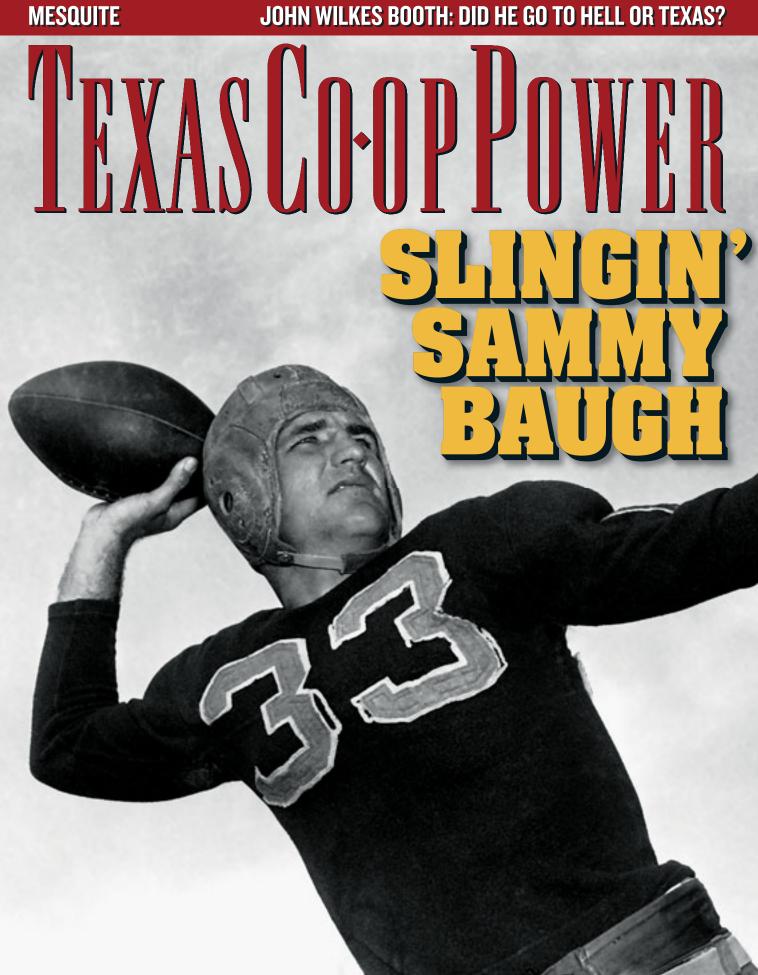
JOHN WILKES BOOTH: DID HE GO TO HELL OR TEXAS?





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# September

2009



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By Clay Coppedge

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#### FAVORITES

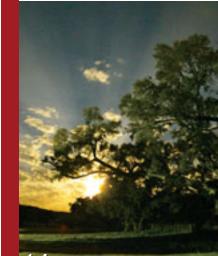
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# **TexasCoopPower**

Texas Co-op Power is published by your electric cooperative to enhance the quality of life of its member-customers in an educational and entertaining format. TEXAS ELECTRIC COOPERATIVES BOARD OF DIRECTORS: Darren Schauer, Chair, Gonzales; Kendall Montgomery, Vice Chair, Olney; Rick Haile, Secretary-Treasurer, McGregor; Steve Louder, Hereford; Billy Marricle, Bellville; Mark Stubbs, Greenville; Larry Warren, San Augustine

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### letters



#### BELLE STARR A CORKER

I loved your July 2009 article on outlaw Belle Starr ("Bawdy Belle Starr," Footnotes in Texas History). She possessed such rugged individualism with a minor in femininity. I had not been reading your publication until this article caught my eye. I am hooked now—interesting and informative writing. Thank you.

ESPEVIA GUTIERREZ

Guadalupe Valley

Electric Cooperative

#### NOW THAT'S A LOT OF DOUGH

Your July 2009 issue had a recipe for Knock Your Socks Off Buttermilk Pie that caught my eye. I live in Gunter. We were having a Fourth of July Festival with a baking contest. The Gunter Fire Department then had a fundraising auction including baked goods. I thought my pie wouldn't bring much. Well, I was wrong. The buttermilk pie won first place and sold to Wayne Hall for \$525. I think it set a record price in our pie auction.

Keep up the good work.

BARBARA BENNETT

Grayson-Collin Electric Cooperative

Visit www.texascooppower.com for our Recipes Archive.

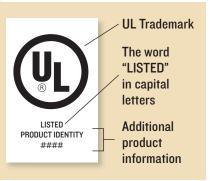
We want to hear from our readers. Send letters to: Editor, Texas Co-op Power, Il22 Colorado, 24th Floor, Austin, TX 7870I, or e-mail us at letters@texas-ec.org, Please include the name of your town and electric co-op. Letters may be edited for clarity and length and will be printed as space allows. Read additional letters at www.texascooppower.com.

POWERTALK RIALK

#### LOOK FOR THE UL LOGO

For more than 100 years, Underwriters Laboratories' instantly recognizable UL Mark has guided consumers to reputable electrical products that have been rigorously tested and approved for safe use. But alas, there are counterfeit goods on the market.

Any UL Mark should look like the one shown here. And to make things even easier for buyers, Underwriters



Laboratories has introduced a new holographic version that's required in 32 consumer product areas prone to counterfeiting, including power supply cords, night lights and ceiling fans.

The mark, which has been in use since July 1, features a gold background, color-shifting ink similar to that in new U.S. paper currency and a repeating pattern of floating UL symbols. In some cases, the mark is only on the packaging.

CableOrganizer.com (http://cableorganizer.com), a world leader in providing cable, wire and equipment management-related products for business and residential use, encourages consumers to shop smart and advises them to avoid:

- Products whose packaging references Underwriters Laboratories but lacks a company name, trademark, trade name or other UL-authorized designations.
- Use of words such as "approved" or "pending"—neither word is sanctioned or used by Underwriters Laboratories—in place of words such as "classified" or "listed."
- A so-called UL Mark on product packaging made suspect by spelling and grammatical errors.
- The lack of product documentation, including instructions for use, safety warnings and information on proper care and maintenance.
- Product packaging that lacks a toll-free customer service number, company address or other corporate contact information.

For more information about UL Marks, go to www.ul .com/global/eng/pages/corporate/aboutul/ulmarks/mark.

#### **GLOSSARY**

#### **ALTERNATING CURRENT (AC)**

An electrical current that regularly reverses direction (as opposed to direct current, which flows in only one direction). Transformers can increase or decrease the voltage of AC, allowing for the efficient, long-distance transport of high-voltage electricity. The voltage is then lowered for consumer use. Most homes and businesses worldwide use AC electricity.



# And turn singe races, wire cally we

HAPPENINGS

Not every dog will be a wiener—but every dog, in one way or another, will be a winner at the third annual **DACHSHUND DAYS FESTIVAL** set for September 12 in Cleburne, south of Fort Worth.

All breeds are welcome at the event-opening parade. And the same holds true for the costume contest that features four categories: formal wear, cutest, most original and best costume worn by both the dog and owner.

Bone up for the talent contest in which dogs of all breeds will compete for such titles as best kisser, best singer and best dancer. And yes, there will be dachshund races, with the fast little dogs high-tailing it down—and erratically weaving in and out of—50-foot-long lanes divided only by chalk.

For more information, call (817) 556-2382 or go to www.campfireusatesuyacouncil.org.

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—Matt Warnock Turner, Remarkable Plants of Texas: Uncommon Accounts of Our Common Natives, University of Texas Press, 2009

# JTURE TALK

#### UT EXPERIMENTS WITH THIN-FILM SOLAR

A group led by a University of Texas chemical engineering professor has dreams of mass-producing solar panels on huge printing presses like those used by newspapers.

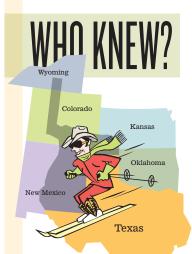
The group has created an ink-like concoction of light-absorbing material that can be spray painted on a combination of plastic and metal to make solar panels thinner than a sheet of paper, according to the *Austin American-Statesman*.

To date, though, the panels convert only 1 percent of the sunlight that hits them to electricity. Ten percent conversion would make them commercially viable. The UT team has a long way to go to match researchers at the U.S. Department

of Energy's National Renewable Energy Laboratory who say they've created a thin-film solar cell with 19.9 percent efficiency.

The thin-film solar technology could reduce the cost of putting a solar array on a roof from more than \$20,000 to less than \$2,000, said Brian Korgel, the UT professor leading the research.





When Texas joined the Union in 1845, the state was twice its approximate current-day size of 268,000 square miles, as recounted in the book Going To Texas: Five Centuries Of Texas Maps (Texas Christian University Press, 2007). But five years later, chronically short of cash, Texas sold parts of territories it claimed in what are now Colorado. New Mexico and Kansas to the United States for \$10 million. Just think. We could be skiing in the Texas mountains if we'd kept the land.

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BY JOE HOLLEY



Washington Redskins quarterback Sammy Baugh drops back to pass against the Chicago Bears on September 13, 1942.

On a Saturday morning more than 50 years ago, Dad roused my brothers and me out of bed and drove us to Holt's Sporting Goods in downtown Waco. Holt's was where we stocked up every season on baseball gloves and bats, but on this morning he wanted us to meet someone.

"Boys, meet Slingin' Sammy Baugh," he said, nudging us toward a tall, dark-haired man in a sport coat and slacks, who smiled down at us, shook our hands and signed an autograph. Kenny, Steve and I had no idea who he was.

Sportswriter Dan Jenkins could have told us. Jenkins grew up in Fort Worth and saw Baugh play football at Texas Christian University in some of the epic battles of the old Southwest Conference.

"I still think he's the greatest quarterback who ever lived, college or pro," Jenkins told me.

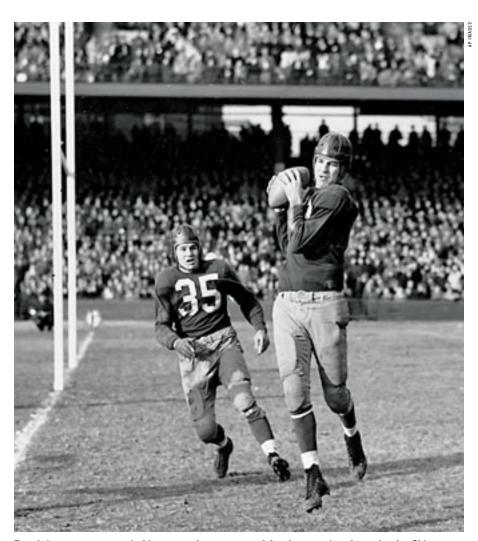
Baugh revolutionized the game of football. A living link between the leather-helmet era and the modern, he spread the field, opened up the game and made the forward pass a strategic weapon, not a desperation heave. He made quarterback the glamour position, which means that Brett Favre, Donovan McNabb, Peyton Manning and all the other football field generals since Baugh are in his debt.

After his All-American career at TCU, Baugh led the Washington Redskins to five title games and two NFL championships, while leading the league in passing six times and in punting four times. In 1943, the triplethreat Baugh, who also played defensive back, recorded a triple crown when he led the NFL in passing, punting and interceptions.

Born in 1914 in Temple, Samuel Adrian Baugh spent his high school years in Sweetwater, where he starred on the high school football, basketball and baseball teams.

After high school, he enrolled at TCU, where he earned nine letters in those same three sports. But it's in football where Baugh really made his mark, leading the Horned Frogs to Sugar Bowl and Cotton Bowl wins in 1936 and '37, respectively.

Soon, the Redskins called to congratulate him on being their No. 1 draft pick. "I didn't know what they were talking about, because frankly, I had



Baugh intercepts a pass in his own end zone to squelch a late scoring threat by the Chicago Bears in the December 13, 1942, NFL championship game.

never heard of either the draft or the Washington Redskins," he told sportswriter Whit Canning a few years back.

Redskins owner George Preston Marshall offered Baugh a \$5,000 contract. His college football coach and mentor, Dutch Meyer, advised him to hold out for \$8,000. Marshall met his demand, making the young Texan the team's highest-paid player. When Baugh reported to the Redskins, as the story goes, Coach Ray Flaherty handed the ball to the rookie and said, "They tell me you're quite a passer."

"I can throw a little," Baugh said.

"Let's see how good," Flaherty said.
"Hit that receiver running down the field in the eye."

"Which eye?" Baugh drawled, never looking up.

# "I still think he's the greatest quarterback who ever lived, college or pro."

DAN JENKINS, SPORTSWRITER AND AUTHOR OF SEMI-TOUGH

It didn't take Flaherty long to realize what he had. "That's the greatest passer football has ever seen," he said after the mind that the young man had grown up in town and had rarely been on a horse. Marshall outfitted him in a new feet," Baugh complained.

Marshall quickly got returns on Baugh's Western duds and high salary. In 1937, the rookie led the Redskins to a division championship in their first season in Washington, which set the stage for one of the epic battles in the early years of the NFL.

Minutes into the 1937 National Football League championship game, the Chicago Bears had the visiting Redskins precisely where they wanted them.

With a stark and punishing wind off Lake Michigan knifing into Wrigley Field, and players wearing rubbersoled basketball shoes to get some minimal purchase on the stone-cold ground, the Redskins looked to be in trouble on their own 5-yard line. They huddled in their own end zone around their remarkable rookie quarterback, a tall, skinny kid who had performed miracles for them all year.

"Punt formation," 23-year-old Sammy Baugh told his teammates—as everyone in the stadium could have predicted—"but we're gonna pass."

Baugh led the Washington Redskins to five title games and two NFL championships, while leading the league in passing six times and in punting four times.

first day's practice. Marshall also realized what he had and relentlessly marketed his rookie quarterback as Slingin' Sam, a real West Texas cowboy. Never

pair of boots and a Stetson to meet the press in Washington, D.C.

A reporter asked him about the boots he was wearing. "They hurt my



Baugh, center, basked in the limelight—once again—when Texas Christian University retired his number 45 in 1993.



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Baugh and Edmonia Smith were soon to be married when this photo was taken in 1937.

Years later, Baugh would tell a writer: "I sure got some weird looks on that one." As well he should have. Before Baugh, teams rarely passed, except in third-and-long desperation situations. And certainly not from their own end zone.

The Redskins broke the huddle, and on the snap the Bears' front line scratched, Baugh calmly flicked a pass to his half-back, Cliff Battles, who rambled 42 yards before being pulled down. A few plays later, the Redskins scored en route to a 28-21 victory and their first NFL championship in their first season in Washington.

The rookie quarterback was awesome on that cold December afternoon,

In 1943, the triple-threat Baugh, who also played defensive back, recorded a triple crown when he led the NFL in passing, punting and interceptions.

clawed and burrowed ahead, intent on blocking the punt. The 6-foot-2-inch completing 17 of 34 passes for 352 yards, 4 yards more than the entire

Chicago offense. He threw touchdown passes of 35, 55 and 78 yards.

In 1941, George Preston Marshall's faux cowboy had become the real McCoy, when he paid \$200 an acre for a ranch on the rugged, rolling plains of West Texas, 80 miles northwest of Abilene and not far from the Double Mountain Fork of the Brazos River. Six distant gates from the nearest paved road, the old ranch house in the shadow of Double Mountain at first had no electricity and no running water. The toast of Washington and his young wife, the former Edmonia Smith, took baths in a horse trough.

During the first two seasons with the Redskins, Baugh and his wife lived in an apartment in a Washington suburb. After moving to the ranch and after the children started coming—the Baughs had four boys and a girl—Edmonia stayed home to manage the household and run the ranch. He lived in a Washington hotel for six months of the year and hurried back to West Texas when the season was over.

On November 23, 1947, on Sammy Baugh Day at Washington's Griffith Stadium, he threw six touchdown passes as the Redskins defeated the Chicago Cardinals—who would go on to win the NFL title that year—45-21. In his 16 seasons in the NFL, all with the Redskins, he invariably gave fans some eye-popping Slingin' Sam performance to rave about, whether it was his passing, his running, his punting, his defensive play or some combination of the four. During several seasons early in his career, he played every minute of every game.

And then he walked away. Retiring after the 1952 season, Baugh left Washington and headed back to Texas. He coached the Hardin-Simmons University Cowboys from 1955-59; the New York Titans—forerunner to the New York Jets—from 1960-61; and the Houston Oilers of the fledgling American Football League in 1964.

Then he abandoned football, plunging into the West Texas ranching life that he loved far more than the game he played so well. To one of the finest athletes of his era, and the most popular Redskin of his time, perhaps of all time, football was only a game.

It's not as if he didn't enjoy the game. As son David noted, he loved the chalThe Bed Loved by Sore Achy Backs

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A horse-drawn wagon carries Baugh in a saddle-draped coffin to his burial site near Rotan on December 22, 2008.



lenge, both physical and mental. But in the end, it was just a game. The ranch was his life. "He told me one time that if he had it all to do over again, he wouldn't be a big athlete," David told me. "He'd be a rancher, a roper, a cowman."

Actor Robert Duvall told me a couple of years ago about visiting with Baugh as Duvall prepared for the role of Augustus "Gus" McCrae in the TV miniseries "Lonesome Dove." Duvall listened to Baugh's stories, played golf with him and slapped down dominoes across a table from him in the old ranch house.

He got to watching Baugh's hands as the old man told his tales. They were no longer the large, long-fingered hands that at one time could grip a leather spheroid and toss it on a line 60 yards, but those of a working rancherstrong, weathered hands that for more than half a lifetime had mended fences. roped and branded cattle and castrated calves.

"In just a couple of hours, Sammy Baugh gave me the finishing touches for Augustus McCrae, and he didn't even know it," Duvall said.

For many years—actually for much longer than he was a football star-Baugh was a full-time rancher. Some of his West Texas neighbors didn't even know he had played football.

In 1990, his beloved Edmonia died, and that was about when time began running down for Slingin' Sam as well. He hung in for a few years, until a broken hip robbed him of his remaining mobility and Alzheimer's disease ravaged his agile mind and erased the golden gridiron memories.

Baugh, the last surviving member of the Pro Football Hall of Fame's inaugural class of 1963, died on December 17, 2008, at a hospital in Rotan. He was 94. The saddle he sat and the chaps he wore while working on the ranch were draped over his coffin at the front of Rotan's First Baptist Church. A horse-drawn wagon carried him to his final resting place. A dozen black Brangus cattle stood at the graveyard fence, watching.

Joe Holley, a former editor of Texas Co-op Power, is a staff writer for The Washington Post and the author of a forthcoming biography of Sammy Baugh.

Sammy Baugh's ranch was served by Big Country Electric Cooperative.

# **Can You**

While leaks from pipelines are uncommon, here's how to recognize them:



#### **BY SIGHT**

- A pool of liquid on the ground near a pipeline.
- Water bubbling or being blown in the air.
- A slight mist of ice or unexplained frozen ground near the pipeline.
- Discolored or dead vegetation amid healthy plants near the pipeline.
- Vapor in the air, dense fog, mist, white cloud or blowing dust near the pipeline.
- A rainbow sheen on water, or bubbling in water and creeks.



#### **BY SOUND**

Hissing, blowing or roaring sounds near the pipeline.



#### **BY SMELL**

- (Petroleum Products): These products have unusually strong petroleum odors which should be easily detected.
- (Natural Gas Products): These products are colorless and odorless. In some cases, a distinctive odor is added to natural gas that will give off a stinky smell similar to rotten eggs or a skunk.

In the event of a pipeline emergency, leave the area immediately on foot and call 911 from a safe distance.

This safety message was brought to you by...



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Enterprise Products





# THE MUCH-MALIGNED MESQUITE

Fuel for thought: Multipurpose 'devil with roots' just might help drive us into the future.

esquite has achieved iconic status in Texas, but it doesn't get much respect. Rather than terms such as "majestic" and "grand," the tree is called "tough," "persistent" ... and worse.

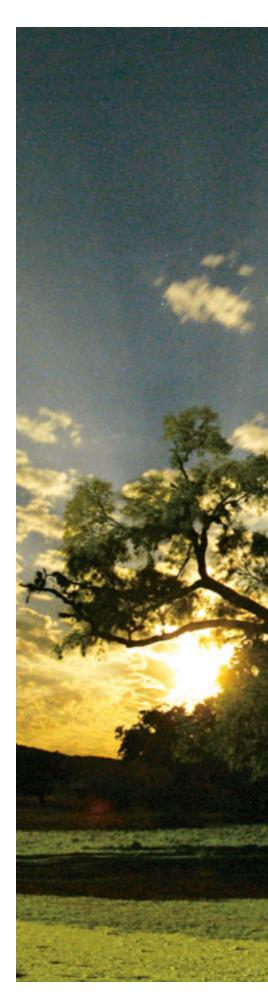
Nothing with thorns that can scratch people and critters is ever going to be universally loved, but mesquite was not quite as reviled in days of yore as it has become in recent years.

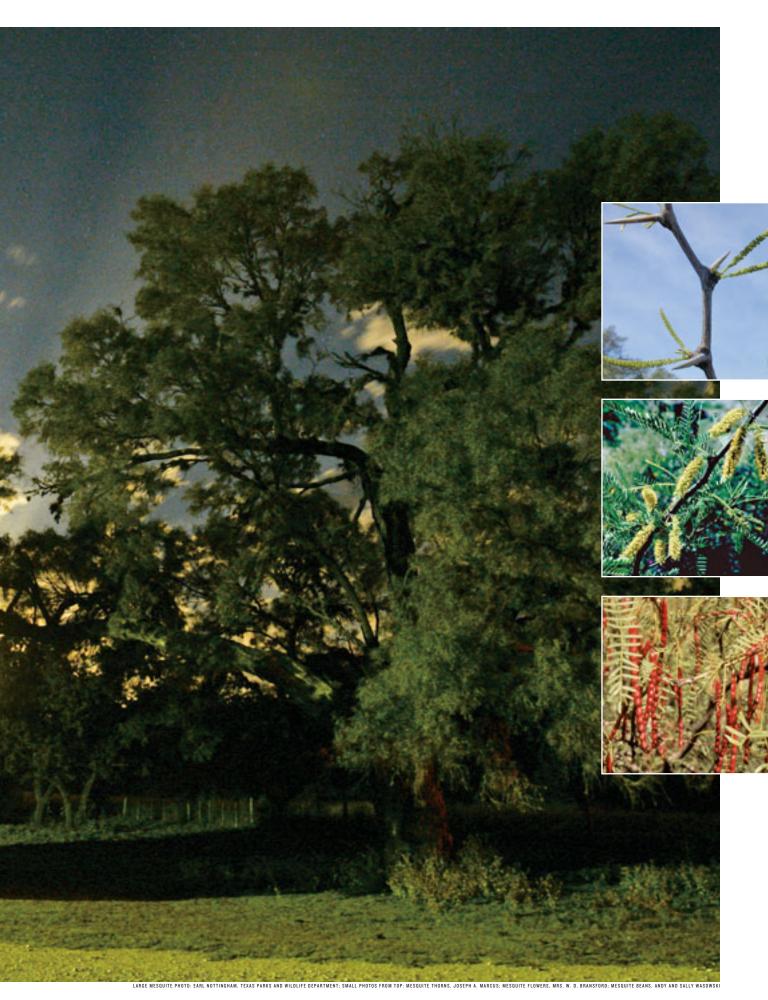
Early-day ranchers like W.T. Waggoner called mesquite "the devil with roots," but others from that era were fond of the stuff. J. Frank Dobie wrote, "No day can be counted entirely lost which begins with the smell of mesquite fire at dawn and the taste of coffee boiled over it."

Ken E. Rogers wrote the book on mesquite: *The Magnificent Mesquite* (2000, University of Texas Press) details the many uses and abuses of mesquite through the years. He notes that honey mesquite (by far the most common species in Texas) not only provided early Western travelers with both food and shelter but also inspired, even then, mixed emotions in the eyes of its beholders. He wrote that they "looked at it as a noble warrior, confronted it as a powerful adversary, or were drawn to it for survival."

Native American tribes made their peace with mesquite by using it the same

Mesquite trees can grow to 50 feet tall and can cover the land as densely as shrubbery. The mesquite sports wicked thorns (top right), nectar-rich flowers (center right) and beans that can be ground into meal (bottom right).





way they used buffalo, which is to say they used all of it. They used the bean pods to make food and medicine and the bark to make baskets, rope, tools, weapons, cradles and other everyday items. Even mesquite gum had dozens of uses, from coloring pottery to treating head lice and stomach problems. Modern research indicates the gum also helps the tree absorb and retain water; in the human body, the same compounds slow the release of sugars into the blood.

Diabetes epidemics among Native American populations were almost unheard of until the middle of the 20th century when desert tribes in particular suffered spiraling rates of diabetes and obesity. Some researchers believe that the health epidemics began when modern-day Native Americans started getting their food from the supermarket instead of the desert, where, for generations, sweet and juicy mesquite beans were a staple of desert tribes of the Southwest.

Early European settlers may not have recognized the nutritional value of mesquite beans, but they used the wood—which is so hard it is sometimes called Texas ironwood—as fuel for fireplaces, stoves and steam locomotives. It was used for fence posts and even as paving blocks for downtown streets in San Antonio and Brownsville.

That mesquite can be such a hard,

sturdy and downright pretty material might surprise people who think of mesquite as more of a bush than a tree. Left to its own devices, a mesquite tree can grow to be at least 50 feet tall and recognized as a tree among trees. A new mesquite shoot that is disturbed will develop as a multitrunked shrub instead of a single-trunked tree and can, in time, become a mesquite forest.

What we don't see is what goes on underground, which is where the mesquite does the dirty work that has led to charges of its being an incorrigible sod snatcher and water thief. The mesquite has lateral roots that extend 30 feet or more from the tree with a taproot that usually extends about 10 feet into the ground but can extend much farther where there is a deep water table. Dense stands along waterways, above shallow water tables or in deep soils absorb the water that other plants and shrubs need to survive. When those plants and shrubs die, more mesquite moves in to fill the void.

A case can be made against mesquite in the epic proliferation that it now enjoys, but our civilization has to stand trial as a co-conspirator because everything we've done since we got here has worked in the mesquite's favor. The suppression of prairie fires and the eradication of prairie dogs, along with stresses from cattle drives and heavy grazing, plus natural elements such as droughts, have combined to make the Southwest very mesquite-friendly. Texas is now home to some 56 million acres where mesquite plays a dominant role in the ecosystem; those acres make up about three-quarters of all such ecosystems in the country.

Lest we adopt an attitude that all mesquite is bad for the environment, it's important to remember that a little bit of mesquite is not necessarily a bad thing. Mesquite is a legume, same as clover and other well-known nitrogen fixers, and increases the soil's store of nitrogen.

A combination of prescribed burns and mechanical, chemical and biological controls are used against mesquite. All the while, the seeds are still under the soil, still germinating, still waiting to reproduce and thrive once more.

n addition to everything else for which tribes of the Southwest used mesquite, they also knew that food cooked over a mesquite fire is something special. The rest of the country caught on to that fact in the 1980s, when mesquite became the wood of choice for chefs and backyard grilling gurus all over the country. The sudden national popularity of mesquite for outdoor cooking and smoking created a new industry for people wanting to use and profit from all that mesquite. Tons of mesquite, mostly in Texas, are

#### MESQUITE: THE ORIGINAL GIVING TREE

It bears leaves in the worst drought, providing patches of shade for hot and dusty cowboys. We modern-day Texans turn its trunk and branches into furniture. We package and sell its wood chips for outdoor cooking. And now we've discovered what Native Americans in these parts knew all along: It's healthy and tasty to eat.

Mesquite meal, made by grinding mesquite seedpods, is nutritious and provides a sweet, nutty flavor to breads, sauces, cookies, pancakes and milkshakes, among some of the most popular recipes. Mesquite meal is high in protein, and it can stabilize blood sugar levels for diabetics because its sugar is in the form of fructose, which does not require insulin for metabolism.

Here's a mesquite cornbread recipe from the website Mighty Foods, www.mighty foods.com.

#### **Mesquite Cornbread**

- 3/4 cup cornmeal
- 3/4 cup flour
- 1/2 cup mesquite meal
- 1/2 teaspoon baking soda
- 2 teaspoons baking powder
- 3 tablespoons melted butter
- 1/2 teaspoon salt
- I egg
- 3 tablespoons honey
- I cup buttermilk

Optional: I cup corn, 3/4 cup grated Monterey jack cheese, 3 tablespoons minced onion or I tablespoon chipotle flakes

Preheat oven to 350 degrees. Combine dry ingredients in a medium-sized bowl. Mix wet ingredients in separate bowl then stir into dry mixture until just combined. Add optional ingredients if desired. Spread in a greased and preheated 8x8-inch pan. Bake

20 to 25 minutes. Serves 8.

Mesquite meal may be ordered online from several sites, including www.desert usa.com and www.therawfoodworld.com. Some Whole Foods Market stores in Texas carry mesquite meal. To check its availability, go to www.wholefoodsmarket.com.



Mesquite meal has a sweet, nutty flavor.

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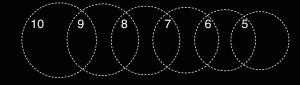
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To find your ring size, using the guide, place one of your rings on the chart and match a circle with the inside of your ring. Whole & half sizes 5-10 are available. If your ring size falls between two circles, order the half size in between.

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\*Plus a total of \$7.98 shipping and service. Please allow 4-6 weeks for delivery of your ring after we receive your initial deposit. All sales subject to product availability and order acceptance.

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Ring Size	Maximum of 10 characters each							
Name #1								
Name #2								
Signature								
Mrs. Mr. Ms.  Name (Please Print Clearly)								
Address		Name (Pi	ease Pri	nt Clea	iriy)			
City	State	Zip						
			04	nes	10.0	101	= 5.40	04

harvested, processed, packaged and sold all over the world as mesquite chips and mesquite chunks. The words "mesquite grilled" appear on menus all across the country, from the back-road barbecue joint to the five-star downtown restaurant.

Mesquite blossoms also provide good nectar for honey, and mesquite honey is widely available in supermarkets. Specialty stores and other outlets sell mesquite jelly and mesquite flour. A tea can be made from the beans.

oodworkers like mesquite because it is a quality hardwood in a league with oak, walnut and

cherry as both a pleasure and a challenge with which to work. Rogers, in The Magnificent Mesquite, writes, "With its swirling grain, variable color, and occasional character defects-such as ingrown bark, mineral streaks, bug blemishes, and latent buds-mesquite offers a hidden treasure for the woodworker."

It's used to craft a wide number of items, from golf clubs to musical instruments to jewelry. It has proven especially suitable as a flooring material, as seen at San Antonio's Hilton Palacio del Rio hotel, where the mezzanine and lobby floors are made of mesquite.

In the best of all possible worlds, we would find ways to use not only all of a single mesquite, much as the Native Americans did, but also ways to use and manage all the mesquite that is available. The Texas Mesquite Association (www.texasmesquiteassn.org), with headquarters in Fredericksburg, holds two annual festivals highlighting mesquite furniture and art made by its selected members. This year's fall festival is scheduled for October 9-11 in downtown Fredericksburg. Since 2004, the association has also held a spring festival in San Angelo and estimates that the two festivals combined attract about 30,000 people each year. A spring seminar brings together mesquite enthusiasts for clinics, discussions, presentations and safety information.

esquite is also being studied as a potential source of biofuel at the Texas AgriLife Research and Extension center near Vernon. Bob Avant, bioenergy program director for Texas AgriLife Research in College Station, says that 70 to 90 gallons of biofuel can be produced from one dry ton of mesquite, depending on the conversion technology. If harvesting, marketing and conversion technologies can be created, the "devil with roots" might be a fuel of the future.

If that happens, we can only hope that the new fuel emissions smell like mesquite.

Clay Coppedge, a frequent contributor to Texas Co-op Power, is a staff writer and columnist for Country World newspaper.





Mesquite charcoal, chunks and chips are great for barbecuing (top). The hard wood, though difficult to work, reveals a unique, rich grain.

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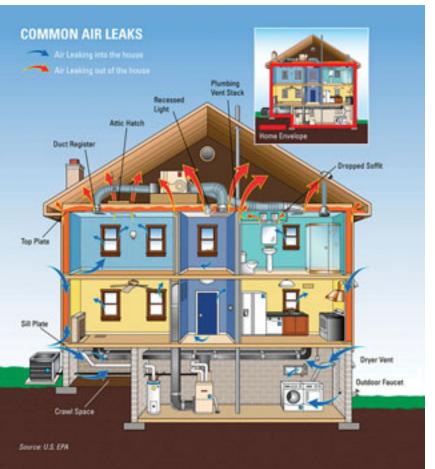
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### Do-It-Yourself Home Energy Audits



One of the first steps to making your home more efficient involves understanding how it uses energy. Just as a doctor has to do a thorough examination of a patient before writing a prescription, your home will need a good inspection before most inefficiencies can be identified and corrected.

You can easily conduct a basic home energy audit with a simple but diligent walk-through. When auditing your home, keep a checklist of areas you have inspected and problems you find. Full lists are available online—
Touchstone Energy Cooperatives® Home Energy Saver (at www .touchstoneenergysavers.com) and the Alliance to Save Energy Home Energy Checkup (search for it at www.ase .org) are both useful—and most trouble spots can be found in a few key areas.

#### **Locating Air Leaks**

First, make a list of obvious air leaks (drafts). The potential energy savings from reducing drafts in a home may range from 5 percent to 30 percent per year, with a much more comfortable residence the result. Check for indoor air leaks, such as in gaps along a baseboard or the edges of flooring

and at junctures of walls and the ceiling.

Inspect windows and doors for air leaks. If you can rattle them, movement means possible air leaks. If you can see daylight around a door or window frame, then the door or window has a leak; you can usually seal these through caulking or weather-stripping.

On the outside, inspect all areas where two different building materials meet, including all exterior corners, siding and chimney junctures, and areas where the foundation and the bottom of exterior brick or siding join. You should plug and caulk any holes or penetrations for faucets, pipes, electric outlets and wiring.

Also, look for cracks and holes in the mortar, foundation and siding, and seal them with the appropriate material. Check the exterior caulking around doors and windows, and make sure exterior storm doors and primary doors seal tightly.

#### Insulation

Heat loss through the ceiling and walls in your home could be very large if insulation levels are less than the recommended minimum. When your house was built, the builder likely installed the amount of insulation recommended (if any) at that time. Given today's energy prices (and future prices that will probably be higher), your insulation might be inadequate, especially if you have an older home. Online energy audits will provide more details on

checking insulation levels in the attic, walls and basement.

#### **Heating/Cooling Equipment**

Inspect heating and cooling equipment annually, or as recommended by the manufacturer. If you have a forced-air furnace, check filters and replace them as needed. Generally, you should change them about once every month, especially during periods of high use. Have a professional check and clean your equipment once a year.

#### Lighting

On average, lighting accounts for about 10 percent of a home's electric bill. Examine the wattage size of the light-bulbs in your house. You may have 100-watt (or larger) bulbs where 60 or 75 watts would do. You should also consider using compact fluorescent lightbulbs for areas where lights are left on for hours at a time.

More information on both do-it-yourself and professional energy audits can be found at www.energysavers.gov.

Source: U.S. Department of Energy Office of Energy Efficiency and Renewable Energy

# Go Back to School with Energy Savings

The kids have new backpacks, new supplies, new bedtimes, new routines—and pretty soon, new homework every night. Heading back to school has kids using a lot more energy.

And it's not just their own. They need energy to power so many back-to-school activities including the computers they use to write their papers and the lights they shine until later in the evening, especially as the days get shorter. Even the daily drive to and from school can be a burden on the



environment and your wallet.

Resolve to conserve energy as your kids head back to their classrooms this fall—and you might even save a few dollars along the way. Here are some energy-saving and environmentally friendly back-to-school tips:

- Teach your children how to put the computer into sleep mode when they are finished using it, even if they plan on returning later. Electronics in sleep mode use about 80 percent less electricity than they do on full power.
- In the market for a new computer? Choose a model with an Energy Star rating, which will use 70 percent less electricity than those without it. Energy Star monitors draw 90 percent less energy.
- Desk lamps and other task lights create a productive work environment without wasting excess light. Replace the halogen or incandescent lightbulbs in desk lamps with compact fluorescent lightbulbs. CFLs produce less heat and use 90 percent less electricity than traditional lightbulbs.
- Do a thorough inventory of school supplies before heading to the store to buy more. You may find that you need less than you think. When you buy, choose discounted bulk packages that will leave plenty of leftovers for the next school year.
- Buy reusable sandwich bags and use lunch boxes instead of paper bags to save money and reduce everyday packaging waste.



### **POST NO BILLS**

Attaching Signs to Utility Poles Presents Safety Hazards—And It's Illegal

#### BY CHRIS GRAMMES

Although seemingly innocent enough, putting signs or other items on utility poles creates serious safety hazards. Staples, nails and tacks used to hang signs—as well as the signs themselves—pose dangers to your electric cooperative's line workers who must climb poles when either restoring power following storms or while performing routine maintenance to ensure system reliability.

Posters or other objects (birdhouses, balloons, flags and even basketball nets) can be dangerous obstacles. Also, the nails and tacks left behind from signs can snag utility workers' boots or puncture safety clothing, putting line workers at risk of slipping or even electrocution.

In addition to being hazardous, tampering with utility poles can be costly. Posting signs or attaching other objects to utility poles is illegal and can carry a fine of up to \$500 per day.

Your co-op appreciates your help in keeping utility poles clear and linemen safe.

Chris Grammes writes on safety issues for the National Rural Electric Cooperative Association.

### Open Up to Energy Savings with Fiberglass Doors

Sealing cracks and air leaks around your exterior doors isn't the only way to better insulate your entrance. What the door is made out of matters, too.

Fiberglass doors can be made to look so much like wood you'll have a hard time telling yours isn't. The replacement is worth it, as manufacturers say fiberglass doors are three to seven times more energy efficient than traditional wood doors.

As an added benefit, fiberglass won't warp, split or swell like wood doors can. That's why they usually come with a long warranty—between 10 and 25 years. You'd be lucky to get a one-year warranty on a wood door. And fiberglass can be stained, painted or made to look just like wood.

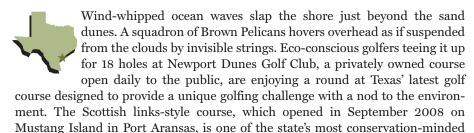
When choosing the grade or materials of your next entrance door, weigh the benefits of efficiency, performance and durability for your specific use.

#### ARANSAS

# Golf Goes Green

Conservation practices fit Texas courses to a tee

By Rob McCorkle



layouts and the first Arnold Palmer-designed course on the entire Gulf Coast.

The golf club has applied to join an elite group of only 14 Texas courses certified by Audubon International, a nonprofit organization dedicated to protecting and sustaining the natural environment. This select group of golf courses, which represents less than 2 percent of the 800-plus public and private courses in Texas, has chosen to address age-old criticisms about golf courses being water hogs, altering natural habitat and serving as major sources of pollution. The course has "pledged to take steps to protect and sustain the land, water, wildlife and natural resources on the property," says Audubon International program manager Joellen Lampman. Audubon International is not affiliated with the National Audubon

Newport Dunes developer Texas Gulf & Harbor Ltd. sculpted the treeless but verdant, rolling public golf course out of 200 acres of sun-baked coastal flats between beach access roads 1 and 1A along Texas Highway 361. The first three holes were built on the bay side of the highway, while the other 15 are between the highway and the sand dunes that front the Gulf of Mexico.

Society, which focuses on birds and other wildlife.

"The land looked pretty barren before the golf course went in," golf course Superintendent Jim Brown says. "When we first came out and looked at the site, it looked like we were in Antarctica or somewhere. All the dunes you see on the course were put in with excavated soil."

Newport Dunes golfers face stiff coastal winds, undulating fairways populated by deep, stacked-wall bunkers, tightly mowed approaches and fast, rolling greens. Errant shots often end up in rough dominated by mounds of native vegetation and manmade sand dunes, some 15 feet high.

Developers hauled in 800,000 cubic yards of sand to form the course that primarily consists of mounded fairways and hybrid Bermuda greens framed by native habitat planted with coastal vegetation such as sea oats and cordgrass, prickly pear cacti and lots of Gulf Coast mully grass. In all, some 40,000 low-maintenance ornamental plants and native grasses were planted.

Small lakes feature buffer zones of native vegetation that filters contaminants from runoff and serves as cover for wading birds, jackrabbits and other wildlife.

One eco-friendly feature that may well be unique to Texas golf courses, according to Brown, is the extensive drainage system built beneath the fairways on the



back nine. It captures irrigation runoff that is pumped into a giant holding tank for reuse. The closed-loop system recycles water to conserve every precious drop.

A weather station at the course's maintenance facility collects climatological data and transmits evapotranspiration (water loss in soil) data to Brown's computer. Using special software, Brown can tell all 1,780 sprinkler heads how much water to dispense and how long to irrigate the fairways. As a result, irrigation, including effluent water and electricity fees, accounts for only 20 percent of operational and maintenance costs. Chemical costs account for only 5 percent of Newport's budget.

Fairways are sodded with seashore paspalum, a salt-tolerant, warm-weather turf. The grass can thrive on highly marginal irrigation water and outcompetes most weeds, negating the need for most herbicide applications.

The same computerized irrigation system saves water at Barton Creek Resort's Fazio Canyons golf course just west of Austin. The private course, along with Arlington's public Tierra Verde Golf Club, are the only Texas courses to have earned certification in the elite Audubon International Bronze Signature Program, which sets a higher bar for comprehensive environmental planning.

Barton Creek's Fazio Canyons are integrated into the surrounding environment. The course features picture-book views of limestone canyons from elevated tee boxes and breathtakingly beautiful holes carved out of the oak and juniper woodlands of the Balcones Escarpment. Crystal-clear Lost Creek snakes its way through the hilly terrain on a number of holes, providing a hazard for players, but a necessary water source for wildlife such as cottontail rabbits and roadrunners.

At several spots on this jewel of a course sitting atop the Edwards Aquifer, signs near environmentally sensitive riparian and nesting areas of endangered songbirds denote "Wildlife area: Please do not disturb." One hillside sign above the No. 13 tee box identifies a majestic Texas madrone, a showy tree species whose range stretches from Central Texas to Guatemala.

Fazio Canyons, like Newport Dunes, uses local water district effluent for irrigation, diverting it from surrounding creeks, rivers and lakes.

Tierra Verde Golf Club, as well, emphasizes wildlife conservation, water-quality protection, integrated pest management that reduces the use of poisonous chemicals and other eco-friendly practices. It's not unusual for players to spot Wild Turkey, Wood Ducks, roadrunners and the occasional bobcat in the urban oasis that places a premium on wildlife habitat.

Now, eco-minded golfers have a choice of playing a growing number of Texas courses where their conservation ethics won't conflict with their choice of recreation.

Rob McCorkle wrote about the olive oil industry in the August 2008 issue of Texas Co-op Power.

# Love on the Medina

Thank goodness, love on the Medina is alive and well.

BY TERRI SCHEXNAYDER

andera, the little cowboy town on the Medina River, has always held a special place in my heart. It was here, in the summer of 1947, where my mother and father met and fell in love.

Tommy Schexnayder, a tall, handsome, wavy-haired, hazel-eyed ranch hand, was 22 years old. Kathleen "Kitty" Fox was a petite, vivacious, soon-to-be high school senior on her way to being crowned May Queen at Lamar High School in Houston.

My future father spent his summers working at the Joleta Guest Ranch, a dude ranch, where he "taught the neophytes how to ride a horse." Most summers, my future mother, her parents and sister came to stay at the tiny log cabin that the family owned on the Medina River. Like many others from the big city of Houston, they escaped on vacation to this rustic Hill Country town to engage in such pleasures as dancing the Cotton-Eyed Joe at Arkey Blue's Silver Dollar Saloon or perhaps heading to the Frontier Times Museum to gaze in amazement at the tiny, two-headed baby goat that stands mounted inside a glass case.

While the tourists played, my dad worked at the dude ranch—hauling hay, roping, bathing and saddling the horses. And he provided a personal service, which, no doubt, made the young women swoon. For only 50 cents a head, he escorted female ranch guests and visitors—including my mother in the summer of 1947—down to the Medina River and washed their hair. A fiscally savvy young man, Dad once told me he had calculated three washes a day were just about right to cover his beer tab that night. In later years, my mom and dad loved to talk about that "silly pastime," which involved lots of giggling and splashing around by everyone involved.

This hair-washing ritual, however, seemed out of character for a young man who had wanted to become a priest. But just before the summer of 1947, my father, who was in his sixth year of school, decided not to finish his seven-year term at St. Mary's Seminary in La Porte. Having grown up in a staunch Catholic household, where friends of my grandmother would point at her young son, the altar boy, and whisper, "That's Margaret's boy—the priest," Dad's destiny seemed to point toward celibacy. But, as he watched the water trickle over Mom's short, dark bob that special summer day, he must have known he had made the right decision.

I often think his tanned hands, which swept the shampoo from Mom's forehead into the cool, rushing waters of the Medina, might instead have baptized newborns or anointed dying old men.

One day, Dad reflected about his decision to leave the seminary: "I knew I

wanted a family." This certainly was true, when, after a yearlong courtship, he and my mother married and produced six girls and four boys in 16 years. Large families were common in the '50s, but our rambunctious, rosy-cheeked clan still generated a lot of attention. We couldn't go anywhere in the family station wagon without someone pulling up next to us and counting our heads, as if we were prized jelly beans in a jar. Mom always waved and held up the latest baby for a better look.

When I was young, we would return to that tiny, two-bedroom log cabin during summer breaks. I remember the excitement of rolling out the cots and finding scorpions in the bedding folds. At Saturday night square dances in town, my dad tried to educate me on the intricate moves of the swing while I stared at the toes of his big cowboy boots. An innocent hint of romance hung in the Bandera air, as I, an II-year old, dreamed about someday meeting a rugged cowboy of my own.

Most of the Bandera magic, however, came from exploring the large, open field behind the log cabin that led down to the banks of the Medina. My sisters and I played horses, galloping through the tall grass and rearing our heads high in the air, just like Silver. We swam for hours in the river, letting our imaginations roam free as we soaked in its waters.

Good times have a way of coming to an end, and the log cabin was lost to us when my grandparents, my mother's parents, sold their property in the early 1960s. In the early 1970s, my parents divorced after 20 years of marriage. Yet, I still believe in the magic of love, as recent events involving my younger brother and the Medina have affirmed.

Scotty, 52, recently moved to Bandera after retiring from a job he held for more than 30 years at a Texas City oil refinery. He couldn't wait to breathe the fresh Hill Country air. Scotty, like Dad, is outgoing and sports a thick head of hair. And just like Dad, Scotty couldn't resist the mystical allure of the Medina behind the log cabin where family members once stayed. There, near the river, he convinced his longtime partner, Mary Beth, to join him on his new adventures in Bandera.

They married this year, at an open-air dance hall, just around the corner from Arkey Blue's Silver Dollar, where my parents once danced. Scotty and Mary Beth will live their days in a beautiful new home not far from the spot where Dad first washed Mom's hair.

Thank goodness, love on the Medina is alive and well.

Terri Schexnayder, who lives in Austin, says love is alive and well with her husband, Randall, their four daughters and five grandchildren.





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### Did He Go To Hell Or Texas?

#### BY MARTHA DEERINGER

According to most historical accounts, John Wilkes Booth, Abraham Lincoln's assassin, perished shortly after being shot inside a burning barn in Virginia nearly 150 years ago. But tales of a man resembling Booth pop up in Glen Rose, Texas, and later in Granbury, starting five years after the April 14, 1865, assassination of the president.

Stories of Booth's alleged miraculous escape are exhumed every few years to play again in the media. Booth, a Shakespearean actor, probably would have loved the attention.

Most historians don't have a problem with the government's identification of Booth's body in 1865. A soldier reportedly shot him silhouetted inside a burning barn at Garrett's tobacco farm in Virginia on April 26, and he died several hours laters.

But here's where the details of the accounts begin to diverge. Two lieutenants at the scene said the body was Booth's, but a sergeant and a trooper stated that the man who died had freckles and red hair and was not Booth.

Booth had a clear complexion and jet-black hair and, as is described in some historical accounts, broke his left leg when his spur caught in a decorative flag as he leapt from the president's box to the stage at Ford's Theatre the night he shot Lincoln. In some versions of the story, the man shot to death at Garrett's farm had a broken right leg. A high degree of secrecy surrounded the hurried autopsy and initial burial in 1865, contributing to the mystery. Ultimately, over the next

four years, what most historians say was Booth's body was twice exhumed and twice reburied.

Meanwhile, in 1870, a handsome, black-haired stranger took a job as a storekeeper in Glen Rose. He also performed in amateur theatrical productions and astounded the residents with his acting skill and knowledge of Shakespeare. The man introduced himself as John St. Helen and had a gimpy left leg. When he discovered a year later that a large wedding was scheduled to take place in Glen Rose attended by many army officers and U.S. marshals, St. Helen quietly departed.

Not long afterward, the man resurfaced in Granbury, where he fell in with a lawyer named Finis L. Bates. In Granbury, St. Helen worked as a bartender in a saloon, but his friend Bates

noticed that the man never touched a drop of "demon rum," or liquor, except on April 14—the anniversary of Lincoln's assassination—at which time he drank himself into a stupor. The significance of these yearly binges didn't register with Bates until he was called to St. Helen's bedside one night where he found his friend desperately ill. A doctor had informed St. Helen that he might not last the night. In weakened whispers the dying man spoke to his friend.

"My name is John Wilkes Booth, and I am the assassin of Abraham Lincoln," he said. St. Helen's deathbed proclamation was premature. He recovered.

As soon as he could travel, John St. Helen packed up and left Granbury. Searching St. Helen's room after his disappearance, Bates reportedly found a Colt single-shot pocket pistol wrapped in the front page of a Washington, D.C., newspaper dated April 15, 1865, which bore the story of Lincoln's assassination.

In 1903, a house painter named David George committed suicide in Enid, Oklahoma. As one story goes, before his death, he confessed to his landlady, Mrs. E.C. Harper, that he was, in fact, John Wilkes Booth. George was 63, the same age Booth would have been. To make matters more interesting, he had once suffered a broken left leg, improperly set.

When Bates heard of this occurrence, he rushed to Oklahoma and identified the corpse as the man he had known as John St. Helen. Bates took possession of the body and offered it to federal authorities. They weren't interested.

Did John Wilkes Booth escape arrest and live out the remainder of his life in Texas and Oklahoma? Nate Orlowek, a historian and John Wilkes Booth researcher from Silver Spring, Maryland, believes so.

"There is tremendous physical evidence that proves beyond a shadow of a doubt that John Wilkes Booth, in reality, was not killed by the federal government officers as they claimed," Orlowek said.

It's unfortunate that during his wanderings Booth didn't make it to Hico and hook up with Brushy Bill Roberts, who claimed to be Billy the Kid. Now that would have made a really good story.

John Wilkes Booth

Martha Deeringer, who lives in McGregor, has written several history articles for Texas Co-op Power.

# Meet the Chefs Behind the Office Door

BY KEVIN HARGIS About nine years ago, I left my newspaper job and moved from Austin to Canyon Lake after I met my wife, Lisa, whose house was near the lake. One of the things I remember from living out there was reading an interesting little magazine that we got because we were members of Pedernales Electric Cooperative. I liked that little magazine because in the back I would almost always find an intriguing recipe that made me want to try it.

Now, almost a decade later, I find myself the one responsible for making sure those recipes are worthwhile. But I definitely couldn't do it alone. I get plenty of help from my colleagues at the magazine, a bunch of excellent cooks who all appreciate good food.

Recently, we held our own staff recipe contest (with only bragging rights at stake), and the competition was stiff. Any recipe legitimately could have won.

Everyone's favorite that day was supplied by Production Designer Andy Doughty. I'll let him tell you about it:

My family usually has potluck dinners for Thanksgiving and Christmas. I was the "green-bean casserole guy" for a while, so I worked on that recipe until it got as good as it was going to get, but I wanted to try something different.

I don't specifically remember where the "something with corn and green chiles" thought came from, but I know it's a good combination, and I figured there were probably plenty of recipes floating around with those ingredients.



I still liked the idea of a comfort-food casserole for a holiday dish, so I followed my normal practice of searching various resources for interesting recipes, checking out the common elements along with the unique ingredients that sounded good, then building a recipe from there. I thought this dish would be savory, but I was surprised by how sweet it turned out. It's a nice contrast, especially if you add just enough salt to punch up the sweet/savory interplay.

It's also a pretty easy recipe to tailor to your personal taste. I went vegetarian-friendly on my version, but you can add four or five—or 12—strips of crumbled, crisp-fried bacon for more flavor. Or, add a cup or so of chopped, cooked chicken for a main-course casserole. You can also substitute three cups of cooked frozen or fresh corn for the cans of shoepeg corn and Mexi-corn. And you can adjust the time and temperature if you'd like a looser or tighter consistency.



- 1/4 cup butter
- 1/2 cup onion, finely chopped
- I poblano pepper, finely chopped
- I pinch salt
- 2 cloves garlic, minced
- I cup sour cream
- I egg, beaten
- I can (II ounces) white shoepeg corn, drained
- I can (II ounces) Mexi-corn
- I can (16 ounces) cream corn
- 3 cans (4 ounces) diced green chiles
- I cup shredded sharp Cheddar cheese, divided
- cup shredded pepper jack cheese, divided
- I package (9 ounces) corn muffin mix Salt and fresh-ground black pepper to taste

Melt butter in saucepan over mediumlow heat. Add onion, poblano and salt and sweat until onion is soft and translucent, but not browned. Add garlic and cook for another 2-3 minutes. Set aside and let cool to room temperature.

#### STAFF COOKING

Preheat oven to 350 degrees. In a large bowl, combine the onion mixture, sour cream, egg, corn, green chiles and ½ cup of each cheese. Add the corn muffin mix and stir until moistened. Add salt and pepper to taste.

Pour mixture into greased 2 ½-quart round casserole dish. Bake for 45 minutes. Remove from oven, top with remaining cheese, then return to oven for another 15 minutes, or until top is well browned.

Serving size: I cup. Per serving: 282 calories, 9.8 g protein, 17.1 g fat, 23.8 g carbohydrates, 2.2 g fiber, 396 mg sodium, 66 mg cholesterol

**COOK'S TIP:** Make sure to add every bit of butter from the heating of the onion into the final mixture. There's lots of flavor in there!

#### SPICY VEGGIE CHILI

#### ASHLEY CLARY

Field Editor

When I said goodbye to meat in April and dived headfirst into the world of vegetarianism, I was forced to get creative—and get creative fast! I had learned about TVP (textured vegetable protein) from a friend and was delighted when I learned that if it was seasoned correctly, the meat substitute that resembles crumbled hamburger can satisfy the most carnivorous of carnivores. At first, all I made was simple Mexican tacos, but since meat has left the picture, I have graduated to spaghetti and stroganoff. Finally, I did the unthinkable in Texas and made the jump to the mecca of all meat dishes: chili.

It's been a lot of fun experimenting with vegetables and spices; this is a variation on my original meaty recipe, but with TVP in place of the beef—and a whole lot more veggies. To me, if food doesn't have a little kick, it's not worth eating, so if you're sensitive to spice, leave out one or both of the jalapeños or remove the seeds before adding. I recommend leaving the chipotle peppers in, as they give the chili a subtle smokiness, but if you simply can't handle it, go ahead and leave those out as well.

- I tablespoon extra virgin olive oil
- 1/2 medium onion, chopped
- 2 bay leaves
- 11/2 teaspoons ground cumin
- 2 tablespoons dried oregano
- I tablespoon salt
- I green bell pepper, chopped
- I red bell pepper, chopped
- I can (7 ounces) diced green chiles, drained
- I package (10 ounces) julienned carrots
- 2 fresh jalapeños, diced
- 2 stalks celery, chopped
- 2 teaspoons minced garlic
- I package (12 ounces) textured vegetable protein (TVP)
- 1 zucchini, julienned
- 1/2 can chipotle peppers in adobo sauce (about 5 peppers with some sauce)
- 2 teaspoons sage
- 2 squares mildly sweet dark chocolate
- 3 cans (28 ounces each) whole tomatoes, chopped
- 1/4 cup chili powder
- I package Goya seasoning (I like Culantro y Achiote flavor)
- I can (15 ounces) black beans, drained and rinsed
- I can (15 ounces) red kidney beans, drained and rinsed
- I can (15 ounces) garbanzo beans, drained and rinsed
- I can (15 ounces) whole kernel corn, drained

Heat oil in a pot over medium heat. Stir in onion and season with bay leaves, cumin, oregano and salt; cook and stir until tender. Stir in bell peppers, green chiles, carrots, jalapeños, celery and garlic. When vegetables are heated through, mix in TVP and zucchini, cover and simmer about 5 minutes.

While the vegetables simmer, heat chipotle peppers in adobo sauce, sage and dark chocolate in a separate, small pot, stirring until chocolate melts.

Add the chipotle mixture, tomatoes, chili powder, Goya seasoning and beans to vegetable mixture; stir well. Bring to a boil, reduce heat, cover and simmer for about 45 minutes. Stir in the corn, then continue to simmer 5 minutes before serving.

Serving size: I cup. Per serving: 127 calories, 6.3 g protein, 4.1 g fat, 18.6 g carbohydrates, 5.2 g fiber, 820 mg sodium, 1 mg cholesterol

#### CHICKEN BREASTS WITH LEMON CAPER SAUCE

#### CAROL MOCZYGEMBA

Executive Editor

A dear friend in New Mexico prepared this recipe for dinner one evening during my recent visit. It was so simple and so delectable, I jotted down the ingredients and couldn't wait to try it at home. In my excitement to share this with the staff, I was told by a colleague, "Oh, that's chicken piccata," as if my new discovery were as common as spaghetti and meatballs. But that's OK—this dish (the version in Best Recipes published by Cook's Illustrated) tastes anything but ordinary, I promise.

#### CHICKEN BREASTS

- 4 skinless, boneless chicken breasts
- 11/2 tablespoons olive oil
- 1½ tablespoons butter Flour for dipping

#### LEMON CAPER SAUCE

- I cup chicken stock
- 1/4 cup fresh lemon juice
- I shallot, minced
- 2 tablespoons capers
- 3 tablespoons butter

Wash chicken breasts and pat dry. Salt and pepper to taste, then press both sides in flour. Heat olive oil and butter in large skillet. Add chicken breasts tenderloin side down in large skillet. Cook at medium high heat until golden brown. Turn and cook other side till golden brown. Remove chicken and keep warm.

Deglaze skillet by slowly adding chicken stock. Add remaining sauce ingredients and blend a few minutes until sauce thickens slightly. Place cooked chicken in sauce and continue cooking at medium heat until sauce thickens to desired consistency.

Serving size: I breast. Per serving: 44I calories, 56.2~g protein, 19.5~g fat, 4.1~g carbohydrates, 0.2~g fiber, 300~mg sodium, 170~mg cholesterol

#### SOUTHWESTERN ENCHILADA MEATLOAF

#### **KEVIN HARGIS**

Food Editor

The inspiration for this recipe came a few years ago from a bag of stale blue corn tortilla chips. One day, I was hungry for a meatloaf, which I usually just throw together from whatever ground meat and other ingredients we have on hand. I thawed some ground turkey, then saw the crumpled bag with the stale blue shards. Since I hate throwing anything away, I got out the rolling pin, crushed the chips and tossed them into the mix. I added some onion, green chiles and red bell pepper and liked the result.

I've played with the recipe ever since, and this is what, after some refinements and inspirations, it has evolved into. If you are trying to eat a little healthier, leave out the cheese at the end.

- I can (6 ounces) tomato paste
- I can (4 ounces) green chilies
- 1/2 cup salsa
- I tablespoon cumin
- I tablespoon garlic powder
- I teaspoon chili powder
- 1/2 teaspoon red pepper
- I teaspoon salt, divided
- I pound lean ground turkey
- 1/2 pound chorizo, casing removed

- I egg
- I cup crushed blue corn tortilla chips, plus extra chips for topping
- 2 cloves garlic, minced
- 1/2 medium onion, diced fine
- 1/2 medium red bell pepper, seeded and membranes removed, diced fine
- 1/2 cup chopped cilantro leaves
- I cup shredded Mexican-blend cheese

Combine tomato paste, green chilies, salsa and ½ cup water in medium saucepan. Add cumin, garlic powder, chili powder, red pepper and ½ teaspoon salt and stir well. Simmer over low heat. Meanwhile, place meat, egg, remaining salt, crushed chips, garlic, onion, bell pepper, cilantro and ½ cup of simmering sauce and mix well.

Place mixture in bread-loaf pan. Using your fingers, make a trench lengthwise in the middle of the meat mixture, leaving an equal amount of meat around edges. Fill trench with cheese, then fold meat over to seal cavity.

Top with remaining sauce, then a handful of crumbled corn chips.

Bake at 350 degrees for 1 hour. Turn out of pan onto plate, then flip over on another plate and allow to cool for a few minutes before slicing and serving.

Serving size (based on eight servings): I slice. Per serving: 457 calories, 24.9 g protein, 24.1 g fat, 28.2 g carbohydrates, 3.8 g fiber, I,272 mg sodium, IIO mg cholesterol

Past recipes are available in the Recipes Archive at www.texascooppower.com.

#### RECIPE CONTEST

January's recipe contest topic is Fun to Make; Fun to Eat. Have any treats that give you as much pleasure in the preparation as in the consumption? Send along your fun-packed recipes. The deadline is September 10.

Send recipes to Home Cooking, 1122 Colorado, 24th Floor, Austin, TX 78701. You may also fax them to (512) 763-3408, e-mail them to recipes@texas-ec.org, or submit online at www.texascooppower.com. Please include your name, address and phone number, as well as the name of your electric co-op. The top winner will receive a copy of 60 Years of Home Cooking and a Texas-shaped trivet. Runners-up will also receive a prize.



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Each entry MUST include your name, address and phone number, plus the name of your Texas electric cooperative, or it will be disqualified. Send entries to: Texas Co-op Power/Holiday Recipe Contest, II22 Colorado St., 24th Floor, Austin, TX 7870I. You can fax recipes to (5I2) 763-3408 or e-mail them to recipes@texas-ec.org. E-mails must include "Holiday Recipe Contest" in the subject line and contain only one recipe (no attachments). Up to three entries are allowed per person/co-op member. Each should be submitted on a separate piece of paper if mailed or faxed. For official rules, visit www.texascooppower.com.



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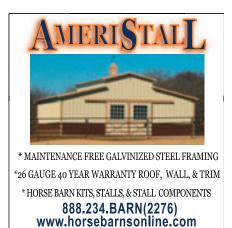














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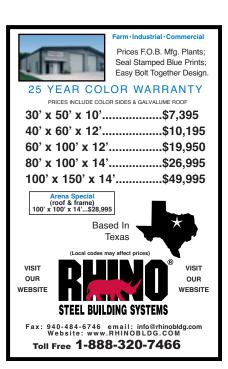
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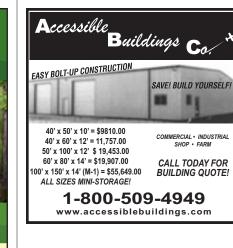


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# ▼ It looked like the aurora borealis came to Texas just for Donna Stanley, who stepped out on her front porch in Liberty Hill and snapped this photo. She is a member of Pedernales Electric Cooperative.

#### **TEXAS SKYSCAPES**

Oh, that Texas sky. It may threaten; it may dazzle us with its splendor. Whether dawn or dusk, midday or midnight, those wide-open skies sometimes seem to be the gateway to the heavens.

—ASHLEY CLARY

◆ Central Texas Electric Cooperative member Patricia Busse sent this
photo of a waterspout on Lake Buchanan. Waterspouts are tornadoes
that occur over water, forming funnel-shaped columns of air and spray.

- ▼ Fannin County Electric
  Cooperative member Zane
  Barker sent us this photo of one
  of the most dramatic sunrises
  we've ever seen. This event happened on Valentine's Day at his
  parents' farm outside Bonham.
- ▼ This shot was taken by Bandera Electric Cooperative member Charles Carlson, near Garner State Park. These harmless mammatus clouds are found on the underside of tall, anvilshaped thunderstorms.



▶ Bluebonnet Electric Cooperative member **Tracy Uker** sent us this photo of waning daylight, truly made Texan by looking through the spokes of an old tractor wheel.



#### Upcoming in Focus on Texas

SUBJECT	DEADLINE
Daredevils	Sep 10
Roughin' It	Oct 10
Snow Daze	Nov 10
Firsts	Dec 10
Backyard Gardens	Jan 10
Barnyard Babies	Feb 10
	Daredevils Roughin' It Snow Daze Firsts Backyard Gardens

DAREDEVILS is the topic for our NOVEMBER 2009 issue. Send your photo—along with your name, address, day-time phone, co-op affiliation and a brief description—to Daredevils, Focus on Texas, II/22 Colorado St. 24th Floor, Austin, TX 78704, before September IO. A stamped, self-addressed envelope must be included if you want your entry returned (approximately six weeks). Please do not submit irreplaceable photographs—send a copy or duplicate. We regret that Texas Co-op Power cannot be responsible for photos that are lost in the mail or not received by the deadline. Please note that we cannot provide individual critiques of submitted photos. If you use a digital camera, e-mail your highest-resolution images to focus@texas-ec.org, or submit them on our website at www.texascooppower.com.



#### **AROUNDTEXASAROUNDTEXAS**

# SEPTEMBER



BERTRAM [4-5]
Oatmeal Festival,
(512) 355-2197,
www.bertramtx.org

**BRADY** [4-5]

World Championship BBQ Goat Cook-Off, (325) 597-3491, www.bradytx.com

WEST [4-6]

Westfest, (254) 826-5058, www.westfest.com

MASON
County Apple Festival,
(325) 347-5758

BEDFORD [5-6]
Labor Day Blues Festival,
(817) 952-2128

HAMILTON [5-6] Dove Festival, (254) 386-3216

BEEVILLE
Diez y Seis de
Septiembre Celebration,
(36I) 542-8448

**BROWNWOOD** 

St. John's Arts & Crafts Fair, (325) 646-7482

**CALDWELL** 

Kolache Festival & Quilt Show, (979) 567-0000, www.burlesoncountytx .com

MOUNTAIN SPRINGS

Bluegrass Crafts & Quilts

Bluegrass, Crafts & Quilts Festival, (940) 637-2016

**PORT ARTHUR** 

Mexican Fiesta, (409) 724-6134 9 SPICEWOOD

Destruction Derby, (830) 693-4726, www.spicewoodvfd.com

CAT SPRING [12-13] Antiques Show, (979) 865-5618

IDALOU [12-13] Apple Butter Festival, (806) 781-1753, www.applecountry orchards.com

ADDISON [17-20]
Oktoberfest,
I-800-233-4766,
www.addisontexas.net

**GRAPEVINE** [17-20] GrapeFest, I-800-457-6338, www.grapevine texasusa.com

**GROVES** [17-20] Texas Pecan Festival, (409) 962-3631

BAY CITY
Market Days,
(979) 245-8333,
www.baycitychamber.org

COMFORT Fall Art Walk, (830) 995-3131

> 2 PORT ARTHUR









#### **AROUND TEXAS AROUND TEXAS**



**GAINESVILLE** [24-26] Pawlessfest. (940) 612-1375, www.pawlessfest.com

ABILENE [25-27] Big Country Balloon Fest, (325) 795-0995

ANDERSON [25-27] Gary Schroeder Memorial Trail Ride. (936) 873-2257

#### LEVELLAND

26 LEVELLAND
Texas' Last Frontier Ranch Heritage Tour, (806) 894-4062

#### **GRANITE SHOALS** Ugly Dog Bar-B-Q,

(830) 598-7933

#### **MEDINA LAKE**

Cajun Festival, (830) 75I-9904, www.cajunfestivalmedinalake.com

#### MONTGOMERY

Historic Montgomery Wine & Food Trail, (936) 449-4005

#### **SERBIN**

Wendish Fest. (979) 366-2441

#### **VICTORIA**

Czech Heritage Festival, (361) 575-0820. www.victoriaczechs.org

## UCTORFR

CENTER [I-3] East Texas Poultry Festival, (936) 598-3682, www.shelbycounty chamber.com

**GONZALES** [2-4] Come & Take It Festival. 1-888-672-1095. www.gonzalestexas.com



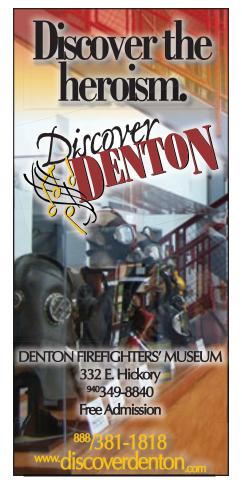
SEGUIN Viva Seguin Conjunto Festival/Accordian Workshop. 1-800-580-7322

> To view our complete list of events, please go to www.texascooppower.com.

Event information can be mailed to Around Texas, II22 Colorado St., 24th Floor, Austin, TX 7870I, faxed to (5I2) 763-3407, e-mailed to aroundtx@texas-ec.org, or submitted on our website at www.texascooppower.com. Please submit events for November by September IO.







The crumpled Texas map lay open beside me on the front passenger seat of the car. Just east of Houston on Interstate 10, I felt lost. Where, I muttered, is my exit? And then, there it was: Exit 810. Anahuac. I breathed a sigh of relief and turned south onto FM 563.

Six miles later, I was slowly driving through the little town, searching for the

Anahuac National Wildlife Refuge headquarters building, when a flash of movement caught my eye. I looked up and saw a hawk-sized bird, strikingly dressed in black and white, dipping and gliding like ... a kite! A Mississippi Kite! But wait ... this bird has a long, forked tail. It's a Swallow-tailed Kite! Unbelievable. Five minutes in Anahuac—and still 15 miles from the refuge itself—and I've scored a bird for my life list.

I considered the kite a harbinger of the wildlife I'd see at the refuge and in nearby High Island, a migratory bird mecca. But reality tempered my optimism on this mid-April day: On September 13, 2008, the upper Texas Gulf Coast was pummeled

by Hurricane Ike, a horrific storm that destroyed buildings at the Anahuac refuge, ripped up its roads and boardwalks and decimated its wildlife, including alligator, frog, salamander and turtle populations.

After meeting with Tim Cooper, manager of the Texas Chenier Plain Refuges Complex that includes the high-profile Anahuac refuge, I had a better snapshot of the situation: On the surface, things looked bleak. But the Texas coast has withstood hurricanes for centuries. Somehow, fragile ecosystems recover. And somehow, without maps or compasses, displaced animals find their way home.

"There's mystery here, and you can participate in that," Cooper says of Anahuac. "You can see things that you're probably not going to see again."

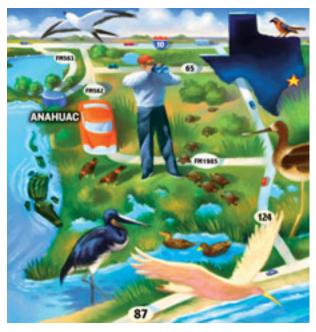
#### ANAHUAC NATIONAL WILDLIFE REFUGE

After massive repair work in the wake of Hurricane Ike, the refuge is now

# ANAHUAC to HIGH ISLAND

Wildlife refuge is on road to recovery.

#### BY CAMILLE WHEELER



fully reopened and easy to find by following southbound FM 562 out of Anahuac to eastbound FM 1985.

For now, don't expect to hear a chorus of frogs at dusk. And instead of seeing dozens of alligators sunning on the banks of canals, you might see five or six.

But something magical is happening here: In May, little brown turtles crossed FM 1985 in great herds, all marching south to the refuge as if they were one, driven by who knows what.

And yes, Anahuac, which offers them trees and wetlands, has birds. Lots of them. Possible fall sightings range from Tricolored Herons to American Avocets to Mottled Ducks, year-round residents here. And if you're really lucky, you might see American or Least Bitterns, secretive masters of camouflage that freeze in place with their bills pointing up to resemble the reeds in which they're hiding.

Anahuac National Wildlife Refuge, (409) 267-3337, free admission, www.fws.gov/southwest/refuges/texas/anahuac/index.html

#### **HIGH ISLAND**

High Island is just that—a high island, and small community, surrounded by salt marshes. At more than 30 feet above sea level, it's the highest point on the Gulf of Mexico between Mobile, Alabama, and the Yucatán Peninsula.

Thanks to its height, the island dodged the brunt of Ike's storm surge

> and remains, at least in my mind, the Holy Grail of Texas birding.

The birding is fantastic all along the upper Texas coast. "We're probably the birdiest place in all of America," says Winnie Burkett, sanctuary manager for the Houston Audubon Society, which owns four sanctuaries on High Island, an 18-mile drive from the Anahuac refuge on eastbound FM 1985 and southbound Texas Highway 124.

But in the spring, there's no place like High Island, where the sanctuaries and their big trees serve as five-star hotels for migrating birds exhausted from their 600-mile flight across the Gulf of Mexico.

You'll see the most binoculars raised at the Louis Smith Boy Scout Woods Bird Sanctuary, where birders crowd the grandstands overlooking Purkey's Pond. But come back for fall migration: Birds aren't wearing their bright spring colors, making identification more difficult, but you can still get good looks at flycatchers, warblers, tanagers and orioles.

Also this time of year, egrets, herons and White Ibises return at dusk to roost at the Smith Oaks Bird Sanctuary rookery. And there's nothing like the spooky sight of alligators inhabiting the sanctuary, sharing space with wading birds.

And in a fall ritual, thousands of migrating hawks fill the sky at nearby Smith Point and the Candy Cain Abshier Wildlife Management Area on the eastern shore of Galveston Bay.

**High Island sanctuaries**, (713) 932-1639, open daily from dawn to dusk, \$5 donation covers admittance to all, www.houstonaudubon.org

Camille Wheeler is staff writer for Texas Co-op Power.



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Showtime: Programming credits will apply during the first 3 months. Customer must downgrade or then-current price will apply. Cinemax: Requires enrollment in AutoPay with Paperless Billing. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME and related marks are trantprice will apply continue the property of Home Box Office, Inc. SHOWTIME and related marks are trantprice. processing fee. Gift with purchase requires enrollment in Classic Silver 200 with DVR and AutoPay with Paperless Billing, in addition to the one-time \$49.95 non-refundable processing fee. Shipping and/or handling fee is required to be paid for redemption. Gift with purchase is provided courtesy of InfinityDISH. Please visit www.lnfinityDish.com/gifts for terms, conditions and privacy policy.



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