



THE LAMP

Supplement to
Oklahoma Living

AUGUST
2021



ENERGY EFFICIENCY TIP OF THE MONTH

When shopping for new light bulbs, know the difference between lumens and watts. Lumens measure the amount of light produced by the bulb. Watts measure energy consumption. Energy-saving LEDs come in a variety of colors and brightness levels and last 15-25 times longer than incandescent bulbs.



Like many other hometowns across the country, the 4th of July celebration in Fairfax brought the community together. Part of that celebration was Fairfax's annual "Draggin' Main" event. In top picture Addy Daley and Bronson Hazen are decked out for the 4th as are flag waving Tom Smith and Patricia Daley; participating cars are shown making the U-turn at Treats while Draggin' Main; and Mel and Lois Thomason enjoyed taking part in their Corvette convertible. If they weren't Draggin' Main, citizens were enjoying lemonade, playing basketball, or stopping to enjoy a hot dog. It was a great day in Fairfax to celebrate America. CAROL CONNOR PHOTOS

ROUND-UP® PROGRAM GOING STRONG. SEE INSIDE FOR MORE.

Operation Round-Up® grant helps Hominy library turn the page

A little girl with hearts on her leggings and a bow in her hair walked up to the counter to return books and add them to her reading record.

“What did you like about this book?” assistant librarian Casey Nance asked as she checked in “There Was an Old Lady Who Swallowed a Clover.”

“Oh, she eats way too much!” the girl said with a giggle.

The reading program at the Hominy City Library is a key program in the small town. It provides kids a chance to socialize and keep their minds churning and learning during the summer.

Led by head librarian Lindee DeRoin, the library applied for one of IEC Foundation’s Operation Round-Up® grants. The foundation board chose to award funds to the Hominy summer reading program, which will strengthen its reach and resources. Operation Round-Up trustee Beverly Daugherty and IEC Member Relations Representative Clara Eulert recently visited DeRoin and Nance to present a check.

Operation Round-Up® is funded by IEC members who choose to participate by having their electric bills rounded up to the next dollar each month. The program and fund are governed by an independent seven-member board of trustees. Grants are awarded after an in-depth application, interview and board decision.

The grant for the Hominy library comes at a crucial time for the community’s mindset, Nance said.

With the COVID-19 pandemic disrupting so much of daily life, children are hungry for the things that always have been within reach.

“Kids weren’t around town. There weren’t any bikes out. The pool was closed. No one was allowed inside the library. It

flew kites. A graphic artist has visited to demonstrate how to draw cartoons, and during the week of the Cavalcade Rodeo,

with the grant, and people will be able to check out the equipment like they would a book. It’s an exciting opportunity for



IEC’s Clara Eulert, trustee Beverly Daugherty present the grant to librarians Lindee DeRoin and Casey Nance.

was terrible,” Nance said about last summer. “People were closed off from each other and activities that were important to them. Everyone was desperate for computer access and books.”

A year later, things are beginning to reopen. DeRoin said about 35 children of all ages participate in the reading program each week. The first couple of weeks, the school provided a lunch that students were able to take home.

Each week is a new experience. DeRoin and Nance use their creativity and love for kids to develop activities that not only will be fun, but also educational. People in the community volunteer to read books to the group each week, and the activities relate to the storytelling in some way. One week, the city blocked off the street and the students

celebrated cowboy stories and learned to rope and perform pole bending. An obstacle course is planned as the Olympic Games begin. DeRoin makes sure there is age-appropriate curriculum, and older students break off into a group for more challenging projects.

Aside from all the fun, the program fosters a love of reading and keeps fundamental skills moving during the break from school. Students are given seven weeks to read five books, and some read more, DeRoin said.

The grant awarded by Operation Round-Up® will allow DeRoin to facilitate the activities and give prizes for accomplishments. The library has a big pizza party at the end and students leave with a book of their own to keep. DeRoin also plans to purchase Internet hot spots

a rural area with limited high-speed Internet access.

As time has marched on, libraries remain a gathering place, a spot where the heart of a town can be found. Curious minds, young and old, depend on being able to locate information and having access to ideas, whether they are found on pages of paper or through modern technology. “Some don’t realize how important a library is to a community,” DeRoin said. “A lot of people don’t think libraries are relevant anymore, but they are. People need it, and not even just for learning. Some need a safe place to go.”

For more on Operation Round-Up® and how to apply as a nonprofit or individual in the IEC service territory, go to IECOK.com. To participate as a donor to the program, please call 918-295-9500.

OPERATION ROUND-UP®

STATEMENT OF SUPPORT, REVENUES & EXPENSES

Cash basis for the years ended
Dec. 31, 2019 and 2020

	Dec. 31, 2019 WITHOUT DONOR RESTRICTIONS	Dec. 31, 2020 WITHOUT DONOR RESTRICTIONS	Dec. 31, 2020 WITH DONOR RESTRICTIONS
Revenues and other support:			
Operation Round-Up	\$ 29,682	\$ 28,455	-
Investment Income	738	538	-
Total revenues and other support	30,420	28,993	-
Expenses:			
Grants to:			
Fire and police agencies	1,495	600	-
Educational organizations	1,250	1,250	-
Religious organizations	-	-	-
Healthcare organizations	-	1,000	-
Civic organizations	1,259	1,600	-
Public libraries	-	-	-
Total	4,004	4,450	-
Neighbor assistance:			
Food and household staples	4,729	3,428	-
Medical and dental care	1,684	2,272	-
Clothing	-	-	-
Home Improvements	11,587	11,100	-
House and car payments	6,689	3,438	-
Miscellaneous	-	-	-
Total	24,689	20,238	-
Management and General Support Services:			
Audit fees	2,500	3,000	-
Office supplies	-	161	-
Travel expenses	926	93	-
Postage	-	55	-
Miscellaneous	400	-	-
Total	3,826	3,309	-
Total Expenses	32,519	27,997	-
Excess of revenues (expenses) and changes in net assets	(2,099)	996	-
Net assets at beginning of year	8,513	6,414	20,000
Net assets at end of year	\$6,414	\$7,410	20,000



Summer Snacks that Satisfy Cravings

By Family Features

Road trips, outdoor adventures and relaxing by the pool are some of summer's most popular activities, and all can be more enjoyable by adding favorite snacks to the mix. Next time you bask in the summer sun, bring along some tasty pecan snacks that allow you to stay on track with wellness goals without sacrificing those snack-time delights.

Whether you enjoy their natural sweetness straight from the bag or add them to your go-to recipes, pecans are among the lowest in carbs and highest in fiber of tree nuts, an option that's perfect for snacking. In fact, each ounce of pecans includes 3 grams of plant-based protein and 3 grams of fiber to go with 12 grams of "good" monounsaturated fat and only 2 grams of saturated fat.

Curb your snack cravings with a savory option like Buffalo-Pecan Pimento Cheese Dip with veggies and crackers, or if something sweeter tempts your taste buds, dive into a tangy treat with these Mini Pecan Lemon Berry Tarts.

Visit AmericanPecan.com for more snacking tips and recipes.

Mini Pecan Lemon Berry Tarts
Total time: 22 minutes
Servings: 24

Mini Pecan Crusts:
Nonstick cooking spray
2 cups pecan pieces
1/4 cup butter, melted
2 tablespoons sugar

Lemon Filling:
1/2 cup lemon curd
1/2 cup blueberries, raspberries or combination
powdered sugar, for dusting

To make mini pecan crusts: Preheat oven to 350 F. Line mini muffin tin with paper liners or spray with nonstick cooking spray.

In food processor, blend pecan pieces, butter and sugar until mixture forms coarse dough.

Scoop about 2 teaspoons pecan mixture in each muffin tin. Use back of wooden spoon or fingers to press mixture evenly along bottom and up sides of each muffin

cup.

Bake 12 minutes, or until crusts are golden brown. Allow crusts to cool completely before removing from pan.

To assemble crusts: Spoon 1 teaspoon lemon curd into each mini pecan crust. Top with one raspberry or three small blueberries. Dust with powdered sugar, if desired.

Buffalo-Pecan Pimento Cheese Dip
Total time: 15 minutes
Servings: 30

1 cup raw pecan pieces
1/2 pound (2 cups) sharp cheddar cheese, freshly grated
1 jar (4 ounces) sliced pimentos
2 tablespoons red hot sauce
2 tablespoons mayo
1 teaspoon kosher salt
1/2 tsp fresh cracked pepper
1 tablespoon chives, freshly chopped
veggies, for serving
Crackers, for serving

Preheat oven to 350 F. On baking sheet, spread pecans and roast 8-10 minutes, or until golden brown and fragrant, tossing once halfway through. Remove from oven and set aside to cool completely.

In bowl, combine cheddar cheese, pimentos with juice, hot sauce, mayo, salt and pepper. Stir until combined. Add 3/4 of pecan pieces and mix until combined.

Place dip in serving bowl and top with remaining pecan pieces and freshly chopped chives.

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