

# SPENCER CITY STAR NOVEMBER 2022

Vision Statement: "The Good Neighbor City" where the quality of life is available to all!

Mission Statement: To promote the existing peaceful atmosphere while providing quality services to our community through public awareness, public safety, communication, and beautification, utilizing economic development to enhance a positive future.

## OKC Mobile Market



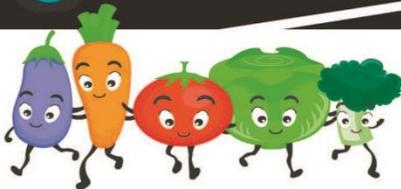
### FRESH PRODUCE GIVEAWAY

OCTOBER 2022 - MARCH 2023

No ID/Income Required

## Monthly Schedule

### OKC Mobile Market



1ST & 3RD FRIDAYS



9:30 - 10:30 am | Almonte Library | 2914 SW 59th St  
11:00 - 12:00 pm | Northcare | 2617 General Pershing Blvd  
1 - 2:00 pm | Del City Library | 4330 SE 15th St



2ND & 4TH FRIDAYS\*



9 - 10:00 am | Rockwood Baptist Church | 2515 S Grand Blvd  
10:30 - 11:30 am | Tabitha Baptist Church | 1219 NE Grand Blvd  
12:30 - 1:30 pm | The Diversity Center | 2242 NW 39th St

\*The Nov. 25th Friday date will be canceled in observance of Thanksgiving.  
The Dec. 23rd Friday date will be canceled in observance of the holidays.



LAST SATURDAY\*



9:00 - 10:00 am | Truevine Ministries | 3701 Spencer Rd  
10:30 - 11:30 am | Capitol Hill Library | 327 SW 27th St  
12:00 - 1:00 pm | Tulakes Clinic 7202 | Lyrewood Ln  
1:30 - 2:30 pm | Ralph Ellison Library | 2000 NE 23rd St

\*The Saturday distribution date will be moved to Nov. 19th in observance of Thanksgiving.  
Saturday distribution will occur on Dec. 17th instead of the 31st due to New Year's Eve.

# NORTHEAST OKLAHOMA COUNTY COMMUNITY RESOURCE FAIR

MINNIS LAKEVIEW RECREATION CENTER  
12520 NE 36<sup>TH</sup> OKLAHOMA CITY, OK

NOV. 12, 2022 9AM – 12PM



Covid vaccines available. Bring your vaccine card.

## EDUCATION, EMPLOYMENT & HEALTH RESOURCES

FOR MORE INFO: [CARRIE@COMMUNITYHEALTHOK.ORG](mailto:CARRIE@COMMUNITYHEALTHOK.ORG)/  
[DENISEHYCHE@COWIB.ORG](mailto:DENISEHYCHE@COWIB.ORG)/[TILLO.JOHNSON@WORKREADYOKLAHOMA.COM](mailto:TILLO.JOHNSON@WORKREADYOKLAHOMA.COM)



CENTRAL OKLAHOMA  
WORKFORCE INNOVATION BOARD



September 21, 2022

In accordance with our agreement with the City of Spencer Utility Authority (SUA), Waste Management will increase the rates for residential and commercial customers effective October 12, 2022. The increase will be 4.90% based on the annual change in the Garbage and Trash Collection Consumer Price Index.

Thank you again for your business.

Waste Management

## NO Illegal Dumping!

It's illegal to throw trash in washes, drainage canals, and storm drains.



Illegal dumping can cause stormwater POLLUTION and clog storm drains, which can result in FLOODING.



It can be HARMFUL to people, pets, and wildlife.



IF YOU SEE ILLEGAL DUMPING, take a picture and inform your local municipality.

Help stop illegal dumping by watching this short video!  
[e3learn.org/bmps](http://e3learn.org/bmps)



11



### Make the Switch

You can reduce fat and calories in many recipes without sacrificing taste just by switching out a few ingredients.

**Mashed Potatoes** — Use skim milk, chicken broth, garlic or garlic powder and Parmesan cheese to add flavor and cut back on added butter or margarine.

**Green Bean Casserole** — Cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.

**Dressing** — Use a little less bread and add more onions, garlic, celery and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat, low sodium chicken or vegetable broth and applesauce.

**Gravy** — Refrigerate the gravy to harden fat. Skim the fat off. This will save a whopping 56 grams of fat per cup.

### Keep Moving

Physical activity and movement can help lower holiday stress and keep off the extra pounds. Combine family time with physical activity and you can have the best of both worlds.

- Take a few extra laps around the mall while holiday shopping or at the grocery store. Take advantage of the mall's extended holiday hours and get in a few extra laps.
- Take an evening walk with the family and look at the holiday lights or get a group of friends or neighbors together for caroling.
- If there is snow, build a snowman, go sledding or have a snowball fight. There are lots of fun activities to get out of the house and enjoy in the snow, just don't forget your coat!
- Take advantage of local holiday activities and events such as ice skating rinks, snow tubing and holiday light displays (opt for walking through the displays).

ShapeYourFutureOK.com

**Desserts** — Make a crustless pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting.

Substitute applesauce for oil, margarine or butter in muffins and quick breads like banana bread. Try substituting a small amount at first, as the more you substitute the more the texture of the finished product changes.

Choose reduced-fat or low-fat cheeses for salads and casseroles.

Pack your shopping cart with plenty of fresh vegetables like sweet potatoes, winter squash, broccoli, carrots and green beans. Apples, cranberries and pears combine easily for a tasty salad, fruit crisp or topping for the turkey.

Source: <http://www.cpmc.org/about/e-health/11-05%20healthy-holidays.html>

### Be Tobacco Free!

With added visitors during the holidays, enforce a tobacco-free home and car policy. Ask guests to step outside to smoke and don't allow smoking in your car or around your children. Secondhand smoke contains more than 60 toxins and cancer-causing chemicals.

With the added holiday stress, the holidays may not be an ideal time to quit using tobacco. But you can set your quit date for after the holidays and kick off the new year tobacco-free.

Call the Oklahoma Tobacco Helpline for free help quitting and free patches, gum or lozenges at 1-800-QUIT NOW. Help is also available online at OKhelpline.com.

Oklahoma Tobacco Helpline  
1 800 QUIT NOW  
[www.okhelpline.com](http://www.okhelpline.com)



## City of Spencer

PO Box 660  
8200 NE 36th Street  
Spencer, Oklahoma 73084  
Phone: 405-771-3226

Fax: 405-771-3228  
Monday – Friday  
8:00 AM – 5:00 PM



Visit us at  
[www.cityofspencerok.gov](http://www.cityofspencerok.gov)  
for forms, information, events  
and city news



More than half of the counties in Oklahoma are under a burn ban. Right now, 46 counties including Oklahoma county, are under a burn ban in our state. Oklahoma has had a record-breaking year for wildfires, ranking 4th in the nation for acres burned. There are a lot of things that can cause a fire currently. Dry conditions with no end in sight have firefighters around Oklahoma short handed and scrambling to save property.