

Bedford Rural Electric Cooperative

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives serving Pennsylvania and New Jersey

Bedford REC

P.O. Box 335

Bedford, PA 15522

814-623-5101

Email: support@bedfordrec.com

Website: www.bedfordrec.com

BOARD OF DIRECTORS

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Kimmel and King Twps.

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Attorney

James R. Cascio

Office Hours

Monday through Friday
7:30 a.m. – 4:00 p.m.

From the General Manager



Season's greetings

By Brooks Shoemaker

Season's Greetings from all of us at Bedford Rural Electric Cooperative

Board of Directors: Don Hoenstine, Ronald Wilkins, Paul Rummel Jr., Reuben Lafferty, Earl Garland, Dale Sprigg II, Brian Hoover, John Oldham, William Popovich Jr.

Employees: Dave Allison, Corinna Browell, Landon Clark, Lacy Decker, Nathaniel Dell, Sara Detweiler, Gary Diehl, Emile Feuillet, Kathy Gates, Brad Glessner, Ed Hankinson, RJ Houp, Brent Kauffman, Gary Lafferty, Tim Mellott, Wade Mellott, Greg Miller, Curtis Mitchell, Troy Mock, Dawn Mowery, Jenna Reffner, Jim Seymour, Brooks Shoemaker, Scott Shook, Mike Sleighter, Becky Truax, Christie Weaverling, Cindy Wise, Ryan Young

Compound Ridge provides training for all sports

By Linda Williams

JOSH DEPUTY was a star wrestler at Bedford High School. Today, he is the wrestling coach for Chestnut Ridge School District. He has three sons: Dominic, 13; Kooper, 10; and Kohyn, 6, all of whom wrestle.

It was kind of natural, therefore, to start The Compound Ridge located at Sleek's Orchard near Schellsburg. There, Deputy teaches children ages 4 and up how to become athletes in their chosen field. The walls are adorned with the many trophies and ribbons the Deputy sons have achieved.

"Champions aren't born, they are made," is Deputy's motto.

One parent, Luke Beegle of Bedford, says he cannot say enough good things about the program. He has two competitive children and has found The Compound Ridge to have a huge impact on their sports lives.

"The workouts are challenging," he says, "but they look forward to them, and the friendships they have made with other students from everywhere is really special."



WORKOUT: Josh Deputy shows his own functional body strength at The Compound Ridge.



TEAMWORK: A group of kids gather for sports training.

The Compound Ridge is a franchise for body building for all ages, but especially for young people. Speed, balance and functional strength are all taught. Deputy discovered it when taking his own children to a similar facility in Johnstown. The more he thought about it, the more he thought it would work in this area. His wife, Chanda, was in total agreement.

Deputy helps with his in-laws' apple orchards and credits his father-in-law with the construction of the 2,600-square-foot industrial-type building.

His biggest obstacle has been convincing the public the facility is not just for wrestling, but for all sports.

"We want to teach and encourage functional strength no matter what your chosen athletic venture is," Deputy says. "We encourage football, baseball, volleyball, basketball, all of the sports."

Young sportsmen and women, he adds, come from all over the county, West Virginia, Latrobe, Altoona, Johnstown and elsewhere.



MOTIVATION: Signs greet the sports arrivals at The Compound Ridge.



FITNESS FASHION: Josh Deputy shows one of the shirts offered at The Compound Ridge.

He does have an Orchard Wrestling Club, which is open to kids from any school who are in grades K-12. He currently has 40 members, and payment is by session, or they can pay monthly.

Since its opening in November 2019, Deputy has coached several hundred children to obtain more functional strength.

“You might call it farm-boy strength,” he says.

While the schedule remains about the same, it is always posted on Facebook. Deputy says the average for attending classes is twice a week.

In addition to the classes, the large gym-type facility can be rented for birthday parties or community fundraisers.

Classes begin at age 4, and the group is called “Little Hammers.” The 45-minute class ends with a 10-minute game session. Boys’ classes are an hour and 15 minutes, while girls go for an hour. Most groups consist of around 40, but the building will accommodate up to 50.

Deputy occasionally has outsiders come in to speak, including a sports psychologist to build confidence.

There are also classes for adults, but are taught by an outsider. Deputy says he prefers teaching the younger set.

“It’s what I love to do,” he says. “I love to coach kids in sports. No matter what school they are from, I take great pleasure in seeing them succeed and helping them reach their goals.” 🌟

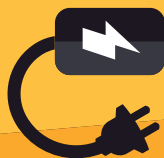
HOLIDAY



GIFT GUIDE



Give the gift of safety!

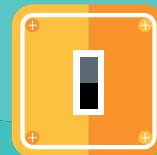


Portable Ground Fault Circuit Interrupter (GFCI)

Designed for locations where there is not a permanent GFCI installed, these devices detect an abnormal flow of electricity and shut off the power, preventing shock or electrocution.

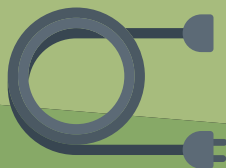
Outdoor Remote Control Outlet Switch

Leaving outdoor lighting on overnight can be costly and pose a potential hazard. An alternative to smart lights, this remote control switch allows you to turn outdoor lights or other gadgets on or off remotely.



Tamper Resistant Outlets (TROs)

Great for families with small children, TROs are wall receptacles that have shutters that stay closed unless a plug with two prongs is inserted into the outlet. Because they help keep children safe, the National Electrical Code requires TROs in new homes and apartments.



Heavy Duty Extension Cord

Power devices safely. Too often the tools or equipment necessary for larger projects are powered by extension cords that are inadequate for the environment or heavier electrical load.

Learn more at [SafeElectricity.org](https://www.SafeElectricity.org)

NON-TRADITIONAL STUDENT SCHOLARSHIP

Bedford Rural Electric Cooperative will be awarding four scholarships of \$1,000 each to non-traditional students whose primary residence is served by Bedford Rural Electric Cooperative.

For an application, go to our website at www.bedfordrec.com and click on **scholarship information**. Applications are also available at the office.

All applications and required information must be received no later than March 1, 2021.

**Mail application to:
Bedford Rural Electric Cooperative
P. O. Box 335
Bedford, PA 15522**

HIGH SCHOOL SENIORS

Bedford Rural Electric Cooperative will be awarding four scholarships of \$1,000 each to seniors whose parents' or guardians' primary residence is served by Bedford Rural Electric.

For an application, go to our website at www.bedfordrec.com and click on **scholarship information**. Applications are also available at the office.

All applications and required information must be received no later than March 1, 2021.

**Mail application to:
Bedford Rural Electric Cooperative
P. O. Box 335
Bedford, PA 15522**

Generate Safely

Safe Generator Operation

Keep this card in your home's emergency kit or with your generator.

- Never connect a standby generator into your home's electrical system. There are only two safe ways to connect a standby generator to your equipment:**
 - Stationary Generator:** An approved generator transfer switch, which keeps your house circuits separate from the electric co-op, should be installed by a professional.
 - Portable Generator:** Plug appliances directly into the outlet provided on the generator.
- Set up and run your generator in a well-ventilated area outside the home. Make sure it's out and away from your garage, doors, windows, and vents. The carbon monoxide generated is DEADLY.**

- Use a heavy-duty extension cord to connect electric appliances to the outlet on the generator.**
- Start the generator first BEFORE connecting appliances.**



Source: SafeElectricity.org

Developed jointly by the Energy Education Council & Rural Electricity Resource Council

Bedford REC will be closed on Friday, Dec. 25, for Christmas and Friday, Jan. 1, for New Year's Day

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, 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 the person receiving the 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.

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

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.