

### **DEAR MEMBERS**,

# Electricity: Your money's worth ... and a side of fries

We've probably all done it: vowed to take lunch to work to cut down on money spent eating out. It's one more thing to do to keep the household budget intact. And it's probably a good move for your waistline too.

So, with the best of intentions, you load up the Tupperware<sup>®</sup> after dinner to be ready for tomorrow. At lunchtime the next day you feel good that you have both an economical and, hope-fully, healthy lunch.

But sooner or later you either leave home and forget the lunchbag in the refrigerator (I've done that more times than I can count) or you run out of leftovers. Either way, when the noontime hunger pangs hit, it's off to the drivethrough.

The website *Naturally Savvy* reports that the average cost of a fast food meal is \$4 to \$7. That's not a lot of money for one trip, but repeated purchases add up.

Did you know one trip through the drive-through could pay for an entire day's supply of electricity?

The National Rural Electric Association (NRECA) reports that an average day's worth of electricity costs less than \$4 (\$3.58 to be exact). So, the high end of the cost of lunch, the \$7 mentioned earlier, would pay for a day's worth of hot water, lighting, heating or air conditioning and TV or video games – with money left over for an order of fries.

That's a pretty good bargain, considering there's not a lot you can buy anymore for under \$5. You can purchase a gallon of milk, a couple cans of soup or a gallon of gas – or a day's electricity. Even in our country's shifting energy climate, electricity remains a good value.

Think about your daily necessities (electricity and gasoline, to name a few), and then think about the cost of the special treats we allow ourselves to purchase on a weekly (or daily) basis. We don't often question the cost of lunch and yet we frequently become upset if our electricity rates rise. That makes

sense because we have become increasingly reliant upon electricity. Electricity

has, for most of



us, gone from a luxury commodity to a necessity and an expectation. We expect the lights to come on when we flip the switch and we expect our power to stay on during the best and worst conditions. How else would we keep our food fresh and our homes cool in the summer or warm in the winter? It is easy to cut fast food lunches from your spending routine (if you don't forget the leftovers in the fridge). But we cannot simply cut electricity out of our budgets if times get tough or we decide that we want to scale back our spending.

It is nearly impossible for us to think about what our lives would be like if we did not have electricity. If at times it doesn't seem that electricity is affordable, remember: even as the demand for electricity grows, cost increases still remain low, especially when compared to other consumer goods, such as medical care, education, gasoline – even burgers and fries.

Electricity is still a great bargain. And Valley REC is committed to making sure that you and your family always have safe, reliable and affordable electric service in your home.

-w.R

Cooperatively yours,

Doug Roles Director of Member Services



Valley Rural Electric Cooperative, Inc.

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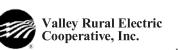
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#### On the cover ...



Austin and Mindee Anderson show off their Jersey calves, Massey (left) and Joey, in the new dairy barn at the 2014 Fulton County Fair. Austin and Mindee are fifth and fourth-grade students (respectively) at Spring Farms Elementary School, Southern Huntingdon County School District. Youth exhibitors such as the Andersons are the future of county fairs that reconnect us to our agricultural heritage. See story on Pages 4-5.

## Martinsburg office gets facelift

By Ethan DeVore

Member Services Intern Valley Rural Electric Cooperative recently completed improvements to the office space at the Martinsburg district building. The work done over the past several months is the first piece of a larger project to spruce up the facility and make it more pleasant and productive for employees.

The office renovation phase of the building project started in mid-May and wrapped up in August.

Mike Shawley, district manager, is very pleased with the renovations so far and described the project as a "necessary facelift."

"Overall everything went well. The contractors did a really nice job. Everyone is pleased," Mike says.

"This is part one of a three-part project. Next year we'll focus on the main warehouse that is attached to the building and the following year we'll do the detached warehouse that we have."

"New carpeting and lighting really brightened it up," Mike adds. "It had been really dark. We had dark walls and dark carpeting."

Work completed over the past months





Visitors to the Martinsburg district office will notice the new appearance of the front of the building as well as improvements inside. A recently completed renovation project improved workspace for staffers, such as Barb Moyer (bottom, left). The first thing visitors see when they walk in is a well-lit front counter space (below, left). Photos by Doug Roles

included demolition and removal of that 1960s-era paneling, installation of new carpeting and drywall, bathroom improvements and remodeling of the break-room and kitchen. New flooring and lighting were installed throughout and a storage closet was added.

The last step in this first phase of the project was installation of a new front door to go with new siding on the center front of the building.

Although the final product turned out very well, employees faced many challenges during the process.

"It was a lot of moving around. We had

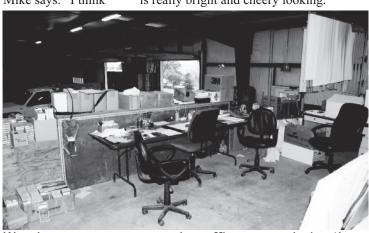
to move to stay out of the contractor's way," Mike says. "I think the worst is over."

Mike recalls there were some pretty chaotic times. At one point a makeshift desk was set up in the warehouse so staff had an office space while the main office was under construction. Visitors to the building at that time were greeted by the echo of tools and the sight of piles of debris.

The linemen's and staking engineer's work areas were upgraded along with the area used by District Secretary Barb Moyer. Kathy Luprek, the district's assistant secretary, is pleased to have a new office space as well.

"The office looks beautiful with the new renovations," Kathy says. "The place is really bright and cheery looking."





Warehouse space was used as office space during the "you have to mess up to clean up" phase of the project. (Photo by Ethan DeVore).

September | October 2014

## Fairs celebrate our rural heritage

## Youth exhibitors key to future of ag expos

By Doug Roles

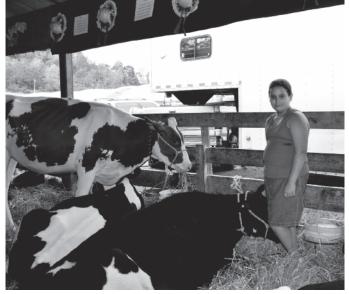
Director of Member Services Chances are that if your family is from central Pennsylvania you have some connection to agriculture, past or present. While fewer of today's families have a direct involvement in farming, the area's many county fairs provide a once-a-year reminder of the region's rural past while also shining the spotlight on youth exhibitors who are the future of the local farm economy.

Fair organizers throughout the Valley REC service area say their events help reconnect the public to the importance of ag. Pat Bard of Needmore, Fulton County, has served on the Fulton County Fair Board since 1987. He says the fair's main mission is educating the public. Pat believes that, as agriculture has progressed toward fewer farmers operating ever larger farms, more children are growing up without a farm background.

"They have no exposure to it in today's society," he says.

Pat says the fair has had a group of children from the Cowan's Gap area visit the dairy barn multiple times to watch cow milking, something the non-farm kids had never witnessed.

County fairs provide a time of camaraderie as well as friendly competition through exhibit judging. Pat says more than 200 youngsters had animal exhibits at



this year's event. He sees the fair as the "last hurrah" for the kids as they show off this year's work and prepare to begin another year in 4-H and FFA programs during the school year. He's proud that Fulton County's event "is a local fair, with local people and local vendors."

Carrie Anderson is one of those local participants. She and her husband, David, operate Waylynn Farm in Springfield Township, southern Huntingdon County.

The Andersons, who have been Valley members for a decade, enjoy showing their dairy cows at the fair. Their son, Austin, 11, has been showing animals at the fair since he was five years old. Daughter Mindee, 9, is also shows animals



Valley REC employees talk to Huntingdon County Fair visitors on Tuesday of fair week. Valley REC served as a daily sponsor at this year's fair in celebration of the co-op's 75th year. (Photo by Doug Roles)

Elizabeth Jo Grabill, 9, feeds her Holstein cow, Laura, at the Juniata County Fair. "Lizzie" says she enjoys showing animals at the fair. She is a member of the Juniata County 4-H Dairy Club and is the daughter of Matt and Bobbi Grabill of McAllisterville. (Photo by Doug Roles)

at the county fair.

"I think it gives the kids a lot of responsibility and work ethic. They're responsible for these animals," Carrie says.

In this day and age, Carrie says, many people are not connected with their food sources and have the "milk comes from stores" mentality.

"It gives people who aren't around animals a chance to see what they normally don't see."

Carrie, who grew up on a farm in Fulton County, is proud to be part of a small, local dairy farm. (The Andersons run about 40 head of Jersey dairy cattle and some beef.) She likes people to know that the animals are well treated.

Carrie believes showing animals at the fair and participating in ag programs gives the children the opportunity to spend time with students form other school districts who have the same interests.

In Juniata County, youth exhibitors participate in a July 4-H and FFA fair since the county fair is held after the start of the school year (Aug. 30 - Sept. 6 this year). The county fair exhibits "open class" animals on the first three days of the fair. That way young people who choose to show animals then can have fair-related feeding and care wrapped up before school resumes the Tuesday after Labor Day.

Don Clark, president of Juniata County's fair board, said the number of animals on display this year was up compared to last year while the fair is encouraging other, non-livestock youth exhibits.

"We're really trying to get 4-H back to our fair, like it used to be years ago," he says. "We made one whole wing of the floral building available for 4-H and FFA



One lucky visitor to the Fulton County Fair won this beautiful quilt (hanging), made by the Fulton County Quilt Club. Members shown are, left to right: Virginia Cantner of Needmore, Fulton County; Barbara Nellemann, Meadowgrounds, Fulton County; and Valley REC member Anne Comins of Three Springs, Huntingdon County. (Photo by Doug Roles)

this year. That was a start."

The fair board also supported the midsummer event by purchasing a steer and a lamb from the 4-H and FFA sale.

Don, who grew up on a farm just outside Port Royal, agrees that fewer kids today are exposed to farming and livestock. He said when he was a kid there were six dairy farms on a 3.5 mile stretch of River Road, from Port Royal to the community of Mexico. Today one farm operates there with some of the acreage also under crop lease. He said farms have had to get bigger to stay viable.

"It's kind of sad, but that's the world we live in today."

Don hopes for a bright future for Juniata County's event, now in its 160th year. The Juniata County fair takes place alongside races at the Port Royal speedway.

"The fair and the race track support each other," Don says.

Patty Villani of Altoona, founder of the *Pennsylvania Mountains of Attractions* website, says it's not uncommon to see fairs like Juniata's that are more than a century old.

"Many of our county fairs have been held each year for over 100 years," Patty says. "I have no doubt our fairs will be enjoyed by many future generations."

Such longevity attests to the importance of the county fair's place in rural Pennsylvania living. Consider that the Huntingdon County Fair bills itself as holding an event "for more than 100 years" while the Fulton County event is at 94 years and Centre County's Grange Fair marked its 140th year in late August.

Polly Smith, a retired newspaper editor, volunteers with the Huntingdon County Fair and has covered the youth livestock shows at the Huntingdon event for *The Daily News* for about 15 years.

She says sound planning is key to longevity and explains that there are county fairs facing financial difficulty.

"The fair board (in Huntingdon County) has made a commitment to perpetuate its annual event. And the reason, I feel, it has been so successful is because of the 'family' of volunteers who don't just serve on the board but work from one year to the next to make the fair happen," Polly says.

She has seen unsure youngsters grow into confident teenagers through handling of farm animals in the show ring.

"I also see these same kids exhibit canned foods, hay and grain products and items that demonstrate the use of their hands and minds. I see them drive with ease a tractor or skid steer through an obstacle course," she says.

"Not all of these young exhibitors are 'country kids.' Many reside off the farm but have some type of rural connection and the Huntingdon County Fair is seeing more of the latter group bringing in their projects," Polly adds.

Polly doesn't see an overabundance of young people looking to carry on the ag tradition, but says many local former youth exhibitors have gone on to pursue ag-related careers. Such fair youth include

### **Local Feature**

a local veterenarian who now practices in Blair County as well as a staffer to the state Secretary of Agriculture.

Villani, who has been traveling to county fairs since she got her drivers license at age 16, says each county fair is unique though they all have the midway rides and games. She says fair grandstands provide popular entertainment that many couldn't afford to see if it wasn't for the county fairs.

"Each county has its own unique ethnic group and loves showing off local traditions," she says. "Experiencing the many ethnic food dishes at each county fair is well worth the price of admission to each fair. I have to admit I was surprised when I started building my website at how many county fairs there are each year."

For a listing of Pennsylvania's county fairs and other festivals go online to: www.pennsylvania-mountains-of-attractions.com



Cecil Fritts of Piney Ridge, Huntingdon County, won the bike Valley REC offered at the Huntingdon County Fair. Fritts couldn't wait to surprise his youngest grandson (nine-year-old Hunter, who lives in Pittsburgh) with the prize. We're sure "Papa" Fritts will be as excited as Hunter when the boy takes the new wheels for a spin in the driveway. Cecil and his wife, Mary, are Valley members. They have nine grandchildren and two great-grandchildren.

Nine-year-old Jesse Nevel of Port Matilda, Centre County, won the Keurig coffee maker (It also makes hot chocolate), also offered at the Huntingdon fair. The same prizes were raffled at the Juniata County Fair. Winners had not been selected by press time.



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#### **REAL ESTATE**

Lg. 2 BR rancher sitting on 3+ acres of ground overlooking Seven Valleys. All new carpet & flooring. All new appliances: refrigerator, stove, stove-top microwave. Well & septic. Installed unbreakable pipes, new water softener & hot water heater. Can be bought fully furnished, if you want. Only used one time. 3-yr.old wood stove, airtight. Electric heat. Stove sits on ceramic & surrounding walls are ceramic. Very well kept. Clean. Very easy to winterize. One large garage, 2 yrs. old. One smaller garage. Sleeps 8 or more people. 15-20 minutes from Lake Raystown. \$99,000 furnished. Seller will pay all closing costs. 856/816-6968.

215 acres. Hill Valley near Three Springs. Mostly wooded. 906/376-8887.

Roaring Spring area. 14 x 70 mobile home. 3 BR, 1 BA w/ garden tub, stove, refrigerator, washer/dryer, AC, shed, mower, weed eater, water/sewer/trash included. Pets OK. Nice cond. 814/327-6818.

6.7-acre wooded building lot which includes a new septic system that will service up to a 5 BR size home, well & underground utilities including electric, telephone & DSL. Take advantage of the site improvements already in place, including a basic driveway up to a level building site surrounded by mature trees. Lot is in Raystown Reach, a private development that includes vacation homes as well as yearround homes. It is only 4 miles from Raystown Lake & 6 miles from Huntingdon. \$75,000. Call 717/665-1763 for more information.

Chalet, A-frame, two miles from Blue Knob Ski Resort. Main floor, loft & basement. About 100 yds. off Blue Knob Road, accessed by right-of-way. One & one-half acres shared w/ second owner. Shared well water pump on my property & shared septic field on other owner's property. Chalet interior recently upgraded. Existing furnishings in chalet included. Three BRs in main floor & loft & 2 BRs in basement apartment. Central heat, oil furnace. One newly-built owner's tool shed & one shared tool shed. For sale by owner 60,000 w/ closing costs by buyer.

Blue Knob Ski Resort area. House for sale. 2story, 2,700 sq. ft. on the golf course (#7), includes adjoining lots on each side. 1.06 acres total. Built 1992. Public sewer & water. 3 BR, 3BA (2 huge BRs w/ BAs on 2nd floor). First floor includes den, BR, BA, kitchen, DR, great room (21' ceiling) & sun porch (all season). Lg. 16 x 16 deck, 8 x 12 shed w/ 10 x 7 golf cart garage. Basement under sun porch, 10 x 12 pavilion. Airtight catalytic converter wood stove, new DW, washer & dryer, microwave and full-size elec. stove included. Other furnishings negotiable. Wired for DirecTV & internet. \$279,000. Email: Blueknob8015@yahoo.com

2.1 acres, 3 BR, 2 BA, 1 lg. outbuilding, well & septic, furnished. 1-1/2 miles to Raystown Lake Aitch boat launch. Off Rt. 26 at the corner of Weller Road & Redstone Ridge Road. \$69,900. 570/956-9827.

19-hole Pro Putter Mini Golf Course. 2.69 acres including caddy shack/snack building, 10' x 20' w/ deck & handicap ramps. Picnic pavilion 10' x 20' w/ metal roof. Utility/storage building 10' x/14' w/ double doors. Many other details too numerous to list. Call 570/956-9827 for further information.

1.1 acre commercial real estate. 200' road frontage, Fairgrounds Road, Huntingdon. Call 814/599-7383 or 814/658-3608.

#### **AUTOS/TRUCKS**

2000 GMC Suburban, 331,000 miles. Needs trans. \$3,000. Flatbed trailer w/ sides, dual axle, 76" x `14. Heavy, homemade, no title. \$600 Call 814/448-2215.

1996 Ford Crown Victoria. Silver, all new tires, exc. cond., interior & exterior, 75,000 miles, exceptional car. Call mornings & evenings 717/573-2386.

#### FOR RENT

3 BR, 1 BA home located in Smithfield Township. Single level home, BA is handicapped accessible. Situated on .5 acre, lg. yard, oil heat. Located 3 miles from Snyder's Run boat launch, 3 miles from the Point access. Call 814/643-1712 for more information or to view.

#### RECREATIONAL

2012 Forest River Wildwood 26TBSS camper. Never been cooked in, smoked in or heavily used. Still smells like new. Driven to campground & never moved since 7/25/12. \$18,900 OBO.

Call/text serious inquiries only! 814/404-6397.

1989 17' BassTracker w/ 90hp Evinrude, troller & fishfinder. Exc. cond. \$3,700. 717/360-2819.

2012 Yamaha VX Cruiser Waverunner w/ trailer. Exc. cond. \$9,000. 717/880-5520.

2007 electric golf cart w/ recessed lights, 5 spiral mirror, rear seat that lays down to haul, upgraded batteries. Asking \$2,500 OBO. 717/586-0524.

#### VACATION RENTALS

South Myrtle Beach year-round vacation rental. 2 BR, 2 BA condo at an ocean-front resort. Fully furnished including linens, towels, cable w/ HBO, wireless internet, AC, 6 pools including a lazy river, lighted tennis courts, saunas, jacuzzis & more. \$450-\$950 weekly. Monthly rates available. Phone 717/263-2717.

Football weekend getaway. Raystown Lake vacation house rental. Sleeps 11. Lg. great room w/ fireplace, 4 BRs, dining table for 12, central AC, 2 new flat screen satellite TVs, 2 full BAs, 2 half BAs, lg. recreation room, fully equipped kitchen & laundry rooms, screened-in porch, lg. parking area, 1 mile from lake (Snyders Run boat launch). Linens & towels provided. For more information see

www.laurelwoodsretreat.com or call Dianne at 814/931-6562.

#### ANIMALS

One year old male alpaca. Baby miniature donkeys. Shots & wormed. Ready to go. Please call 814/448-3713 for more information.

Free 8' fiberglass truck cap, maroon in color. 814/696-0424.

#### WANTED

White-faced hornets. Free removal. Huntingdon County. 814/667-2136.

Danuser 6-B post driver. Price negotiable depending upon condition. Call 814/658-3050.

Military collector seeks U.S. military items. World War I, World War II & Korea. 240/367-6667 or 814/448-9977.

Good items for our auction. We sell it all guns, boats, cars, household items, big items, small items, estates, partial estates, & more. YOU BRING IT - WE'LL SELL IT! For more info, Gene's Auction, Fairgrounds Road, Huntingdon. 814/643-2734. Auction every Friday 6 p.m.

#### **TOOLS/EQUIPMENT**

Lift chair w/ heat & massage. \$900. GE auto washing machine, HD, LG cap & LG cap dryer, \$250. Call 814/448-2215.

Tractor chains: 1 set 15" x 60", \$200; 1 set 12" x 48", \$100. Hydraulic tailgate for PU, \$900. Fiberglass compact truck cap, 62" x 82" white, \$150. Tree shelters, \$1.50/ea. Call 814/448--2215.

Rear-mounted snowblower. Inland model SA-73, barn kept, no rust, no issues. 73". Requires 30 HP tractor. Bought new for \$2,400, asking \$850.717/566-2993. Hummelstown.

Gas tank that holds 25-30 gallons, no pump, good cond. Fits in the back of a pickup truck. 717/597-8423.

LA 105 John Deere lawn mower. 19.5 hp w/ grass catching attachments, like new. Owner moved to Fla. \$500. 717/360-2819.

Miller Oil mobile home furnace. 71,000 BTU, gd. cond. \$200. Call 814/599-7383 or 814/658-3608.

Coal stoker EFM hot air furnace. 150,000 BTU, gd. cond. \$800. Call 814/599-7383 or 814/658-3608.

Farmers, make your own animal bedding. 2011 HWP Shaving Mill, 24" x 48" box, PTO driven, all hydraulic. Plus 20' conveyor, exc. cond. Call 814/599-7383 or 814/658-3608.

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Kitchen table w/4 chairs. Green cushions on all chairs. Table has green tile top, pedestal leg in center, extra leaf. \$250 OBO. 814/599-6491.

Admiral washer & dryer, white, almost new, only used one month, few scratches on front of washer. Paid \$1,000, asking \$500. 814/635-2066.

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Orange hunting jacket & pants XL, \$150. Or-ange hunting jacket M, \$60. Orange hunting hats, \$2. Deer hoist, new, \$15. Spotlight, \$10. Rival electric meat grinder, \$25. Hamilton Beach stand mixer w/ attachments, \$50. 814/658-3973.

### **Classified Ads**

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3 250 gallon plastic totes. \$40 ea. or \$100 for all. 814/658-3411.

Wahl Deluxe razor/trimmer in case. 25 pc. set. 814/447-3735.

White cookstove, \$400. 4 8" I beam columns, 8' long, \$40 ea. 11 concrete 2-hole posts, \$15 ea. Used tin roofing various lengths. 8N belt pulley, \$40. 18" exhaust fan, new, \$75. 4-drawer filing cabinet, \$40. 2 aluminum tool boxes, side mount, 4' long, \$75. 3-pt. hitch cut off saw frame, \$30. 717/987-3619.

ITE Pushmatic circuit breakers. \$10 & up. 814/695-5127.

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Shirk Pole Buildings. Barns, garages, & equipment sheds. Free quotes & drawings. 717/445-6888.

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Decker Electric Inc. Call us for all your electrical needs. We do quality work & comply w/ all electrical codes. We offer free estimates & are totally insured. Call 814/599-0835 or 814-643-4338.

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Forestry Consultant. Timber sales, appraisals & management. B. S. in forest management, Penn State 1964. 45 years local forestry experience. Mark Kane, consulting forester, 6118 Geisler Run Road, Huntingdon. 814/667-3620.

Keller's Home Improvements. Free estimates. 814/667-2236. Fully insured. Specializing in replacement doors & windows, siding, decks & other home improvements.

Will mow small & large lawns & will also do other various lawn jobs. 814/259-3634.

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

Do you know anyone who suffers from fibromyalgia, back pain, shoulder pain, migraines, headaches, varicose veins, spider veins, & any other kind of chronic pain. I am the distributor for a new company that is in pre-launch now & our product is an FDA listed Class 1 medical device. If you're interested in getting rid of pain without medication, this really works. Check out my site at http://barbgreen.fgxpress.com We are looking for individuals who want to make a lot of money. We have top spots available now. But they won't last long. If you want in on the top call me at 814/448-4914. I have the patches at my salon. Bee Unique Hair Boutique located at 17759 Beavertown Road, Todd.

ES Ministries Thrift Shop. 7603 Shavers Creek Rd., Petersburg, at the Nazarene Church. Open Fri. 10 a.m. - 6 p.m. & Sat. 10 a.m. - 3 p.m. Clothing, toys, books, household items. New items weekly. Donations accepted during store hours.

#### **EVENTS**

National Alpaca Farm Days at Terrace Mountain Alpacas, 1 mile north of Calvin. Come meet & greet our alpacas, pull up a chair & stay awhile. Sept. 27 & 28, 10 a.m.-4 p.m. both days. On-site store with alpaca products, some made from our fiber. Website: http://www.terracemountainalpacas.com/, facebook/terracemountainalpacas or call 814/643-2854 or 814/599-9971 for more info. Terrace Mountain Alpaca Open Farm Days, Nov. 1 & 2, 10 a.m.-4 p.m. both days. Light refreshments.

### Classified ads in The Trading Post are DCC for members

of Valley Rural Electric Co-op

Co-op members may submit ads via e-mail at valleynewsads@valleyrec.com; by phone at 800/432-0680; by fax at 814/643-1678; or by mail at Valley REC, PO Box 477, Huntingdon, PA 16652-0477. The deadline for Trading Post ads is the 25th day of the month prior to the issue months. Acceptance of advertising does not imply co-op endorsement of any product or service.