

# SWRE POWER SOURCE

*A Supplement to Oklahoma Living*



## YOUTH TOUR CONTEST

### EXCEPTIONAL HS JUNIORS CAN EXPLORE D.C. FOR FREE

*Altus • Blair • Chillicothe • Crowell • Electra • Frederick • Harrold • Navajo • Northside • Snyder • Tipton • Vernon*

The annual Youth Tour Contest is open to high school juniors living in or attending school in SWRE's service territory. The cooperative will award two exceptional students with a week-long, all-expenses-paid trip to Washington D.C. this summer.

#### **NOMINATE A STUDENT**

Members, teachers, parents and community leaders are encouraged to *nominate deserving high school juniors at [SWRE.com/YouthTour](https://www.swre.com/YouthTour)*. We'll make sure the nominee knows about the contest and you will be entered to win a \$100 cash prize! The more students you nominate, the more chances you have to win.

#### **YOUTH TOUR APPLICATION**

Students must complete a **Community Project Business Plan** (~20 minutes to complete), **Legislative Letter** (~20 minutes to complete), and a **one-to-two minute video over the Cooperative Difference** (~15 minutes to complete).

Application instructions and the link to submit an application can be found at [SWRE.com/YouthTour](https://www.swre.com/YouthTour). Student applications are due online by **December 1!**

Applicants MUST be available on these dates:

- February 2, 2023 - Finalist Competition
- March 13, 2023 - Leadership Summit
- June 11-19, 2023 (Texas) or June 17-23, 2023 (Oklahoma) - Youth Tour to Washington D.C.

#### **FINALIST COMPETITION**

Eight finalists will be selected to deliver speeches (2-3 minutes) in front of a panel of independent judges. All finalists will receive a \$250 cash prize after delivering a speech/interview. *Participation in the speech/interview portion of the contest is required to remain eligible for any of the prizes.*

Questions? Contact Rebecca, SWRE's Youth Coordinator, at 1-800-256-7973 or email [marketing@swre.com](mailto:marketing@swre.com).

# HOW NATURAL GAS COSTS AFFECT ELECTRICITY PRICES



Jeff Simpson, CEO

// In the past year, consumers have felt the effects of price increases at gas pumps, grocery stores and with most goods. Unfortunately, these increases have affected wholesale power prices as well.

Southwest Rural Electric has worked diligently to keep our controllable costs as low as possible, but the price of natural gas continues to rise, affecting the price of power through your cooperative. To help members understand why, I want to answer some frequently asked questions about the situation.

### ***Who controls the power market in SWRE territory?***

SWRE, a distribution cooperative, purchases wholesale power from Western Farmers Electric Cooperative (WFEC), a generation and transmission cooperative. WFEC is a member of the Southwest Power Pool (SPP). SPP is a regional transmission organization (RTO): a nonprofit corporation mandated by the Federal Energy Regulatory Commission to ensure reliable supplies of power, adequate transmission infrastructure and competitive wholesale electricity prices on behalf of its members. The SPP manages the power market for the vast majority of SWRE's service territory.

***Why is the cost of natural gas so high?*** There are several factors recently influencing natural gas prices:

1. The power market began operating much more conservatively after the electricity shortage during the severe winter storm in February 2021. As a result, more electricity will be held in reserve to aid during times of disaster. Holding onto this extra power has a cost associated with it; however, the hope is the reserve will make the grid more stable for all of us in the future.
2. The war in Ukraine has disrupted energy markets across the world, particularly as Russia reduced the amount natural gas it supplies to Europe, which has historically been very reliant on Russian gas. As the largest natural gas-producing state in the U.S., Texas has been exporting natural gas to other countries

at a higher price than it would sell for here. This contributes to the tightened supply.

3. Due to federal regulations, drilling for natural gas has slowed down, driving the price higher.

### ***Is SWRE the only electric utility that is being affected?***

No, electric utilities across Texas and Oklahoma are experiencing impacts from higher natural gas prices. Still, our co-ops' electric rates remain comparable to or lower than the national average.

### ***How is SWRE helping members during this time?***

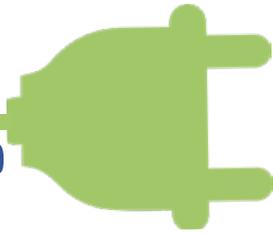
We have programs in place to help manage your usage. We encourage all members to use the SmartHub app, which allows you to set notifications if your daily usage strays beyond your high threshold. Other options include average monthly payment and prepaid billing.

### ***What can I do to lower my electricity bill?***

Changing your habits is the easiest way to lower your electricity usage. Simple changes like adjusting your thermostat to a comfortable level, swapping incandescent bulbs out for LEDs, opening blinds to bring in the sunlight and unplugging electronics when not in use help conserve electricity.

Please feel free to reach out to me or one of our member service representatives if you have any questions about your electric bill or need suggestions on ways to save energy. //

# WHAT IS THE PCA?



The power cost adjustment (PCA) is a line item on your bill that helps SWRE avoid large, permanent rate adjustments, which are very expensive to implement.

The SWRE Board of Directors regularly analyzes electric rates to make sure the co-op is adequately covering current costs to serve you. The largest part of every dollar you send to the co-op goes to buy power. Our goal is to keep your rates as close to break-even as possible, not to make a profit, and the PCA allows us to bill you as close to cost as possible every month.

The price of natural gas is going up, which has a major effect on the cost of wholesale power that your co-op must pay. Remember that every penny of the PCA goes to buy power for you. SWRE is not making a profit from the PCA because we are a nonprofit cooperative.

If you want to know more about the PCA or want to learn about how to conserve electricity, give us a call or come by our office to speak with our staff.



ALL-EXPENSES-PAID TRIP TO WASHINGTON D.C.

## YOUTH TOUR

HIGH SCHOOL JUNIORS • APPLY BY DEC. 1

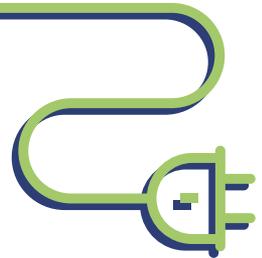
[SWRE.COM/YOUTHTOUR](http://SWRE.COM/YOUTHTOUR)

## ENERGY EFFICIENCY Tip of the Month



Is your home heating system ready for the winter chill? One of the easiest ways to keep your system running efficiently is to regularly replace filters. If your central air system has a furnace filter, it should be replaced about every 90 days.

If your home is heated through warm-air registers, baseboard heaters or radiators, remember to clean them regularly to boost efficiency.



*Source: energy.gov*

## Trading Post

**For Sale:** Medline four-wheel rollator walker, brand new, heavy duty and excellent for rough terrain, asking \$150. Also, shower chair in excellent condition, asking \$25. Located in Altus. Call (580) 471-9118 for more information.

**For Sale:** Elliptical, like-new in excellent condition, \$200 or best offer. Metal file cabinets (2) with five legal-width drawers, \$50 each or best offer.

**For Sale:** Two sets of church hymnals in very good condition, "Sacred Selections for the Church" (28) and "Great Inspirational Songs" (25). Also, a set of Corelle dinnerware (44 pieces). Call (580) 305-2194 for more information.

**For Sale:** Dearborn cultivator with two rows, seven foot wide, and nine teeth in good condition. Located in Headrick, OK. Buyer must load. Asking \$200. Pictures available upon request. For more information, call (580) 302-1468.

*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/Trading-Post](http://SWRE.com/Trading-Post).*

*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](mailto:marketing@swre.com)

**PHONE:** 1-800-256-7973

### Southwest Rural Electric

P.O. Box 310 • 700 North Broadway  
Tipton, OK 73570-0310  
Headquarters: 1-800-256-7973

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Rebecca Chambless, *Power Source* editor

### Bill Pay Options:

24/7 Bill Pay: 1-833-890-9510  
SmartHub App or [SWRE.com](http://SWRE.com)

### Outage Reports:

24/7 Hotline: 1-833-590-0353  
SmartHub App

SWRE is an equal opportunity provider and employer.

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## AIR FRYER HAM & CHEESE TWISTS

### INGREDIENTS:

- 1 pound pizza dough
- 6-8 pieces Swiss cheese
- 6-8 pieces deli ham
- salt and pepper to taste

### DIRECTIONS:

1. On a large floured surface, roll out your dough until it's rectangular.
2. Cover the dough with Swiss cheese, then the deli ham, season with salt and black pepper.
3. Roll out another piece of pizza dough the same size as the bottom layer and press on top.
4. Cut the dough with a pizza cutter into long strips, twist the dough.
5. Spray your air fryer basket with cooking spray, then add your ham and cheese twists. Set the temperature to 370 degrees for 8 to 10 minutes.
6. Plate, serve, and enjoy!

*Source: You can find this recipe by Laurie at <https://forktospoon.com/air-fryer-ham-and-cheese-twists/>.*