

Sullivan County Rural Electric Cooperative, Inc.

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives serving Pennsylvania and New Jersey

SULLIVAN COUNTY REC

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Heidi Roupp, CFO
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***Credentialed Cooperative Director**

****Board Leadership Certificate**

*****Director Gold Certificate**

OFFICE HOURS

Monday through Friday
7 a.m. - 3:30 p.m.

Keep Costs Low During the Dog Days of Summer



JOHN LYKENS

I'M WRITING THIS ARTICLE AS most of Pennsylvania is under a heat advisory. Daytime temperatures are expected to reach the mid-90s and remain there for most of the afternoon. The Independent System Operator has predicted that its peak demand will exceed 147,000 megawatts.

As we transition to a more electrified economy, stress on the electric grid will continue to increase. The hours when this stress, or demand, is highest during the summer is generally from 1 to 7 p.m. The cost of electricity is also at its highest. In fact, future transmission and demand costs are established during these peak periods.

Members, however, have several opportunities to reduce their energy bills and help the cooperative lower its power costs, too. Here are some practical strategies to help conserve energy during the dog days of summer.

Many of us rely on air conditioning to keep our homes comfortable during the summer. Instead of setting the thermostat at 70 degrees, try setting it to 78 degrees, which is the highest comfortable cooling setting. Each degree you raise the thermostat can save up to 10% on cooling costs. Programmable thermostats can be used to automatically change the temperature when you're not at home. Use ceiling fans to help distribute cool air more evenly, which will allow you to raise the thermostat a few degrees without sacrificing comfort.


Keeping your air conditioning unit running as efficiently as possible is extremely important, too. Regular maintenance, including changing filters monthly, is required to keep your air conditioner functioning properly and efficiently.

Proper insulation and ventilation are key to keeping your home cool and reducing energy consumption. Insulate your attic, walls, and floors to prevent cool air from escaping and hot air from entering. Seal windows and doors with weatherstripping and caulk any gaps. Use exhaust fans in kitchens and bathrooms to expel hot air and humidity.

During the day, block out direct sunlight to your home by closing blinds and curtains. It is better to use light-colored window treatments that reflect sunlight rather than those that absorb it, which cause temperatures in your home to rise. In the mornings and evenings, open windows and allow naturally cool air to circulate throughout your home.

Avoid heat-generating activities, such as using your oven or stovetop, since these add to the cooling load. Instead, grill outdoors or use the microwave.

Consider upgrading your older appliances to Energy Star® appliances that meet strict energy-efficiency guidelines set by the U.S. Environmental Protection Agency.

Sullivan County Rural Electric Cooperative is committed to providing safe, reliable, and fiscally responsible electricity to each and every member. To that end, we are here to help you use this critically important commodity as efficiently as possible. Please check our website and social media platforms for more information on resources, incentives, rebates, and more that will help keep you more comfortable in your home and lower the cost of doing so. Semper Fidelis. 

JOHN LYKENS
CEO

The Art of Tattooing

"I'm so lucky, my passion is my job."

SARAH PARRISH, COOPERATIVE COMMUNICATOR

KINSEY KELLOGG HAS SHAPED AND MOLDED her career, lifestyle, and friendships to revolve around her passion for artwork, which has blossomed from a hobby into a full-time job as a tattoo artist.

"I was interested in a variety of jobs when I was younger — a vet, chemist, scientist — but I started to think, 'What am I naturally good at? What career can I actually pursue?'" Kinsey recalls.

Art, of course, was her answer, but the hard part was how to make a living doing it.

"I went through the starving artist period," Kinsey says with a chuckle. "I love doing this, and I'm good at it, but how can I do art and not be broke?"

That's when she considered becoming a tattoo artist. Not only was it a career that interested her, but it also enabled her to display her artwork permanently on clients. It was financially steady, too.

The next hurdle? Finding someone who would take an 18-year-old apprentice under their wing.

"A friend of a friend knew Shane Nearhoof (current owner of and tattoo artist at Gallery Ink in Hughesville), who was looking for an apprentice artist," she recalls. "My sister-in-law showed him some of my work, and we began working together soon after."

The duo started out in a garage — "a nice garage,"



HOBBY TO CAREER: Kinsey Kellogg, Sullivan County Rural Electric Cooperative member, has turned her passion for art into a career as a tattoo artist.

Kinsey jokes — on Beaver Lake, and Shane's wife, Danielle, also started tattooing shortly after Kinsey came on board. When a building came up for rent in Hughesville, they moved their studio there in early 2019, and Gallery Ink was born. Currently, Gallery Ink is owned by Shane and Danielle with nine full-time tattoo artists and one piercer.

Kinsey has an associate degree in studio art from Pennsylvania College of Technology and obtained her apprenticeship certification.

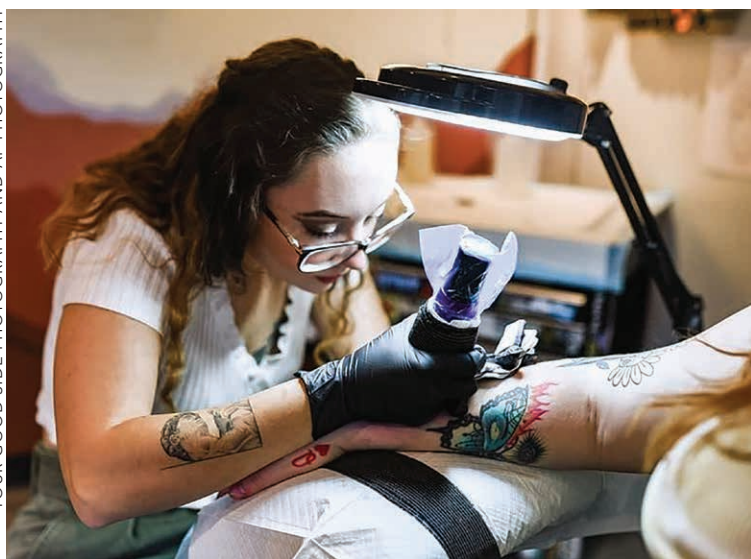
"Receiving my certificate meant the world to me," she says, showing her dedication and passion for her career. "There are so many things that I love about my job."

Being able to create art every day that is displayed on her clients is a humbling honor. The mutual appreciation and friendship among her co-workers are a great bonus, too.

"We enjoy hanging out with each other, and we're always learning together or from one another," Kinsey says. "Tattooing itself is definitely hard. I've been doing it for six years, and I still feel the pressure of permanently marking someone's body."

Scheduling is also exhausting, which is why she opens and closes her books for months at a time. To anyone considering becoming a tattoo artist, Kinsey recommends working on your portfolio and becoming a well-rounded artist in different styles.

"It can be a brutal industry," she warns. "You need to



PRESSURE: Local artist Kinsey Kellogg tattoos a client at Gallery Ink in Hughesville. The tattoo industry can be stressful, but Kinsey says it's all worth it.

have thick skin and be a social, outward person.”

But the industry is well worth it, she says, because you often become friends with your regulars. “I get to know them, their families, friends, pets, hobbies; it’s a really close bond,” Kinsey says.

She remembers favorite pieces she’s done for clients, particularly a large, colorful piece of an atlas moth that took six hours to complete.

“I typically keep my sessions to four hours or less, but we both worked through this one,” Kinsey recalls. “She takes beautiful care of it, and I get to see it often.”

Getting your first tattoo can be nerve wracking. Kinsey recommends listening to your artist; they’ll know what’s best for your tattoo’s longevity — especially if you’re young. It’s also easier to start out with a small piece, and definitely make sure it’s something you really love. And, she says, please eat and drink beforehand.

Kinsey currently lives in Hughesville, but is a member of Sullivan County Rural Electric Cooperative. She’s also planning to build a home in the Huntersville area. Besides artwork and tattooing, she enjoys reading, cooking, and hanging out with her friends.

Gallery Ink is at 37 N. Main St., Hughesville. The business offers free consultations, and its services include tattoos, piercings, and jewelry changes. Shop merchandise is also available. You can contact the shop at 570-215-9227 or galleryinkpa.scheduling@gmail.com. The shop is open from

10 a.m. to 7 p.m. Tuesdays through Saturdays. Piercings are typically walk-in only. Keep an eye on their Facebook page, Gallery Ink, for more information and upcoming events.

To make an appointment with Kinsey, message her on Facebook at Kinsey Kellogg Tattoos or on Instagram, @kinseykellogg_tattoo. Her next booking schedule for September, October, November, and December opens Aug. 4. When you message her to book an appointment, have your schedule/calendar ready, plus reference photos, location, size, style, etc. Kinsey is at Gallery Ink from 10 a.m. to 5 p.m. most days. She tries to keep sessions to four hours maximum and charges \$160/hour.

Everyone has their own unique way of expressing themselves, whether that be through music, dance, sports, artwork, etc. Kinsey’s talent for art has become the perfect way for people to express their individuality through tattoos. 🎨

Director Karen Beinlich Recently Certified

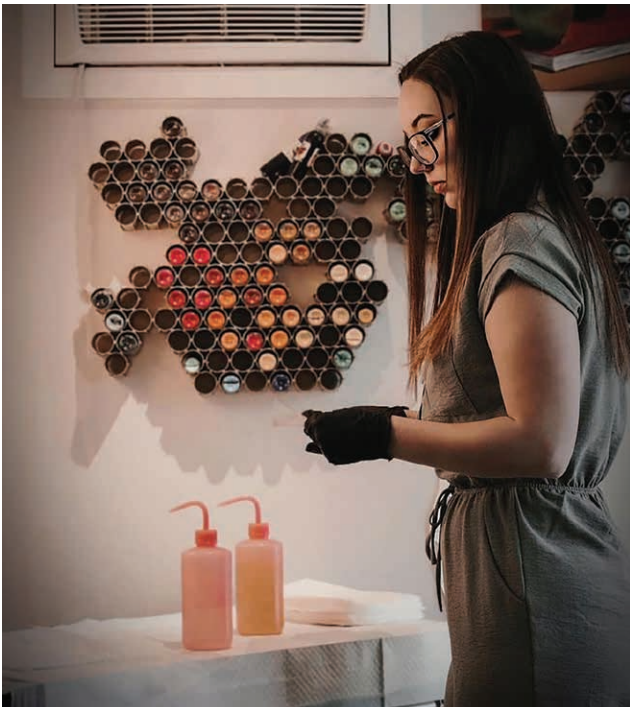
DIANE WHITE, EXECUTIVE ASSISTANT

Karen Beinlich is the newest Sullivan County Rural Electric Cooperative director to obtain Credentialed Cooperative Director (CCD) status. The CCD curriculum, offered through the National Rural Electric Cooperative Association, consists of five courses designed to provide essential knowledge required of cooperative directors. Karen is the board representative from District 2, which includes Elkland and Hillsgrove townships in Sullivan County.



RECENTLY CERTIFIED: Dr. Stephan Brady, chair of the Sullivan County Rural Electric Cooperative Board of Directors, presents Director Karen Beinlich with her Credentialed Cooperative Director certificate.

YOUR GOOD SIDE PHOTOGRAPHY AND AP PHOTOGRAPHY



GALLERY INK: Kinsey Kellogg is a tattoo artist at Gallery Ink in Hughesville. Visit galleryinkpa.com or their Facebook page for details.

The Power Behind Sullivan County REC: Our Employees

A Monthly Spotlight

SARAH PARRISH, COOPERATIVE COMMUNICATOR

After nearly two years and 20 employee spotlight articles, it's finally time to introduce the author:

HELLO! IT'S NICE TO FINALLY meet you. My name is Sarah Parrish, cooperative communicator here at Sullivan County Rural Electric Cooperative (SCREC). If you are reading this, I assume you've seen my name before in *Penn Lines*, but I'd like to take this time now to introduce myself on a more personal note.

I am a proud, lifelong resident of Forks Township in Sullivan County. I'm a 2017 graduate of Sullivan County High School, and I did not pursue any post-secondary education. I was unsure about a career, and instead began working at the *Sullivan Review* in Dushore. I enjoyed working at the "Sully" and was able to meet many people throughout the county.

In 2022, I briefly worked at Unity Laundry Systems in Dushore. Shortly after I started working there, I received a call from the former SCREC CEO — the late Craig Harting — who encouraged me to apply for the open communicator position here at the co-op. I told him I wasn't looking for a job since I just started a new one at Unity, but, to put it bluntly, Craig told me I would apply for the position. After a two-hour interview with our current CEO John Lykens and former Manager of Finance and Administration Dennis Klem, I came aboard in October 2022. I will always be thankful to Craig for being persistent and encouraging me to take this opportunity.

Each day at work varies, but they are all similar month-to-month. Obviously, I write for *Penn Lines*,

and I also manage our social media (Facebook: Sullivan County Rural Electric Cooperative, Inc.; and Instagram: @sullivancountyrec) and our website (screc.com).

I manage the SCREC Craig A. Harting Memorial Scholarship, the May Electrical Safety Month poster contest, the American Customer Satisfaction Index survey and our annual reports, along with other tasks, as needed.

I enjoy attending meetings throughout the state that are hosted by our statewide association, the Pennsylvania Rural Electric Association, where I've met other cooperative communicators. I was also lucky enough to go on Youth Tour this June in Washington, D.C., where I served as one of the chaperones for the six students representing our cooperative. I especially enjoy going out in the field with our line and tree crews to take photos.

More often than not, you'll find me on one of the trails or dirt roads at Worlds End State Park. I enjoy trail running (OK, I'll be honest: I hike the inclines) and competing in races throughout the state. I love embracing each season and the beauty it brings to our neck of the woods.

Besides hiking and trail running, I like to collect antiques — particularly books — but I am trying to broaden my horizons. My antiquarian collection ranges from the 17th to the 20th century. I love antique shops, yard sales, and flea markets, and whole-



SARAH PARRISH

MEET THE AUTHOR: Our last employee spotlight focuses on Sarah Parrish, cooperative communicator and *Penn Lines* writer at Sullivan County Rural Electric Cooperative.

heartedly believe the dirtier, dustier, and moldier the better!

I love our co-op's community and try to give back to it by being a member of several organizations. I am the vice president of the Sullivan County Historical Society, a member of the Sullivan County Agricultural Society and the Fine Arts Department superintendent during the Sullivan County Fair, the secretary of the Friends of the Sullivan County Library, a member of Friends of Worlds End State Park, a Sullivan County representative on the Endless Mountains Visitors Bureau Board of Directors, and a member of the Sullivan County Council on the Arts.

I sincerely hope you all have enjoyed getting to know each of my co-workers as much as I have. They are a diverse group of highly talented people. We all work together to make the daily operations of SCREC run as smoothly as possible and to offer you, our members, electricity that is reliable and fiscally responsible. You couldn't ask for a better group to take care of your power delivery, and I couldn't ask for a better group to work with. 🍷