

Bedford Rural Electric Cooperative

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives serving Pennsylvania and New Jersey

Bedford REC
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814/623-5101

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Website: www.bedfordrec.com

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OFFICE HOURS
Monday through Friday
7:30 a.m. - 4 p.m.

FROM THE GENERAL MANAGER

Look up for hazards when farming



by Brooks Shoemaker
General Manager

AFTER working in a field on a neighbor's farm, Jim Flach parked his equipment and stepped out of the vehicle. Sadly, Jim did not realize his equipment was touching an overhead power line, and he became a path for the electrical current as he placed his foot onto the ground. Jim received a severe electric shock that ultimately resulted in his

death a few months later. Safe Electricity urges farmers to take the proper precautions when working around power lines.

"The rush to harvest can lead to farmers working long days with little sleep," cautions Kyla Kruse, communications director of the Energy Education Council and its Safe Electricity program. "It is important to take time for safety. Before starting work, make sure to note the location of overhead power lines."

To stay safe around overhead power lines, Safe Electricity urges farm operators and workers to:

- ▶ Use a spotter when operating large machinery near power lines.
- ▶ Use care when raising augers or the bed of grain trucks around power lines.
- ▶ Keep equipment at least 10 feet from power lines — at all times, in all directions.
- ▶ Inspect the height of farm equipment to determine clearance.
- ▶ Always remember to lower extensions when moving loads.
- ▶ Never attempt to move a power line out of the way or raise it for clearance.
- ▶ If a power line is sagging or low, call Bedford Rural Electric immediately.

If contact is made with a power line, stay on the equipment. Make sure to warn others to stay away, and call 911. Do not leave until the utility crew says it is safe to do so. The only reason to exit is if the equipment is on fire. If this is the case, jump off the

equipment with your feet together. Do not touch the ground and vehicle at the same time. Then, still keeping your feet together, hop away from the area.

Some additional safety tips from Safe Electricity include:

- ▶ Do not use metal poles when breaking up bridged grain inside and around grain bins.
- ▶ Always hire qualified electricians for any electrical issues.
- ▶ Do not use equipment with frayed cables.

A cooperative day in YOUR life

So how did you spend your day? Chances are, cooperatives were a big part of it from dawn until bedtime. Your morning orange juice might have come from Florida's Natural, a producer-owned cooperative. If your morning coffee came from Equal Exchange (www.equalexchange.coop), you get bonus points because they source their coffee from farmer-owned co-ops in developing countries, and they are a worker-owned cooperative. If you like milk in your coffee or cereal, check this out: more than 86 percent of all fluid milk flows through a cooperative.

The wheat in your muffin or toast was most likely processed through a farmer-owned grain elevator in the Midwest. If you had cranberries in that muffin, they likely came from Ocean Spray, or maybe you used Land O'Lakes Butter or Welch's Concord Grape Jam — all producer-owned co-ops that make the products we love on our toast.

After that big co-op breakfast, it is time to start the day. Working parents might drop off their young children at one of the over 1,000 preschool co-ops that operate throughout the U.S. Perhaps this is the day to make some improvements to your home. Ace Hardware, True Value and Do It Best are all examples of purchasing co-ops. These are small businesses that come together to form a co-op

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Nursing education opportunities right here in Bedford County

BY LINDA WILLIAMS

THOSE WISHING to enter the nursing field need not go far. Opportunities begin as close as the Bedford County Technical Center.

“Health Assisting,” a class taught by Cindy Clites, program coordinator, began in 1986 and reappeared in 1989 with new guidelines. Classes average between 20 and 30 students. Most students are female, but the number of men in the classes has been increasing the past years.

“It’s a great stepping-stone into the

medical field,” Clites points out. “There are three sections, basic medical, dental, and nurse’s aide.”

Students get practical knowledge to guide them in various medical fields, including working in hospitals, long-term care facilities, doctor’s offices or dentist’s offices.

The studies involve 125 hours with 85 hours in the classroom and 40 hours in clinical work. The school is affiliated with Pennknoll Village, Bedford, and Donahoe Manor, Bedford, which adds practical working knowledge and experience. There are programs for adults in

MOCK SURGERY: Students in the health assisting program perform a mock surgery, with each student practicing various parts of the procedure.

the fall and in the spring, with a student program during the school year.

“There are plenty of jobs out there for the right person,” Cindy says.

Tuition for nontraditional students is \$600 and the cost of the state test is \$100. In the past two years, Cindy has seen a 98 percent pass rate for the state testing requirements. Students have three chances to pass the test. A registered nurse, Cindy has had a lot of experience in nursing, having worked in the field before and during teaching.

Students can graduate from the health assisting program and continue on with registered nurse classes by tak-

ing only a few steps across the parking lot. Allegany College of Maryland has a registered nurse program housed in a separate building.

Classes there are taught by Sherry Obert, associate professor of nursing, and Cindy Morse, assistant professor of nursing. After students complete the classes and pass state boards, they will be registered nurses, allowing them to either go to work or begin working toward a bachelor's degree.

"There are so many ways to go on to obtain that degree," Obert says. "Local colleges offer the studies or some wish to complete a large part of it online."

Some places of employment provide tuition reimbursement.

About 25 percent of the nursing students have taken the health assisting classes offered at the technical center, Obert reports.

Classes are held Monday, Tuesday and Wednesday from 9 a.m. until 5 p.m. Thursdays and Friday include clinical work, beginning at 6:30 a.m. and ending at 1:30 p.m. Nursing students on the Bedford County campus get a variety of experience with long-term care at Pennknoll Village; hospital nursing at J.C. Blair Memorial Hospital, Nason Hospital, UPMC Bedford Memorial Hospital or UPMC Altoona Memorial Hospital; or as visiting nurses, and school nurses.

Studies include fundamentals, medical surgical nursing, psychiatric nursing, maternal/child health, advanced medical surgical and leadership.

Obert has worked at UPMC Bedford Memorial Hospital, and teaches at Penn State Continuing Education, and the Mt. Aloysius RN-to-BS program. Morse has a background in community nursing.

patient, and then scan the correct medication.

Obert also notes that the Somerset County Technology Center has opened a school focused on practical nursing.



IN CLASS: Cindy Clites shows a cow's stomach to a group of health assisting students.

This is a one-year program that allows students to pass the state licensing exam to become a licensed practical nurse (LPN).

"This will be a good bridge between the health assisting program at the technical center and the Allegany RN program," she notes.

LPN classes will be located at the Hess Business Center. For more information about the LPN program, contact the Bedford County Development Association at 623-4816.

Information on the health assisting program is available through the technical center at 623-2760.

The RN program information is available by contacting the Bedford County Campus of the Allegany College of Maryland at 652-9528. 📍



GRADUATES: The 2015 graduating class of RNs from the Bedford campus of Allegany College, include, front, from left: Cindy Morse, RN-MSN faculty, Jessica Diehl, Autumn Claycomb, Rachel White, Kenzi Morral, Marissa Layton, Ashley Cramer, and back, from left: Amanda Clark, Candi Jones, JoBeth Cummings, Samuel Mauk, Ashlee Hockenberry, Kayla Bailey, Megan Whisel, and Sherry Obert, RN-MSN faculty. Graduates Misty Colledge, Julie Earley and Angela Harris are not pictured.

The classes of 2013 and 2015 had 100 percent pass rate on the NCLEX Registered Nurse Licensure Examination, according to Obert. Of the 16 students who graduated in 2015, only two were traditional students. The rest had been displaced from another job, were married or were mothers.

The program is particularly grateful to Leah Pepple of the Bedford County Educational Foundation, who was instrumental in obtaining funds to purchase updated simulation equipment for the lab. One of these items is an electronic medication cart that allows the nurses to scan the bracelet of each

OFFICE CLOSING
 Bedford REC's
 office will be
 closed on Monday,
 Sept. 7, 2015, in
 observance of
 Labor Day.

FROM THE GENERAL MANAGER

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so that they can compete with “big box” retailers that are not owned by people in the local community.

Maybe you stopped by the credit union or used one of the 25,000 ATMs in their network. More than 100 million people in the U.S. are members of a credit union, and yep, you guessed it, credit unions are cooperatives.

You may have stopped at one of the 300 community-owned cooperative grocery stores in the country. Many of the meat products and vegetables are also sourced from co-ops. Maybe you picked up dinner at KFC, Taco Bell or Pizza Hut. The franchise owners of these fast food restaurants are all members of a purchasing co-op, just like the hardware stores above. So are the owners of Dunkin Donuts and many other franchises. If you are on a business trip or vacation and staying in a Best Western — that is also a purchasing co-op!

And when it’s time for “lights out,” you can flip that switch knowing you’re receiving safe, reliable electricity from your friends at Bedford Rural Electric, your friendly, local electric cooperative. From morning until night, we enjoy very cooperative days! ☀

TROUBLE CALL SCHEDULE

In case of trouble ...

- First Check your fuses or circuit breakers.
- Second Check with your neighbors, if convenient, to see if they have been affected by the power failure.
- Third **Call 24-hour number, 623-7568**
OR call 800/808-2732 during office hours
(Please help us save money - only use this number if toll charges apply.)

Please give person receiving call your name as it appears on your bill, your telephone number and your map number if known. Any specific information about the outage will also be helpful in pinpointing the problem.

Alternate numbers ...

Ed Hankinson	Week of September 7.....	733-4005
Scott Bischof	Week of September 14	839-4640
Adam Claycomb	Week of September 21	635-3376
Gary Lafferty	Week of September 28.....	842-9925
Troy Mock	Week of October 5	276-9759

In case you cannot reach any of the above ... Call:

Jim Wood	Bedford	623-6121
James Clark	Everett	652-9791
Mark Rowan	Bedford	623-7890

During widespread power outages, many members are calling to report power failures. You may receive a busy signal, or in certain cases your call may go unanswered. This occurs in after-hours outages when the office is not fully staffed. Please be patient, and try again in a few minutes.

Bedford Rural Electric Cooperative, Inc. LED Rebate Form

Name: _____

Address: _____

Phone Number: _____ Account Number: _____

Purchase Date: _____ Bulbs Purchased (Limit of 5): _____

Bedford Rural Electric has allocated \$3,500 for this program, which provides rebates on LED bulbs purchased between April 1 and Dec. 31, 2015. Rebates will be available on a first-come, first-served basis until funds have been exhausted, or until Dec. 31, 2015, whichever occurs first. Each member is entitled to five rebates, regardless of the number of accounts they may have with us.

To claim a rebate, complete this form and deliver it to our office, or mail it to:

Bedford Rural Electric Cooperative, Inc.
PO Box 335
Bedford, PA 15522

You must include your **original receipt**, with the **purchase price circled**, and the **UPC barcode** from the package. Up to a \$3 rebate will be applied to your account for each bulb purchased, up to a maximum of five bulbs.