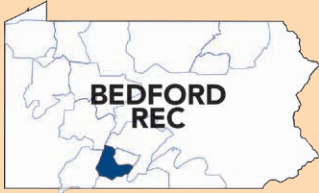


Bedford Rural Electric Cooperative

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives
serving Pennsylvania and New Jersey

BEDFORD REC

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OFFICE HOURS

Monday through Friday
7:30 a.m. – 4 p.m.

Shift Timing, Shift Savings



**BROOKS
SHOEMAKER**

AS WE SETTLE INTO THE heat of July, our homes naturally use more electricity. Air conditioners run longer, refrigerators work harder and daily routines — from cooking dinner to doing laundry — often overlap during the warmest parts of the day. That's also when the demand for electricity across our system is at its highest.

Our priority is to provide safe, reliable, affordable power when you need it. During peak hours — typically hot, humid days from 1 to 8 p.m. — grid demand rises as homes and businesses use more electricity, much of it at the same time. On especially hot days, that demand can put significant strain on the system.

The good news is that small changes at home can make a meaningful difference. Think of our electric grid as though it's a highway system. During rush hour, traffic is heavy, congestion builds and everything slows down. But when drivers adjust their schedules even slightly, it helps ease the bottleneck. The same principle applies to energy use.

By shifting some of your energy-intensive tasks to off-peak hours — like doing laundry, using your oven, running the dishwasher, and using other major appliances either early in the morning or before you go to bed — you're helping spread out demand. That reduces pressure on the grid during those critical peak hours.

There are a few simple steps you can take to lower energy use during peak hours, and smart technology can be a valuable partner. A programmable or smart thermostat can automatically adjust your home's temperature when demand is at its highest, helping you stay comfortable while using energy more efficiently. Even a small adjustment of a few degrees during peak hours can make a difference.

In the kitchen, simple swaps can help, too. Using a slow cooker, air fryer or outdoor grill instead of the oven keeps your home more comfortable and reduces the need for additional cooling during warmer parts of the day. And when it comes to laundry, air-drying clothes or spacing out loads can cut down on both energy use and indoor heat.

Don't overlook the power of ceiling fans and keeping curtains and blinds closed in rooms facing the sun, either. This can help you feel several degrees cooler, allowing you to raise your thermostat setting without sacrificing comfort.

These actions may seem small on their own, but together, they add up. When many members make mindful choices about when and how they use electricity, it helps reduce peak demand, ease strain on the grid and support more stable energy costs for every cooperative member.

That's the cooperative difference. As a member, you're not a customer. Instead, you're part of a community of consumers working together to power our future. Every effort you make contributes to a stronger, more resilient system.

This summer, I encourage you to take a closer look at your daily routines. A few simple shifts can go a long way in keeping your home comfortable, making your energy use more efficient and ensuring our grid is running smoothly — no matter how high the temperatures climb.

Continued on page 16D

Shawnee State Park Celebrates 75 Years

JENNA REFFNER, OFFICE ASSISTANT

SHAWNEE STATE PARK IN SCHELLSBURG is well known by locals. It's been a staple in the community since 1951, when the park opened to the public. Older generations remember when thousands of people visited the park each day, lining the beach that used to extend farther down the lake shore.

As a young girl, I grew up visiting Shawnee often. My siblings and I rode our bikes around the Lakeshore Trail while our parents walked behind us. We would load up our fishing poles and catch bluegills behind the dam.

Thousands of families share similar stories. This year, Shawnee celebrates 75 years of providing an abundance of activities for both locals and travelers.

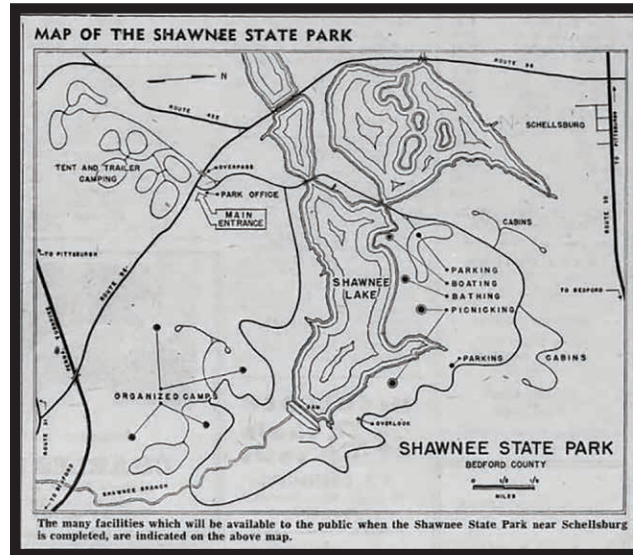
Something for everyone

The 3,983-acre park has 15 miles of hiking trails, both for the avid hiker and leisurely walker. The Lakeshore Trail is a popular destination that winds around the lake and over the dam. The trails attract groups of walkers, joggers, bird watchers, and everyone in between.

More than 3,000 acres of the park are open for hunters to take down in-season game.

There are more than 200 campsites available, with or without electric hookups. Campers head to Shawnee each year to enjoy the beauty and peace the park offers. If popping up a tent isn't your preference and you don't own a camper, take advantage of one of the camping cottages available throughout the campground.

For those who prefer more luxury, the two-story Shawnee Lodge sleeps eight and is available to rent year-round.



IN THE BEGINNING: This map, published in the *Everett Press* on July 7, 1950, shows the proposed plan for Shawnee State Park.

Pavilions can also be reserved for your next family gathering. Picnic tables dot the park and are perfect for a meal in the woods or along the lake.

Speaking of the lake, you can't forget Shawnee Lake, the 451-acre warm-water reservoir that is one of the park's biggest draws. Fishermen line the shores and wander the lake throughout the year, looking for their big catch. Kids play in the water on hot summer days, while bird watchers gather to catch a peek at the plethora of land and water species that inhabit the area.

The beach is open for swimming from late May through mid-September. Bring the kids for a day of splashing in the water and playing in the sand.

Things to do and see

Those familiar with Shawnee will also be well acquainted with Coach Ed's Bait and Tackle on the edge of the park's property. Mike Whitfield and Lisa Forsythe, who run the popular fishing supply store, won the bid to take over the boat rental area at Shawnee this year. The boat rental business has a little something for everyone as it offers single and double kayaks, canoes, paddleboats, paddleboards, hydro bikes, and the newest addition, a swan-shaped paddleboat. All the information can be found on Facebook by searching for "Shawnee Boat Rentals at Camdyn's Cove."

The park is also implementing a "Lawns to Meadows"

CELEBRATING 75 YEARS: Shawnee State Park in Schellsburg provides a place for nature enthusiasts of all ages.



program. For those familiar with the landscape at Shawnee, you may have noticed that areas that used to be mowed have now grown into small meadows, which have been seeded with a pollinator-friendly mix. The meadows are beneficial for wildlife, providing a habitat while bringing in native pollinators.

The park staff hosts multiple weekly programs during the spring and summer months, all of which are free and open to the public. Every Sunday, May through September, visitors are invited to the Sunday Night Program, which starts at 7 p.m. in the Historical and Interpretive Center at the park office. Ron Barlick started the program, drawing a large crowd of loyal, weekly attendees. When he retired after more than 50 years with the park, George Barner took over and continues the Sunday evening event.

In celebration of its 75th anniversary, the park is holding the Shawnee State Park 75th Anniversary Challenge, a virtual race that started in January and ends in October. Participants can choose their challenge level: 5k, 10k, or for the hard-core runners and walkers, a 75k. It's not too late to sign up to participate in the challenge.

Conservation efforts

Visitors to the park may have also noticed a tall, thin, square structure near the beach house. Known as the Chimney Swift Tower, it went up in April and is part of a larger cavity nesting program. Park officials hope to improve conservation efforts by establishing nesting structures for purple martins, chimney swifts and prothonotary warblers.

Chimney swifts are thick-bodied birds that soar through the sky, feeding on insects. They like to nest in large, hollowed out tree trunks in older forests. Due to habitat loss, the birds moved out of the woods and into chimneys, earning their names. However, as older homes are torn down and newer chimneys are capped, their access to habitat is diminishing again.

The Pennsylvania Game Commission funds the statewide nesting project that began in July 2024. Shawnee currently has one tower.

The structures are all located on publicly accessible lands, such as state parks, game lands and local township/county parks.

"As of this spring, we have about 25 towers out, with another 10 to be built later this summer," says Stefan Karkuff, an avian recovery biologist with the game commission.

Stefan plays a role in choosing the location of the structures. When he is approached by a potential partner, he schedules a field visit to tour several potential sites. The state game commission provides the structure, and the partner is responsible for the installation, maintenance, and monitoring.



PADDLING IN STYLE: The swan paddleboat is available to rent at Shawnee Boat Rentals at Camdyn's Cove, which is run by Coach Ed's Bait and Tackle at the park.



A HABITAT FOR WILDLIFE: The Chimney Swift Tower was installed at Shawnee State Park in April in partnership with the Pennsylvania Game Commission. It's part of a statewide nesting program.

"I try to select a site for each tower that is open, close to a building and will have public visibility," he says.

Shawnee State Park is the perfect place for any outdoor enthusiast. Whether you choose to paddle a kayak, cast a fishing lure, stop by for some bird watching, attend a nature program or take a leisurely walk around the lake, there's something for everyone. 🦋

**FROM THE GENERAL
MANAGER & CEO**

Continued from page 16A

Energy Efficiency Tip of the Month

Running multiple major appliances at the same time — such as your dishwasher, laundry machine, and oven — can spike energy demand and strain the grid, especially during peak hours (typically late afternoon to early evening). Instead of stacking appliance use, spread it out during the day or shift doing chores to off-peak hours when energy demand is lower. This not only helps improve overall efficiency, but it can also reduce energy costs. A simple habit change, such as doing laundry in the morning and running the dishwasher overnight, can make a meaningful difference for both your wallet and energy reliability. 🌱

BROOKS SHOEMAKER
GENERAL MANAGER & CEO

OUTAGE REPORTING

In case of an outage...

- 1** Check your fuses or circuit breakers.
- 2** Check with your neighbors, if convenient, to see if they have been affected by the power failure.
- 3** Call the 24-hour number, 814-623-7568, OR call 814-623-5101 during office hours.

Please have the account holder's name, phone number, physical address or account number available. Any specific information about the outage will also be helpful in pinpointing the problem.

**To report an outage
call: 814-623-7568**

Have a **GAME PLAN to stay safe when severe weather **STRIKES**.**

Take extra care when enjoying outdoor sporting events and activities when weather turns threatening. If you hear thunder, lightning is close enough to pose an immediate threat. That is why the National Weather Service advises: "When Thunder Roars, Go Indoors!" Lightning can strike up to 10 miles away from rain, even if you don't see clouds.

Safe Electricity urges everyone to understand the importance of lightning awareness and how to stay safe. Learn more at SafeElectricity.org



**Safe
Electricity.org**