

SUDS & SAVINGS

10 WAYS TO SAVE ENERGY IN THE LAUNDRY ROOM

Your clothes washer and dryer account for a significant portion of energy consumption from major appliances, and let's face it—laundry is no one's favorite chore. Make the most of your laundry energy use! There are several easy ways you can save energy (and money) in the laundry room. The Department of Energy recommends the following tips for saving on suds:

- 1. Wash with cold water.** Switching from warm water to cold water can cut one load's energy use by more than half, and by using a cold-water detergent, you can still achieve that brilliant clean you'd normally get from washing in warm water.
- 2. Wash full loads when possible.** Your washing machine will use the same amount of energy no matter the size of the clothes load, so fill it up if you can.
- 3. Use the high-speed or extended spin cycle in the washer.** This setting will remove more moisture before drying, reducing your drying time and the extra wear on clothing.
- 4. Dry heavier cottons separately.** Loads will dry faster and more evenly if you separate heavier cottons like linens and towels from your lightweight clothing.
- 5. Make use of the "cool down" cycle.** If your dryer has this cycle option, you can save energy because the clothes will finish drying with the remaining heat in the dryer.
- 6. Use lower heat settings to dry clothing.** Regardless of drying time, you'll still use less energy.
- 7. Use dryer balls.** Dryer balls, usually wool or rubber, will help keep clothes separated for faster drying, and they can help reduce static, so you can eliminate dryer sheets.



- 8. Switch loads while the dryer is warm.** This allows you to take advantage of the remaining heat from the previous cycle.
- 9. Clean the lint filter after each drying cycle.** If you use dryer sheets, remember to scrub the filter once a month with a toothbrush to remove excess buildup.
- 10. Purchase ENERGY STAR®-rated washers and dryers.** When it's time to purchase a new washer or dryer, look for the ENERGY STAR® label. New washers and dryers that receive the ENERGY STAR® rating use about 20% less energy than conventional models.

To learn about additional ways you can save energy at home, visit [Energy.gov/EnergySaver](https://www.energy.gov/EnergySaver).

CEO's Message



CEO, Jeff Simpson

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SWRE.com

1-833-890-9510 (*Automated Line*)

Outage Reports:

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SmartHub App

WE'RE READY FOR STORM SEASON. ARE YOU?

// Now that summer is in full swing, like many of you, I welcome more opportunities to be outdoors and enjoy the warmer weather. Summertime brings many of my favorite activities like cooking out with family and friends, afternoons on the water and simply slowing down a bit to enjoy life.

But summer months also make conditions right for dangerous storms. These potential weather events can cause destruction to our electrical system, but I want you to know that SWRE crews are ready and standing by to respond should power outages occur in our area.

When major storms knock out power, our line crews take all necessary precautions before they get to work on any downed lines. I would encourage you to also practice safety and preparedness to protect your family during major storms and outages.

The Federal Emergency Management Agency recommends the items below as a starting point for storm and disaster preparedness, but you can visit Ready.gov for additional resources.

- Stock your pantry with a three-day supply of non-perishable food, such as canned goods, energy bars, peanut butter, powdered milk, instant coffee, water and other essentials (i.e., diapers and toiletries).
- Confirm that you have adequate sanitation and hygiene supplies including towelettes, soap and hand sanitizer.
- Ensure your First Aid kit is stocked with pain relievers, bandages and other medical essentials, and make sure your prescriptions are current.
- Set aside basic household items you will need, including flashlights, batteries, a manual can opener and portable, battery-powered radio or TV.
- Organize emergency supplies so they are easily accessible in one location.

In the event of a prolonged power outage, turn off major appliances, TVs, computers and other sensitive electronics. This will help avert damage from a power surge and will also help prevent overloading the circuits during power restoration. That said, do leave one light on so you will know when power is restored. If you plan to use a small generator, make sure it's rated to handle the amount of power you will need, and always review the manufacturer's instructions to operate it safely.

Listen to local news or a NOAA Weather Radio for storm and emergency information, and check SWRE's Facebook page and Outage Map on SWRE.com for power restoration updates.

After the storm, avoid downed power lines and walking through flooded areas where power lines could be submerged. Allow ample room for utility crews to safely perform their jobs, including on your property.

Advance planning for severe storms or other emergencies can reduce stress and anxiety caused by the weather event and can lessen the impact of the storm's effects. Sign up for NOAA emergency alerts and warnings and download the SmartHub app to stay abreast of important co-op news and information.

I hope we don't experience severe storms this summer, but we can never predict Mother Nature's plans. At SWRE, we recommend that you act today because there is power in planning. From our co-op family to yours, we hope you have a safe and wonderful summer.

Jeff Simpson
CEO

Powering Up After an Outage

When the power goes out, we expect it to be restored within a few hours. But when a major storm or natural disaster causes widespread damage, extended outages may result. Our line crews work long, hard hours to restore service safely to the greatest number of consumers in the shortest time possible. Here's what's going on if you find yourself in the dark:



AMERICA'S ELECTRIC
COOPERATIVES

1. High-Voltage Transmission Lines:

Transmission towers and cables that supply power to transmission substations (and thousands of members) rarely fail. But when damaged, these facilities must be repaired before other parts of the system can operate.

2. Distribution Substation:

A substation can serve hundreds or thousands of consumers. When a major outage occurs, line crews inspect substations to determine if problems stem from transmission lines feeding into the substation, the substation itself or if problems exist further down the line.

3. Main Distribution Lines:

If the problem cannot be isolated at a distribution substation, distribution lines are checked. These lines carry power to large groups of consumers in communities or housing developments.

4. Tap Lines:

If local outages persist, supply lines (also known as tap lines) are inspected. These lines deliver power to transformers, either mounted on poles or placed on pads for underground service, outside businesses, schools and homes.

5. Individual Homes:

If your home remains without power, the service line between a transformer and your residence may need to be repaired. Always call to report an outage to help line crews isolate local issue.

Trading Post

For Sale: Spike bed, good condition, for a long-bed dually truck. Also, Black Max Subaru Generator, 5250/6560 watts. Call (580) 471-5304 for pricing.

For Sale: Custom-built, walk-in goat feeder used to secure goats while feeding and working on them. Holds about 12 goats. Located in Mountain Park. Call (580) 481-0751 if interested.

For Sale: Heads-in wheat hay. Ten bales available at \$20/bale. Must pick up in Mountain Park area. Call (580) 301-3952 if interested.

FREE classified non-commercial ad submissions are available for SWRE members only. Submissions must include the account holder's name and account number to be eligible. Ads are also posted on SWRE.com.

Send your ad to the marketing department by mail, e-mail or phone!

MAIL: P.O. Box 310, Tipton, OK 73570

E-MAIL: marketing@swre.com

PHONE: 1-800-256-7973



QUICK SUMMER DORITOS NACHOS

Serving Size: 12

INGREDIENTS:

- | | |
|---|--------------------|
| 1 bag Nacho Cheese Doritos | Pico de gallo |
| ½ pound ground beef (or rotisserie chicken), cooked | Guacamole |
| 1 cup shredded Chihuahua cheese | Diced jalapeno |
| | Diced green onions |
| | Sour cream |

DIRECTIONS:

1. Place your Doritos chips in a foil cooking tin. Sprinkle the shredded cheese and cooked ground beef on top.
2. Put the tin on a hot grill and cover the grill. Heat the cheese and meat for 5-10 minutes, or until the chips begin to crisp and the cheese is melted. Carefully remove from grill - cooking tin will be hot.
3. Add your favorite toppings and eat hot.

Source: Full recipe can be found at <https://www.honeyandbirch.com/quick-summer-doritos-nachos/>.

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