donors. Valley would like to thank everyone who participated in this year's blood drive, especially during a time of emergency blood shortage. Your donations will help prevent delays in urgent medical care to the most vulnerable patients. 🌟



BLOOD DRIVE: Valley employees, from left, Logan Booher, Jason Wilson, and Tricia Long of the Shade Gap District participate in this year's blood drive, which was held at the corporate office during the week of the Huntingdon County Fair.

Meet your employees ...

FEATURED in the column is a recent addition to the Valley REC team, Brooke Stonerook. Brooke and her family reside in East Freedom. Hired in May, Brooke works out of the Martinsburg District office as the assistant district secretary. She's also the secretary for the Valley REC Energy Services division.

A graduate of Northern Bedford High School in 2012, Brooke grew up in Woodbury, Pa. She started working in high school during evenings at Health by Chioce. After graduation, she maintained various jobs and eventually went on to enroll at YTI Career Institute where she completed the program for respiratory therapy in the fall of 2015.

After graduation, she took a job at the Chambersburg Hospital as a respiratory therapist. After working there for one year, Brooke realized she wanted to have less travel to and from work and decided to look for closer job options. That led her to Valley REC.

"I'm very happy I was able to get a job here," says Brooke. "I really enjoy everyone I work with here at Valley, and I'm also a big fan of the work week structure with working four 10-hour days and having Fridays off."

In her spare time, Brooke enjoys making crafts. She also likes to hunt and fish. Her favorite thing to do, however, is to



ON BOARD: Brooke Stonerook is a recent addition to the Valley Rural team. She works as an assistant district secretary out of the Martinsburg District office.

raise her 8-month-old, Kasen.

"Having the opportunity to work in the community I live in and getting to know our members personally is one of the best parts about working here," she says

In a short period of time, Brooke has quickly proven herself to be an asset to the team. She's one of the "People you can count on." 🌟