

# Powerline Press

## NEWSLETTER



A Supplement of Oklahoma Living Published by Lake Region Electric Cooperative for its members. **May 2024**

# CONCERN *for* COMMUNITY

## 2024 Youth Tour Contest Winners

LREC announces the winners of this year's Youth Tour Program, extending heartfelt congratulations to all participants. The Contest and Banquet, was held on March 27th at Sequoyah State Park Lodge in Hulbert.

The top three students, have been awarded all-expenses-paid trips to Washington, D.C., marks a significant highlight of the event.

Hailey Fort from Hulbert High School, Calan Teague from Hulbert High School, and Adam Luna from Wagoner High School were selected to represent LREC during a memorable week-long summer trip to the nation's capital.

The selection process for the Youth Tour contest winners was rigorous and comprehensive. All applicants were tasked with writing essays on electric cooperatives, showcasing their depth of understanding and insight into the industry. Then the top two finalists from each local school were invited to LREC's Youth Tour contest for final judging. The finalists underwent interviews by a panel of judges, who evaluated their subject knowledge, communication skills, and overall presentation.

JuaNita Keener, Youth Programs Coordinator said, "I am confident LREC will be very well represented in Washington, D.C. We appreciate all the students and teachers who participated and helped in this year's program."

The journey of the Youth Tour participants will commence with a "Get Acquainted Banquet" in Oklahoma City, where over 70 students from electric cooperatives across Oklahoma will gather for an exciting adventure. The following morning, the students will embark on a series of experiences, including meetings with Oklahoma's Congressional Delegation and visits to landmarks such as the Smithsonian, Arlington National Cemetery, Holocaust Memorial Museum, Pentagon, and the White House, among others.

Glen Clark, Director of Marketing and Member Services, commended the caliber of the applicants, stating, "I was impressed by all the applicants and their knowledge and passion for the electric cooperative business."

LREC extends its appreciation to all participants, teachers, and supporters for helping make the LREC Youth Tour Program a success. If you want more information on LREC Youth Tour Contest, give our office a call.



LREC Youth Tour Contest Winners, left to right: Glen Clark, Director of Marketing, Hailey Fort, Calan Teague, both from Hulbert, Adam Luna from Wagoner, and JuaNita Keener, Youth Programs Coordinator.

# Honoring Outstanding Local Students

Lake Region Electric Cooperative has selected its 2023-2024 scholarship recipients. This year, co-op management and the board voted to start a scholarship program for high school seniors to allow local students to pursue post-high school education.

LREC's scholarships provide local students with funds to attend a variety of higher education institutions, including private and public universities, liberal arts colleges, vocational and trade schools, community and junior colleges, institutes of technology, art and design schools, and even online colleges. To read more about the scholarship application process and judging, visit [www.lrecok.coop/scholarships](http://www.lrecok.coop/scholarships).



Join us in congratulating this year's recipients!

**Haley Albin**  
Wagoner High School  
\$2,500



**Matthew Talburt**  
Tahlequah High School  
\$2,500

## EDUCATION, TRAINING, AND INFORMATION

# LRTC Fiber Linemen Graduate

After months of hard work and training, two dedicated Lake Region Technology and Communications fiber linemen earned new certifications last month! Nathan Elkins and Tyler Rowland completed the Power Delivery Program Certification. Congratulations, gentlemen!

Lake Region takes training seriously, as education, training, and information are among our co-op principles. Northwest Linemen College provides this training in coordination with our statewide association (OAEC). The full course is a four-year program with several modules and tests as well as on-the-job training. This takes dedication since these men are usually busy with work and family activities after work.

Join us in congratulating these two fiber linemen for going above and beyond with getting their electric Journeymen certificate. 1083300



Left to right: LRTC Nathan Elkins and Tyler Rowland.





## PROTECTING YOUR KIDS FROM CYBER BULLYING

As technology continues to play an important role in our daily lives, children are more and more connected online, increasing the risk of cyber bullying. As parents, how can we safeguard our children?

### MAINTAIN OPEN COMMUNICATION

Talk to your kids and encourage them to share their online experiences, whether positive or negative. Regularly check in about online interactions and create a non-judgmental space where they feel comfortable discussing anything they may have encountered.

### TEACH DIGITAL CITIZENSHIP

Model and inspire kids with values to navigate the online world responsibly. Discuss empathy and respect in online communication, just as you would in face-to-face interactions. Encourage them to take note of the content they encounter and distinguish between healthy online interactions and potentially harmful situations.

### PARENTAL CONTROLS & SETTINGS

Get familiar with the privacy features on social media platforms, gaming networks, and other online spaces your child frequents. Use LRTC's **HomePass App** to restrict sites to create clear boundaries and a safer digital environment by designating the devices your kids have access to.

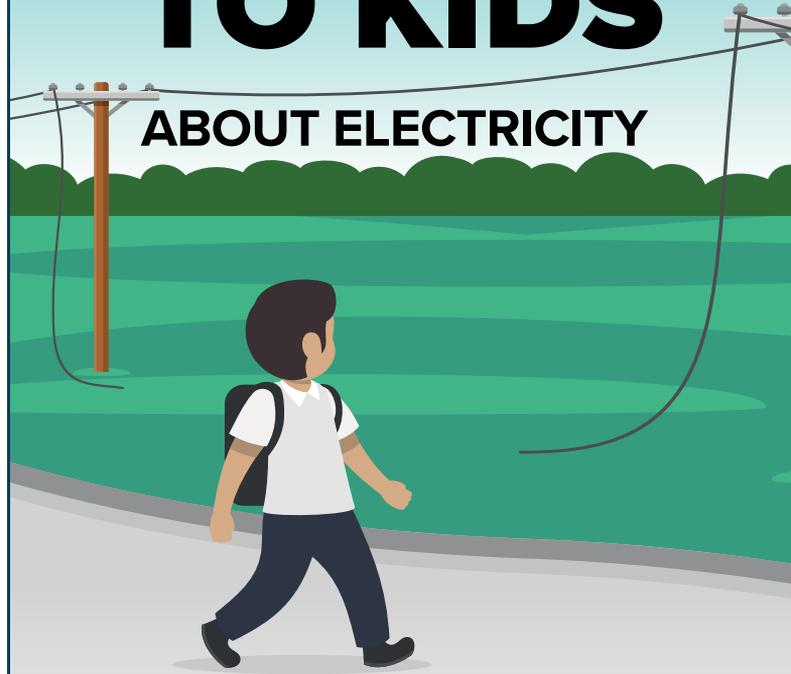
Let Lake Region's HomePass app help keep your kids' online experience safe and happy.

**SCAN CODE AND GET THE FREE APP TODAY!**



# TALK TO KIDS

## ABOUT ELECTRICITY



### Start the conversation:

#### DO



- Do find another tree to climb if an overhead power line is nearby.
- Do fly kites or drones in an open area away from overhead power lines.
- Do give plenty of space to a downed power line and tell an adult if you see one.

#### DO NOT



- Do not climb or sit on green boxes or other electrical equipment.
- Do not use or set plugged-in items near water, including a sink, pool, or bathtub.
- Do not go near or enter a substation to retrieve a toy or pet.
- Do not try to free an object that is stuck in a power line.

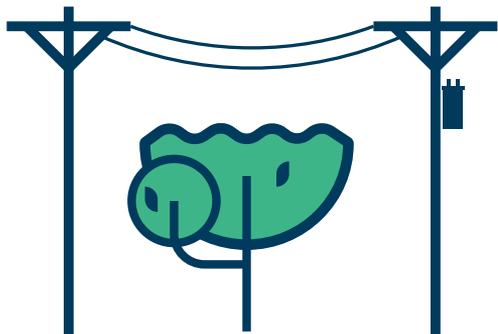
For more safety information visit [safeelectricity.org](http://safeelectricity.org)

# CLEARING THE WAY

## MANAGING VEGETATION FOR SAFETY, RELIABILITY, AND AFFORDABILITY

Trees keep us cool with shade, provide habitat for wildlife, and make our landscape beautiful. Unfortunately trees that grow too close to or into LREC power and fiber lines can result in outages and safety risks.

LREC's in-house right-of-way crews and contractors are responsible for trimming and removing trees along all Lake Region distribution lines. This is important for these three reasons:



- 1 **Safety** - Electricity can travel through trees and injure or kill anyone working or playing on the tree. In addition, trees growing too close to power lines increase the risk of power arcing and can cause fires.
- 2 **Reliability** - Maintaining proper clearance around lines significantly reduces the chance that adverse weather or wind will send trees or limbs into our lines and equipment.
- 3 **Affordability** - Preventing the need to repair and replace our power or fiber lines, poles, and equipment because of tree damage helps deliver affordable services.

Learn more at [www.lrecok.coop/right-of-way](http://www.lrecok.coop/right-of-way)

## NO BS (*Bad Service*)

### Because fast internet is a given

If your internet provider isn't giving you fast internet, they probably shouldn't be your internet company. We have made a few changes, you may now be interested in making the switch to Lake Region Fiber. While we can't take away every hassle, we can make switching to Lake Region internet a bit easier. That's why we did away with residential contracts. No credit checks, no installation cost, no data caps, no early termination fees, no BS (bad service).

### *Residential Internet*

#### Fast Internet

100 Mbps	\$58.94/mo
500 Mbps	\$108.94/mo
1,000 Mbps	\$118.94/mo

#### Even Faster Internet

2,500 Mbps	\$148.94/mo
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918-772-2526 / [LakeRegionFiber.com](http://LakeRegionFiber.com)  

#### Your Board of Trustees

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#### Office Hours

Monday-Friday  
8:00 a.m. - 4:30 p.m.

#### Telephone

800-364-LREC or  
918-772-2526

#### Website:

[www.lrecok.coop](http://www.lrecok.coop)  
[www.lakeregionfiber.com](http://www.lakeregionfiber.com)

#### Locations

Hulbert, Wagoner &  
Tahlequah, OK.

#### Main Office Address

P.O. Box 127  
Hulbert, OK 74441

#### Hidden Account Number

Look for your account number hidden in this issue of the *Powerline Press*. If you find your number, Lake Region Electric will credit your next bill. To claim your credit, notify LREC's Hulbert office by phone during the month of publication.

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

**Cooperative bylaws** are available upon request at Lake Region Electric Cooperative's office in Hulbert.