

# Valley Rural Electric Cooperative, Inc.

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives serving Pennsylvania and New Jersey

## VALLEY RURAL ELECTRIC COOPERATIVE, INC.

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1-800-432-0680

## Safety Tips for Your Pets as You 'Shift' into Summer



**MOST PET OWNERS LOVE SHARING** stories about the joys that come with owning a pet. Whether it is a dog, cat or other animal, we receive benefits from the pleasure of snuggling up to a furry friend. The best part of the day is coming home and seeing your pet excited to see you.

Anyone who knows me knows I am an animal lover. It really does not matter what kind of animal. Let's be real — our fur babies are part of our family dynamic.

Pets can reduce stress, anxiety and depression, ease loneliness, and provide valuable companionship. A furry friend can add joy and unconditional love to your life.

Summer is a time for fun, being outside, camping, biking and swimming. As we enjoy the summer activities, we often have our furry friends beside us. They enjoy sharing activities with us. But it can be a dangerous time for pets. When temperatures rise, we need to take extra care to make sure pets are OK in the heat. The summer months can be uncomfortable for us and for our pets.

With rising temperatures and humidity, we need to practice basic summer safety while enjoying activities with our pets.

**Never leave your pet in a car.** The temperature inside a vehicle can rise rapidly to dangerous levels. It is important to remember something: It is not only the temperature but also the humidity that can affect your pet.

**Limit exercise on hot days to early morning or evening hours.** Pets can become dehydrated or develop heat stroke quickly. So anytime your pet is outside, make sure it has plenty of fresh, cold water and access to shade.

**Keep your home comfortable for your pets.** When leaving for the day, consider keeping the air conditioner on a comfortable setting — around 78 degrees. Closing the curtains and blinds will also keep your home cooler for your pets.

This also helps future electric rates. The rates are partially based on the amount of electricity you use on hot, humid weekdays. You may have heard Valley Rural Electric Cooperative's announcement about doing the "Electric Shift." The two tips above are some examples of the "Electric Shift." You can also try these simple steps:

- ▶ Use washers, dryers, dishwashers, stoves and other major appliances in the early morning or evening.
- ▶ Cook with an outdoor grill or microwave oven.
- ▶ Turn off non-essential lights.

Our pets rely on us to protect them and keep them safe and comfortable. As you spend time outdoors exercising or just having summertime fun, remember that if you are hot, your furry friend is hot, too! 🐾

**ELIZABETH MOROCCO**  
EXECUTIVE ASSISTANT

# Energizing Your Outdoor Fun

JOHN H. BOOKWALTER JR., SPECIAL PROJECTS COORDINATOR

**SUMMER OFFICIALLY BEGAN LAST** month, and that means folks are indulging in summertime fun. Picnicking, hiking, swimming, camping and boating are just a few of the outdoor activities people pursue during these warm weather months.

One does not need to venture far to enjoy nature or the great outdoors. Within the service territory of Valley Rural Electric Cooperative (REC) is Raystown Lake, Rothrock State Forest and several state parks. Valley REC supplies electricity to all or some parts of these recreational areas.

Blue Knob State Park encompasses 6,128 acres in the northwestern corner of Bedford County, west of Interstate 99 between Claysburg and Bedford. The park's namesake mountain is the second highest in Pennsylvania and the highest skiable mountain in the state. Depending on the time of the year, visitors to the park can hike, picnic, camp, swim, watch wildlife, fish, hunt, ski, bike or ride horseback. The park leases



**SUMMER FUN:** The playground and lake at Canoe Creek State Park await summer visitors.

the downhill skiing areas to Alpine Resort Operations, LLC, which runs Blue Knob All Seasons Resort.

Canoe Creek State Park encompasses 961 acres, including a 155-acre lake, in central Blair County, 7 miles east of Hollidaysburg along Route 22.

The wetlands around the park are critical for migrating birds and other wildlife. Depending on the season, the park provides visitors with opportunities to pursue hiking, picnicking, camping, swimming, wildlife watching, boating, fishing, hunting, biking, horseback riding, disc golfing, cross-country skiing, sledding and ice skating. An education center hosts educational programs on the environment and local history.

Cowans Gap State Park encompasses 1,085 acres,

including a 42-acre lake, in northeastern Fulton County along the border with Franklin County. The lake and large campground, which includes rustic cabins, are big draws. Warm weather activities include hiking, picnicking, camping, swimming, boating, fishing and wildlife watching. Cool and cold weather activities include hunting, cross-country skiing and ice skating. Buchanan State Forest surrounds the park and provides more recreational and nature opportunities.

Greenwood State Park encompasses 423 acres, including a six-acre lake, in northeastern Huntingdon County along Route 305. The park includes a historic district that preserves some of the structures from the ironmaking furnace and village that gave the park its name. Hiking, picnicking, camping, swimming, kayaking, fishing and orienteering are popular summertime options, while hunting, sledding, cross-country skiing, ice skating and snowmobiling are popular winter pastimes.



**POWER UP:** An electric vehicle charging station stands ready at Cowans Gap State Park.

Rothrock State Forest surrounds the park and offers backpacking, hiking, mountain biking, hunting and fishing.

Trough Creek State Park encompasses 541 acres in southcentral Huntingdon County, north of Route 994 along the eastern shore of Raystown Lake. Popular attractions include Balanced Rock, Rainbow Falls and the Ice Mine. Activities for warm months include hiking, picnicking, camping, wildlife watching, biking and fishing. Hunting and snowmobiling are frequent activities in colder months. Ruins of an old iron furnace, Paradise Furnace, stand at the southeastern edge of the park. Great Trough Creek meanders north through the park and empties into Raystown Lake.

Whipple Dam State Park encompasses 256 acres in northern Huntingdon County, just east of Route 26. A small, manmade lake is a popular place for swimming and boating. Other seasonal activities include picnicking, wildlife watching, fishing, hunting, cross-country skiing, ice skating and snowmobiling. Like Greenwood Furnace State Park just 9 miles to the east, Whipple Dam is

also surrounded by the 80,000-acre Rothrock State Forest.

Completed in 1973 to provide flood control, recreational opportunities and hydroelectricity, Raystown Lake is the largest lake entirely within Pennsylvania and home to the Raystown Hydroelectric Plant, which provides energy to rural electric cooperatives throughout Pennsylvania. The 8,300-acre manmade lake snakes 30 miles northeast from Saxton, Bedford County, to just southeast of Huntingdon, Huntingdon County. The lake and its surrounding wetlands and forests are vital for migrating birds and other wildlife.

Recreational opportunities abound all around Raystown Lake. Boating, waterskiing, fishing, swimming and scuba diving are popular water activities. Land-based fun includes camping, hiking, wildlife watching, picnicking and mountain biking. The Allegrippis Trails at Raystown Lake offer 36 miles of premier single-track mountain biking and hiking trails.

Raystown Lake boasts two marinas and recreational complexes: Seven Points and Lake Raystown Resort. In addition to its large marina, Seven Points has a beach area, a restaurant,

picnic pavilions and tables, a disc golf course, a mountain bike skills park, campgrounds, boat rentals, an amphitheater, and an educational visitors center. Lake Raystown Resort has a smaller marina, boat rentals, the WildRiver Waterpark, a restaurant, an ice cream shop, a lodge, a conference and events center, cabins, campgrounds, and cruises aboard the Proud Mary Showboat.

If you are planning to spend some time in nature this summer, consider one or several of these venues. The electricity used while you are there likely comes from Valley REC. 🌱



**LUXURIOUS LAKE:** Lake Raystown Resort spans several peninsulas along the eastern shore of Raystown Lake, south of Route 994.

JOHN BOOKWALTER JR.



**ROCK DON'T ROLL:** Balanced Rock, a large sandstone boulder, seems to teeter on the edge of a cliff at Trough Creek State Park.

SUSAN PENNING



**NATURE HIKE:** Buck Trail heads off into the woods at Allegrippis Trail System.



**SIGNS POINT TO FUN:** Seven Points occupies several peninsulas along the western shore of Raystown Lake, east of Route 26.

## You can help cool future power costs.

Our **future electric rates** are partially **based on how much power you use** on hot, humid weekdays **between 1 and 6 p.m.** this summer. When you hear an announcement from your local electric cooperative about doing the "Electric Shift," try these simple steps:

- > Set air conditioners at 78 degrees or use fans instead.
- > Close curtains and blinds to keep things cooler.
- > Operate washers, dryers, dishwashers, stoves and other major appliances in early morning or evening.
- > Minimize the number of times you open your refrigerator and freezer.
- > Cook with an outdoor grill or a microwave oven.
- > Turn off any non-essential lights.
- > Run pool pumps at night.



Valley Rural Electric Cooperative, Inc.  
A member of the Valley Electric System

## OPT IN TO SMARTHUB DEMAND-RESPONSE ALERTS

We now offer demand-response control-period alerts through the SmartHub app and through SmartHub on valleyrec.com. In the app, go to "Settings," click on "Manage Notifications" and select "On Demand." On valleyrec.com, click on "View & Pay Bill," log into SmartHub, and then select "Notifications." Under the "Manage Notifications" tab, select "On Demand."

## FOLLOW US ON FACEBOOK FOR CONTROL-PERIOD INFORMATION

Follow us on Facebook to receive the latest co-op information, including notices of demand-response control periods! When we receive notice from Allegheny Electric Cooperative Inc., our generation supplier in Harrisburg, that a control period is coming, we post that information to Facebook.

Valley REC provides control-period alerts during our regular business hours, Mondays through Thursdays, 7 a.m to 5:30 p.m.



Always assume a downed power line is energized. Downed lines can energize the ground up to 35 feet away.