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ON THE COVER
The Pennsylvania Memorial at the Gettysburg National Military Park is the largest of the monuments commemorating the three-day battle in July 1863. Photo by Kathy Hackleman
USS Somerset to be commissioned in Philadelphia

Sen. Pat Toomey (R-Pa.) has announced that the USS Somerset will be commissioned (put into active service) in the Port of Philadelphia. The ship honors the courageous members of the crew and passengers of United Flight 93, which crashed in Somerset County on Sept. 11, 2001, during that day’s terrorist attacks.

The USS Somerset is the ninth amphibious transport dock ship in the San Antonio class. She joins the USS New York and the USS Arlington in honoring the heroes of Sept. 11, 2001.

Toomey had requested the ship be commissioned in Pennsylvania because of its connection to Somerset, Pa., and Secretary of the Navy Ray Mabus agreed.

In a news release about the decision, Mabus stated, “Somerset is an important ship for the Navy and our nation, and commissioning her in the Port of Philadelphia will make the event even more meaningful. Once I learned it was possible to commission Somerset in Philadelphia, it was the obvious choice for me to make.”

The future of bees

The U.S. Department of Agriculture, the U.S. Environmental Protection Agency and other agencies, including Penn State University, recently released a comprehensive, scientific report on honey bee health, listing multiple factors playing a role in continuing honey bee colony declines first reported in 2006.

Those factors include: parasites and disease, genetics, poor nutrition, and pesticide exposure.

A healthy honey bee population is essential for the health of American agriculture as an estimated one-third of all food and beverages are made possible by pollination — mainly by honey bees. In the United States, pollination contributes to crop production worth $20 billion to $30 billion every year.


Pennsylvania’s craft brewers recognized

USA Today recently named Pennsylvania as No. 6 on the list of “Top 10 States for Craft Breweries.” The state’s craft beer industry — with 93 craft brewers — adds approximately $1.1 billion to the state’s economy each year.

USA Today noted German immigrants brought with them a love of good beer, and the state had six breweries pre-Prohibition, more than any other state.


Pennsylvania’s list of impaired waters expands

The U.S. Environmental Protection Agency has approved Pennsylvania’s 2012 final list of impaired waters submitted by the Pennsylvania Department of Environmental Protection. The list contains 7,009 impaired waters — 263 of which are newly listed.

New to the list this year are portions of Buffalo Creek and Plum Creek in the Upper Juniata Watershed, and more than 650 stream miles within the Susquehanna River Basin.

The 2012 list removes 39 bodies of water that were on the previous list, including 96 miles in the Upper Susquehanna-Lackawanna basin and 27 miles of the Lehigh River.

This report also changes the designation for a nearly 100-mile section of the main stem of the Susquehanna River from “unimpaired” to having insufficient water quality data to make an impairment determination. There is an ongoing effort by the Commonwealth and environmental groups to identify the causes for health issues affecting smallmouth bass in that section of the river. State officials were hoping for an “impaired” designation, which would have ensured development of a cleanup plan.

The federal Clean Water Act requires states to analyze water quality information every two years and identify those bodies of water that do not meet water quality standards. A cleanup plan is required for each impaired waterway.
Cool roof creates cool house

By Brian Sloboda
Cooperative Research Network

Most homeowners dread the thought of roof replacement or repair. But, by installing a “cool” roof, you can save money — and energy — for little to no additional cost and effort.

Cool roofs reflect the sun using materials that have a special coating. During summer, they stay 50 to 60 degrees Fahrenheit cooler than traditional construction. Because these roofs maintain a lower temperature, less energy is needed to cool the space beneath them.

According to the U.S. Department of Energy (DOE), cool roofs trim cooling loads by up to 15 percent. This not only cuts electric bills, but also extends roof life, reduces wear on cooling systems, and leads to more comfortable indoor temperatures — especially in houses with limited insulation or no air-conditioning.

Before purchasing a cool roof, consider adding insulation to your attic or crawl space because it remains affordable and provides year-round energy savings. For ceilings and roofs, R-30 to R-60 is usually sufficient, depending on climate.

DOE offers a calculator that helps determine the insulation you need based on your ZIP code at www.ornl.gov/roofs/Zip/ZipHome.html.

In addition, consider installing attic vents — continuous peak, soffit or turbine — especially if you’re replacing your roof. This shrinks heat transfer to living spaces. For more information on insulation and attic vent selection, visit www.EnergySavers.gov.

If you decide to go with a cool roof, research the type of roofing you want and how much protection you need for your area. The coolness of a roof is determined by two properties: solar reflectance and thermal emittance. Solar reflectance simply equates to the amount of solar radiation reflected, while thermal emittance spells out how efficiently the roof cools itself by re-radiating that heat.

The combination of these two properties, called the solar reflectance index (SRI), is typically shown as a rating from 0-1. Higher ratings mean increased reflectivity and emissivity. Cool roofs boast an SRI of up to 0.85, while a conventional roof may only rate 0.05.

Cool roofs work best in sunny, warm climates where daily temperatures average above 80 degrees Fahrenheit for at least three months of the year. In northern, colder regions, the opportunity for energy savings may not be as large because there are fewer cooling degree-days. But there’s no disadvantage in choosing a cool roof in those places because your attic should already be well-insulated.

Here are common cool roof options for residences:

Tiles. Roof tiles made of clay, slate, or concrete have low reflectivity and high emittance and are naturally cool roofs. Cool-colored coatings or glazes can be applied to the tiles to boost reflectivity and waterproofing. You can apply a cool coating on-site or purchase pre-coated tiles, which don’t cost much more than regular tiles and are offered in traditional colors, such as brown, green, and terra-cotta.

Shingles. Cool asphalt shingles are made with specially coated granules. Unlike tiles, however, cool-colored coatings are not normally recommended for shingles. Wood shakes are naturally cool roofs if they are kept bare and not stained with darker colors.

Metal. Unpainted metal is naturally reflective, but has very poor thermal emittance. It’s a good candidate for cool coatings, either applied in the field or at the factory.

The main cost of installing a cool roof involves the type of material you choose. The DOE estimates you’ll spend an average of 75 cents per square foot extra for a cool roof, but you’ll experience quick payback for the investment thanks to energy savings and a longer roof life.

Brian Sloboda is a senior program manager specializing in distribution operations and energy efficiency for the Cooperative Research Network, a service of the Arlington, Va.-based National Rural Electric Cooperative Association.
THE YEAR is 1863. In early June, the mild, late-spring days are beginning to yield to the hot, humid days of summer. Residents of rural Adams County, while no doubt aware of the nation’s ongoing Civil War that has pitted neighbor against neighbor and brother against brother, go about their daily business. Most of them are farmers who have a few acres where they raise grain or fruit, and a field or two where a few head of cattle, sheep, and pigs graze. It’s a quiet, peaceful country scene.

Within just a few weeks — on July 1, 1863 — nearly 90,000 men wearing the familiar Union blue uniforms of the North and around 75,000 of the southern Confederates in gray uniforms will march into the fields surrounding the county seat of Gettysburg and interrupt area residents’ lives with an epic
three-day battle. One so intense it will transform the future of both the community and the nation, as more men will be killed, wounded or captured in this encounter than in any other in U.S. history.

When the sounds of gunfire and cannons finally cease late on July 3, 1863, more than 7,000 men and hundreds of horses are dead in the fields surrounding the small town of only 2,400 residents. The retreating Confederates take as many of their wounded as possible, but are forced to leave behind 6,000 who cannot be moved. In addition, there are 14,000 wounded Union soldiers. Farms are stripped of their food supplies to feed the hungry, and nearby residences and outbuildings are commandeered to serve as field hospitals. The overpowering stench of blood and death permeates the entire area.

Gettysburg is forever changed.

Today, 150 years after the Battle of Gettysburg, community leaders are about to see the culmination of their years of preparation for the next invasion. This one, however, is anticipated, even welcomed. It’s their chance to tell the story to the millions of visitors expected in Gettysburg this year to observe the sesquicentennial of the 1863 battle. It’s the story of the three-day battle, yes, but also the story of how a community rallied to save those soldiers that they could, bury those they couldn’t, and preserve the chronicle for generations yet to come.

Adams Electric Cooperative member Scott Hartwig is on the front lines of this year’s 150th anniversary observance. As the supervisory park historian at the Gettysburg National Military Park, Hartwig is ultimately responsible for planning the public programming at the national park.

That includes 200 new anniversary presentations, all of them free to the public, created because, as Hartwig notes, “The Civil War defined America, and Gettysburg holds an iconic place in American history. Even though there are a lot of Civil War battlefields, Gettysburg tends to represent the Civil War to many people.”

The park, which encompasses approximately 6,000 acres where the July 1-3 confrontations took place, is a place where visitors can stand in the very footprints of Gen. George G. Meade, commander of the Army of the Potomac, or Gen. Robert E. Lee, commander of the Army of Northern Virginia. They can look out across the rolling terrain that remains much like it was 150 years ago and imagine the enemy soldiers marching toward them, carrying muskets, bayonets, swords, and revolvers.

“I think the whole battlefield is a very special, evocative place, especially when you get out of your car and start walking on it,” Hartwig states. “You can walk almost anywhere on the battlefield, and that connection helps you understand what you have read about it. Parts of it include really interesting landscapes, particularly on the south end with Little Round Top, Big Round Top and Devil’s Den.”

Turning point

Most captivating of all, though, is the knowledge that the legendary Battle of Gettysburg, said to be a major turning point in the war, took place here.

“It’s a controversial battle, so that attracts a lot of attention,” Hartwig notes. “The Confederates were riding high and they were doing really well. Then they lose the Battle of Gettysburg. There are lots of questions. How did they lose the battle? Why did they lose the battle? Who is at fault? Various decisions made by generals on both sides were controversial. And there were so many interesting, colorful characters associated with the battle. As people learn about the battle, it tends to draw them in because the actors on the stage that was the battlefield are so interesting. ... And of course, there’s the fact that President (Abraham) Lincoln gave the Gettysburg Address here at the dedication of the Gettysburg National Cemetery. That’s another gigantic draw. People always want to see the spot where he gave the speech.”

Hartwig, who has spent 34 years working at the Gettysburg site with nearly 20 years in his current position as supervisory historian, is determined that visitors to this year’s sesquicentennial events will enjoy their visit, but also leave with a much greater historical understanding of what took place there.

150 YEARS OF MEMORIES: The Pennsylvania Memorial and the horse and rider statue commemorating the 8th Pennsylvania Cavalry stand in tribute to the Pennsylvanians who fought in the 1863 Battle of Gettysburg.
“There’s no question that it was a battle; a terrible event,” he says of the 1863 confrontation. “But you want people to have a positive experience when they come here. Kids can have fun, and there’s certainly nothing wrong with that. We even have special kids’ programming to encourage families to visit. If kids have fun, that creates a good association with the place. That will lead to an interest, which leads to reading and learning about history.”

The story told on the battlefield is a heavy one, but Hartwig says that beyond the fighting and dying, it’s important to take away this message: “This is relevant to your life today. The lessons from the Civil War are worth preserving for future generations because they are relevant to the world we live in today, and it forms the basis for many of our political views today.”

Hartwig reports that he sometimes asks battlefield visitors, “If I were to take you to a foreign country and leave you there, what would you say if someone asked you, ‘What does America stand for?’”

He says, “Inevitably, what they start
telling you is almost word for word from the Gettysburg Address, and I have to remind them that the United States of America did not believe those things before the Civil War. People didn't believe all people were created equal, that everybody deserved freedom. We were a nation where half of the nation had slaves. What I want to do is help kids and adults come to understand that the war shaped who we became, who we are today and why we are the way we are. I want them to see that the Civil War shaped reconstruction, Jim Crow, segregation, the civil rights movement of the 1960s. When you can make those connections with people, they can see the value of places like Gettysburg and why we need to preserve them.”

The sesquicentennial programs put together by the staff historians will kick off with “Gettysburg, A New Birth of Freedom” on the evening of June 30 on the lawn near Gen. George G. Meade’s headquarters and will continue through July 4. (See Page 13 for more information about programs.)

Hartwig expects one of the largest sesquicentennial crowds to gather on the afternoon of July 3 for Pickett’s Commemorative March.

“We are going to have nine rangers located along Seminary Ridge,” he states. “There were nine infantry brigades that made the attack for the Confederates, so each ranger represents a brigade. So if you have the name of an ancestor who was in the 26th North Carolina, and you want to walk in their footsteps 150 years later, you will go with that brigade. On the Union side on Cemetery Ridge, there will be rangers where the Union troops were positioned, and those rangers will be interpreting to their groups about the defense of Cemetery Ridge.”

Those visitors following the path of the Confederate soldiers will begin walking at 3 p.m., the time the historic attack began.

“We’ll march everyone across the field, trying to stay in the formations the Confederate troops were in, and when we reach Cemetery Ridge, we will conclude the program with the playing of echo ‘Taps’ with buglers set up at various points along the ridge,” Hartwig reports.

**Living history**

Two living history camps — one for Union troops and one for the Confederates — will be set up on the battlefield July 1-3. The park does not permit battle re-enactments on the battlefield, but there will be infantry and artillery demonstrations, as well as areas where visitors can see examples of civilian life in the mid-1800s.

Katie Carroll, an Adams Electric Cooperative member who serves as president of Civilians of Gettysburg, an organization dedicated to demonstrating Civil War-era life, will be at the living history camp, along with dozens of her fellow members.

“We set up civilian displays at various re-enactment and historical events.
Every year to raise awareness of the civilian aspects of the Civil War,” she says. “It’s a lot of fun for the public to have things to look at. Children enjoy the living history displays. I have a Civil War-era, hand-crank sewing machine that I use to show visitors how people used to make their own clothes. People find this very interesting. Some of our other members do first-person portrayals of people from the time period. Others take on roles of members of the Sanitary Commission, who collected supplies such as food and clothing for the troops, or members of the Christian Commission, who provided spiritual comfort by distributing testaments and tracts.”

Carroll prides herself on historical accuracy when she’s participating in a living history event.

“It’s important for us to do an authentic portrayal, right down to the undergarments, crinolines, corsets, all the way down to the skin,” she says. “You can’t do a Civil War impression without a corset. … It really isn’t all that hot as most of the dresses of the period are made of voile or gauze. What is most uncomfortable is standing in Civil War shoes; I do cheat a bit on that with non-period insoles.”

Spencer Waldron, also a member of Civilians of Gettysburg, has several Civil War-era personas, including both civilian and military. An antique collector and a re-enactor since 1963, he is always on the hunt for genuine Civil War-era items he can incorporate into his various roles.

“I love the 19th century,” Waldron relates, “and I have learned a lot of skills that I can put to use in the re-enactments. I can handset type using a flat-plate printing plate; I can light an oil lamp; I can portray a laborer or a farmer wearing a checked shirt; or an upscale gentleman with a silk vest and top hat. Sometimes, I am a gambler with a deck of cards. I do whatever the occasion calls for.”

Waldron also participates with Civil War military re-enactors in battle re-enactments. He plans to be at two battle re-enactments scheduled to take place off-site, as well as at the park’s living history demonstration.

“I have always been fascinated with the archetype of an old sarge,” Waldron says. “I was in the U.S. Army in the infantry, so in a sense, I really am an old sarge. I’ve also been a re-enactor in the mounted cavalry and, for a little while, I was on the artillery crew.”

The re-enactors have “unwritten rules,” Waldron says.

“When two units are facing each other, one unit will try to push the other off the field,” he explains. “They get aggressive, with shouting and rebel yells, but there’s an unwritten rule that one side can’t advance if the other side is putting out good, crisp volleys. And if one side’s fire is ragged or insufficient, they have to ‘give.’ There is gamesmanship going on all the time between the sides. The end result is that the audience will hear some amazingly crisp volleys. When you hear really good volleys, that’s one side telling the other to stay back. … In the middle of the battle, your adrenaline is flowing and you’re breathing hard. You really feel it.”

**Timeless battles**

Gettysburg resident Allen Baldwin, who serves as both the overall military commander and the commander of the federal troops for the annual re-enact-
ment sponsored by the Gettysburg Anniversary Committee, confirms no two re-enactments are ever the same.

First, the team chooses different battles to re-enact each year (with the exception of Pickett’s Charge, a popular scenario set this year for 3 p.m. July 7).

“Once we decide on a battle, we make physical site visits to the battle location,” Baldwin explains. “Then we research military records and any first-person accounts that are available. We take all of that and meld it with our re-enactment site to give a good, historical experience.”

The battles are scripted for historical accuracy, but field commanders are given the flexibility to react to situations as they unfold, Baldwin reports. Prior to each re-enactment, units must participate in safety briefings and inspections.

Baldwin joined a local re-enactment group in 1995, and has been instrumental in battle planning for the Gettysburg Anniversary Committee for about 10 years. His interest stems from his great-great-grandfather’s service during the Civil War. Although he was not involved in the Battle of Gettysburg, he was with the troops that pursued Lee as the Confederates retreated.

The annual Battle of Gettysburg (feature continues on page 23)

Sesquicentennial schedule of events

Opening June 16: “Treasures of the Civil War” Gettysburg National Military Park. Exhibit includes personal items owned by historic figures including President Abraham Lincoln, Jefferson Davis, Robert E. Lee, George Meade, Ulysses S. Grant, Clara Barton and Frederick Douglass.

► Opening mid-June: “George Spangler Farm,” which served as a field hospital during the Battle of Gettysburg (access is by free shuttle bus from the park’s visitor center).

► June 27-30: Blue Gray Alliance battle re-enactment and living history camps, Pumping Station Road near Gettysburg. (Entry fee charged)

► June 29-30: “Sacred Trust” presentations by nationally known historians, authors and rangers, 9:30 a.m. through 4:30 p.m. (hourly on the half-hour), outdoors at the Gettysburg National Military Park Visitor Center. (Free program sponsored by the Gettysburg Foundation)

► June 30: “Gettysburg: A New Birth of Freedom” Commemorative Ceremony, on the lawn near Meade’s Headquarters, Gettysburg National Military Park. 7:30 p.m. – Musical prelude; 8-9 p.m. – “Voices of History,” dramatic readings of eyewitness accounts written by soldiers and citizens, and keynote speaker, historian Doris Kearns Goodwin. Ceremony will end with a procession to the Soldiers’ National Cemetery to see luminaries marking each of the 3,500 graves of soldiers killed in the battle. (Free program sponsored by Gettysburg National Military Park and Gettysburg Foundation)

► July 1-3: Gettysburg National Military Park Living History Camps/Demonstrations at Pennsylvania Memorial and Pitzer’s Woods. 9 a.m. to 5 p.m. (Free program)

► July 1-4: Gettysburg National Military Park Interpretive Programs, “Key Moments;” 30-minute programs presented hourly from 9 a.m. to 5 p.m. each day that provide a brief overview of events that occurred in a specific location on that day of the battle. “Overview Hikes,” 60- to 90-minute programs that offer a fuller overview of a phase of the battle. “Battlefield Experience Programs,” special programs that offer a unique opportunity to be at a specific place on the battlefield at the moment when an important event or decision was made. (Free programs; times and locations available at the park’s website, www.nps.gov/gett)

► July 1-4: Gettysburg National Military Park Interpretive Program. “Voices Programs” at the stage north of Meade’s Headquarters at 7:30 p.m. Living historians bring to life eyewitness accounts of soldiers and civilians. (Free program)

► July 4-7: Gettysburg Anniversary Committee battle re-enactment and living history camps on Table Rock Road near Gettysburg. (Entry fee charged)

► July 5-7: “Sacred Trust” presentations by nationally known historians, authors and rangers, 9:30 a.m. through 4:30 p.m. (hourly on the half-hour), outdoors at the Gettysburg National Military Park Visitor Center (Free program sponsored by the Gettysburg Foundation)

For information about the schedule of events at the Gettysburg National Military Park, visit www.nps.gov/gett. Entry to the park and anniversary programming is free (there is an admission fee for the Gettysburg Museum Experience). Events are “rain or shine,” although events could be interrupted by lightning.

For information about entry fees and schedules for the battle re-enactments and living history events sponsored by the Blue Gray Alliance on June 27-30, visit www.bluegraygettysburg.com. These events, which are not affiliated with the Gettysburg National Military Park, are held on Pumping Station Road near Gettysburg.

For information about entry fees and schedules for the Gettysburg Anniversary Committee-sponsored re-enactment and living history events on July 4-7, visit www.gettysburgreenactment.com. These events, which are not affiliated with the Gettysburg National Military Park, are held at 108S Table Rock Road, Gettysburg.
IN 1983, farmers face significant levels of debt, low prices, huge surpluses and shrinking exports. The mood of most businesses is euphoric because stocks are up, inflation is down and interest rates are holding steady. It's another story, however, in farming communities across the country as agriculture is mired in its deepest downturn since the Great Depression, and fears of failure and foreclosure haven't evaporated with the good news from Wall Street.

Farmers, whose major risks used to be weather-related, in the 1980s are much more vulnerable to a number of factors beyond their control. These factors — export demand, credit availability, interest rates, land prices, availability of off-farm employment, market prices for crops, fuel costs and supply costs — have been remarkably inhospitable during the early 1980s.

Exports were down 11 percent in 1982 as other countries dumped their excess production on the world market, further depressing commodity prices. Farm debt doubled in the years between 1977 and 1983, and high interest rates hit farmers hard.

In response to these pressures, President Ronald Reagan introduces a “payment-in-kind” program in early 1983 in an effort to bolster prices and reduce vast wheat, cotton and feed grain surpluses. Under the program, farmers receive grain out of government inventories in return for an agreement to plant less. Within months, farmers will have idled more than 82 million acres of cropland across the country. But this action brings other consequences. Feed prices will skyrocket for dairy and beef farmers, and sales will plummet at industries that sell farm machinery, seed, fertilizer, and related products.

In 1983, U.S. farmers are far removed from the recovery that will lift the U.S. economy from its recession.
**Herbs for eating healthy**

**THIS YEAR,** I am planting a healthy herb garden. Not the kind filled with medicinal herbs, but the culinary herbs that make our food tasty and enjoyable — without the all-too-customary additions of fats, oils, salt or sweeteners.

Somehow over the years, my dietary choices slid toward the more processed foods laden with fats or oils and often excessive salt and/or sugar, and the balance shifted from “in moderation” to “in excess.” As a result, now I must focus on consuming a diet of foods lower in cholesterol and salt, and higher in healthy fruits and vegetables.

As a gardener, this is a real-time, do-it-yourself, self-help opportunity. My vague plans for a new herb garden have turned urgent. First off, as with any plan, it’s good to make up a list of plants you want to grow and identify a spot in the yard that is suitable.

As a rule, herbs are easy to grow in the sunny garden. If you can grow marigolds in the flower garden, or beans and zucchini in a veggie patch, you can grow many herbs successfully. So which herbs appeal to you? If you aren’t sure, experiment a little.

I love dill with potatoes and with fish, as well as in (salty) pickles. Rosemary is good with potatoes and beans, and with chicken or pork, too. I love French thyme in soups and stews. Fresh basil is as natural a pairing with fresh tomatoes as it is with pizza.

And I love bay leaf in a long-simmered tomato sauce. Oregano is a staple in my kitchen, too. Parsley brings a spritely note as either garnish or as a delicate seasoning.

Parsley, sage, rosemary and thyme are all frequent recipe ingredients. How could I omit sage? A lovely flowering perennial sub shrub, sage is the traditional addition to Thanksgiving turkey filling or dressing, but it has many uses beyond that. Oregano and marjoram are good candidates, too. Every cook has her personal go-to list when it comes to selecting herbs.

Some herbs may be best fresh, like basil and parsley, while others are excellent dried for use out of season. Bay leaf and rosemary are good examples of familiar dried herbs, although you could keep your plant from year to year by growing it in a container and bringing it indoors for the winter.

Mint is perfect in iced tea or lemonade, but it also brings an interesting note to green salads and is a refreshing addition to an all-veggie sandwich or wrap, and also makes a terrific hot tea.

Some herbs are multi-talented. Fragrant lavender is lovely in cookies, but its scent wafting over the summer garden makes any repetitive gardening chore seem like a peaceful, moving meditation rather than work. I will grow lavender in the flower garden if it doesn’t fit in the herb plot. Chives fit into a flower garden, too. This onion relative is so good with cottage or cream cheese that we can buy it pre-blended. Why not grow our own to snip and enjoy at its freshest right from the garden?

Some herbs may be best fresh, like basil and parsley, while others are excellent dried for use out of season. Bay leaf and rosemary are good examples of familiar dried herbs, although you could keep your plant from year to year by growing it in a container and bringing it indoors for the winter.

As I sketch and plan my herb garden, I marvel at the variety among herbs whether you judge based on flavor, scent, or looks. Herbs suit virtually any garden style from Victorian to modern, and fit into nearly any sunny garden, be it one row in a traditional vegetable plot or an intensive square-foot style scheme, or even a patio container garden.

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Lower humidity, lower electric bill

Reduce humidity level, set thermostat higher for summer comfort

HIGH INDOOR humidity levels can make people uncomfortable. Damp, cool indoor air creates a muggy atmosphere that often feels much worse than warmer humid air from open windows. This is particularly true for allergy sufferers because many allergens thrive in damp conditions.

Excessively humid indoor air also can drive up air-conditioning costs, and each degree you lower the thermostat setting increases your electric bill.

First, try to reduce the humidity you produce. The kitchen and bathrooms are the greatest contributors to high humidity levels. Make sure your stove's exhaust hood is ducted outside, not into the attic, and run the fan when cooking, especially while boiling water. Also consider using small countertop cooking appliances outdoors on a patio or deck.

Run the bathroom vent fan whenever showering or bathing. Some of the new, quiet bathroom vent fans have humidity level sensors to run long enough to exhaust the moisture, but not too long to waste electricity and conditioned indoor air. You can also try a simple countdown timer as the wall switch — set it for 30 minutes, and the fan turns itself off.

If you can get the indoor humidity level low enough, it often is possible for you to get by with a much higher thermostat setting and ceiling fans.

The air movement from a fan increases evaporation and creates a “wind chill” effect for added comfort. Make sure the ceiling fan rotates to blow the air downward during summer and upward on low speed during winter.

Proper sizing of a central air-conditioning system is critical for low humidity and comfortably cool indoor air. Over the years, you may have made energy efficiency improvements to your house, such as more insulation and new windows or doors.

With these improvements, the cooling requirements for your house may have dropped. A unit that's too large for the space will operate inefficiently and could even cause mold problems because of humidity. A licensed professional should size your central air-conditioning system using a mathematical code or an automatic computer program.

If you plan to install a new high-efficiency air conditioner or heat pump, and humidity is an issue for your family, consider a two-stage or variable-output model with a variable-speed blower motor. With the matching smart thermostat, these models are designed for efficiency and humidity control.

You can set both the desired temperature and humidity. The air conditioner will run as normal to cool the air to the desired temperature. Once that temperature is met, the blower speed slows to provide more dehumidification and less cooling.

Installing a whole-house ERV (energy recovering ventilation) system is an efficient way to exhaust humid indoor air and bring in fresh outdoor air. Both heat and humidity are exchanged in the system to minimize energy loss. These systems are controlled by a humidity sensor.

If you don't want to upgrade to a new, efficient air conditioner, a contractor may be able to change some settings to slow the blower motor on your current unit. This will dehumidify more, but will likely reduce its efficiency somewhat.

There may be certain rooms in your house where you find the humidity level to be more uncomfortable than others. A portable air conditioner can provide spot cooling and dehumidification.

Don't forget to fix leaky gutters and downspouts. If rainwater leaks out and saturates the ground around your house, some of that moisture will eventually migrate indoors. 🌿

Have a question for Jim? Send inquiries to JAMES DULLEY, Penn Lines, 6906 Royalgreen Drive, Cincinnati, OH 45244 or visit www.dulley.com.
Old-time eating

As Pennsylvanians and out-of-state visitors focus their attention on Gettysburg for the 150th anniversary of the epic three-day battle, thoughts sometimes turn to the everyday lives of the citizens whose fields suddenly became battlegrounds. What foods might local farmwives have been planning for the noonday meal before the two armies engaged on the morning of July 1, 1863?

In those times, good eating most likely depended upon chickens, a milk cow, and — in early July — a vegetable garden. In contrast, soldiers on the march nourished themselves with hardtack, salted beef, salted pork and any local foods they could requisition along the way.

During this anniversary year, revisit the down-to-earth eating that sustained Americans in the mid-19th century. Try your hand at homemade Cream Biscuits. Create a pot of Chicken and Noodles. Bake a surprisingly simple Custard Pie. Cooking methods may have changed over the years, but the resulting dishes are timeless!

And on your next visit to the Gettysburg National Military Park, stop by the Refreshment Saloon at the visitor center. There, depending on the event or the day, you just might find Brian Stanton and his capable staff creating period dishes using seasonal, sustainably produced local ingredients, just the type of ingredients that would have been available 150 years ago.

A trained journalist, Janette Hess focuses her writing on interesting people and interesting foods. She is a Master Food Volunteer with her local extension service and enjoys collecting, testing and sharing recipes.

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**CHICKEN AND NOODLES**

1 whole 3- to 4-pound chicken
2 teaspoons onion powder
2 teaspoons paprika
1 teaspoon celery salt
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
2 stalks celery (tops included), roughly chopped
1/2 onion, roughly chopped

Place whole chicken in slow cooker. Mix seasonings and coat chicken inside and out. Place celery and onion in and around chicken. Cook on low for 6 to 7 hours, or until chicken is tender and juices run clear. Remove chicken from pot. When cool enough to handle, remove skin and pull meat from bones. Chop chicken into bite-sized pieces. Stir to transfer all seasonings from skin into broth. Strain broth; discard all solids. Skim fat off broth. Add water to make 6 cups broth. Pour broth into large soup pot and bring to boil. Add the following:

3 chicken bouillon cubes
1 tablespoon dried parsley
3 carrots, thinly sliced
12 ounces frozen, home-style egg noodles

Simmer until noodles and carrots are tender, about 20 minutes. Stir in chicken and add additional salt and pepper, if desired. Remove from heat. (Broth will continue to thicken.) Serve in bowls. Makes 8 to 10 servings.

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**SWEET CREAM BISCUITS**

2 cups flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 cup butter
1 cup whipping cream
1/4 cup milk

In medium-sized bowl, combine dry ingredients. Cut in butter. Add cream; toss and stir lightly with fork. Add milk 1 tablespoon at a time until mixture forms a slightly sticky ball. Pat dough onto well-floured surface and form into rectangle 3/4- to 1-inch thick. Using sharp knife, cut into 12 squares. Place biscuits on ungreased baking sheet and bake at 450 degrees until browned, about 10 minutes.

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**CUSTARD PIE**

1 unbaked, 9-inch pie crust
2-3 teaspoons butter, softened
4 eggs
2 1/2 cups whole milk
1 1/2 teaspoons vanilla extract
2/3 cup sugar
1/4 teaspoon salt
1/4 teaspoon ground nutmeg, plus more for garnish

Using hand mixer or stand mixer, beat eggs lightly. Add milk, vanilla, sugar, salt and nutmeg; continue beating until well combined. Carefully rub softened butter on unbaked crust. Pour egg and milk mixture into crust. Sprinkle with additional nutmeg, if desired. Bake at 425 degrees for 20 minutes. Reduce heat to 350 degrees and continue baking until custard is set, about 10 minutes. Chill before serving.
Pennsylvanians walk in the footsteps of giants

SEVERAL times each year, we make the four-hour drive from our home in the flatlands of Berks County to the mountains of Elk County to spend some quality time with Pennsylvania’s largest resident, the elk.

The various herds and groups, currently estimated at a modern-day record of about 900 animals total, are an amazing experience, particularly when set right here in our Keystone State. I wonder if we would feel the same if elk were not isolated to just that one little pocket in northcentral Pennsylvania.

There was a time before the only elk in Pennsylvania were those descendants of a handful of transplants from Yellowstone National Park.

Native elk were common throughout the woodlands of Pennsylvania, right up until there was a Pennsylvania. In other words, when King Charles II awarded what is today Pennsylvania in a land charter to William Penn in 1681, his stroke of the quill was only a few decades ahead of the beginning of the end for the state’s native elk.

The elk had been a staple for generations of Iroquois, Lenape, Shawnee, Susquehannock and other Native Americans.

They were most abundant in the mountainous region of the northcentral part of the region and in the Poconos, but regularly wandered south along the Allegheny, Delaware, Juniata and Susquehanna river valleys, particularly during winters of deep snow, bitter temperatures and lack of food.

But, as European settlement began in earnest — first at the edges of the elk’s range in the southern extremes of the state and then pressing north in the late 1600s and early 1700s — the elk were either killed or driven north and west by the clearing of the great forests.

By the time of the French and Indian War (1754-1763), the elk were already in steep decline. The unregulated killing and the non-stop clearing of the land continued.

Often, the giant deer were viewed as so easily accessible that only the hide, or perhaps a tooth to mark the memory, was taken from the downed animal.

As the War of 1812 commenced, elk were mostly gone from southeastern and south-central Pennsylvania and from west of the Allegheny River. They gave up the southwestern corner of the state by the time the first passenger railway service came to the U.S. (Baltimore area) in 1830 and were gone completely from the Poconos by 1845, when the U.S. Congress was appropriating $30,000 to stock camels in the American West.

The last time a herd of native elk was known to “yard” in Pennsylvania is believed to have been in the winter of 1852. A dozen of the animals gathered along the Clarion River near Ridgway, confining their activity to an ever-smaller area under the thermal cover of a stand of evergreens. They made easy and tempting prey, and by the end of that winter, all but five had been killed by local hunters.

Most accounts credit Jim Jacobs, whom they are quick to identify as a “full-blooded Indian,” with killing the last native Pennsylvania elk in November 1867 near the headwaters of the Clarion River, in an area known as Flag Swamp near St. Marys. Local legend holds that Jacobs tracked and stalked the animal for many days before finally wearing it down and closing in for the kill.

A few accounts give the honor of the last coup de grace on Pennsylvania’s native elk to a man named John D. Decker. They place that event in 1877 in Centre County, which would have been considerably south of the remaining, known stomping grounds for the species.

The wild elk in Pennsylvania today are of more recent vintage. As a matter of fact, this year we’re celebrating the 100th anniversary of the reintroduction of the species into the state in 1913, when the ancestors of today’s herd began arriving from Yellowstone National Park.
(continued from page 13)

re-enactment, first organized in 1995 by the Gettysburg Anniversary Committee, is scheduled for July 4-7 at 1085 Table Rock Road, Gettysburg, on 1,000 acres owned by Adams Electric Cooperative members David and Clara Redding and Barb and Jim Entwistle. In addition to battle re-enactments, there will be a myriad of other period activities to participate in, including historical discussions of battle plans, a Civil War-era wedding, battlefield photography, Civil War medical treatment, religious services and ghost stories. Each year, the committee chooses to donate a portion of the gate entry fees to several community and preservation causes.

The Blue Gray Alliance, a non-profit organization comprised of many of the major re-enacting organizations across the country, is also holding a re-enactment of the Battle of Gettysburg this year. It is scheduled for June 27-30 at a farm owned by Adams Electric Cooperative member Nancy Bushey located along Pumping Station Road near Gettysburg. In addition to the battles, there will be a period “community” featuring civilians going about their 1863 life. It will include farmers, shopkeepers, seamstresses and woodworkers, along with talks by historians, a period church service, a Civil War-era ball, and period music.

Both of the off-site battle re-enactments are privately organized; neither is affiliated with the Gettysburg National Military Park, and both are expected to draw thousands of re-enactors. In contrast to park-sponsored anniversary events, which are free, there is a fee to attend the battle re-enactments.

As Gettysburg prepares for the crowds predicted by sources to range anywhere from 2 million to 4 million during this anniversary year, Waldron notes his anticipation of the upcoming events. “Gettysburg is Mecca for Civil War re-enactors and historians,” he says. “I know some people don’t appreciate what they have, but Gettysburg is the crown jewel of Civil War sites. The 150th will be something to tell your grandkids about. … My great-great grandfather was with the 93rd New York, and I grew up hearing those stories. We all owe those Civil War soldiers something. Re-enactors are big on history and battlefield preservation; that’s all any of us can do for those guys now. They deserve our interest and our respect.”

FOUR SCORE AND SEVEN YEARS AGO: President Abraham Lincoln delivered a speech that would become known as “The Gettysburg Address” on Nov. 19, 1863, at the dedication of the Soldiers’ National Cemetery in Gettysburg, just months after the Union troops were victorious at the Battle of Gettysburg. It is widely regarded as one of the greatest speeches in U.S. history.

CIVIL WAR-ERA LIFE: Spencer Waldron and Hilda Koontz, Gettysburg area residents, are photographed wearing Civil War-era clothing by RJ Gibson Photography Studio. The studio uses period cameras and finishing techniques.

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Summer days

As late spring fades to early summer, take time to enjoy the beauty that Pennsylvania offers this time of year. Choosing to spend the day fishing, enjoying the butterflies, or attending a small child’s baseball game is time well spent as the daylight hours are at their peak this month.

Be sure to take your camera along on your summer adventures, and plan to share those photographs with “Rural Reflections.” At the end of the year, five lucky winners will receive a $75 prize in the categories of: most artistic, best landscape, best human subject, best animal subject and editor’s choice.

Send your photos (no digital files, please) to: Penn Lines Photos, P.O. Box 1266, Harrisburg PA 17108-1266. On the back of each photo, include your name, address, phone number and the name of the electric cooperative that serves your home, business or seasonal residence. (The best way to include this information is by affixing an address label to the back of the photo. Please do not use ink gel or roller pens to write on the photo.)

Our publication deadlines require that we work ahead, so send your seasonal photos in early. We need fall photos before mid-July and winter photos before mid-September. (Save your spring and summer photos for the 2014 contest.) Photos that do not reflect any season may be sent at any time during the year. Please note: photos will be returned only if a self-addressed, stamped envelope is included.
Thoughts from Earl Pitts, Uhmerikun!

Earl pitches the idea that baseball’s charm is that it is slow, boring

For all you stuck-up, self-righteous, mouth-breathin’ sports idiots out there that don’t like baseball ‘cause it’s too slow or it’s too borin’, or it don’t got the action an’ excitement of football or basketball, I have one thing to say.

I do not disagree with you. I love baseball — because it IS slow an’ borin’. That’s what we call the charm of the game. You can be watchin’ a baseball game, fall asleep on the couch, wake up 45 minutes later an’ you didn’t miss nothin’. It was 2 to 1 in the second inning when you nodded off. It’s 3 to 2 in the sixth when you wake up.

To me, that’s like fallin’ asleep when you’re drivin’. If you snap back awake an’ you’re still on the road, I say, “No harm, no foul.”

This is what I think is the beauty of baseball. You don’t got no clock, so you don’t got so many minutes to get something done. You don’t got to hurry. Instead of 60 minutes, you get 27 outs. You can’t stop time from passin’. But if you can string together a couple of bloop singles and a walk or two, you can keep a baseball game goin’ forever. Which sometimes they do.

Then, baseball’s got a certain simplicity to it. Like you’re watchin’ a football game, an’ listenin’ to Chris Collinsworth explain a play — that’s like listenin’ to Alfred Einstein discuss relativity. “You got a pistol offense with a wildcat linin’ up against a nickel defense playin’ zone with a spy watchin’ for anyone comin’ out of the backfield into space.” What does that even mean?

Wake up, America. I would appreciate an expert color commentator that’s as clueless as me sometimes. But then, I appreciate anybody as clueless as me.

I just heard the world space agency is lookin’ for volunteers for a dangerous 500-day mission to Mars an’ back. I always wanted to be an astronaut, and I figger I could do the job — as long as Mars ain’t run by highly intelligent monkeys.

Then I read a little bit more a’ what they’re lookin’ for. You will be in a cramped space capsule the size of a RV for a year and a half. No yard work and you will eat dehydrated food for 16 months. I always said I could live on beef jerky. But here’s the tough one — for 500 days, you will have to drink your own recycled, purified urine. Uh, Houston, we have a problem.

But I’m still thinkin’ I would really like to be an astronaut. They want two astronaut volunteers — a man an’ a woman. That might be OK. Me an’ that Sigourney Weaver chick. Or Princess Leah. Who am I kiddin’? Five hundred days in space with Judy Jetson would be fine with me.

But then I hear they’re lookin’ for a husband-an’-wife team. Let me get this straight. You want me to be stuck in space in a capsule the size of a tent camper, eatin’ beef jerky an’ drinkin’ my own recycled urine for 500 days. With Pearl?

That’s why they say in space that nobody can hear you scream. Because there would be plenty of that. If an alien got on board, I’d drop my laser gun an’ put barbecue sauce on my head.

Let me tell you what would happen if me and Pearl was in outer space together for 500 days. After one week, there’s gonna be a chalk line down the center of the capsule with my side and her side. Then, within four weeks or so, I’m gonna be in the escape pod.

And I got some other thoughts. How many underpants you gonna pack for a trip like that ‘cause it don’t sound like the space capsule is comin’ with a washer and dryer. What about room for a hundred cartons of smokes to get me through 500 days. With Pearl. In space.

Wake up, America. I know you NASA boys don’t want to make a decision until you find out if I’m volunteerin’ or not. It’s just that there’s a lot of things to consider. I’m Earl Pitts, Uhmerikun.