

SWRE POWER SOURCE

A Supplement to Oklahoma Living



NATIONAL ELECTRICAL SAFETY MONTH

IT'S THE LAW: MOVE OVER, SLOW DOWN

When the power goes out, so do Southwest Rural Electric's line crews. Lineworkers are the first to respond after an outage occurs, and they work tirelessly to restore power to the communities we serve.

If you're traveling and see one of our crews on the side of the road, we kindly ask that you move over if possible and give them a little extra space to work. We deeply care about the safety of all, and this extra precaution ensures just that.

If you approach a crew while traveling on a two-lane road, moving over to the next lane might not be an option. In this case, we simply ask that you slow down when approaching roadside crews. If you approach a crew while traveling on a four-lane road, and safety and traffic conditions allow, we ask that you move over into the far lane.

Utility crews aren't the only ones who could use the extra space. Emergency responders, such as police officers, firefighters and emergency medical technicians, often find themselves responding to emergency situations near busy roadways. We ask that you follow the same procedures mentioned above to help keep these crews safe.

It's not just a courtesy. It's the law. Thank you for helping us keep our lineworkers safe!



Jeff Simpson, CEO

// At Southwest Rural Electric, we recognize Electrical Safety Month every May, but we also know the importance of practicing safety year-round. We recognize that everyone—from our co-op crews to you—has a part to play in prioritizing safety.

Thousands of people across the U.S. are critically injured or electrocuted as a result of electrical fires and accidents in their own homes, according to Electrical Safety Foundation International. Many of these accidents are preventable. Electricity is a necessity that powers our daily lives, but we know firsthand how dangerous electricity can be because we work with it every day. To me, safety is much more than a habit. It's a way of life.

As the manager of your cooperative, it's my responsibility to keep our employees safe, but we also want to help keep you and all members of our community safe. That's why you'll see SWRE hosting safety demonstrations at community events and in schools throughout the year, to demonstrate the dangers of electricity.

We discuss emergency scenarios, such as what to do in a car accident involving a utility pole or downed power lines. We caution students on the dangers of padmount transformers and overloading household circuits with too many electronic devices.

Here are a few practical electrical safety tips.

Replace frayed wires. Power cords can become damaged or frayed from age, heavy use or excessive current flow. If cords become frayed or cut, replace them before they cause a shock or fire.

Avoid overloading circuits. Circuits can only cope with a certain amount of electricity. An overload happens when you draw more electricity than a circuit can safely handle—by having too many devices running on one circuit. If a fuse blows or a circuit breaker is tripped, don't just replace or reset it. Find out what caused the circuit to overload and correct the problem.

Label circuit breakers to understand the circuits in your home. Contact a qualified electrician if your home is more than 40 years old and you need to install multiple large appliances that use a lot of electricity.



Pictured: Jeremiah Overman, journeyman lineman, visits with students at Frederick Middle School.

Use extension cords properly. Never plug an extension cord into another extension cord, and don't exceed the wattage of the cord. Doing so risks overloading the cord and creating a fire hazard. Extension cords should be used as temporary solutions, not permanent fixes.

Make sure you have ground-fault circuit interrupters installed and that they're working properly. Many older houses were built prior to advanced electrical codes. GFCIs are especially important in parts of the home near water—in the kitchen and bathrooms and in laundry areas.

Our top priority is providing an uninterrupted energy supply 24/7, 365 days a year. But equally important is keeping our community safe around electricity. //

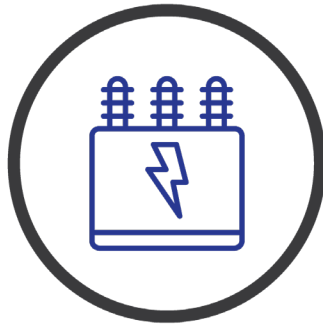
The Steps to Restoring Power

When a major outage occurs, our crews restore service to the greatest number of people in the shortest time possible – until everyone has power.



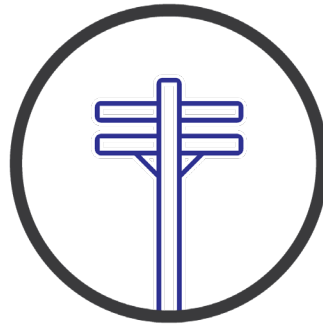
1. High-Voltage Transmission Lines

These lines carry large amounts of electricity. They rarely fail but must be repaired first.



2. Distribution Substations

Crews inspect substations, which can serve hundreds or thousands of people.



3. Main Distribution Lines

Main lines serve essential facilities like hospitals and larger communities.



4. Individual Homes and Businesses

After main line repairs are complete, we repair lines that serve individual homes and businesses.

SCHOOL SAFETY DEMONSTRATIONS

Jeremiah Overman, journeyman lineman, Austin Huff, construction foreman, and Rebecca Chambless, communications specialist, visited eighth grade classrooms throughout the service area this spring with the co-op's vintage tabletop display. Students learned about safe decisions to make during various scenarios involving electricity, the safety training and equipment that linemen use in the field, and about rewarding career opportunities as a lineworker. The linemen also facilitated a skills challenge for students to compete to be the first to disassemble and reassemble equipment while wearing a lineman's gloves.

To book a safety demonstration, contact SWRE's marketing department at 1-800-256-7973 or marketing@swre.com.





TUSCAN SAUSAGE PASTA

INGREDIENTS:

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|----------------------------------------|-------------------------------------------|
| 8 ounces uncooked fettucine pasta | ¼ cup sun-dried tomatoes |
| 10.6 ounces Italian sausages, crumbled | 1 cup heavy whipping cream |
| 3 cloves garlic, minced | 1 ½ cups baby spinach, loosely packed |
| ½ cup chicken broth or dry white wine | Small handful fresh basil, chopped finely |
| ½ teaspoon Dijon mustard | Salt & pepper to taste |
| 1 teaspoon flour | Freshly grated parmesan cheese, to taste |
| 1 teaspoon lemon juice | |

DIRECTIONS:

1. Boil a salted pot of water and cook pasta al dente according to package directions.
2. Take the sausages out of their casings and crumble the meat into a skillet. Sauté over medium-high heat for 5 minutes, stirring occasionally, until it's nicely browned on the outside.
3. Remove the sausage from the pan and set aside. If there's a lot of fat, discard most of it.
4. Add the garlic, chicken broth, Dijon mustard, flour, and lemon juice to the pan. Stir until well combined (be sure to scrape up any brown bits from the bottom of the pan) and let it bubble for a minute or two.
5. Add the sun-dried tomatoes and cream to the pan. Let it cook for 2-3 minutes.
6. Add the sausage back into the pan. Cook for another few minutes until the sauce has thickened up a bit.
7. Stir in the basil and spinach. Let it cook for a minute or so until it wilts. Give the sauce a taste and season with extra salt & pepper if needed.
8. Drain the pasta and toss it with the sauce. Serve immediately with some freshly grated parmesan if desired.

Source: You can find this recipe by Natasha at <https://www.saltandlavender.com/tuscan-sausage-pasta/>.

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WE'RE PROUD TO POWER YOU.