



Going to D.C. with SWRE!



Southwest Rural Electric Association has awarded Paige Orr from Frederick High School and Haley Spurr from Electra High School an all-expenses paid, week-long trip to Youth Tour in Washington D.C. this summer. Paige is the daughter of Vinson and Cheryl Orr. Haley is the daughter of Monica Spurr and Cesar Diaz.

SWRE began the Youth Tour Contest in 1964 and has sent an Oklahoma and Texas student representative to the nation's capital each year. Cooperatives around the country send student leaders to convene in Washington D.C. during Youth Tour to learn about government, meet their congressional representatives and tour many of the historical monuments. The trip is affectionately doted as "the trip of a lifetime" by former Youth Tour attendees.

SWRE received 70 essay submissions for the Youth Tour Contest this year which is open to all high school juniors living or attending school in SWRE's service territory. Eight finalists were chosen from the essay submissions by an independent judge and asked to present their essays as extemporaneous speeches at the Youth Tour Banquet held at SWRE headquarters on Thursday, February 6. A panel of independent judges determined the contest winners.

Analiza Duenas from Navajo High School and Edgar Alarcon from Chillicothe High School were awarded the runners-up prizes: a spot at Oklahoma Electric Cooperative's Leadership Summit in Oklahoma City in March. At Leadership Summit, students will learn valuable leadership skills, meet students from other cooperatives and be awarded a \$500 scholarship.

Other contest finalists included Brayden Smith from Navajo High School, Brie Elliott from Tipton High School, and Megan Terrell and Mackie Newton from Chillicothe High School. All speech finalists were awarded certificates and a \$250 cash prize.

"The Youth Tour Contest is one of our most-anticipated events of the year," said Keith Bonham, interim CEO of SWRE. "We were impressed with the caliber of student that entered the contest this year, especially our speech finalists. Thank you to the teachers and parents that encouraged their students to apply for Youth Tour!"

Oklahoma Winner

Paige Orr from Frederick High School
Teacher: Tari Espinosa



Texas Winner

Haley Spurr from Electra High School
Teacher: Robyn Rich

CO-OP PRINCIPLE #5

EDUCATION, TRAINING & INFORMATION

CEO's Message



Interim CEO, Keith Bonham

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2020 YOUTH TOUR BANQUET



SWRE's Youth Tour Contest student finalists included (back row from L to R) Paige Orr – Frederick, Brie Elliott – Tipton, Brayden Smith – Navajo, Analiza Duenas – Navajo, (front row from L to R) Mackie Newton – Chillicothe, Megan Terrell – Chillicothe, Haley Spurr – Electra and Edgar Alarcon – Chillicothe.



Pictured: Analiza Duenas (Navajo) and Edgar Alarcon (Chillicothe) delivered their speeches to a full house at the SWRE headquarters on February 6. Both students were named runners-up in the contest, earning a spot at Oklahoma's Electric Cooperative's Leadership Summit in March as well as a \$500 scholarship.

TEACHING THE NEXT GENERATION ABOUT ENERGY EFFICIENCY

Electronic and mobile devices, TVs, computers and gaming stations have become ubiquitous fixtures in our homes, particularly those with children. Consumer electronics coupled with smart home appliances, technology and electric vehicles have slowly but steadily changed our homes and lifestyles.

With lifestyles increasingly reliant on technology and in turn, energy consumption, teaching kids to save energy is an important life lesson.

THE WHY

Before parents can teach their children how to save energy, they must first answer the question, "what's in it for me?" As most parents can attest, convincing kids to care about energy efficiency is a hard sell. Parents need to explain why it's important to save energy and how it benefits the child – otherwise they will not understand the need to change their habits and will be less motivated to do so. In the simplest terms, less money spent on an electric bill can mean more money used for fun activities (that's something children can relate to!).

Less tangible, but just as important, using less energy means running your home more efficiently, conserving natural resources and helping the environment.

LEARNING BY DOING

Because "saving energy" is an abstract concept for children, be specific about energy efficiency actions and set an example. We know that children learn by observing what their parents do. Even if they don't say anything, children are processing your actions. When you turn off the lights when leaving a room or unplug the phone charger once the device is fully charged, they will notice.

Learning about energy efficiency doesn't have to be a boring lecture. Make it fun for greater impact. For younger kids, turn energy efficiency into a "treasure hunt" game to locate all the things in your home that use electricity. Depending on the age of the children, challenge them to count and group the items into categories: electronics, appliances, lights, etc. If age appropriate, have them create a list. Ask which gadgets and appliances could be turned off or unplugged to save power every day.

For older children, show them how to program the smart thermostat and appliances. Shop with them for LED lights and discuss ENERGY STAR-rated appliances. Show them the electric bill so they can see the costs, energy use and how their actions impact the bill.

Kids of all ages can learn a few simple energy-saving habits that can last a lifetime:

- Turn off lights, devices, computers and video consoles when not in use.
- Open blinds and curtains during winter days to let warm sunlight in and close them during summer days to keep your home cooler.
- If your children are old enough to run the dishwasher or wash their own clothes, teach them to run these appliances only with a full load and during off-peak energy hours.

REWARDS

Offer rewards for agreed upon milestones. Rewards provide positive reinforcement on energy-saving actions. The idea is to create a habit of being energy efficient. And for parents, this could mean less nagging about turning off the lights! Teaching your children about saving energy is not only a creative way to spend time with them; it helps your home to be more energy efficient and can instill good habits that will benefit your child long into adulthood.

Keith Bonham
Interim CEO

SAVE THE DATES

ENERGY CAMP ESSAYS DUE - MARCH 2ND

DAYLIGHT SAVINGS - MARCH 8TH

FIRST DAY OF SPRING - MARCH 20TH

Energy Efficiency Tip of the Month

This spring, consider using a rain barrel to save energy. Rain barrels capture rainwater from a roof that can be used later for watering your lawn, garden or indoor plants.





INGREDIENTS:

1 pound lean ground beef
2 tablespoons butter
1 small yellow onion diced
1 small green bell pepper diced
8 ounces brown mushrooms minced
2 tablespoons ketchup
1 tablespoon Worcestershire sauce
1/2 teaspoon Kosher salt
1/2 teaspoon fresh ground black pepper
1 tablespoon cornstarch
1 cup beef broth
8 ounces provolone cheese slices chopped
(use 6 oz if you don't want it very cheesy)
6 brioche hamburger buns

PHILLY CHEESE STEAK SLOPPY JOES

DIRECTIONS:

1. Add the ground beef to a large cast iron skillet (this browns very well) and brown until a deep brown crust appears before breaking the beef apart.
2. Stir the ground beef and brown until a deep crust appears on about 50 or so percent of the beef.
3. Remove the beef (you can leave the fat) and add the butter and the onions and bell peppers and mushrooms. Let brown for 1-2 minutes before stirring, then let brown for another 1-2 minutes before stirring again.
4. Add the beef back into the pan.
5. In a small cup mix the beef broth and cornstarch together. Add the ketchup, Worcestershire sauce, salt, black pepper, beef broth/cornstarch mixture into the pan.
6. Cook until the mixture is only slightly liquidy (about 75% of the mixture is above liquid), 3-5 minutes.
7. Turn off the heat, add in the provolone cheese.
8. Served on toasted brioche buns.

Source: This recipe is a favorite of one of our employees. The original recipe and photo can be found at <https://bestrecipes.blogderra.online/2019/09/philly-cheese-steak-sloppy-joes.html>.

Trading Post

For Sale: Wheat hay, \$50/bale, located in Roosevelt, OK. Call 580-585-1395.

For Sale: Wood-burning fireplace insert with fans. Excellent condition, heavy duty and efficient. Located in Frederick, OK. Call 580-305-2556.

For Sale: 30-40 pair of starched Rocky Mountain Jeans (various sizes available), an old closet armoire and a milk-glass chandelier. If interested, call 580-512-6674.

FREE classified non-commercial ad submissions are available for SWRE members only. Ads are also posted on SWRE.com.

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