Capital Credits Given To Help During 'Unprecedented Times'

As we all deal with the new realities brought on by the coronavirus, Indian Electric Cooperative wants to assure you that we're here to help. In order to offset some of the financial hardships and stress being faced by its members, IEC is retiring capital credits and giving more than $1.2 million back to its members by way of credits to their electric bill.

"We are aware that many families' income has been affected or completely wiped out and the stress this is causing due to the sheltering-in-place orders and other changes caused by the coronavirus precautions," said IEC General Manager Rick Davis. "Our board realizes that we are living in unprecedented times and the financial impact of what we're going through could be felt for months. We're hoping these bill credits will help stretch the budget when it is needed most."

The bill credit will be applied directly to IEC members' bills, there is no need to apply.

IEC, a member-owned cooperative, supplies electric power to seven counties in Oklahoma. Since it is a not-for-profit entity, IEC normally returns money to its members in November in the form of patronage capital credits. The IEC Board of Trustees discussed and decided how they could release those funds early and how to spread out the funds to reach more members.

IEC board trustees and employees are members of the local communities and share in the hardships being endured by so many. "We are looking at every available option to help our neighbors during these unprecedented times," Davis said.

IEC Annual Meeting Canceled In Proactive Response To COVID-19

Amid growing global concern over the spread of the novel coronavirus (COVID-19), Indian Electric Cooperative has decided to cancel its annual meeting originally scheduled for July 9. Also, the district meetings have been canceled and will be rescheduled at a later date.

Indian Electric's concern for community extends to the health and welfare of each and every member, neighboring friends and all those we do business with each day. As news emerges regarding the spread of the Coronavirus/COVID-19, IEC is joining cooperatives and other utilities around the nation in taking appropriate measures to promote the health and safety of our members, employees and the general public.

The Centers for Disease Control's and the State of Oklahoma's approach to slowing the transmission of COVID-19 includes minimizing social contact and avoid gatherings of 10 or more people. With that in mind, IEC's board of trustees decided that canceling the annual gathering of several hundred members and guests is prudent in helping to slow the transmission of the virus.

IEC is also taking steps now to be prepared in the event there is a significant impact from the coronavirus in its communities.

"We are focused on maintaining a healthy workforce and keeping key personnel — such as line workers and member service representatives — available so that we can continue to provide the excellent service you expect from us," said IEC General Manager Rick Davis.

Look for more information and updates at www.iecok.com, on social media, and through local media announcements.

ENERGY EFFICIENCY
TIPS
OF THE MONTH

Spring fix-up! Sealing cracks, gaps, leaks, and adding insulation can save up to 10% on home heating and cooling costs.
Source: DirectEnergy.com

HE'S GRADUATING TO RETIREMENT AFTER 50+ YEARS. See inside.

School's Out For Superintena

While May is the typical month for students to clear out their desks and lockers as another school term comes to an end, it will be anything but typical for Pawnee Schools Superintendent Ned Williams.

Not only is Williams, like other school leaders, dealing with the ramifications of the coronavirus global pandemic which means the end to this particular school year is anything but typical, he'll be clearing out his own desk as his 50-plus years in education comes to a close.

It was the winter of 1969 when Williams arrived in Pawnee, answering the call of then Superintendent Jack Davis to fill a teaching position at mid-term. He expected the job to only last until the end of the school year. But, here he is in his 51st year in Pawnee, with 38 of those being as superintendent.

He recalls his first classroom and the first student he met. "My first class of the day was science and the first student I met was Cindy Perrine Cartmell." Mrs. Cartmell has since retired as a teacher/counselor from Pawnee Public Schools.

Because of his background in athletics, in the spring of 1970, Williams was asked to coach the high school track team. "With athletes like Alfred Horsechief, Steve Alley, JR Ryan, and Mike Sanders, plus a $400 raise, how could I refuse?" he said.

Superintendent Davis retired at the end of the 1970 school year and Leroy Holloway took his place. "He convinced me that if I would teach six classes, coach football, basketball, and track he would pay me enough to move out of that hotel," Williams recalled.

The new superintendent even offered a lead on a single wide trailer available for rent. Williams accepted his offer and before the next school term got underway, he married Carolyn Cotner, who he refers to as the most important person in his life. Mrs. Williams was a registered nurse from the couple's hometown of Vian, Okla. They moved into the single wide trailer owned by the school custodian.

In many urban school districts, the superintendent may be a faceless person who most often is associated with major announcements or as a figurehead rarely seen on a daily basis. That's not the case in a small town such as Pawnee where school superintendents are exposed to scrutiny on a daily basis. They attend livestock shows, ballgames, school programs, community events, and many other special activities.

"I have always believed it is important for our students to know that we support them," Williams said, noting that he has always enjoyed that part of his job.

And when it comes to a community, Williams said he learned early in his career that the town is a relevant source of influence for what happens at their school.

"At Pawnee, education is a team sport and I always give serious consideration to the community's reaction when I make a crucial decision. Our community consists of students, teachers, the Pawnee Nation, and all patrons in Pawnee," he said. "We are fortunate to serve a community that values public education and understands that flexibility is necessary to meet the needs of students."

Pawnee Superintendent Ned Williams responded to an inquiry about his work wardrobe and what is sometimes hidden in his coat pocket:

"The suit serves two purposes. I always dress in a manner I want people to perceive Pawnee Public Schools. Secondly, I bring my can of Pepsi to banquets because I don't drink tea and that is usually the drink provided at the banquets. Some are one Pepsi banquets and some are two Pepsi banquets. Sports banquets are sometimes three Pepsi banquets!

Williams said that he has always believed that public education is the best appropriate education for 95% of students, suggesting a small percentage of students, for various reasons, will benefit from private or online versions of education.

Currently, he believes public schools are at a great disadvantage because of

lent After 50 Years In Pawnee

the funding that is being diverted to charter schools.

During his career in Pawnee, Williams says he has seen many positive changes for both teachers and students. For example, in 1970, the junior high had no air conditioners and radiators provided the heat. Tests and other papers were ran on a Spirit master machine that left hands blue and clothes smelling like paint thinner. "We either typed our reports on a manual typewriter or wrote them in longhand form. Pay telephones were a common sight. Now our teachers have iPhones, computers, iPads, Chromebooks and smart boards," he said.

Today, with the majority of Pawnee students having smart phones, and half having high speed Internet access, they are receiving their education electronically while dealing with the coronavirus pandemic.

Asked to consider highlights of his long career in Pawnee, Williams mentioned the following:

- In 1984, Pawnee was the first public school in America to have seatbelts in all busses.

- In 2015, Pawnee built a $1.6 million safe room/indoor playground with public support.

- A new middle school was built.

- A performing arts program was added. Directed by Caryn Brock, it is open to students in Pawnee, Woodland, Cleveland, Jennings, and other surrounding areas.

- Pawnee winning the financial achievement award for mid-size school in Oklahoma, under the direction of the school's finance director, Cheryl Ryan.

When it comes to special memories of a career that has spanned five decades, Williams had two that come to mind immediately:

"My most memorable moment came from a student I coached in the seventh grade whose home life was less than desirable. One day after school, I noticed him sitting on a rock wall across from my office and he looked sad and dejected. Since I love to fish, I walked across and invited him to go fishing with me. Afterwards, we shared a hamburger and fries. Ten years later this student returned to my office as a decorated soldier and informed me that on the day I took him fishing, he was in a very dark place and he thought that fishing trip changed his life. We shared a hug."

Then, he recalled four years ago when state funding cuts put him back in the classroom teaching civics to sixth graders. "On the second day of class, one girl asked if it was true that I had taught her father and her grandfather. When I told her it was true, she replied, 'Wow, you must be really old!'"

Education runs deep in the Williams family. His mother had only an eighth grade education and struggled to feed five children doing unskilled labor, yet she insisted that all five of her children get a college education.

"After my youngest sister graduated from NSU with a math degree, my mother took the ACT and the college entrance exam and scored high enough to be admitted without a high school transcript. The Cherokee Nation then provided her with a scholarship that allowed her to get her bachelor and masters degrees. She was very proud of the fact that she and all her children then had masters degrees."

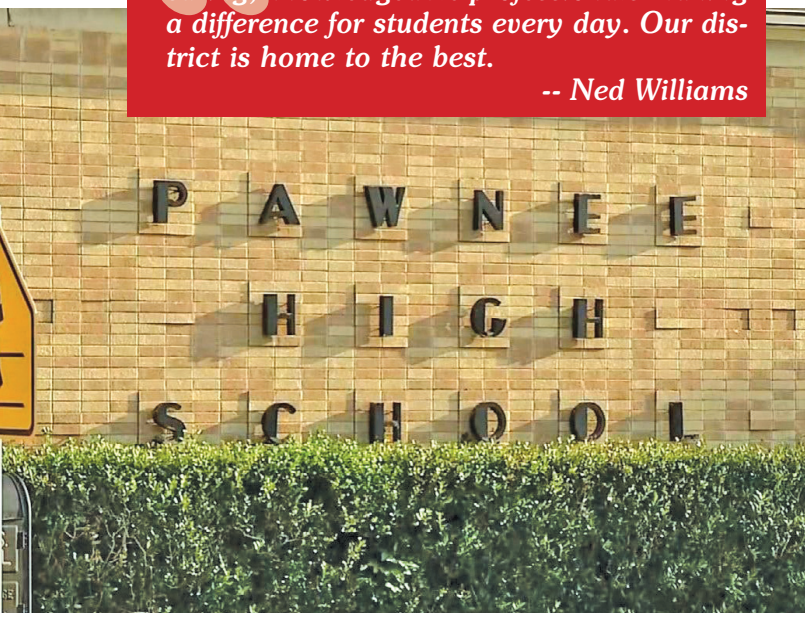
The love of education continues in his own immediate family. Son, Grant, an All-State football player and Pawnee High School grad has an OSU degree in micro-biology and is the technology director at Frontier Schools. Daughter-in-law, Christy, was an All-State basketball player and Pawnee graduate. She obtained a Petroleum Engineering Degree at OSU and now is the elementary principal at Morrison Public Schools.

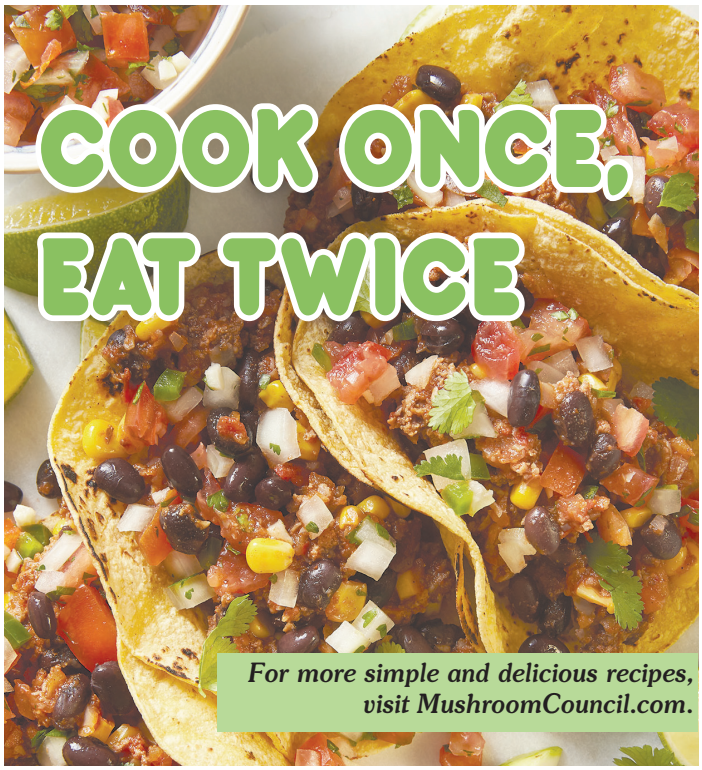
It's his two grandsons, Gage and Grahm, who are influential in drawing Williams into retirement. "I devoted my entire adult life to Pawnee Public Schools and now I plan to give that same kind of devotion to our two grandsons, he explained. "Fishing was always my favorite pastime and now my favorite pastime is watching my grandsons."

Williams said he is deeply grateful for the support of all the outstanding school board members he has worked with over his career and to the citizens of Pawnee for allowing him to have a career in Pawnee.

He said he would like people to remember him as a person that treated everyone with dignity and respect.

> ***"A school is not a building; it is a family of caring, knowledgeable professionals making a difference for students every day. Our district is home to the best.***
>
> ***-- Ned Williams***





By Family Features

Cook once, eat twice. It's a kitchen practice as simple as it sounds. Cook a base dish that can be enjoyed today and used for an entirely different meal tomorrow. For example, bake some fish for tonight's dinner, and enjoy fish tacos for tomorrow's lunch.

With so many Americans preparing meals at home, the practice of cooking once and eating twice can extend your grocery budget while also making meal planning less stressful and more comforting.

Cooking meals that feed the entire family is essential and even better if they give you a jump on a second meal. Whether your love for cooking runs deep or is being newly discovered, keep the following in mind when planning to cook once and eat twice:

Stock up on staples. Before heading out to the store, develop a list of ingredients that can be used for multiple dishes. Canned goods, such as black beans and corn, are great items to store in the pantry and have on hand for a variety of favorite family recipes. Other basics like corn tortillas can be used in multiple ways, such as tacos, casseroles and even salads.

Don't forget produce. To increase flavor and nutrition, adding produce is key in your planning. Mushrooms are gaining traction among chefs and home cooks alike for many reasons. Traditionally known for their inherent umami flavor, mushrooms are filling, healthy and versatile. Crimini and portabella are excellent sources of selenium, an antioxidant that protects cells from damage that may lead to serious chronic diseases. For example, four crimini mushrooms provide 38% of your daily recommended value. Also, the variety of mushrooms contain essential vitamins and nutrients, such as vitamins B and D and riboflavin.

Make meat go further. A three-step cooking technique called "The Blend" combines finely chopped mushrooms with ground meat to create dishes that are more nutritious while still tasting delicious. You can use the process to create multiple dishes such as tacos, pasta sauce and burgers. Mushrooms' ability to mimic the texture of meat makes them easy to incorporate, and the addition of finely chopped mushrooms to meat dishes stretches portions, allowing the family to enjoy a meat-mushroom base in dishes like Blended Tacos, which includes a Mexican-Mushroom Beef Blend.

Mexican Mushroom-Beef Blend

Makes: 8 cups

1 medium yellow onion
8 ounces fresh button or crimini mushrooms
1 pound lean ground beef
1 tablespoon olive oil
2 cans (15 ounces each) black beans, drained
1 package (1 ounce) reduced-sodium taco seasoning mix
1 can (15 ounces) crushed tomatoes
1 can (11 ounces) yellow kernel corn, drained

In food processor, pulse onion and mushrooms to coarse texture. Set aside.

In large frying pan, brown ground beef. Drain fat. Set aside.

In same frying pan, heat oil. Add mushroom mixture and saute 3-4 minutes, or until most moisture has been released. Add black beans and mix.

Add beef, taco seasoning, tomatoes and corn to black bean and mushroom blend. Mix and cook until heated through.

Blended Tacos

Makes: 8 tacos

1 cup sour cream
6 tablespoons cilantro, chopped
2 tablespoons lime juice
8 yellow corn tortillas
2 cups Mexican Mushroom-Beef Blend
diced avocado (optional)
shredded lettuce (optional)
shredded cheese (optional)
salsa (optional)

In small bowl, mix sour cream, cilantro and lime juice. Cover and refrigerate.

Warm tortillas in microwave or on stovetop according to package directions. Spoon 1/4 cup Mexican Mushroom-Beef Blend into each tortilla. Top with sour cream mixture and avocado, lettuce and cheese as desired.

CLEVELAND OFFICE
P.O. Box 49
Cleveland, OK 74020
(918) 295-9500
or
(800) 482-2750
FAIRFAX OFFICE
P.O. Box 545
Fairfax, OK 74637
(918) 642-3314
ACCOUNT INFORMATION
(888) 472-1535
AUTOMATED OUTAGE REPORTING
(918) 295-9598
On the Web @
WWW.IECOK.COM

Office Hours
7:00 a.m. - 5:00 p.m.
(Monday - Friday)

The Lamp **is published monthly by Indian Electric Cooperative, Inc., P.O. Box 49, Highway 64 Southeast, Cleveland, Oklahoma 74020 for the interest of its membership. Members may send address changes to: "*The Lamp*," P.O. Box 49, Cleveland, OK 74020**

VOLUME 57
NUMBER 5