

Powerline Press

NEWSLETTER



A Supplement of Oklahoma Living Published by Lake Region Electric Cooperative for its members.

MAY 2023

Best & Brightest



Left to right are: LREC Director of Marketing Glen Clark, Shelby Tannehill, Zade Younes, Haley Albin, and LREC Youth Programs Coordinator Juanita Keener.

LREC awarded three all-expenses-paid trips to talented high school juniors during the 2023 Youth Tour Contest and Banquet held on March 29th at Sequoyah State Park Lodge in Hulbert. Shelby Tannehill from Hulbert High School, Zade Younes from Tahlequah High School, and Haley Albin from Wagoner High School were selected to represent LREC in Washington, D.C., on a week-long summer trip.

The two runners-up, Matthew Talburt of Tahlequah High School and Makaylon Hollis of Porter High School, won a trip to Oklahoma Electric Cooperative's Youth Leadership Summit in OKC next March.



Left to right are: Zade Younes, Haley Albin, Matthew Talburt, Dorn Keil, Shelby Tannehill, Maggie Wheeler, and Makaylon Hollis.

All applicants who entered the Youth Tour contest were asked to write an essay on electric cooperatives. The local schools then selected their top two finalists, who were invited to LREC's Youth Tour contest for the final judging. The finalist was then interviewed on the electric cooperatives resource manual by a panel of judges on their subject knowledge, speaking ability, and appearance.

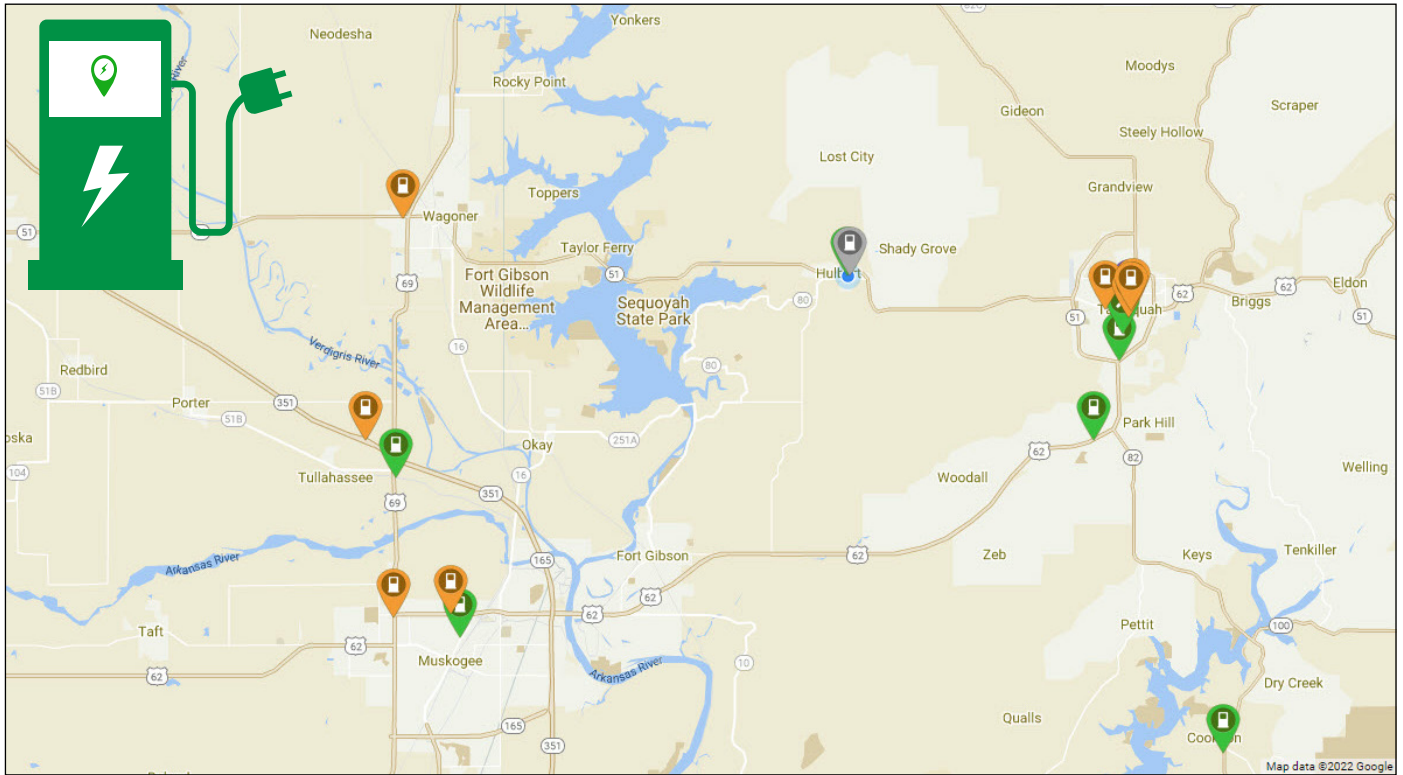
"I am confident LREC will be very well represented both in Washington, D.C., and at our OKC Leadership Summit," said Juanita Keener, Youth Programs Coordinator. "We appreciate all the students and teachers who participated in this year's program."

The Youth Tour trip will begin with a "Get Acquainted Banquet" in Oklahoma City, where over 70 students from Oklahoma electric cooperatives will leave the following morning for their adventure of a lifetime. The students will

spend a day on Capitol Hill meeting with Oklahoma's Congressional Delegation and visiting other highlights, including the Smithsonian, Arlington National Cemetery, Holocaust Memorial Museum, Pentagon, and the White House as well as other Washington monuments.

"I was impressed by all the applicants and their knowledge and passion for the electric cooperative business," said Glen Clark, Director of Marketing and Member Services. "This contest emphasized the best and brightest local youth and the next generation of leaders."

ELECTRIC VEHICLE CHARGING STATIONS



There are 42 public electric vehicle chargers in 11 locations throughout LREC's service territory, from Tahlequah to Wagoner and Muskogee. So buckle up and hit the road, because you will never be too far from a charging station. Visit the website [Plugshare.com](https://www.plugshare.com) for interactive map of charging locations.

Hulbert Freshman Class Explores Career Paths at LREC



Lake Region had the pleasure of welcoming the Hulbert Freshman Class for their ICAP, Individual Career Academic Planning, tour last month, and the energy was electric. The students were excited to explore various departments at the co-op, from the board room to the dispatch center and the safety dept, fiber operations to the

warehouse. The tour finished outside with an exciting linemen pole-top rescue drill performed by LREC linemen Landon Unger and Duane Watkins. It was a fantastic opportunity for the students to discover potential career paths at their local cooperative and gain hands-on experience in the electric industry. 4656401

Local Students Attend Oklahoma's Electric Cooperatives Leadership Summit

Twenty-six students representing Oklahoma's Electric Cooperatives attended the 2023 Oklahoma's Electric Cooperatives Leadership Summit in March at the Oklahoma State Fairgrounds.

Emily Ramos from Hulbert High School and Alexis Marsh from Sequoyah High School represented Lake Region Electric Cooperative (LREC).

Emily Ramos is the Hulbert Salutatorian, honors and awards include: Superintendent's Honor Roll, National Honor Society, Cheerleader of the Year, Award of Excellence in Medical Terminology.

Alexis Marsh is the President of her Senior Class at Sequoyah. Honors and awards include: Superintendent's Honor Roll, 2022 Oklahoma Girls State Delegate, 2022 College Horizons Scholar, Sequoyah Excellence Award, Senior Rotary Student of the Month, August 2022.

This annual event is designed to excite and motivate high school students to become leaders of their communities. More than 600 Oklahoma high school students have been recognized for their leadership abilities by having the opportunity to attend one of the previous Leadership Summits.

The program featured Oklahoma natives, Rhett Laubach and Kelly Barnes, who have collectively spent over 40 years sharing leadership messages with students and adults in the education, agriculture, insurance, health, transportation, and sales industries. The students learned how to focus on making the most of the service and growth opportunities available to them now and in the future. The program helped increase the students understanding of how leaders create change, overcome obstacles, and serve others through behavior and attitude.



Left to right: Emily Ramos, Hulbert High School, Juanita Keener, LREC Youth Programs Coordinator, and Alexis Marsh, Sequoyah High School.

Students also received a \$500 scholarship from their cooperative.

"This event was different than I expected; I am so happy I was offered this trip and leadership building event; We were out of our seats working with other students from across Oklahoma, team building, and leadership exercises. This was not an all-day lecture. The Leadership Summit involved more hands-on, up-and-moving, and networking than I anticipated," said Emily.

Congratulations to Emily and Alexis for being selected to represent LREC members at this year's Youth Leadership Summit.

Oklahoma's Electric Cooperatives serve a portion of all 77 counties in Oklahoma. While focusing on member needs, cooperatives work for the sustainable development of their communities through programs, services, and policies developed by member-elected boards. Cooperatives are grounded on neighbors helping neighbors while powering the needs of new generations.



Can You Dig It?

Always call before you dig.



An underground utility line is damaged once every 9 minutes because someone didn't call 811.



Call 811, the "Call Before You Dig Number," at least 3 business days prior to digging.



811 locator's do not detect underground sprinkler systems, invisible fences, private lines, or secondary gas piping to a garage.



Even if you have previously had underground utilities marked, it is best to call before starting a new project.



Once all of your utilities have been located, then you can start your digging project.



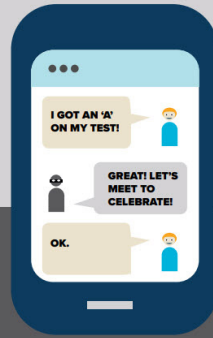
Before every digging project, call 811 and get your underground utilities marked. You will prevent costly and dangerous mistakes.

Cyber



Safety

ONLINE PREDATORS



We all know that not everyone is who they claim to be on the internet, but the most horrifying of these criminals are online predators. These predators target children through social media networks, gaming platforms, and messenger apps. After establishing a relationship with a child online, predators will push the child to engage in risky behavior, from sending photos to an in-

person meet-up. Talk to your children about online predators. Make it clear that men and women, from teens to adults, can pretend to be kids online and befriend your child. Talk about risky online behavior, joining in on a viral challenge, keeping an online relationship or behavior secret, and chatting privately with strangers. Like all predators, online criminals groom their victims by progressing their conversations from kid appropriate to explicit requests. Make it clear to your child to come to you with any questions or worries; don't get mad if they do. Talk with them to help them understand what behavior is acceptable online and what isn't. Here are a few resources to help you get the conversation started:

- ▶ Internetsafety101.org
- ▶ www.Bark.us
- ▶ childrescuecoalition.org

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The amount increases by \$10 with each issue your prize goes unclaimed to a maximum of \$50.

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