

9th Annual 5K Nets \$8,000 for Scholarship Program

Kevin Tilton of Conway, NH had another good day on the roads of Plymouth, but the real winner was the NHEC Chapter of Dollars for Scholars.

Tilton, 23, followed his record-setting win last year with another victory September 11 at the 9th Annual Co-op 5K Challenge road race.

Tilton finished the 3.1 mile course in 16:20, off from his course record time of 16:02 last year, but good enough to win by more than a minute over second place finisher David Irving of Salisbury, NH.

In addition to donations from corporate sponsors, 145 runners and walkers raised over \$8,000 for the NHEC

Chapter of Dollars for Scholars. The Co-op's scholarship program grants tuition aid to college and college bound students in Co-op service territory.

The first place female runner, Sarah Nielson, 21, of Sunapee, NH, finished in a time of 20:11.

Lauren Bergeron, 15, of New Hampton, NH, finished second in a time of 22:08. A competitive field of race walkers also took to the 5K course. Finishing first was Daniel Dodson, 60, of Methuen, MA, in a time of 35:45.

Second place finisher, Fred Anderson, 53, of Campton, NH, was close behind in 35:56. Ellen Kolb, 46, of Merrimack, NH, was the first female walker in a time of 38:03. In the Co-ed Team competition, the Road Missiles team of Mike Bloun,



Kevin Tilton crosses the finish line to win the race.

News Briefs

Board of Directors Meetings

The Co-op Board of Directors meets the second to last Tuesday of each month at Co-op headquarters in Plymouth, unless otherwise noted. The Board will meet next on Tuesday, October 18, 2005 at Co-op headquarters, 579 Tenney Mountain Highway, Plymouth. The November meeting is scheduled for Tuesday, November 22, 2005. For more information, contact Sharon Yeaton at (603) 536-8801, or nhechq@nhec.com.

Mike Geldermann and Julaine Geldermann took top honors in a cumulative time of 1:08:52. The Road Missiles were also presented the 2005 Co-op Spirit Award. Complete race results are available on the Co-op's website at www.nhec.coop.

While the runners were on the course, the kids were testing their skills on a special obstacle course as part of the fourth annual Co-op Kids Challenge.

A number of items were given away during the post-race raffle, including the grand prize, an all-expenses-paid weekend for two at The BALSAMS in Dixville Notch, which was won by Richard St. Hilaire of Franklin, NH.

New Hampshire Electric Cooperative wishes to thank the following businesses for their support of the 9th Annual Co-op 5K Challenge:

The Balsams
Bedford Granite Group
Berry, Dunn, McNeil & Parker
Bruce Mast & Associates
Capital Regional Development Ctr.
CG Roxane, LLC
Common Man Inn
Community Guaranty Savings Bank
Devine, Millimet & Branch
Duke Energy
Dunkin Donuts
Fisher Consulting Group
Gallagher, Callahan & Gartrell
Graybar Electric Company

Hannaford's Supermarket of Plymouth
HUB International New England
IC Reed, Inc.
James A. Kiley Co.
Lakes Region Builders & Remodelers
Main Street Dental
McCarthy Companies
Meredith Village Savings Bank
Mid-State Health Center
Miller Chevrolet Buick
Morgan Press
PaeTech
Pemigewasset National Bank

Plymouth State University
Rand's True Value Hardware
Silver Cultural Arts Center
Speare Memorial Hospital
Touchstone Energy
Vermont Pure Spring Water
Water Heater Innovations, Inc.
Waterville Valley Ski Area
Waukegan Golf Club
White Mountain Country Club
White Mountain Gateway
Economic Development Corp.
Woodland Credit Union

We're Counting on You

It Only Takes a Little to Give a Lot

The NHEC Foundation is set to make a significant contribution to the quality of life in New Hampshire, but like all co-operative efforts, it will need your support.

Beginning January 1, 2006, the monthly bills of every Co-op member will be rounded up to the next dollar using the Co-op's current Round-Up Program. The proceeds will benefit the NHEC Foundation, a non-profit foundation (tax-exempt 501(c)3 status pending) that will contribute financial aid to charities, educational programs and institutions, as well as community and economic development projects that benefit Co-op members.

Should you choose not to contribute to the NHEC Foundation or to stop your contribution at any time, call (800) 698-2007 and press 5 to opt-out of the Round Up Program. Please have your account number ready. However, we hope you'll consider what kind of impact we all can have as Co-op members.

Under the Round-Up Program, the average member will contribute 50 cents per month to the NHEC Foundation, or \$6 per year. If every member contributes, the NHEC Foundation will be able to return more than \$350,000 every year to the communities we serve and the organizations that sustain them.

The NHEC Foundation is governed by an unpaid board of directors that includes members of the Co-op's own Board of Directors and advisory members from the communities we serve. There are no overhead costs associated with the NHEC Foundation so every penny raised by members will be put to work in our communities.

Members helping members is the idea driving the NHEC Foundation, but it will need your support to become a reality.

Co-op Power Rate Change

Beginning with bills issued October 1, the charge for "Co-op Power" – the energy portion of your bill – has dropped to reflect seasonally lower prices in our wholesale power purchase contract. For most members the drop in the "Co-op Power" line on the bill is about 8 percent.

Further rate adjustments may be reflected in your October bill as well. At

the time this newsletter went to print, the NHEC Board of Directors was considering several proposals from NHEC management to significantly improve the reliability of your electric service. With Co-op Power rates well below the regional industry average, Management believes the time is right to invest in key improvements to our distribution system. Some of these

proposals may have an impact on your rates. Any rate changes that take effect in October 2005 will be noted on the message portion of your October bill. More detailed information will be provided in your November newsletter and on the Co-op's website (www.nhec.coop) when the changes take effect.

Important Meter Notice

Attention electricians, new homebuilders, members replacing/upgrading electric service

Since January 2005, NHEC has required all member-supplied metering equipment be equipped with a main breaker.

The purpose of having a main breaker directly after the meter is to allow the member, their electrician, the fire department, etc. to remove load and de-energize the power downstream of the meter without removing the meter or cutting the Cooperative's meter seal.

This new requirement applies to all members establishing new electric service in Co-op service territory, as well as members who are replacing or upgrading an existing external electrical service entrance.

The accompanying picture illustrates (1) the traditional meter that is installed as part of your electric service, and (2) the new main breaker panel that is to be installed below the meter itself.



For questions or more information about this new meter requirement, please contact Co-op Member Solutions at (800) 698-2007.

Before You Buy A Water Heater Of Another Brand... Save your energy!



Have you ever bought the cheaper brand and then been dissatisfied with your purchase? Some people have had this experience with water heaters. They found out the hard way—there's a difference between owning an inexpensive water heater and having inexpensive hot water. If you need a new water heater and the idea of saving energy and money makes sense, call 800-698-2007.

Marathon

ENERGY STAR® Homes - Comfort and Savings



NHEC Energy Solutions Rep. Dean Davignon (left) presents Kent Brown of Calumet Construction with a plaque certifying this home as ENERGY STAR rated.

The Co-op is partnering with Calumet Construction of Pittsfield, NH to build better homes – and a better tomorrow. Each of the 59 homes slated for construction at the Crestwood Estates development in Meredith, NH will be ENERGY STAR certified, saving homeowners 30% per year on energy costs over conventional new homes.

The energy efficiency measures necessary for ENERGY STAR certification aren't added on, they're built in. Each Calumet home has increased insulation levels and high performance windows, as well as high efficiency heating and cooling systems, lighting and appliances. Working with Co-op Energy Solutions professionals, Calumet has committed to doing the little things – wrapping air ducts, additional air sealing, etc. – that add up to big savings. Homeowners in the Northeast, where utility bills average \$300 higher than the rest of the country, will appreciate those savings.

ENERGY STAR is a government-backed program that sets strict energy efficiency guidelines from the EPA and US Department of Energy. According to Kent Brown, Managing Member of Calumet Construction, the biggest challenge in building ENERGY STAR homes is not in the construction, it's in communicating that value to prospective homebuyers. "The more people understand the ENERGY STAR process, the better it works for us," Brown said.

A coalition of New Hampshire electric utilities are trying to spread the word by offering ENERGY STAR home programs that help contractors build homes that meet the national ENERGY STAR standards. To learn more about the Co-op's ENERGY STAR Homes program, visit us online at www.nhec.coop/energystarhomes.html.

FOR SALE

China cabinet & buffet, Knob Creek solid cherry 62"x19"x80"h. Great for the holidays. Canted cabinet, 4 glass doors, lights, mirrored back. Paid \$2,300 asking \$1,200. 536-2636.

Honda snow blower, used one season, perfect condition, will demonstrate. 726-3425.

Jet Ski, 1995 Tiger Shark, excel cond. Trailer, \$950. 293-0857.

Woodstove \$150, too warm for our house, may be just right for yours. Weekends 253-6727.

20' Pontoon boat w/40 hp Merc eng., all safety equip, mooring cvr, no trailer, \$5000. Paddleboat, 5 pers \$300. 18' Grumman alum canoe, \$400. All in good cond. 968-3208 or 781-245-1794.

Invacare, electric bed mattress, side rails, excellent condition \$350 or BO. North Conway area 356-2973.

Troy-Bilt rototiller, Hazse model, runs perfect 6hp. \$300 firm. Luther 726-3388.

Camper, Prowler, 5th wheel-35', LSI-3 slide outs, 2 TVs, washer/dryer, awnings on all windows, automatic hydraulic leveling system, \$22,000. 542-2598.

Sylvan Pontoon boat, 16' with 30hp Johnson motor 2005 trailer \$5,500. 542-2598.

2 Soda vending machines. \$50 each, twin bed w/headboard & mattress box spring, \$25. TV 13 inch w/VHS built in \$25. Other yard sale things, call eve, ask for Bob or leave msg. 875-2009.

FOR SALE

Three-year old, like new, super capacity, high efficiency **Maytag Neptune washer** for \$575. Matching front load dryer. \$475. \$970 for set. Namaster105@aol.com 253-7877.

White LASCO steam cabinet & shower, 48" X 36" RH seat, acrylic grab bar, dome lt, clr glass door, unopened factory pkg. \$1599. btbor@aol.com 253-7877.

Antique outboard motor 50th anniversary Evenrude 35hp. All cables & controls under 200 hrs. on motor. Stored in heated garage for 48 years, looks like brand new \$2000. 978-667-5106.

14' Falk Sailboat w/new sail \$450/BO in East Sandwich. 802-453-3345 or 284-6462.

Above ground pool, deck to pool ladder, white \$35, large in pool stairs w/handrail wedding cake style \$150. White Little Tykes toddler bed \$20, Little Tykes play gym w/slide \$75. 863-9716.

Craftsman 22" self propelled lawn mower, slate top pool table, needs repair can deliver. 253-9523.

Gas stove 30 inch like new color bisque. Meredith 279-8638.

8 X 11 Oriental rug, beautiful condition. Bloomingdales '97. Colors, rose, moss green, dusty blue on off-white background. \$400 or BO. New Hampton 724-6593.

RV- 1996 Jayco 2630 5th wheel 14ft slide out designer model, \$12,500. 286-8265.

Day vintage boat trailer circa 1960. For sale will take 14' light boat. Needs TLC, \$150 or BO. 279-7714.

FOR SALE

1960 JD1010 farm tractor, 42HP, 3pt hitch, runs good as is or for project, \$1,500. Jotul 620 wood stove new \$400. Coffee table, nite stands, etc. Good shape nothing over \$20. 522-6467.

Hay - 200 first cutting, in barn, never wet. Timothy/clover/ryegrass from fertilized fields. \$3.50/bale. 549-5430.

Franklin Wood Stove, free for pick-up in Moultonboro. Call 668-8583.

Nordic Track Walk Fit treadmill \$125. 4 Steel wheels for 2000 Honda Accord \$40. 569-8360.

Four new 24' X 16" Trusses, \$65, 60" Mahogany roll top desk \$325, 14' Sponson canoe circa 1930's \$250. Weil-Vechain, HE FHW gas furnace, 119,000 BTU. 776-6981 or RWB@metrocast.net.

Moose antlers for sale and items made w/antlers including chandelier and coffee table. Also one 32 drawer Shaker Cabinet from the Enfield NH Colony. 279-8250.

Snowmobile - 2003 Polaris Super Sport 550, 1500 miles, excellent condition \$3000. 387-9598.

"Soleus" 7500 BTU/hr. port. air conditioner. Excellent cond. \$350, pd. \$658. 859-1132.

CFA: Himalayan Kittens, Health cert., 1st shots \$300 - \$350, DOB 5/20/05. Dobe423@localnet.com or 539-5974.

Siamese pure bred no papers. \$200, DOB 7/29/05. Mini Colt DOB 5/20/05 \$800. Dobe423@localnet.com or 539-5974.

FOR SALE

5' Vinyl sliding door, thermopane low E glass screen and green vertical blinds, \$200 or BO. 887-4590.

Day sailboat, 19 ft, \$775, good condition, 1972, fixed keel banp. -green, rigging & storage trailer. Call soon EBay in the fall. 253-6113.

Two '98 Polaris 600 XLT's: 1 w/4695mi., new track, triple pipes, plastic skis, studded. 1 w/3100 mi., new piston kit, studded, finger throttle. \$3,895 for both! 476-5117.

Sandwich glass dishes, plates, glasses etc. 120 pieces more or less. 523-9202 or leave msg. At 523-7627.

Antique Oak Dining set w/side server cabinet, closed oak china cabinet, Toro mower, electric fence, ping pong table, cuckoo clock, and old time radio. Like new ladies bike. 253-4867 or Winjr@yahoo.com.

Great boat & price, 1998 Larson 23.5 250HP, V-Birth, enclosed porto-potti, many extras, and trailer included. Honest value \$22,500. Also need Scaffolding 4-6 sections. 786-9533.

Woodworkers shop closing, must sell. Delta 14" band saw w/riser, new Delta shaper. Floor model: scroll saw old, belt/disc sander, and drill press. You buy/remove. Ken 253-6732.

Canoe - antique Old Town 17' sleek & fast \$200. 669-2877.

Kellogg compressor 20 HP V-twin. 250-gallon tank. 220-3 phase. New box and relays \$1500. Can deliver within 20 miles. 502-3842.

1973 Case 580B extender backhoe, new tires, cab, diesel. Good onsite or yard machine. Backhoe is in West Alton NH. Priced right at \$9500. 617-77-6473, 617-926-5536 or 293-7745.

Vintage snowmobile & Japanese motorcycle parts, good used, Skidoo, Matoski, Arctic Cat, SnoJet, Yamaha, Kawasaki, Honda, proj sleds parts in storage big inventory. 934-4623.

Kayaks used or blemished Old Town kayaks excellent condition. Start @ \$279, touring models & canoes. Andover NH. 735-5000 or info@kayakcountry.com.

Natural NH stone sculpture rockery/fireplace stone, landscaping projects, patio & walks, random lengths & sizes boulders or slabs. 764-9897.

Tubes, power supplies, oscilloscopes, test equip, wire mold conduit parts & pipe. Let me know what you want. 673-4706 or treadbar6@aol.com.

Used tack, English & Western, fully restored & reconditioned by expert in Sandwich. Bob 284-6531.

Custom made full roof, lumber rack for 2002 Dodge 1500 quad cab, w/6' bed. \$250. 284-6444.

Lear truck cap 6 mos. old, fits Dodge Dakota w/clamps, wiring, high back. \$800 BRO, New Delta table saw 10" model TS200, never used, \$140 BRO. 542-2809.

8N & 9N Ford Tractors for sale. 3 Point hitch w/power take off, fit many new attachments. Both run well. Ask for Bob 267-8151.

Compact Fluorescent Bulbs - Get a \$2 in-store rebate off each, up to 6 bulbs. We have bulbs for every need and experts to help you. Rand's Hardware, Plymouth. 536-1000.

FOR SALE

TIG Welding, Alum. S.S, Magn., M.S, Cast., large lots, & repairs welcome. Call Rich, certified welder. 934-9221.

Boat 19' alum, Starcraft, cabin w/dual wheel trailer & 80 HP outboard, excellent condition. 826-5570.

Desk & work table, \$70 for set. Kids cross country ski set shoe size 1, \$25, Scuba hoods & gloves, XL & S: \$15 for all, vertical blinds 7" X 79" 2 pairs for \$50. 286-4838.

Currier Climbing Tree Service, pruning & takedowns at a fraction of the cost. You save \$, when you do the clean up. 463-3736.

Fly-fishing lessons, float tubing, on private trout pond beautiful mountain setting. FFF certified casting instructor. Gift cert. available. Kathy 356-6240 www.mountainviewflyfishing.com.

Music lessons, piano/organ/keyboard/voice and theory by professional musician/entertainer/author, in your home or in Lakeside Studios. 859-7873.

Custom lampshades brighten your home with new shades featuring pressed flowers & woodland flora. Jennifer 284-7468 or www.botanicallampshades.com.

Charms, 14kt gold, sterling silver. Italian charms 1000's to choose from. Largest selection in New England, great prices & free shipping. 356-7880.

Massage therapy, relieves stress, muscle tension and pain. Gift certificates available. Call Janice, LMT, NCM TB, AMTA. 895-4435 OR www.massageatsacredtouch.com.

Framed scenic photos of the White Mountains \$60 & up. Unique gifts! White Mt. Photography. 3425 White Mt. Hwy N. Conway NH. View at gallery or www.whitemountainphoto.com 374-6050.

You've seen us on TV. You may have read about us in the papers. When people talk about magnets and wellness, Nikken is whom they mean. Call me. Nancy 536-2006.

Weight loss, personalized weight loss by Shapeworks. Free body analysis & personalized consultation. 536-5441.

Caribbean Cantata - An armchair vacation to a tropical paradise! 2640 photos of Jamaica on a CD by photographer Jane Wingate. \$24.95 pp. To preview CD, & order: janewingate.com.

Well pumps & water filters, full svc in Southeastern NH, supplies to other. 800-729-03988 or h2oguy.com.

45" Studio Loom, Newcomb Co. Good condition, \$500. 823-5290.

WANTED

45's records for juke box, good condition, Bob 234-4993.

Old oriental rugs (pre 1950), any size, almost any condition. Please call 387-3144.

Disposable diapers in packages size newborn, 3, 4, 5, & 6 for families in need thru the non-profit Care Net Pregnancy Center of the White Mountains. Call Rita @ 536-2111.

Old swords & bayonets. Fraternal, military, Civil War, Japanese, etc. If it has a blade I'm interested. Frank (800) 225-9019.

WANTED

Old magazines & books, diaries, scrapbooks, postcards, photo albums, letters, pin up calendars, posters, lobby cards, magazines, adult, movie, women, and men. Frank 800-225-9019.

Pump jacks & brackets. Old & rusty OK, at least 2 sets. Purchase or long term rental. Craig 254-8700.

Yellow Rubber spout with 1 inch integral metal cap to fit Eagle galvanized gasoline can. Bob 781-585-6995 or bsgarzi@adelphia.net.

Old musical drums, cymbals, catalogs, etc. Preferably from the 1960s & earlier, from the US or Europe (including Turkey). I pay cash & will travel to you. John 781-405-4477.

Hammond organs, B-2, C-3, A-100, Leslie speakers only. We pay cash. Call Dave 679-2703.

Early 1950's stove 40" wide gas O'Keefe & Merritt, Wedgwood, or Western Holly w/2 ovens. Prefer in good & working condition. 887-7386.

Old fabrics, quilts, & pre 1940 clothing, shoes, hats & accessories, Men's, women's, and especially children's. Nancy 895-9498.

Vintage mannequin heads & torsos, vintage men's, women's & children's clothing, old milk & cream bottles & cans. Costume jewelry. 978-979-1874

Lange woodstove, 34" high, in working condition. 787-808-3523 or 835-6154.

Walk behind garden rototiller. Wentworth, Tom @ 764-9255.

Aluminum fish boat V Hull, 12-14 ft. 3 Bench seats, trailer not needed. Wolfeboro area. Tom lowrider222@cox.net or 203-272-1216.

Duck decoys, collector pays cash for our duck decoys & old fishing tackle. I also collect tube radios & tube electronics, also tubes, parts, manuals, etc. Gary 863-8737.

Asthma/Allergies? Need people who desire relief to field-test a safe hi-tech home air purification system no cost or obligation. 800-536-8447.

5' Bush hog in good condition. 526-6772.

WANT TO BUY AN AD?

Co-op newsletter classifieds are a real bargain at just \$5 each. Got an ad that you want to run for a year? Take \$5 off the monthly price and pay just \$50 for your ad to appear in all 11 issues of the Co-op Consumer Report (newsletter does not publish in May). All proceeds benefit the NHEC chapter of Dollars for Scholars. Send the text of your ad and a check made payable to NHEC to:

Classified ads
579 Tenney Mountain Highway
Plymouth, NH 03264

Ad specs: max. 150 characters, no ads accepted for real estate, cars, firearms, ammunition. No personal ads accepted.

For more information, call 800-698-2007.