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# Texas Coop Power

FOR TRI-COUNTY EC MEMBERS

JUNE 2022

## Eating Wild

Texans are turning  
to foraging  
for fun and food

**TRI-COUNTY  
EC NEWS**

SEE PAGE 18





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# June 2022



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Pushed along by the pandemic and prices, foraging for wild edibles is a growing trend.

*By Sheryl Smith-Rodgers*

## Speaking to Children

Meet the South Texas educator on a mission to instill a love of language in bilingual readers.

*By Carlos Sanchez*

*Illustration by John Jay Cabuay*

### ON THE COVER

Flowers from elderberry trees can be eaten right off the branch.

*Photo by Enciero | stock.adobe.com*

### ABOVE

Zapata County author María Alma González Pérez.

*Illustration by John Jay Cabuay*

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*By Babs Rodriguez*



# First in a String



**LEGENDARY FIDDLER** Alexander "Eck" Robertson, left, who was raised on a farm in the Panhandle, made musical history 100 years ago this month.

Robertson and Henry C. Gilliland recorded four fiddle duets June 30, 1922, at the Victor Talking Machine Co. in New York City. The tracks are regarded as the first commercial recordings of country music.



## TCP Contests and More

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Enter online now to win the three bilingual alphabet books written by María Alma González Pérez, featured on Page 12.

**FINISH THIS SENTENCE**  
MY SINGING  
IS SO BAD ...

**TCP** Tell us how you would finish that sentence. Email your short responses to [letters@TexasCoopPower.com](mailto:letters@TexasCoopPower.com) or comment on our Facebook post. Include your co-op and town.

Here are some of the responses to our April prompt: **I remember when a dollar could buy ...**

A large soda, large French fries order and a hamburger big as a hubcap.

JOE TREVIÑO JR.  
BARTLETT EC  
KILLEEN

A day at the State Fair of Texas.

BRENDA WEBB  
GRAYSON-COLLIN EC  
GUNTER

Three watermelons on the side of Highway 281 south of San Antonio.

DARREL MILLER  
PEDERNALES EC  
LAGO VISTA

To see more responses, read Currents online.



## GAMBUSIA IS GONE

A tiny Texas fish is among 23 species that federal wildlife officials want to declare extinct.

The San Marcos gambusia, an inch-long fish found only in the San Marcos River in Hays County, was last collected in the wild in 1983. The Fish and Wildlife Service has recommended that it join 21 other animals and one plant in being removed from the endangered species list and declared extinct.



## Co-ops Rule

Electric cooperatives dominated the 2021 J.D. Power rankings for customer satisfaction, with 14 co-ops—including Texas' Magic Valley EC and CoServ—finishing among the top 20 U.S. residential power providers in the annual survey of electric customers.



## Gov. Jordan

**AMONG BARBARA JORDAN'S** many accomplishments was becoming Texas governor for a day 50 years ago this month.

Months before her election to the U.S. House, her colleagues in the Texas Senate unanimously elected Jordan president pro tem. Gov. Preston Smith and Lt. Gov. Ben Barnes both made plans to be out of state June 10, 1972, enabling Jordan to step in as acting governor, making her the first Black woman in the U.S. to preside over a legislative body.

*June 17*

### National Eat Your Vegetables Day

We know gardens across Co-op Country produce bounties of amazing crops. But this month we spotlight folks who look beyond cultivated patches for wild edibles. See *The Grazing Craze* on Page 8.





TRACI DABENKO

## The Inside Track

“Many West Texas towns like Hamlin have no tracks left, and we could sure use some commerce that stops here today.”

JEFF CLATERBAUGH  
BIG COUNTRY EC  
HAMLIN

## Enduring Cookware

I inherited my grandmother's cast iron, which she inherited from her mother [*Cast-Iron Comeback*, March 2022]. It makes the best cornbread and fried eggs. To imagine how many meals were cooked in these pans just blows my mind.

David Krabbe  
Hamilton County EC  
Kempner

I have to say, besides the original chocolate Texas sheet cake, this is the best, most decadent cake I have EVER had [*Texas Praline Sheet Cake*, March 2022]. I've literally been thinking about it all week.

NICOLE PARKER  
VIA FACEBOOK

Using the cast-iron skillet my mother got for a wedding gift in 1943.

Larry Artz  
Via Facebook



RUSSELL A. GRAVES

## Blessed Comfort

I want to participate in the Blessing Box Project when I retire [*Hope in a Box*, March 2022]. Such a hard time for a woman.

Jacky Manchester  
Grayson-Collin EC  
Van Alstyne

## Well Put

I love that section in the magazine [*Finish This Sentence*]. It awakens the thought process in a lot of people.

Inocencia S. Martinez  
Magic Valley EC  
Mercedes

## Threads of Truth

When I was 10, we visited cousins in Ingram [*Just Add Adventure*, March 2022].

We went to a river to play, and it had a smooth concrete small dam with water pouring over it. I had a blast sliding down it time after time until I realized that the seat of my favorite pair of shorts was in shreds.

Roberta McLaughlin  
Heart of Texas EC  
Lorena

**TCP WRITE TO US**  
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Editor, Texas Co-op Power  
1122 Colorado St., 24th Floor  
Austin, TX 78701

**Please include** your electric co-op and town. Letters may be edited for clarity and length.

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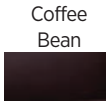
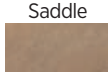
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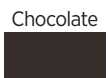
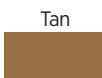
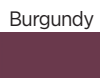
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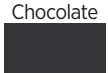
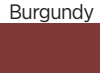
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# The Grazing Craze

BY SHERYL SMITH-RODGERS

I've yanked henbit and chickweed for years from my native-plant gardens, nearly eradicating the weeds that pop up every winter.

If only I'd known that the European species make tasty additions to salads. So I decided in December to let them stay put. Then I'd have some fresh leaves and flowers to toss with spinach, tomatoes and dressing.

Many of the native plants are edible too, like turk's cap, dayflower, wood sorrel and spiderwort. Hold on—eat my natives? The concept boggles my mind. As a Texas master naturalist, I'm familiar with most of the ones that grow in my region. On the other hand, since childhood I've been conditioned to eat foods only bought at grocery stores or intentionally grown in gardens, not picked from a lawn or some wild place.

Then I recall our ancestors foraged to survive. Their hard-

**Pushed along by the pandemic and prices, foraging for wild edibles is a growing trend**

scrabble lifestyles make me determined to loosen up. And I am. In March I picked blossoms from our eastern redbud tree and added them to salads. This summer I've been nibbling on turk's cap berries and pink evening primrose leaves. As I learn more about wild edibles, the plants that grow around my yard have taken on a different meaning.

I'm not alone in my new outlook. For a number of reasons, more and more people are hunting for edible plants.

"It used to be just adventurer eaters, foodies and cooks who mainly foraged," says Mark Vorderbruggen, author of an *Idiot's Guides* book on foraging. "Then the pandemic came, and people got scared about getting food if the markets closed. It made them go outside in search of alternative food sources. Now with inflation, food has become more expensive. People want to know where they can get free nutrition."





## Cut With Care

**S**o what makes a wild plant edible? In a nutshell, it's nonpoisonous, palatable and digestible. Many have health benefits too. "In vitamins, minerals and protein, wild food can match and even surpass the nutritional content of our common foods," writes Delena Tull in *Edible and Useful Plants of Texas and the Southwest*. "Dandelion greens are more nutritious than spinach."

Foragers must always ask for permission before scouring private property. On public lands, it's illegal to take plant materials. Steer clear of toxic areas, like highway roadsides and places frequented by pets.

And some final words of caution: Before eating any wild plant, be absolutely certain of its identity. Read books on the subject, learn some basic botany, take foraging classes and go out with an experienced forager to gain an understanding of what you should and shouldn't eat.

Then start with easy plants, like turk's cap and pecans. As you gain knowledge, add species that you can readily identify. Also, eat wild edibles in moderation and be mindful of possible reactions. For example, if you're allergic to cashews and mangoes, avoid their cousins: evergreen and flameleaf sumacs.

"Nature is a mishmash of greens and browns," says foraging expert Courtney Taylor of Weston, north of Dallas. "To most people, plants all look the same. It takes time, patience and consistency to learn the nuances between them. Wood clover and clover, which are both edible, look similar but have subtle differences."

Taylor, a Grayson-Collin Electric Cooperative member, teaches basic foraging classes and compiled a 60-page e-book on North Texas edibles. In every class, she stresses foraging etiquette.

"Leave an environment better than you found it," she says. "Only harvest what you're going to use. Only take a leaf or two from a small plant. If you take all the leaves, that plant won't go to flower. As a forager you want that plant to be there next year. I believe that conscientious foragers can actually increase an environment's health and wild food populations."

Depending on the month, Taylor harvests mulberries, persimmons, dewberries, pecans, black walnuts, hackberries and beautyberries among many others—often foraging in her rural neighborhood and along country roads. "The tastiest greens to me are lamb's-quarters and chickweed," she says. "I also eat a lot of dandelion leaves for their health benefits. I like to make smoothies with them."

Educating others about useful plants is a top priority for Vorderbruggen, who produces videos, podcasts and presentations on the subject. "Most people assume all

## Foraging Do's & Don'ts

**Know what you're picking before you eat it.**

**Stay off private land unless you have permission.**

**Don't take plant materials from public lands; it's illegal.**

**Steer clear of toxic areas, like highway roadsides and places frequented by pets.**

**Pick up any litter you find.**



### WATCH YOUR STEP

Look out for poison ivy when you get the itch to forage.

**OPPOSITE** Wild mulberries can be found all over Texas. Take a foraging class to learn to identify edible plants.  
**LEFT** Courtney Taylor is a 20-year foraging expert, especially on North Texas edibles.



COURTESY COURTNEY TAYLOR



plants are poisonous,” says the Houston resident, who holds a master’s in medicinal chemistry and a doctorate in physical organic chemistry. “Even people who want to forage and have read the books still have a fear of misidentifying something and dying as a result. My goal is to help them to trust themselves and eat a plant that they’ve properly identified.”

## Rooted to the Spot

In far North Texas, Kimberly Clark, a member of Fannin County EC, learned to forage by watching YouTube videos and joining foraging groups on Facebook. “Now my two kids like to forage with me on our acreage and in our area,” she says. “We harvest elderberry, cattails, water violets, peppergrass and sorrel. My son’s favorite is wild carrot, also known as Queen Anne’s lace.” (Caution: Queen Anne’s lace looks similar to two extremely toxic plants: poison hemlock and water hemlock.)

Come midsummer, Tom Mitchell Jr. of Cleburne steers a golf cart around his neighborhood, looking for clusters of ripe flameleaf sumac berries. “They make a great mock lemonade,” says Mitchell, a commercial pilot and United Cooperative Services member. “I put the berries in a pot of water and let them sit overnight. Then I strain the pink liquid and add some honey. The lemony flavor comes from the berries’ malic acid. I also dry sumac berries, then grind them up to use as a spice.”

Last year, forager Racheal Balliu—a Pedernales EC member and registered nurse who lives near Canyon Lake—took some “yard butter” to a party. At first her friends hesitated to sample the creamy condiment, mixed with chickweed, peppergrass, henbit and wild onions. “I’ve found that people are sometimes nervous to try foraged foods,” Balliu says. “But after trying my butter, they loved it. They also love the pesto that I make with chickweed, basil, parmesan and pecans.”

Her interest in wild foods has since morphed into a business called Forest Girl Wild American Tea. Her green and roasted yaupon teas are available online and sometimes at farmers markets. “Yaupon holly is the only natural caffeine in North America,” she explains. “I hand-pick



COURTESY MARK VORDERBRUGGEN

yaupon leaves on family land, wash and air-dry them, and then package the leaves as both tea bags and loose leaf.”

In the Rio Grande Valley, wild edibles aren’t as easy to find. That’s because more than 90% of native habitats have been cleared through the years for agriculture and urbanization. “The nature we see here is more sterilized,” says Jackelin Treviño of McAllen. “Buffalo grass and oaks are lovely, but they’re not forageable. I see that gradually changing as cities plant more native plants.

“Foragers here are basically limited to private property with permission and conserved areas, where foraging is discouraged,” she continues. “When I’m able to forage, my favorite wild edible in the Valley are berries from brasilwood. They look like blueberries, are shiny like grapes and taste like blackberries.”

Out west in El Paso, the Chihuahuan Desert would seemingly offer even fewer finds. But outdoorsman James Harris

## Sheryl's Top 5 Wild Edibles for Beginners

CHICKWEED



DANDELION



knows better. For nearly a decade, he’s researched the vegetation and wildlife that inhabit the arid region that he’s called home all his life. Now he shares his knowledge about wild foods and other survival skills through videos.

“Out here, one of our most plentiful wild edibles are honey mesquite pods and beans,” he says. “They’re very versatile. You can use them to make small cakes, teas, jellies, jams and energy bars. They also make a good coffee substitute, even though they don’t have caffeine.”

Prickly pear cacti are also very common, Harris says, and their pads and fruit are edible. “They’re a pain to gather because of the thorns, so I always carry tweezers,” he says. “Another edible is the banana yucca, which I call the ‘super-market of the desert.’ The young flower stalks can be cut and cooked like asparagus. The white flowers are edible. You can also cook the green fruits.”

From yuccas to chickweed, I noted a common interest in my conversations with foragers from across the state: They all love getting outside and exploring wild places. As Harris explains, “Being outdoors grounds you closer to the earth. You have a higher appreciation for the seasons and the plants when you interact with nature.”

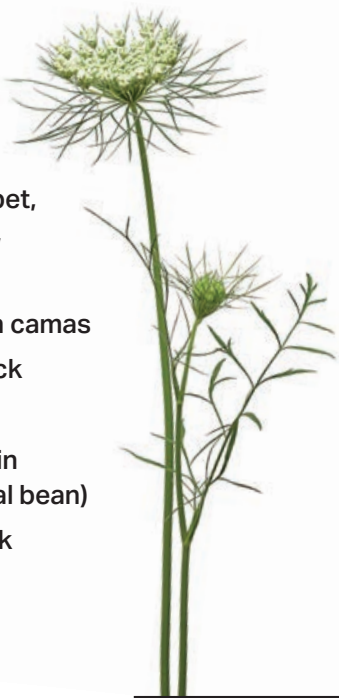
I couldn’t agree more. ■



OPPOSITE Mark Vorderbruggen, left, leads a foraging class at Spoke Hollow Outfitters near Wimberley in the Hill Country. RIGHT James Harris uses the fruit of prickly pear cactus, called tunas, to make refreshing juice.

# Texas' Most Toxic Plants

- Castor bean
- Jimsonweed (angel trumpet, moonflower, thornapple)
- Nuttall's death camas
- Poison hemlock
- Poison ivy
- Texas mountain laurel (mescal bean)
- Water hemlock



## CHECK BEFORE YOU PICK

Toxic hemlocks look similar to the edible Queen Anne's lace, above.

COURTESY JAMES HARRIS



HENBIT



PINK EVENING PRIMROSE

## TURK'S CAP









# Speaking to Children

**Meet the South Texas educator who isn't slowing down in her mission to instill a love of language in bilingual readers**

**T**o understand what drives María Alma González Pérez, one must understand her love of language. Because her mother had only a grade school education, González Pérez mostly spoke Spanish—the only language she knew until enrolling in school—with clarity and precision.

“She did not want us mispronouncing words,” González Pérez says. “She would say that the proper use of the language was something that defined you as an educated person.”

Upon that principle, González Pérez earned a doctorate in education, then became a professor, college administrator, children’s book author and, most recently, an entrepreneur—all while advocating for the importance of language. González Pérez, 70, is now a decade into her latest career—a publisher on a quest to bring more Hispanic culture into children’s books.

The native of Zapata County, on the border in South Texas, won a prestigious International Latino Book Award in 2021 for her book *¡Todos al rodeo! A Vaquero Alphabet Book*. The children’s picture book is the third in her series of what she calls “ABC books,” which tell a story through the letters of the alphabet. She uses the genre to infuse Hispanic culture into children’s literature to foster bilingual literacy.

It’s the kind of book she wishes she had as a young student.

“I was always trying to unravel this mystery called English,” González Pérez says. “It was a sink-or-swim approach to learning.” Her moment of awakening, she says, came in the eighth grade, when she first enrolled in a Spanish course and received a textbook for that class. “This is the book they should have given me in the first grade,” she says. “They did it backwards.”

González Pérez’s vaquero book teaches children that the American cowboy and the cattle industry itself emerged from the arrival of Spaniards who introduced the horse to North America. Words like “rodeo” and “lasso,” the book points out, are Spanish in origin.

The book also draws from the author’s own life; González Pérez, a member of Medina Electric Cooperative, comes from a land-grant family whose large property holdings were bestowed on early Texas settlers by the Spanish crown. She grew up on a 1,000-acre ranch that touched the banks of the Rio Grande, so she’s familiar with the vaquero way of life. Her Texas roots reach back so many generations that she calls herself a Tejana instead of a Mexicana.

González Pérez frequently uses the Spanish word for courage—*coraje*—as she speaks. Her cultural awareness in a part of the state where Hispanic culture is the norm gave her the coraje to excel in school even though she had to learn English while she was learning other subjects. And her mother’s insistence on excelling gave González Pérez a sense of self, she says. “I never felt that I needed to be anybody else other than who I was.”

So with a sense of coraje, González Pérez left the cultural comfort of South Texas to master English by immersion. She attended Texas Woman’s University in Denton in the 1970s, then “relatively devoid” of Hispanic people, she says.

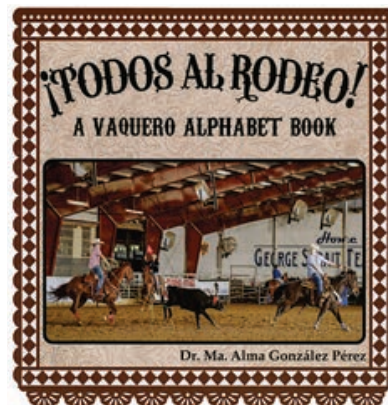
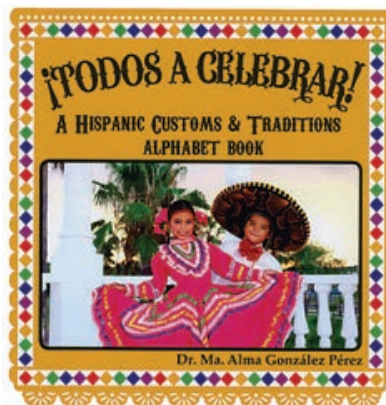
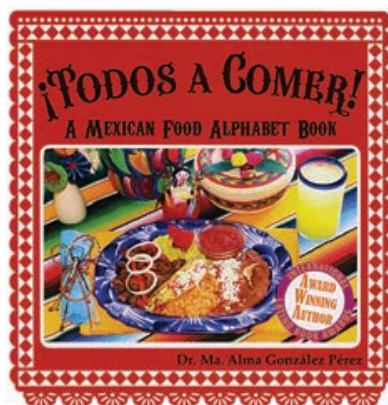
After securing undergraduate and master’s degrees, González Pérez returned to South Texas, where she taught, raised a family and eventually attended Texas A&M International University in Laredo for her doctorate. Her dissertation on the relationship between Spanish proficiency and academic achievement among high school graduates in South Texas fueled what would become a lifelong pursuit.

Literacy, her study showed her, extends beyond the pages of books into cultural understanding. It’s the context on which idioms are built and understood, and it’s the antitoxin of cultural misunderstanding and outright xenophobia.



González Pérez frequently uses the Spanish word for courage—*coraje*—as she speaks.

“I never felt that I needed to be anybody else other than who I was.”



Literature, she believes, immerses readers in the experiences of others—puts them in the shoes of protagonists. But as a professor at the University of Texas-Pan American (now UT Rio Grande Valley), González Pérez was frustrated by a lack of culturally relevant Hispanic literature available for her students. They were studying to become bilingual teachers using a curriculum based in English.

“I started gauging them, and that’s when I learned that they had not been exposed to any literature written by Hispanic authors,” González Pérez says. That sparked something in the professor.

Lino Garcia Jr., a retired UTRGV professor, sees the need for Hispanic stories from Hispanic authors.

“We should be doing that at the pre-K level,” he says. “Instead of talking about the Taj Mahal, we should be talking about Spanish missions, about the Camino Real—about things that Hispanic students can relate to. This gives them a sense of identity. This gives them a sense of worth.”

González Pérez’s first book was *¡Todos a Comer! A Mexican Food Alphabet Book*—the best-selling of her series for children. The second book, *¡Todos a Celebrar!*, spotlighted Hispanic customs and traditions.

Of course, writing culturally inclusive books is one thing; getting them distributed, González Pérez discovered, was a big, new challenge. So with the help of her three daughters, she launched Del Alma Publications (*del alma* means “of the soul”). An attorney, a business major, and an engineer and graphic designer, Anita Pérez, Maricia Rodriguez and Teresa Estrada, respectively, helped their mother get the

business going in 2008.

“I have a dream team in my daughters,” González Pérez says. “I told my daughters, ‘Let’s play with it for five years. If it flies, great. If it doesn’t, nothing was lost but a lot was learned.’”

It flew.

González Pérez’s initial goal was to target South Texas. But her first bulk order of more than 25 books came, instead, from Redondo Beach, California. Next came an order from Philadelphia for several hundred books. The demand was nationwide. Del Alma Publications has shipped thousands of books over the past 14 years—to individuals, schools, libraries, book donors and nationwide book distributors.

But she isn’t done yet.

“We’ve made great strides in meeting the biliteracy challenges of the Hispanic learner,” González Pérez says. “However, we still need to write many more books about stories that our children need to read.

“Not only to inform and educate but to help them develop a greater sense of cultural identity and pride.” ■

**TCP** Enter online to win González Pérez’s three bilingual alphabet books, above.





Good afternoon,

As a local business, we understand the importance of conserving energy and saving money, particularly in a world of **more frequent ice storms** and wildfires. The past couple years of winter storms have impacted us all. The challenge of keeping our homes warm and secure is always on our minds. And then there is the pain of **skyrocketing fuel prices...**

**The best windows and doors ensure an extra layer of security** for your family. They'll help retain the climate you pay for by keeping heat in in the winter and heat out in the summer.

If an upgrade to make your home comfy and efficient makes sense, I'm happy to offer you this special reader's discount this month! **Please give my team a call. We'll come work up a price at a time that fits your busy life!**

Warmly,

Steve Johnston

**Steve Johnston**

General Manager

Renewal by Andersen of North Texas

[www.LocalWindowDiscount.com](http://www.LocalWindowDiscount.com)



### Renewal by Andersen Savings Offer

Month/Year June 2022

Publication Texas Co-op Power

Save \$ 312 on windows<sup>1</sup>

Save \$ 780 on doors<sup>1</sup>

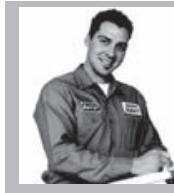
\$ 0 down 0 payments 0 % interest for 12 months<sup>2</sup>

<sup>1</sup>Subject to availability, on a total purchase of 3 or more. To qualify for discount offer, initial contact for an appointment must be made and documented on or before 6/30/22 with the purchase then occurring on or before 7/10/22. <sup>2</sup>No payments and deferred interest for 12 months available from third-party lenders to well qualified buyers on approved credit only. No Finance Charges will be assessed if promo balance is paid in full in 12 months. Products are marketed, sold and installed (but not manufactured) by Renewal by Andersen retailers, which are independently owned and operated under North Texas Windows & Doors LLC, d/b/a Renewal by Andersen of Dallas/Fort Worth and West Texas. See complete information and entity identification at [www.rbaguidelines.com](http://www.rbaguidelines.com). ©2022 Andersen Corporation. All rights reserved.



# Clogged, Backed—up Septic System...Can anything Restore It?

**DEAR DARRYL:** My home is about 10 years old, and so is my septic system. I have always taken pride in keeping my home and property in top shape. In fact, my neighbors and I are always kidding each other about who keeps their home and yard nicest. Lately, however, I have had a horrible smell in my yard, and also in one of my bathrooms, coming from the shower drain. My grass is muddy and all the drains in my home are very slow.



Dear  
Darryl

My wife is on my back to make the bathroom stop smelling and as you can imagine, my neighbors are having a field day, kidding me about the mud pit and sewage stench in my yard. It's humiliating. I called a plumber buddy of mine, who recommended pumping (and maybe even replacing) my septic system. But at the potential cost of thousands of dollars, I hate to explore that option.

I tried the store bought, so called, Septic treatments out there, and they did Nothing to clear up my problem. Is there anything on the market I can pour or flush into my system that will restore it to normal, and keep it maintained?

*Clogged and Smelly – Lubbock, TX*

**DEAR CLOGGED AND SMELLY:** As a reader of my column, I am sure you are aware that I have a great deal of experience in this particular field. You will be glad to know that there IS a septic solution that will solve your back-up and effectively restore your entire system from interior piping throughout the septic system and even unclog the drain field as well. **SeptiCleanse® Shock and Maintenance Programs** deliver your system the fast active bacteria and enzymes needed to liquefy solid waste and free the clogs causing your back-up.

This fast-acting bacteria multiplies within minutes of application and is specifically designed to withstand many of today's anti-bacterial cleaners, soaps and detergents. It comes in dissolvable plastic packs, that you just flush down your toilets. It's so cool. Plus, they actually Guarantee that it restores ANY system, no matter how bad the problem is.

**SeptiCleanse® Shock and Maintenance Programs** are designed to work on any septic system regardless of design or age. From modern day systems to sand mounds, and systems installed generations ago, I have personally seen SeptiCleanse unclog and restore these systems in a matter of weeks. I highly recommend that you try it before spending any money on repairs. SeptiCleanse products are available online at [www.septicleanse.com](http://www.septicleanse.com) or you can order or learn more by calling toll free at 1-888-899-8345. If you use the promo code "TXS16", you can get a free shock treatment, added to your order, which normally costs \$169. So, make sure you use that code when you call or buy online.

## Beachcombing at home.

**Texas Co-op Power** presents an illustrated *Seashells of Texas* poster by artist Aletha St. Romain, 20x16 inches, suitable for framing.

Order online at [TexasCoopPower.com](http://TexasCoopPower.com) for only \$20 (price includes tax, shipping and handling).

**Bonus offer:** Get 2 posters shipped to the same address for just \$30.

**\$20  
or 2 for  
\$30**

Please allow 4-6 weeks for delivery.

From the publishers of **TexasCoopPower**



**Struck in 99.9%  
Fine Silver!**  
*For the First Time EVER!*

**First Legal-Tender  
Morgans in a Century!**

**VERY LIMITED!**  
**Sold Out at the Mint!**



Actual size  
is 38.1 mm

O PRIVY MARK

## The U.S. Mint Just Struck Morgan Silver Dollars for the First Time in 100 Years!

It's been more than 100 years since the last Morgan Silver Dollar was struck for circulation. Morgans were the preferred currency of cowboys, ranchers and outlaws and earned a reputation as the coin that helped build the Wild West. Struck in 90% silver from 1878 to 1904, then again in 1921, these silver dollars came to be known by the name of their designer, George T. Morgan. They are one of the most revered, most-collected, vintage U.S. Silver Dollars ever.

### **Celebrating the 100th Anniversary with Legal-Tender Morgans**

Honoring the 100th anniversary of the last year they were minted, the U.S. Mint struck five different versions of the Morgan in 2021, paying tribute to each of the mints that struck the coin. The coins here honor the historic New Orleans Mint, a U.S. Mint branch from 1838–1861 and again from 1879–1909. These coins, featuring an "O" privy mark, a small differentiating mark, were struck in Philadelphia since the New Orleans Mint no longer exists. These beautiful

coins are different than the originals because they're struck in 99.9% fine silver instead of 90% silver/10% copper, and they were struck using modern technology, serving to enhance the details of the iconic design.

### **Very Limited. Sold Out at the Mint!**

The U.S. Mint limited the production of these gorgeous coins to just 175,000, a ridiculously low number. Not surprisingly, they sold out almost instantly! That means you need to hurry to add these bright, shiny, new legal-tender Morgan Silver Dollars with the New Orleans privy mark, struck in 99.9% PURE Silver, to your collection. Call 1-888-395-3219 to secure yours now. PLUS, you'll receive a BONUS American Collectors Pack, valued at \$25, FREE with your order. Call now. These will not last!

**FREE SHIPPING!** Limited time only.  
Standard domestic shipping only.  
Not valid on previous purchases.

**To learn more, call now.  
First call, first served!**

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**Offer Code NSD189-02**  
Please mention this code when you call.

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DARRYL  
SCHRIVER

PRESIDENT/  
CHIEF  
EXECUTIVE  
OFFICER

# Power of the Co-op Model

ONE OF THE BEST COMPONENTS of Tri-County Electric Cooperative is that we are your local electric provider. I say this because as a consumer, you are a member *and* an owner of the co-op. Tri-County Electric Co-op is *your* utility.

As a member, you have some say in your cooperative, including the ability to vote on who serves you in the board room. We aren't governed by a far-away group of people in it to make a buck. We are regulated and governed locally by people who live in your communities.

The cooperative business model also gives members economic control. Instead of issuing stock or paying dividends to outside shareholders, co-ops allocate any margins – “profits” – to their members in the form of capital credits at the end of the year when they're able. 664001

Because cooperatives are owned and controlled by the people who use their services, decisions are made with the best interests of co-op members in mind—not to financially benefit corporate stockholders. Our distribution rates have been steady, and you have not seen an increase since July 2002. For the past 20 years, we have provided our members with electric service without increasing distribution rates.

In 2002, power costs claimed \$0.69 cents of every dollar we collected. As costs increased throughout the years, the percentage we have available to operate the co-op decreased. Now \$0.76 goes directly to Brazos Electric Power Cooperative for power costs. Fixed costs—including interest and depreciation—amount to around \$0.09. This leaves \$0.15 for the co-op to provide you safe, reliable electricity. These 15 cents cover a lot, including property taxes, maintenance on existing infrastructure, vegetation maintenance, facility maintenance, tools and equipment, member resources and so much more. Below is a visual representation of where your dollar goes.

For two decades, we have provided our members with electric service without increasing distribution rates. We believe keeping our rates the same for the past 20 years is a true testament to the co-op's focus on providing reasonably priced, cost-based electricity to your home or business. We have absorbed the increases while continuing to provide you competitive and reliable electric and customer service. To ensure the ongoing, long-term success of the co-op, the board of directors recently voted to adjust rates.

Times are changing, and we are doing everything we can to continue to meet your needs, while watching out for the bottom line. ■

## OPERATING COSTS (TRI-COUNTY ELECTRIC CO-OP)

### POWER COSTS (BRAZOS)





**MAX  
WADDELL**  
CHAIRMAN  
DISTRICT 9

# A Seat at the Board Table

**TRI-COUNTY ELECTRIC COOPERATIVE** operates with our member-owners' best interests at the forefront. As a not-for-profit electric cooperative, the only way we recover costs is through rates. We don't seek to make a profit like other utilities. In fact, any money that is left over after all expenses are paid—margins or profits—is returned to members on a pro rata basis.

For the past 83 years, we have been fiscally responsible with your money, operating the co-op on a small percentage of every dollar collected. As costs continue to rise, we need additional revenue to operate the business. Our current rates leave us little to no operating margins to provide your service, which is not healthy in our present economic environment.

Tri-County Electric Co-op closely monitors costs to protect the bottom line. We work with an independent consultant to help us understand our long-term rate structures and ensure we can continue to provide excellent and reliable service. As a board, we recently passed a resolution to change electric rates. The change will be a 5.78% overall adjustment to the distribution charge. 8004123101

Starting July 1, members in the residential, public buildings, small general service, large general service, oil fields, irrigation, cotton gins, and contract rates classes will see the following changes:

- **Elimination of the seasonal component.** Our co-op's retail rate classes currently have a seasonal kilowatt-hour (kWh) charge component. Eliminating the seasonal component will not only generate the additional revenue needed for the cooperative to operate, but it creates a consistent, year-round rate to allow members to budget more efficiently.
- **Increase the customer charge.** The cost of doing business has increased significantly in the past 20 years, and the current customer charge is not covering all our expenses. The customer charge for each rate class will increase as follows:
  - Residential, Public Buildings, Small General Service: \$3.00
  - Large General Service, Oil Fields, Irrigation, Contract Rates: \$5.00
  - Cotton Gins: \$25.00
- **Increase the energy charge for all months.** This increase will generate the revenue needed to provide the level of service you depend on while maintaining healthy margins. The energy charge for each rate class will increase as follows:

Residential: \$0.0058	Oil Fields: \$0.0036
Public Buildings: \$0.0039	Irrigation: \$0.0095
Small General Service: \$0.0050	Cotton Gins: \$0.0135
Large General Service: \$0.0037	Contract Rates: \$0.0052

The average residential member uses approximately 1,500 kWh per month and will see their bill increase by less than \$13 per month on average. Visit [tcectexas.com/my-bill](https://tcectexas.com/my-bill) to learn more about reading your billing statement. 19583001

Implementing a rate change is not something your co-op likes to announce, but it is necessary at times. This change will generate the annual revenue needed for Tri-County Electric Co-op to maintain service reliability and operations. ■

## NOTICE OF RATE CHANGE

Notice is hereby given that Tri-County Electric Cooperative, Inc. (the "Cooperative") intends to change its rates for electric service. Pursuant to Texas Utilities Code section 41.061 the Cooperative has adopted a resolution approving rate changes effective July 1, 2022.

These rate changes will be for bills mailed on or after July 1, 2022, with the corresponding usage period. It is anticipated that the proposed rate changes will increase adjusted test year 2020 annual revenues by \$20,359,806 or 5.78%.

The rate change affects members in the residential, public buildings, small general service, large general service, oil fields, irrigation, cotton gins, and contract rates classes.

You may obtain further information concerning the proposed rate changes and/or a copy of the proposed rate changes by calling the Cooperative at 817-444-3201.

Meetings to discuss the proposed changes will be held at 6:30 p.m. on Monday, June 6, at the Heritage Church of Christ (4201 Heritage Trace Parkway, Fort Worth, Texas 76244); Tuesday, June 7, at Tri-County Electric Cooperative (200 Bailey Ranch Road, Aledo, Texas 76008); and Thursday, June 9, at Seymour ISD Auditorium (500 Stadium Drive, Seymour, Texas 76380).





# Big r pow

**FOR CHEF ERIC TONIPS**, food and family are interwoven – and he’s big on both.

Eric and Rachel have seven children: Kelsi, 20, Karli, 19, Gavin, 16, Kenli, 12, Khloi, 9, Kalli, 7, and Keeli, 5. The family’s business – Comfort Kitchen Café at 1110 FM 1189, Suite #100, in Brock – has a small building, but a menu any 200-seat restaurant would envy.

“In the food industry, I’m doing it wrong, according to experts,” he laughs. But, he explains, a small-town restaurant needs a big menu. 5355001

“If we have 10 people here, I want to make food for those 10 people to come back every day, so I offer a lot of variety,” he says. “If you have 10,000 people, you can have one item on the menu and you’ll have a line every day.”

Doing it the *wrong* way is working.

“We might see our people three or four days a week,” he said. “You’re not going to go to ‘Canes three or four days a week, or Chipotle three or four days a week. We have to do it wrong to survive.”

Asking about his favorite menu item is like asking him to name his favorite child.

“I’m proud of all of it,” he says.

Eric, a native of Fort Worth, is a culinary school graduate, trained in classical French cuisine. He pioneered the concept of pre-prepared meals-to-go, then worked as a personal chef.

He was a chef for the Texas Rangers in 2009 and the Dallas Cowboys 2014-2016. In 2013 he was a finalist on the first episode of *Guy’s Grocery Games* on the Food Network.

When the Cowboys moved their headquarters to Frisco, he came to Brock.

“This restaurant has evolved,” he said. “It was going to be strictly catering, and I didn’t think it was going to be busy.”

That’s another mistake he readily admits to.

“The volume this place does is unreal,” he said. “There’s nothing like this in Weatherford, and the only thing somewhat similar in Fort Worth is Central Market.”

The key, of course, is quality: the chef’s touch. Everything is fresh, made from scratch. The menu includes grilled items as well as prepared foods like meat loaf, vegetables, chicken salad, pasta salad,

**“In the food industry, I’m doing it wrong, according to experts.”**

—ERIC TONIPS



# menu, big family er Brock's top chef

BY BOB BUCKEL, COMMUNICATIONS & MEDIA  
REPRESENTATIVE

OPPOSITE: One day, Chef Eric Tonips wondered what would happen if he mixed cheddar cheese, chopped bacon and fresh chopped jalapeño with hamburger meat, then breaded it like onion rings and deep-fried it. That's how the Ranch Hand burger was born.

RIGHT: Various side dishes available at the Comfort Kitchen Café.

*Photos by Danielle Voss,  
Communications Specialist*

mac-and-cheese – and salads, sandwiches and wraps you can buy from the case and take home.

The burgers are famous, and the giant onion rings are “old-school – breaded with buttermilk and flour.” Chili, fries and desserts each have their own fan base.

Catering is where the chef really flexes his culinary muscles. Selections include smoked salmon canape on pumpernickel, tomato bruschetta, pecorino stuffed mushrooms, smoked baby back ribs, flatbread tacos, black angus pot roast, beef tenderloin, roasted Brussels sprouts, four-cheese cavatappi, yeast rolls and award-winning chocolate ganache.

If you overdo it, you can ask Eric for some weight-loss tips: he's also a personal trainer. 800804043

Speaking of energy, both the Tonips' home and business are powered by Tri-County Electric Cooperative. Even during Winter Storm Uri in February 2021, their power stayed on.

“After the roads got decent, I came back and opened up and did burgers for people because they were so stir-crazy,” he said.

Whether you're stir-crazy or not, Comfort Kitchen is worth a drive. Most weeks, they're open for lunch Monday through Friday – but call them at (940) 859-0259 before you head to Brock, just to be sure. ■





# 2022 Youth Tour Winners

BY ANNIE MCGINNIS, DIRECTOR OF COMMUNICATIONS



**HUNTER BROOKS**

KELLER HS



**JAX FORREST**

WEATHERFORD HS



**NITYA NADELLA**

CARROLL SENIOR HS



**LAUREN PALFREY**

WESTLAKE ACADEMY



**SYDNEY REARDON**

LIBERTY CHRISTIAN SCHOOL



**JOSEPH UNRUH**

CARROLL SENIOR HS

TRI-COUNTY ELECTRIC COOPERATIVE'S 2022 Youth Tour winners are headed to Washington, D.C. June 12-21. These students will also receive a \$2,000 scholarship for college or trade school.

**Hunter Brooks**, the son of Robert and Bonnie Brooks, is a junior at Keller High School. He is on the bass fishing team, volunteers with CAST for Kids, and helps kids fish at Keller Town Hall pond and Bear Creek through the City of Keller Parks and Recreation. Hunter hopes to attend a 4-year university and establish a career in aviation logistics.

**Jax Forrest**, the son of John and Erika Forrest, is a junior at Weatherford High School. He serves as president-elect of the National Technical Honor Society and is on the bass fishing and baseball teams. Jax volunteers with the United Way of Parker County, Manna Storehouse, the Rotary Club and is a Salvation Army bell ringer. He hopes to obtain his master's of engineering and become a commercial pilot. 867001

**Nitya Nadella**, the daughter of Sri Vemulapalli and Ram Nadella, is a junior at Carroll Senior High School. She is involved in the Carroll debate team, Carroll Medical Academy, National Honor Society, Southlake Kids in Leadership, Carroll Baking Club, Health Occupations Students of America and volunteer organizations including Students and Athletes Serving Others, Toastmasters and PNC's Grow Up Great. Nitya aspires to attend medical school and become a cardiothoracic surgeon.

**Lauren Palfrey**, the daughter of Brian and Gloria Palfrey, is a junior at Westlake Academy. She serves as editor-in-chief of the school's newspaper, *The Black Cow*, competes in piano events and published a novel. Lauren plans to earn a master's in accounting, pass the CPA exam and become an investment banker. 8002127601

**Sydney Reardon**, the daughter of Mike and Melissa Spraker, is a junior at Liberty Christian School. She is on the dance and soccer teams, is a varsity cheerleader and participates in the all-school musical. She volunteers in the community as a youth soccer coach, junior dance leader and participates in community theatre. Sydney aspires to earn a degree in professional flight and business and become a commercial pilot.

**Joseph Unruh**, the son of Randall and Shelly Unruh, is a junior at Carroll Senior High School. He is on the baseball team and is involved in PALS and the Fellowship of Christian Athletes. He is an Eagle Scout and volunteers in community with Youth Men's Service League, GRACE and Scholars and Athletes Serving Others. Joseph hopes to obtain a business degree and pursue sales. ■



# 2022 Scholarship Recipients

BY ANNIE MCGINNIS, DIRECTOR OF COMMUNICATIONS

**TRI-COUNTY ELECTRIC COOPERATIVE** is excited to announce the 2022 scholarship recipients. This year, we are proud to award eight \$4,000 scholarships and eight \$2,000 scholarships to seniors headed to college or trade school.

As the scholarship administrator for the co-op, I would like to thank the 223 applicants who took the time to submit excellent applications. Our selection committee reviewed each application carefully. After more than two hours of deliberation, the committee selected the 16 recipients. I am proud to say that we have intelligent, well-rounded young adults in our communities who have bright futures. Congratulations to the class of 2022! 800670978

Tri-County Electric Co-op is delighted to award scholarships to the following students:

### \$4,000 Scholarship Recipients

- Addison Decker**, Seymour High School
- Olivia DeVault**, Central High School
- James “Bud” Green**, Aledo High School
- Charvi Katikala**, Keller High School
- Kaitlin Murphy**, VR Eaton High School
- Kannon Pitchford**, Brock High School
- Braden Williams**, Weatherford High School
- Courtney Zorich**, Keller High School

### \$2,000 Scholarship Recipients

- Ariyan Ashrafian**, Keller High School
- Brent Bertaux**, Keller High School
- Kellen Ducey**, Carroll Senior High School
- Zuhair Merali**, Timber Creek High School
- Karley Myers**, Munday High School
- Nathan Nguyen**, Azle High School
- Leah North**, Azle High School
- Sawyer Schenewark**, Granbury High School

### 2020 Youth Tour \$2,000 Scholarship Recipient

- Race Zwieg**, Homeschool

## Did you know?

**Tri-County Electric Cooperative funds our scholarship program through unclaimed capital credits.**

Tri-County Electric Cooperative is a not-for-profit electric provider and operates at cost. Each year the board of directors will allocate any margins—money remaining after all expenses are paid—to members on a pro rata basis. The board will review the financial health of the co-op and determine if it is financially feasible to return the allocated patronage in the form of capital credits.

Unclaimed capital credits are escheated to the state and a portion is returned to be used for scholarships.



# Meet the Candidates

## District 5



**STEVE  
HARRIS**

INCUMBENT



**MIKE  
HALL**

NOMINATION  
CANDIDATE

## District 7



**LARRY  
MILLER**

INCUMBENT



**SOMMER  
PORTWOOD**

NOMINATION  
CANDIDATE

## District 9



**MAX  
WADDELL**

INCUMBENT

**Join us virtually  
at 6:30 pm on  
Thursday, August  
18, for the candidate  
forum.** Each director  
candidate will be asked  
a series of questions.

The forum will be  
recorded and available  
on our website after  
the event. Additional  
details will be in  
the July and August  
*Texas Co-op Power*  
magazines.

## Tri-County Electric Cooperative

A Touchstone Energy® Cooperative

### CONTACT US

200 Bailey Ranch Road

Aledo, TX 76008

Phone 817-444-3201

Email [customer\\_service@tcectexas.com](mailto:customer_service@tcectexas.com)

Web [tcectexas.com](http://tcectexas.com)

### President/CEO

Darryl Schriver

### Board of Directors

Max Waddell, District 9 - Chairman

John Killough, District 6 - Vice Chairman

Margaret Koprek, District 2 - Secretary/Treasurer

Kevin Ingle, District 1

Jorden Wood, District 3

Jerry A. Walden, District 4

Steve V. Harris, District 5

Larry Miller, District 7

Michael Sivertsen, District 8

**24/7**

## Outage Reporting

For information and  
to report outages, please  
contact us.

Online: [oms.tcectexas.com](http://oms.tcectexas.com)

App: TCEC Connect

Phone: 817-444-3201

Text: OUTAGE to 25069

### ABOUT TRI-COUNTY ELECTRIC CO-OP

Tri-County Electric Co-op owns and maintains  
more than 9,600 miles of line to provide electric  
service to more than 99,800 members in Archer,  
Baylor, Denton, Foard, Haskell, Hood, Jack, King,  
Knox, Palo Pinto, Parker, Stonewall, Tarrant,  
Throckmorton, Wilbarger, and Wise counties.

### OFFICE LOCATIONS

#### Aledo

200 Bailey Ranch Road, Aledo 76008

#### Azle

600 NW Parkway, Azle 76020

#### Granbury

1623 Weatherford Highway, Granbury 76048

#### Keller

4900 Keller-Hicks Road, Fort Worth 76244

#### Seymour

419 N. Main, Seymour 76380

### IT PAYS TO STAY INFORMED

Find your account number in pages 18-25 of  
*Texas Co-op Power*, and you will receive a \$20  
credit on your electric bill. Simply contact one of  
the offices listed above and make them aware of  
your discovery!

### VISIT US ONLINE

[tcectexas.com](http://tcectexas.com)

[Facebook.com/TCECTexas](https://www.facebook.com/TCECTexas)

# Brussel Sprouts Au Gratin

BY KATHLEEN KECHNIE  
WEATHERFORD

- 2 lbs. Brussel sprouts
- 3 tbsp butter, melted
- 1 cup heavy cream
- 1 cup breadcrumbs
- ¼ cup swiss cheese, shreaded
- Salt and pepper

1. Trim and cut Brussel spouts in half. Place in a 9 x 13-inch baking dish and toss with 2 tablespoons butter, salt and pepper. Arrange evenly in the pan.
2. Roast at 425°F for 25 to 30 minutes, until tender and browned. Toss once halfway through.
3. Pour heavy cream over sprouts and sprinkle with salt. Continue baking about 10 minutes, until cream has thickened.
4. In a medium bowl, stir together breadcrumbs, 1 tablespoon butter, salt and swiss cheese.
5. Remove pan from oven. Set oven to broil and position top rack 6 inches below broiler.
6. Sprinkle breadcrumb mixture over sprouts and broil 3 to 5 minutes until golden brown.
7. Enjoy!



RITAE | PIXABAY

## OUTAGE TEXTING

Text “OUTAGE”  
to 25069  
to report your outage



For more info: [tcectexas.com/outage-texting](https://tcectexas.com/outage-texting)

### Tri-County Electric Co-op Member Recipe Submission Form

MEMBER \_\_\_\_\_

CITY \_\_\_\_\_

EMAIL or PHONE NUMBER \_\_\_\_\_

RECIPE NAME \_\_\_\_\_

#### SUBMITTING YOUR RECIPE:

**EMAIL:** Please include the above information with your recipe and send to [pr@tcectexas.com](mailto:pr@tcectexas.com)

**ONLINE:** [tcectexas.com/recipe-submission](https://tcectexas.com/recipe-submission)

**MAIL:** Please detach and submit this form with your recipe and mail to:

Tri-County Electric Cooperative  
Attn: Recipe Submission  
200 Bailey Ranch Road  
Aledo, Texas 76008





# RECHARGEABLE Digital Hearing Aid

BUY 1  
GET 1 **FREE**

**NEW LOW  
PRICE**

REG ~~\$299.98~~  
**ONLY  
\$149<sup>99</sup>**

Each When You Buy a Pair

**PLUS FREE SHIPPING**  
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**How can a rechargeable hearing aid that costs only \$149<sup>99</sup> be every bit as good as one that sells for \$2,400 or more?**

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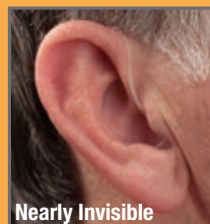
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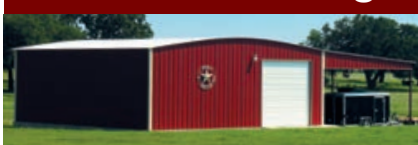
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— wisdom from the most successful investor of all time

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# Doctor's Orders

UT medical school faculty left Galveston to provide aid during World War I

BY MARTHA DEERING • ILLUSTRATION BY DANA SMITH

WHEN DR. ETHEL LYON HEARD returned to Texas after serving overseas with the Red Cross during World War I, she was holding tightly to the hand of a 3-year-old orphan from France named Jean Thibaut. After the child's house was nearly destroyed by a mortar in 1918, he was discovered in a back room the following day and brought to the hospital where Lyon Heard worked.

Before the war, Lyon Heard taught classes in hygiene and child care at the University of Texas' medical school in Galveston. Making space in her life for a child orphaned by war was just one of the countless acts of service and moments of bravery undertaken by UT faculty when the U.S. joined the war effort.

"These men and women sacrificed their lives and future professions by en-

listing in the war effort in Europe," says Dwayne Jones, director of the Galveston Historical Foundation. "The effects of the war redirected each life and altered the direction of health care forever."

Known today as the University of Texas Medical Branch, the school started in October 1891 with 13 instructors, 23 students and one building.

The mettle of the school was tested right away when the devastating 1900 Galveston hurricane struck. Much of the city was destroyed, but Galveston doctors led recovery efforts.

When the U.S. formally entered World War I in 1917, new and catastrophic forms of combat—trench warfare and chemical and biological weapons—required increased medical care for troops. The situation worsened when the Spanish

flu pandemic swept across the battle-grounds of Europe, killing thousands in just a few days. The American Expeditionary Forces sent out an urgent call for physicians, medical faculty and medical students to assist in the war effort.

The Council of National Defense urged medical students to stay in school and faculty to continue their critical teaching duties. But that didn't stop some of UT's medical personnel, who joined personnel from other leading U.S. universities in enlisting.

Lyon Heard's husband, Dr. Allen George Heard, adjunct professor of pediatrics, joined the medical corps and was assigned to British forces in England. Wounded twice, he received two citations for "conspicuous bravery" in action on the battlefields of France.

Dr. Herbert Lee McNeil, an assistant professor of clinical pathology, was assigned to oversee a hospital with 4,000 patients, later serving on the front lines. Dr. Estill Lee Rice was business manager of the school's medical magazine as a student. He served aboard the USS Nicholson, where he led a rescue mission to treat sailors injured in a German U-boat attack. Dr. Jess Autry Flautt was an instructor in obstetrics and gynecology before enlisting in the Navy Medical Corps on the day after the U.S. declared war. He rescued men from a ship loaded with explosives.

In November 2019, UTMB unveiled a Texas Historical Commission marker to honor the extraordinary contributions of eight members of the school's faculty and 11 students who served during the war effort. Some of the physicians sacrificed their hard-earned professional positions, and in some cases their lives, to serve.

Dr. Ben Raimor, UTMB's president, hopes the marker inspires today's physicians. "The physicians honored on the new historical marker represent service before self, which is what we continue to instill in our students today." ■



# Weeknight Dinners

Busy day? No need to sweat it with these stress-free dishes

BY MEGAN MYERS, FOOD EDITOR

Quick and easy dinners are the backbone of our meals. One of my favorites is a stir-fry—you can throw almost anything you have on hand in, and less than 30 minutes later you have a full meal. This beef and green bean stir-fry is a go-to in my family, especially when we have lots of green beans from the garden or tucked away in the freezer. If you like it spicy, add your favorite hot sauce to the dish.

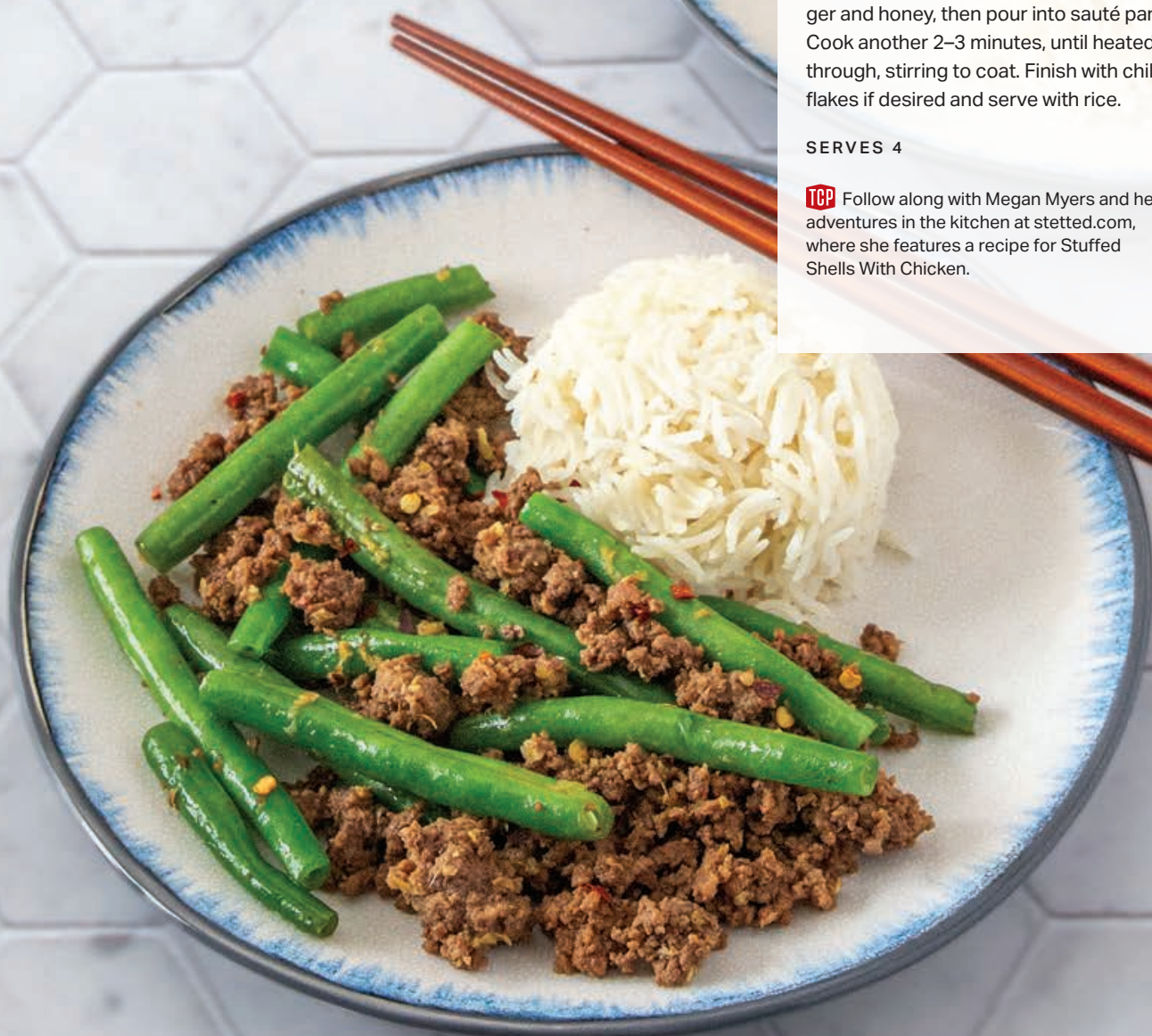
## Beef and Green Bean Stir-Fry

**1 pound ground beef**  
**1 pound green beans, trimmed**  
**3 tablespoons soy sauce**  
**2–3 cloves garlic, minced**  
**1 tablespoon grated fresh ginger**  
**1–2 teaspoons honey**  
**Crushed red chile flakes (optional)**  
**Cooked rice, to serve**

1. In a large sauté pan over medium-high heat, cook the ground beef until browned, breaking into pieces as it cooks. Drain excess grease if desired.
2. Stir in the green beans and cook for about 5 minutes, until beans are bright green and crisp-tender.
3. Whisk together soy sauce, garlic, ginger and honey, then pour into sauté pan. Cook another 2–3 minutes, until heated through, stirring to coat. Finish with chile flakes if desired and serve with rice.

**SERVES 4**

**TCP** Follow along with Megan Myers and her adventures in the kitchen at [stetted.com](http://stetted.com), where she features a recipe for Stuffed Shells With Chicken.





## Spaghetti Carbonara

LINDA HARDWICK  
HOUSTON COUNTY EC

Carbonara is the ultimate comfort food and easier than you might think. This version brings in heat with crushed red chile flakes, so add according to your tastes.

- 1 pound spaghetti or other pasta
- 4–6 slices bacon, chopped
- 5–6 cloves garlic, minced
- 1 teaspoon crushed red chile flakes, or to taste
- ½ cup dry white wine
- 2 eggs
- ¾ cup grated Parmesan cheese
- Salt and pepper
- 2 tablespoons chopped fresh parsley (optional)

1. Bring a large pot of salted water to boil and add pasta, cooking according to package instructions. Reserve ½ cup pasta water and drain pasta, setting aside to keep warm.
2. While the pasta cooks, in a large frying pan over medium heat cook bacon until crisp. Remove bacon and set aside.
3. To the same pan, add garlic and red chile flakes and sauté for 1 minute, then add white wine, scraping up any stuck bits on the bottom of the pan.
4. Whisk together eggs and Parmesan, then add pasta, egg mixture, bacon and reserved pasta water to the frying pan, tossing with tongs to mix together and create a creamy sauce. Add salt and pepper to taste, and serve with parsley.

SERVES 6



\$500 WINNER

## Eggplant Pizzettes

KAY LEUSCHNER  
NUECES EC



Quick, easy and filling, this is a twist on standard eggplant Parmesan. Serve it as is for a lighter meal or add to a dish of pasta with extra sauce.

SERVES 4

- ½ cup breadcrumbs
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ½ teaspoon garlic powder
- ¾ cup grated Parmesan cheese
- ¼ cup mayonnaise
- 1 eggplant, cut into ½-inch slices
- 1 jar (26 ounces) spaghetti sauce
- 1 cup shredded mozzarella or other cheese

1. Preheat oven to 425 degrees. In a shallow bowl, combine breadcrumbs, spices, garlic powder and Parmesan.
2. Spread a thin layer of mayonnaise on both sides of eggplant slices. Dip each slice into breadcrumb mixture, pressing gently to adhere the coating to both sides.
3. Arrange eggplant on an ungreased rimmed baking sheet and bake 15 minutes or until tender.
4. Remove from oven and reduce temperature to 375 degrees. Spread each eggplant slice with a dollop of spaghetti sauce and top with mozzarella. Return pan to the oven for 10–15 minutes or until cheese is melted.

## TCP \$500 Recipe Contest

HOLIDAY SIDES DUE JUNE 10

We know there's pride in the sides at your holiday feast. Submit your recipes on our website by June 10 for a chance to win \$500.



MORE RECIPES >





## Zuppa di Ceci

SIMONA CUDE  
BANDERA EC

This easy dish—the name means chick-pea soup—gets a burst of vibrant flavor from lemon juice and capers. Cude recommends mashing some of the chickpeas before serving for a creamier soup.

**2 tablespoons olive oil**  
**½ onion, finely chopped**  
**3 cloves garlic, minced**

**1 medium golden potato, diced**  
**1 can (15 ounces) chickpeas, drained and rinsed**  
**Pinch crushed red chile flakes**  
**3 cups vegetable broth**  
**1 teaspoon salt**  
**½ teaspoon pepper**  
**2 tablespoons lemon juice**  
**2 cups croutons, divided use**  
**2 tablespoons drained capers (optional)**  
**Chopped fresh parsley (optional)**

1. In a large soup pot over low heat, heat oil. Add onion and garlic and cook 2 minutes. Add potato and cook another 2 minutes.
2. Stir in chickpeas, chile flakes, broth, salt and pepper. Raise heat to medium-high and bring to a boil, then reduce to low and cook 20 minutes, stirring occasionally.
3. Remove from heat and stir in lemon juice. Taste and adjust seasonings if desired.
4. Add ½ cup croutons to each of 4 bowls and ladle soup over the top. Top with capers and parsley, if using.

**SERVES 4**

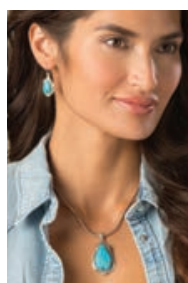
## Batching for Busy Days

BY MEGAN MYERS

**You can freeze cooked beans and grains, like rice and quinoa, for easy use later.**

1. Cook as usual, doubling or tripling the recipe for larger batches.
2. Let cool completely. Cool grains quickly by spreading onto a large sheet pan.
3. Scoop into freezer-safe bags or containers in 1- or 2-cup increments. Remove as much air as possible, then seal, label and store in the freezer.
4. Thaw overnight in the refrigerator or more quickly in a bowl of warm water; or add to your favorite soups while frozen.

## SACRED STONE OF THE SOUTHWEST IS ON THE BRINK OF EXTINCTION



Centuries ago, Persians, Tibetans and Mayans considered turquoise a gemstone of the heavens, believing the striking blue stones were sacred pieces of sky. Today, the rarest and most valuable turquoise is found in the American Southwest—but the future of the blue beauty is unclear.

On a recent trip to Tucson, we spoke with fourth generation turquoise traders who explained that less than five percent of turquoise mined worldwide can be set into jewelry and only about twenty mines in the Southwest supply gem-quality turquoise. Once a thriving industry, many Southwest mines have run dry and are now closed.

We found a limited supply of turquoise from Arizona and purchased it for our **Sedona Turquoise Collection**. Inspired by the work of those ancient craftsmen and designed to showcase the exceptional blue stone, each stabilized vibrant cabochon features a unique, one-of-a-kind matrix surrounded in Bali metalwork. You could drop over \$1,200 on a turquoise pendant, or you could secure 26 carats of genuine Arizona turquoise for **just \$99**.

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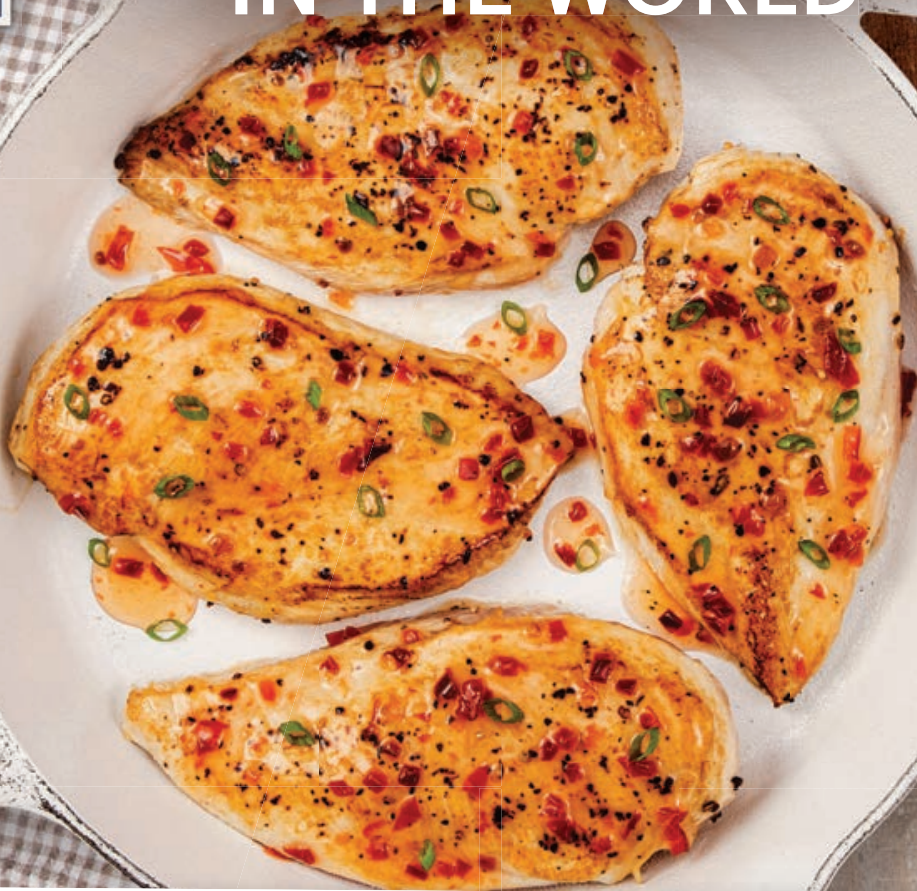
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COURTESY CHET GARNER

## Eruption Evidence

Drive into the Paisano Pass Volcano in far West Texas to view prehistory

BY CHET GARNER

**IF I CLOSE** my eyes to imagine a volcano, I see a Polynesian island with palm trees, beaches and an endless ocean. I definitely don't imagine the cactus-filled landscapes of West Texas.

Yet there I was, standing on the shoulder of U.S. Highway 90, halfway between Alpine and Marfa, staring at the Paisano Pass Volcano, which—fortunately for visitors—has been dormant for about 30 million years.

The drive west from Alpine to the ancient site was impressive. Red cliffs and strange rock spires on each side of the road made me feel like I was traveling back to the Cretaceous Period. Honestly, I wouldn't have been surprised if a T. rex had crossed the road in front of me. I crested a hill and dropped into a valley, where I pulled into a roadside park to read an educational panel about the lava-formed landscape.

All around me were colorful cliffs, knobby boulders and crag-covered mountains that were formed during the Oligocene Epoch, 23–33 million years ago. Dinosaurs were extinct then, but giant mammals walked the earth, including 18-foot-tall beasts that looked like a mix between horses and rhinos. It was during this era that the Paisano Pass Volcano exploded and then collapsed back onto itself, leaving a 3-mile-wide caldera that stretches as far as you can see from the small park.

Geologists come from all over the world to study this volcano because it exposed layers of rock normally hidden miles below the surface of the earth. The Big Bend is still tectonically active and has even experienced violent earthquakes as recently as 1998. While another volcanic eruption is unlikely, I never say never in Texas. And so I promptly got back in my truck and continued down the road. ■

ABOVE Chet studies a roadside panel depicting the history and geology of the Paisano Pass Volcano.

**TCP** Chet vs. the volcano: It's not a movie, but it is a video on our website. Watch all his Texplorations on *The Daytripper* on PBS.



## Know Before You Go

Call ahead or check an event's website for scheduling details.

## JUNE 09

**Lufkin Beautiful: The Carole King Musical**, (936) 633-5454, [angelinaarts.org](http://angelinaarts.org)

**Abilene [9–11] Children's Art and Literacy Festival**, (325) 677-1161, [abilenecalf.com](http://abilenecalf.com)

**Lockhart [9–11] Chisholm Trail Roundup**, (512) 398-2818, [chisholmtrailroundup.com](http://chisholmtrailroundup.com)

**Temple [9–11] Texas State Federation Square and Round Dance Festival**, (254) 223-2484, [squaredancetx.com](http://squaredancetx.com)

## 10

**Levelland Sip & Swirl**, (806) 894-9079, [downtownlevelland.com](http://downtownlevelland.com)

**Fredericksburg [10–11] Craft Beer Festival**, (830) 997-8515, [fbgcrafterbeerfestival.com](http://fbgcrafterbeerfestival.com)

**Fredericksburg [10–11] Thomas Michael Riley Music Festival**, (830) 997-3224, [thomasmichaelriley.com](http://thomasmichaelriley.com)

**Blanco [10–12] Lavender Festival**, (830) 833-5101, [blancolavenderfest.com](http://blancolavenderfest.com)

**Elgin [10–11, 19] Juneteenth Festival**, (512) 963-2721, [elgintx.com/194/juneteenth-festival](http://elgintx.com/194/juneteenth-festival)

**San Antonio [10–Aug. 6] Fiesta Noche del Rio**, (210) 226-4651, [fiestanochesa.com](http://fiestanochesa.com)

## 11

**East Bernard Czech Kolache-Klobase Festival**, (979) 335-7907, [kkfest.com](http://kkfest.com)

**Fredericksburg Pride in the Pacific**, (830) 997-8600, [pacificwarmuseum.org](http://pacificwarmuseum.org)

**Jacksonville Tomato Fest**, (903) 586-2217, [jacksonvilletexas.com/tomato-fest](http://jacksonvilletexas.com/tomato-fest)

**Kyle Market Days**, (512) 262-3939, [cityofkyle.com](http://cityofkyle.com)

**Mesquite Rodeo Road Rally**, (972) 284-9411, [rodeoroadrally.com](http://rodeoroadrally.com)

**Nacogdoches Texas Blueberry Festival**, (936) 564-7351, [texasblueberryfestival.com](http://texasblueberryfestival.com)

**Lufkin [14-15] Blue Man Group**, (936) 633-5454, [angelinaarts.org](http://angelinaarts.org)

**Stonewall [16-18] Peach JAMboree**, (830) 644-2735, [stonewalltexas.com](http://stonewalltexas.com)

**Kyle Ash Pavilion Skate Night**, (512) 262-3939, [cityofkyle.com](http://cityofkyle.com)

**Longview [17-19] Great Texas Balloon Race**, (903) 753-3281, [greattexasballoonrace.com](http://greattexasballoonrace.com)

**Comanche Rodeo Parade**, (325) 356-3233, [comanchechamber.org](http://comanchechamber.org)

**Lake Jackson Bird Banding**, (979) 480-0999, [gcbo.org](http://gcbo.org)

**Bowie [18-25] Jim Bowie Days Rodeo and Celebration**, (940) 872-1114, [jimbowiedays.org](http://jimbowiedays.org)

MORE EVENTS >

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## Pick of the Month

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Fairfield, June 13-18  
(903) 388-5003, fcfar.org

Check out the rodeo action, live-stock show, rides, food and other entertainment as Free-stone County's annual fair cele-brates the century mark. Fairfield is about 60 miles east of Waco.

## JUNE EVENTS CONTINUED

22

**Levelland [22-25] Golden  
Spread Classic Steer  
and Heifer Show,**  
(806) 759-1102,  
goldenspreadclassic.com

23

**Mexia [23-25] Rodeo,**  
(254) 562-5569,  
mexiachamber.com

25

**Arlington Tommy DeCarlo  
With Rudy Cardenas,**  
(817) 543-4308,  
levittpavilionarlington.org

**Brenham Crystal Gayle,**  
(979) 337-7240,  
thebarnhillcenter.com

**Comanche Red Dirt  
Dinner and Dancing,**  
(325) 325-3233,  
comanchechamber.org

**Ennis Freedom Fest,**  
(972) 878-4748,  
visitennis.org

**Belton [25, July 1-4]  
4th of July Celebration,**  
(254) 939-3551,  
beltonchamber.com

JULY

01

**Canadian [1-4] Fourth  
of July Celebration,**  
(806) 323-6234,  
canadiantx.com

02

**Boerne Music in the  
Cave: American Stories  
by Marbrisha Trio,**  
(830) 537-4212,  
cavewithoutaname.com

**Fredericksburg [2-3,  
16-17] Pari-Mutuel Horse  
Racing,** (830) 997-2359,  
gillespiefair.com

**Granbury [2-4] Hometown  
4th of July,** (817) 573-1622,  
visitgranbury.com

**The Colony Liberty by  
the Lake,** (972) 625-1106,  
visitthecolonytx.com/events

03

**Addison Kaboom Town,**  
(972) 450-2800,  
addisonkaboomtown.com

**Grand Prairie [3-4]  
Lone Stars & Stripes  
Fireworks Celebration,**  
(972) 263-7223,  
lonestarpark.com

04

**Cameron 4th of July  
Fireworks,** (254) 697-4979,  
cameron-tx.com

**Fredericksburg 4th of July  
Parade and Fireworks,**  
(830) 997-6523,  
visitfredericksburgtx.com

**Lubbock 4th on Broadway,**  
(806) 749-2929,  
broadwayfestivals.com

**McKinney Red, White and  
Boom,** (972) 547-7480,  
mckinneytexas.org

**Tomball July 4th Fire-  
works and Street Fest,**  
(281) 351-5484,  
tomballtx.gov

# Industrial

Docks, factories, train yards and mills are all reminders of local industry that dot the Texas landscape—or used to. Rediscover remnants of the past and celebrate innovations that move us into the future.

CURATED BY GRACE FULTZ



**1 LISA CORKER**  
FAYETTE EC

"Beautiful sunset at the Galveston shipyard."

**2 REAGAN FERGUSON**  
CENTRAL TEXAS EC

An abandoned Fort Worth incinerator.

**3 STEPHANIE EHLERT**  
GREENBELT EC

Pastureland in Jericho on what used to be part of Route 66.

**4 DANNY PICKENS**  
CHEROKEE COUNTY EC

"This abandoned factory in Longview seems as though everyone just walked away and left it to decay."



## Upcoming Contests

**DUE JUN 10** Hometown Pride  
**DUE JUL 10** Aerials  
**DUE AUG 10** Winter Wildlife



Enter online at [TexasCoopPower.com/contests](https://TexasCoopPower.com/contests).

**TCP** See Focus on Texas on our website for more Industrial photos from readers.





## Pop's Light Touch

A keepsake reminds a daughter of her father's illuminating ways

BY BABS RODRIGUEZ  
ILLUSTRATION BY  
NAVINA CHHABRIA

**MY FATHER** was always telling someone to turn out a light.

Except when he was telling one of his five children to turn one on.

"Time for bed, turn out your light."

"Turn out the light you left on in the bathroom."

"Turn on your desk light, you'll ruin your eyes."

A military man who ran a tight ship at home, Pop had a sixth sense when it came to knowing who had left an unoccupied room without flipping a switch or who was reading in the dark.

I think about him whenever I set up the furnishings in a new household because he taught me the power of light to set a mood. He had strong opinions about which combination of lamps would generate the best conversation

or encourage lingering over dinner or—with a measured flipping of switches—not so subtly end an evening.

For my 13th birthday, I was allowed to host my very first boy-girl fiesta, made yet more festive by the number of string lights he hung in the backyard trees. However, that gesture may have been less about mood setting and more about oversight. That was definitely how he used the porch lights, flashing them on and off during my high school years and sending clear messages to any one of us daughters hovering outside with a date for what he considered too long.

Maybe his time on the air base or studying the lighted dials in a bomber's cockpit made him keenly attuned to messaging via lighting, but he never bought a lamp or a fixture without some research. Except for one.

Once, at an antiques show, he impulsively purchased a tiny brass lamp. He called it a fairy lamp, although it looked nothing like the glass Victorian-era candle lamps of that name. It was charming, with signs of the maker's hand in the unpolished brass base and a thin metal shade that looked like a pointed gnome's cap.

When he bought it, I was sad that the lamp's wiring was so dangerously undone that there was no doubt it was a fire hazard. And while he forbade me from ever actually using it, I kept that lamp in my room, imagining the places it might have illuminated in years past.

Pop had it rewired for me when I left for college, and it's traveled with me around the world. It is the most meaningful gift I ever received, but in case the metaphor eluded my young self, he included a card: "If you get homesick, Daughter, know I've always left a light on for you."

I think of him every time I switch it on, but only after I've turned out all the lights I'm not using. ■



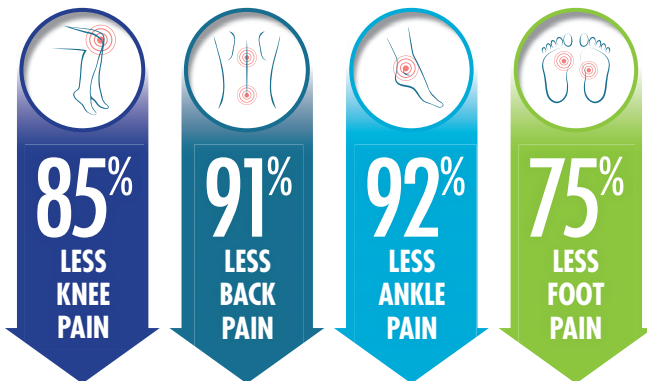
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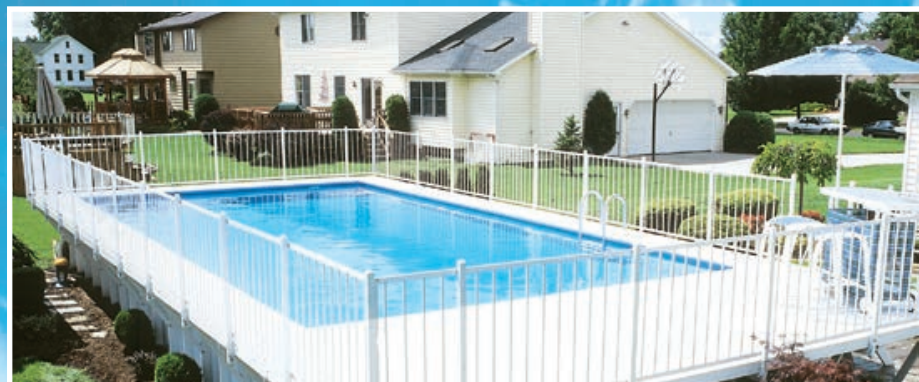


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