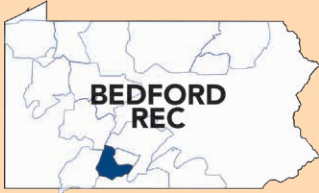


# Bedford Rural Electric Cooperative

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](mailto:support@bedfordrec.com)  
Website: [www.bedfordrec.com](http://www.bedfordrec.com)

## **BOARD OF DIRECTORS**

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Schellsburg Boroughs, Bedford County

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### **Paul L. Rummel Jr.**

Bedford and Cumberland Valley Twps.,  
Bedford County

### **Attorney**

**Lois Witt Caton**

## **OFFICE HOURS**

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

## Vegetation Management Matters



**BROOKS SHOEMAKER**

**THERE'S SOMETHING TIMELESS ABOUT TREES.** They ground us. They remind us of where we've been, and they stretch toward what's ahead. Here in our community, we take pride in the natural beauty that surrounds us — the shade on a summer afternoon, the colors that mark the changing seasons, the quiet strength of something that grows slowly but endures.

At the same time, we share another responsibility — one that's just as essential to our daily lives — and it's the responsibility to keep the lights on, to power our homes and businesses, and to make sure that when you flip a switch, the energy you depend on is there. That's why we work every day to strike a careful balance between preserving the beauty we all enjoy and delivering the reliable electricity you expect.

One of the most important ways we do that is through regular tree trimming. Keeping our lines clear of overgrown vegetation plays a major role in preventing power outages. We've all seen what can happen when severe weather rolls in — strong winds, heavy snow and ice, and thunderstorms can bring down branches and trees, and, with them, power lines and poles. In fact, 25% of our power outages can be traced to trees and vegetation coming into contact with electrical infrastructure.

That's why you may notice crews from our trusted contractor, B&L Tree Service, working around our system throughout the year. These crews are highly trained and certified, and they follow the latest industry standards to ensure the job is done safely and effectively. Their work might seem routine, but it's not. These proactive steps help prevent problems before they start.

And it's not just good practice; it's required. Electric utilities across the country are obligated to manage vegetation near power lines. Scheduled trimming removes dead or weakened limbs and keeps fast-growing trees from becoming hazards. It's about staying one step ahead, especially as we prepare for the increasing frequency and intensity of severe weather.

Beyond reliability, the safety of the general public is another reason this work matters. Electricity is a powerful force, and when trees grow too close to power lines, that power can become dangerous. Branches that touch lines — or even come close — can carry electrical currents. Children climbing trees in their own yards may not realize the risk. And during storms, fallen trees can create hazardous conditions not only for families but also lineworkers who are restoring service.

There's also a financial reality we can't ignore. Preventive maintenance — like tree trimming — is far more cost-effective than repairing widespread damage after an outage. Left unchecked, overgrown vegetation can lead to more frequent disruptions and higher costs for everyone. A thoughtful, strategic vegetation management program helps keep those costs down for our members.

You can help, too. When planting new trees, consider their mature height and distance from nearby power lines. A tree expected to grow 40 feet tall should be at least 40 feet from overhead lines. A 60-foot tree? It should be planted 60 feet away.

*Continued on page 16D*

# Local Restaurant Owner Celebrates 10 Years

**JENNA REFFNER**, OFFICE ASSISTANT

**WHEN JAMIE UTZ STARTED WORKING** at the Jean Bonnet Tavern in Bedford at the age of 16, she had no idea she would end up owning her own restaurant one day.

As I sat down with Jamie at the Lion's Den Café in Fishertown near the Chestnut Ridge schools on an early Tuesday morning, the tables around us were filled with people. The café smelled delicious as the scent of breakfast food and coffee filled the air. Customers filed in and out on their way to work. When asked if this was a typical morning, Jamie confirmed that it's normally busy throughout the week.

"We get a lot of students stopping in here before and after school," she says.

Teachers and staff order their lunches from the café throughout the week, and families stop in before and after sporting events at the local schools.

## In the beginning ...

The Lion's Den Coffee Bar was founded in 2011 by Linda Lee, who wanted to provide a place for local

students to go after class. Summer and Brandon Carson took over the business in 2014, and Jamie bought it in 2016.

"I was at a baby shower with Summer when she asked me if I wanted to buy it from them," she recalls.

As a business major in college, Jamie moved up to manager at the Jean Bonnet over her six years of employment. That in mind, she decided to take Summer up on her offer, and the Lion's Den Café was born. Jamie then got to work on expanding the menu.

The café has a full breakfast and lunch menu. It also offers monthly food and drink specials, and soup is available Labor Day through Memorial Day. The café is closed for all major holidays so employees can spend them with their families.

If you're a coffee lover, the cafe features a full menu of specialty hot, frozen, or iced coffees, lattes, cappuccinos, and mochas with an impressive array of flavors. Not a fan of coffee? Chai tea, lemonade and hot chocolate are also available.



**SWEETS, TREATS AND MORE:** The Lion's Den Café in Fishertown offers a wide variety of flavors for all coffee lovers.

Aside from the usual menu, you can also hire the Lion's Den to cater your events. If you're hosting a birthday party, bridal shower or baby shower, you can also rent the café during off hours. Food and beverages will be provided by request.

"We get some older adults who stop in every morning after they go to the gym," Jamie explains while talking about the café's regular patrons. "We have a group that shows up at noon, and you get used to seeing them. If they don't show up one day, we start to worry about them."

## Community-minded

Jamie stays involved in the community through the café. The business donates to various Chestnut Ridge sports each year and is currently raising money for a playground at the new elementary school that's being built across the road from the café.

Jamie is also on the Pennsylvania Lumberjack Board. She helps with the Pennsylvania Lumberjack Championships and Outdoor Show in any way she can, from finding vendors and gathering donations for the basket raffle to contacting radio stations for publicity.

"It's a great event," she says. "I do whatever they need me to do."

Additionally, Jamie has a special place in her heart for Toys for Tots and the backpack program at Chestnut Ridge School District.

Jamie enjoys giving back to the community she has been a part of her entire life. She graduated from Chestnut Ridge High School in 2011. The youngest of four siblings, she credits her supportive family for where she is today. Her parents, Joseph and Julia Utz, provided her with a strong foundation, guidance and unwavering support, she says.

In addition to the café's five employees, her family pitches in and helps when they can.

This year marks Jamie's 10th year in business, and she celebrated with an event at the cafe on June 6.

"I wanted to show my appreciation to our customers," she says.

## Having an impact

Jamie was recently voted one of the "Most Influential Women of Bedford County for 2026" by the *Bedford Gazette* in honor of International Women's Day. She hopes the recognition will allow her to inspire others to strengthen their community connections and pursue their goals.

The Lion's Den Café is open from 7 a.m. to 2 p.m. Monday through Friday, with dinner hours until 7 p.m. on Thursdays. It is also open from 7 a.m. to 1 p.m. Saturdays.

Breakfast is served every morning until 11 a.m., and then lunch is offered until closing. On Thursdays, the business offers its regular menu, plus dinner options.

Stop in with some friends and family for a hearty



**CELEBRATING 10 YEARS:** The Lion's Den Café in Fishertown is celebrating its 10th anniversary this month. The business is located across from the Chestnut Ridge Middle School.



**TAKE A LOAD OFF:** The café has a cozy atmosphere that attracts locals for breakfast and lunch Monday through Saturday.

breakfast. The menu offers a large spread with everything from pancakes and waffles to bacon and eggs. Bring the kids in for a lunch of burgers and wraps. The cozy atmosphere makes it the perfect place to enjoy the company of loved ones over a good meal.

You can find the Lion's Den's full menu and monthly specials on its Facebook page. [👉](#)

**FROM THE GENERAL  
MANAGER & CEO**

*Continued from page 16A*

If you're landscaping near pad-mounted transformers, keep shrubs at least 10 feet from the front and 4 feet from the sides to allow safe access for our crews. If your neighborhood has underground lines, don't forget to call 811 before digging. It's a simple step that can prevent serious accidents.

At the end of the day, we all want the same thing: a community that's safe, resilient and beautiful. Here at the co-op, we're proud to be part of that effort. Our roots run deep here — just like the trees we maintain.

**Energy Efficiency  
Tip of the Month**

During these warm summer months, a smart thermostat can

help keep your home comfortable while reducing cooling costs. Smart thermostats learn how you adjust your thermostat and automatically raise the temperature when you're away and cool things down before you return, avoiding unnecessary energy use. You can also adjust settings remotely from your phone, so you're never cooling an empty house. Setting your thermostat a few degrees higher while you're away or asleep can lead to significant savings. Many smart thermostats provide reports and tips, helping you fine-tune your energy use and stay cool while keeping your electric bill in check. 📱

**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**

**YOU SCHEDULE MEETINGS AND LUNCHES  
SCHEDULE YOUR  
WASHING MACHINE  
AND DISHWASHER TOO!**

Peak energy demand is a hot topic, but what is it and how does it impact electricity use? Simply stated, PEAK DEMAND is when energy consumption is at its highest.

In much of the U.S., energy use spikes in summer and winter due to INCREASED ENERGY DEMANDS for indoor cooling and heating. In the summer, energy use spikes between mid- to late afternoon and evening. In the winter, energy use is higher in the early morning and late afternoon/evening.

Consider running major appliances during off-peak times to decrease strain on the energy grid.

**CHANGING THE TIME OF DAY  
YOU USE ENERGY CAN:**

- ⚡ Help lower your energy bills.
- ⚡ Avoid service interruptions or glitches.

Do your part to use energy wisely, especially when energy demands are high.



**Safe** Learn more at:  
**Electricity.org®**