

Written Testimony of Laura Swett
Nominee to the Federal Energy Regulatory Commission
before the
Energy and Natural Resources Committee
United States Senate
September 4, 2025

Chairman Lee, Ranking Member Heinrich and distinguished members of the Committee, I am grateful to appear before you today and for your considering my nomination to be a Commissioner at the Federal Energy Regulatory Commission. I am deeply honored that the President nominated me for this role, and grateful to the members of the Committee who graciously met with me before today.

I would not be here without the support of many incredible people, including those who are behind me: my mother and father, Jackie and Charles Swett; my husband John who has steadfastly supported my goals and who fathered our two beautiful children—a conscientious kindergartener and a fiery baby girl; my sister who happens to be one of the many talented, dedicated civil servants who work at FERC; and incredible mentors who have given me both great opportunity and unwavering guidance.

My grandmother lived destitute in the Mekong River Delta of Vietnam. My mother escaped the violent oppression of communism and fled to the safety of our great country—her family arrived here in 1974, destitute.

My father grew up in a low income New York city housing project in the 1950s. He dedicated over 40 years to serving the people of this country as a civilian at the Pentagon—but not before he was a TSA agent at JFK airport in the 70s. His dedication to the United States inspired me to enter civil service myself—serving two stints at FERC, first during law school and second as a young lawyer in the office of enforcement and then for a Chairman and Commissioner.

My parents clawed tooth and nail for every opportunity that they had, and to raise me and my sister with the hope of a better life but with a profound love of America. That I am before you today is the realization of the American dream, for them and for the generations of ancestors behind them, and the sacrifices that all of them made to push me up. Given this background, I am eternally grateful for your time and consideration.

My passion for energy began when I was about five years old. Shortly after my parents bought a standalone house, they generously began to shelter other Vietnamese refugees who sought the promise of a better life in America. At that point, all I had known of Vietnam was pictures of a war torn country and villagers in rice paddies. On those refugees' first evenings on US soil, in my parents' basement, at dusk, I turned on all the lights, TV, and my whirring electric toys. At their great delight, I wholly believed in my five year old heart that I performed MAGIC for them at my command of power. I treasured electricity from that point on.

From that tender age, and reinforced by my mother through adulthood, I have appreciated deep in my bones how lucky we are in this country to have reliable energy and everything that it enables.

How lucky we are to power our hospitals and schools, air conditioning, and hot showers. This is why FERC's mission, as created and empowered by Congress, has been my work for the past 15 years and will continue to be for the rest of my life in whatever form it comes. Sitting before you is the pinnacle of my career, particularly after working for years myself as a FERC civil servant. In my mind, the role of each FERC commissioner is not only to vote on specific orders, it is as a steward of this country's economic present and future and an advocate for the hundreds of millions of Americans impacted by FERC jurisdiction.

If I have the honor of being confirmed, I will do everything in my power to honor the law and the facts of every matter before me, squarely within the confines of what you, Congress, granted. And within these confines, I would prioritize three core goals for our country, which is at a historic crossroads:

- 1) keeping the lights on and the pipelines that are pillars of our economy flowing, at just and reasonable rates.
- 2) preserving national and economic security by doing everything within FERC's power to buttress the AI revolution and facilitate the connection of large load and data centers, so that data centers are not forced to build in other countries, making every American vulnerable to foreign adversaries.
- 3) maximizing FERC's ability to encourage and facilitate infrastructure development, which has faced crippling regulatory uncertainty over the recent past, the well functioning and increase of which is critical to reliability, safety, and our economy.

After working alongside the mission-driven, hardworking men and women of FERC, and representing electric utilities and oil and gas pipelines, I now know that energy is not the magic I believed it to be when I was young. Now, I know that energy, the backbone of our great nation, flows day in and day from the dedication and toiling of thousands of men and women across America and in FERC itself. Those men and women keep the lights on, enable us to heat and cool our homes, and are the reason that our planes fly, our trains run, and that we enjoy many modern comforts.

I truly appreciate the honor bestowed upon me of being here today, and thank you for your time and consideration.