

LOCAL ELECTRIC COOPERATIVE EDITION

JULY 2012

PECOS CANTALOUPE

FEEDING A CROWD

COOL ROOFS

TEXAS CO-OP POWER

SPEAKING UP for HERITAGE

Alabama-Coushatta Tribe Is
Striving To Preserve Its Native
Tongue and Traditions



Born with farming in your blood?



We're the answer.

Capital Farm Credit has made agricultural production, real estate and agribusiness loans for 95 years. We embrace our cooperative structure and our commitment to return profits to our customers. Through our patronage program, we return almost 100 percent of our net earnings back to our customers — a distinct benefit of doing business with us.

CapitalFarmCredit.com

877.944.5500

Rural Land Loans
Country Home Loans
Farm & Ranch Loans
Livestock & Equipment Loans
Operating Capital
Real Estate Appraisal Services
Agribusiness Financing
Leasing



T E X A S ' L A R G E S T R U R A L L E N D E R

July

2012

VOLUME 69 NUMBER 1



FEATURES

8 Speaking Up for Heritage

By Helen Cordes

Photos by Dave Shafer

The Alabama and Coushatta tribes have long been linked, even before they started arriving in East Texas' Big Thicket in the late 1700s. Today, as one tribe, these proud people are fighting to preserve their native tongue and venerable way of life.

14 The Truth About Pecos Cantaloupes

By Lonn Taylor

Most Pecos cantaloupes are now grown in Pecos County, not Pecos (which is in Reeves County). But the location change hasn't diminished their famous sweetness.

DEPARTMENTS

Footnotes by Martha Deeringer *Elizabeth Bacon Custer* 29

Recipe Roundup *Food for a Multitude* 31

Focus on Texas *Yard Art* 35

Around Texas *Local Events Listings* 36

Hit the Road by Laurence Parent *Angelina National Forest* 38

ONLINE

TexasCoopPower.com

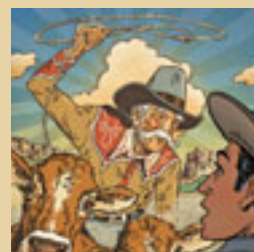
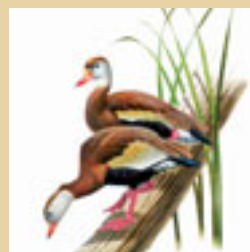
The following July stories are available on our website.

Texas Reader by Camille Wheeler

Feathers & Light: Portraits of Great Texas Birds

Observations by Marco Perella

The Real Deal: Learning the Ropes from an Old Cowboy



TEXAS CO-OP POWER

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: **Rick Haile**, Chair, *McGregor*; **Ron Hughes**, Vice Chair, *Sinton*; **Darryl Schriver**, Secretary-Treasurer, *Merkel*; **Randy Mahannah**, *Perryton*; **Billy Marricle**, *Bellville*; **Melody Pinnell**, *Crockett*; **Mark Stubbs**, *Greenville*

PRESIDENT/CEO: **Mike Williams**, *Austin*

STRATEGIC COMMUNICATIONS ADVISORY COMMITTEE: **William "Buff" Whitten**, Chair, *Eldorado*; **Bryan Lightfoot**, Vice Chair, *Bartlett*; **Roy Griffin**, *Edna*; **Stan McClendon**, *Wellington*; **Gary Nietzsche**, *La Grange*; **Anne Vaden**, *Argyle*; **Larry Warren**, *San Augustine*

COMMUNICATIONS STAFF: **Martin Bevins**, Sales Director; **Carol Moczygemba**, Executive Editor; **Camille Wheeler**, Associate Editor; **Suzi Sands**, Art Director; **Karen Nejtek**, Production Manager; **Ashley Clary-Carpenter**, Field Editor; **Andy Doughty**, Production Designer/Web Content Manager; **Sandra Forston**, Communications Assistant; **Suzanne Haberman**, Staff Writer; **Kevin Hargis**, Food Editor; **Ellen Stader**, Proofreader

THERE'S ONLY ONE WATER HEATER AS FAITHFUL AS THE MARATHON.

Old Faithful and Marathon provide hot water dependably, year-after-year, without a worry. But, one is owned by the government. Fortunately, Marathons are available from electric utilities. So now you can have your very own "Old Faithful" efficiently providing hot water for a lifetime.



Marathon Water Heaters are proudly made in the USA • For more information, visit www.marathonheaters.com

Marathon, America's most durable and efficient water heater. Now available at these member-owned cooperatives:

Bailey EC	Lyntegar EC
Bandera EC	Magic Valley EC
Bowie-Cass EC	Medina EC
Central Texas EC	Mid-South Synergy
Central Valley EC	North Plains EC
Deaf Smith EC	Roosevelt EC
Farmers EC, TX	Rusk County EC
Farmers EC, NM	San Bernard EC
Greenbelt EC	South Plains EC
Hamilton EC	Southwest Rural EA
Heart of Texas EC	Taylor EC
Lamb County EC	Victoria EC
Lea County EC	Wharton EC
Lighthouse EC	Wise EC

Have questions? Ready to buy? Call us!

1-866-390-4832



Texas Electric Cooperatives

Your Touchstone Energy Partner



www.anniversary.palmharbor.com

CELEBRATING

35

Years

1977 2012

Palm Harbor Homes

New Home SALE!

Our New Anniversary Model

3 Bed/2 Bath

MODULAR • RANCH • CABINS • OIL FIELD

866-660-3696

Find A Location Near You

FOR DETAILS & FLOOR PLANS

Or Text ANNIVERSARY To 313131

POWERtalk

Letters from Texas Co-op Power Readers

TOURING TEXAS

I have just finished enjoying the first part of the three-day marathon trip touring parts of the Hill Country Trail and Forts Trail regions along the Texas Heritage Trails ["The Magical History Tour," May 2012]. So nice of you to cover such interesting parts of Texas, right here at home. We are planning several day trips. I always look forward to Texas Co-op Power. Thank you for many interesting stories.

GLYNDA CARPENTER
Hamilton County EC

FROM THE HEART

Your May 2012 magazine [featuring the cover story "Come Together," about what makes the electric cooperative model so special] is so interesting. I read every word, from cover to cover. I could almost write a book about how I truly feel about Heart of Texas Electric Cooperative. Moving to Moody in 1986, I had lived 30 years in West Texas, south of Lubbock, and my electric company was Lyntegar Electric Cooperative. So I was blessed to have the chance to really feel at home from the beginning with the same kind of electric service.

MATTIE DEE KINNISON
Heart of Texas EC

THE INNER EGG

I enjoyed the article on Mary Ellen Walls and the beautiful Ukrainian Easter eggs. ["Egg-xacting Hobby," Co-op People,

May 2012]. I have made many painted eggs over the years but have always blown the insides out. Her process begins with a raw white egg and the writing tool. If one were dropped and broke, I would imagine it would be a terrible smell if they are not to be eaten and only collected.

DONNA MATSON
Cooke County ECA

GET MORE TCP at TexasCoopPower.com

*Find more letters in the
July Table of Contents.*

*Sign up for our E-Newsletter
for monthly updates,
prize drawings and more!*

'SAN ANTONIO ROMEO'

I enjoyed Lori Grossman's article [May 2012] on Bob Wills and his famous song "San Antonio Rose." But no history of the song is complete without mentioning the delightful sequel, "San Antonio Romeo" by San Antonio native Tish Hinojosa. Rose swings back into town wondering if her cowboy is ready to settle down—perhaps a happy ending after all.

MARY HENDRYX
Pedernales EC

BIG!

I loved seeing the photo of Zarey'a Bonner and the 3-pound turnip from her grandparents' garden ["Everything's Bigger in Texas," Focus on Texas, May 2012]. My kindergarten class always has fun acting out the short story titled "The Big, Big, Turnip" about a farmer who gets lots of help from his family and

farm animals in order to pull his very large, ripe turnip out of the ground. They were amazed when I brought in your magazine and they saw a little girl their size who really had done it! You



can be sure I will keep that picture and show it again each spring for many years to come.

LAURA POPE
Temple

WE WANT TO HEAR FROM YOU!

ONLINE: TexasCoopPower.com/share
EMAIL: letters@TexasCoopPower.com
MAIL: Editor, Texas Co-op Power, 1122 Colorado St., 24th Floor, Austin, TX 78701
Please include your town and electric co-op.
Letters may be edited for clarity and length.

Tall Oaks from Little Acorns

PHOTO COURTESY OF BETH ELSTON



I enjoyed Martha Deeringer's article about the Treaty Oak ["Treaty Oak: Rooted in Courage," Footnotes in Texas History, April 2012]. A postscript to the article: We have a baby Treaty Oak on our property near Burton. It is from the first acorns produced by the Treaty Oak after it was poisoned. Its history goes well with our 110-year-old farmhouse.

Beth Elston, Bluebonnet EC

TEXAS CO-OP POWER (USPS 540-560) is published monthly by Texas Electric Cooperatives (TEC). Periodical Postage Paid at Austin, TX and at additional offices. TEC is the statewide association representing 76 electric cooperatives. Texas Co-op Power's website is TexasCoopPower.com. Call (512) 454-0311 or email carolm@TexasCoopPower.com. **SUBSCRIPTION PRICE** is \$3.96 per year for individual members of subscribing cooperatives. If you are not a member of a subscribing cooperative, you can purchase an annual subscription at the nonmember rate of \$7.50. Individual copies and back issues are available for \$3 each. **POSTMASTER:** Send address changes to Texas Co-op Power (USPS 540-560), 1122 Colorado St., 24th Floor, Austin, TX 78701. Please enclose label from this copy of Texas Co-op Power showing old address and key numbers. **ADVERTISING:** Advertisers interested in buying display ad space in Texas Co-op Power and/or in our 30 sister publications in other states, contact Martin Bevins at (512) 486-6249. Advertisements in Texas Co-op Power are paid solicitations. The publisher neither endorses nor guarantees in any manner any product or company included in this publication. Product satisfaction and delivery responsibility lie solely with the advertiser. Direct questions or comments about advertising to Martin Bevins, sales director.

© Copyright 2012 Texas Electric Cooperatives, Inc. Reproduction of this issue or any portion of it is expressly prohibited without written permission. Willie Wiredhand © Copyright 2012 National Rural Electric Cooperative Association.



Texas Electric Cooperatives
Your Touchstone Energy® Partner

Cool, Daddy

Reflective coating on home's roof brings temperature way down

By Suzanne Haberman

My parents' home in historic Georgetown may be old, but in a way, the Craftsman-style bungalow is ahead of its time. Anchoring a corner of a Central Texas neighborhood, the 1924 house is clad in traditional colors and sports a snowy white roof. That's right—a white roof.

Two years ago, my dad, Gary Halko, a practicing dentist, increased the comfort of his indoor air by cooling down his roof. He applied a white coating with tiny ceramic beads to serve as a radiant barrier, blocking heat from the sun before penetrating the house.

"I compare it to a lizard's skin," he said, thinking back on his undergraduate zoology studies. "Lizards, especially sand-dwelling lizards, have their light-colored skin, and that skin is able to keep them from absorbing amounts of sun that would be dangerous to them."

The virtues of cool roofs—keeping interiors cool, reducing electricity demand and

preventing heat absorption in urban areas—are getting noticed nationwide. But so far, products have been applied and tested mostly on commercial and new roofs.

Dad explored somewhat new frontier with his residential project. On a 100-degree day one August, he measured the temperature over his 12-year-old, gray asphalt roof shingles. It hit 150 degrees. "You could not put a bare hand or foot on it without hurting," he said.

With the extreme heat on the outside, the temperature in his attic registered around 120 degrees. Inside, the ceiling heated up, radiated heat and made his air conditioner struggle.

So Dad researched cool roofs, and after checking with city code officials and neighbors, he bought 55 gallons of adhesive and paint-on coating for his 3,000-square-foot roof. With the help of my mom, Carol, he spent two days cleaning, prepping and applying two coatings with an airless paint sprayer.

When he was done, Dad took the temperature over his white shingles. This time, the temperature was 115 degrees. Inside, his attic's temperature never surpassed 100; his air conditioner came on later and cycled less.

While aftermarket roof coatings are newer products with unobserved long-term results, said Jessica Clark, marketing liaison for the Cool Roof Rating Council, Dad believes he's added another 10 years to his roof's life. He said he will prolong the coating's reflectivity by keeping it clean and applying touch-ups.

To celebrate his cool roof, Dad took off his shoes and took a picture of his bare feet while standing on the bright white shingles.

Suzanne Haberman, staff writer

EDITOR'S NOTE: Before tackling your own cool roof project, be sure to check the area's building codes, learn about your roof's warranty and research product options.

Cool Roofs 101

From America's big cities to Texas Co-op Country, cool roofs—roofs that maintain lower temperatures than traditional roofs by reflecting the sun and cooling down quickly—are beginning to shine.

WHAT COOL ROOFS DO

Cool roofs keep interiors cooler, reduce air-conditioning loads and lower energy demand by reflecting the sun's rays. With the roof's temperature lowered, less heat is transferred inside.

WHERE THEY'RE FOUND

In New York City, a recent study found cool roofs could help mitigate the heat-island effect in urban areas, where dark surfaces—such as asphalt—absorb and give off heat. In Texas, some electric co-op members are using cool roofs to reduce their energy bills. Some co-ops offer reflective roof rebates, such as Bryan Texas Utilities' program for commercial customers.

HOW THEY WORK

Traditional, dark-colored roofs can absorb up to 90 percent of the sun's rays, according to the U.S. Department of Energy, but cool roofs absorb about 50 percent. Materials are often white, and there are products for most new and existing roof types. Technologies range from factory-enhanced shingles to field-applied coatings and membranes. Costs and durability vary depending on product and location.

HOW TO FIND MORE

The Cool Roof Rating Council, a national nonprofit organization, maintains a directory of third party-tested cool roofing materials at www.coolroofs.org. Find Energy Star-qualified cool roof products at www.energy.gov. Check out the U.S. Department of Energy's Cool Roof Calculator at www.ornl.gov.



Gary and Carol Halko applied a reflective coating to cool their home's roof.

H A P P E N I N G S

"Where's the beef?" You don't have to ask that question any more. Just head to Friona, the official Cheeseburger Capital of Texas—so named by the Legislature in 2007—and get your grub on at the **CHEESEBURGER COOK-OFF AND FESTIVAL** on July 21.

Cooked up by the Friona Chamber of Commerce Board of Directors as a way to promote this Panhandle region's beef, wheat and dairy industries, the festival is slated for its seventh showing at Friona City Park—and has grown into quite the delectable affair. With 20 teams each flipping roughly 200 burgers (all major cooking items are donated by area producers), an expected 3,000 attendees will need to bring their appetites. And when they're ready to burn off the meaty, cheesy goodness, there's plenty of other entertainment to help them do so, including a car show, live music, games and arts and crafts.

For more information, call (806) 250-3491 or go to www.frionachamber.com.

Find hundreds of happenings all across the state at TexasCoopPower.com.

WHO KNEW?

STATE MUSIC OF TEXAS

Though Western swing is popular throughout the Southwest and beyond, its roots are firmly tied to the Lone Star State through pioneers such as Milton Brown and Bob Wills, Texans who came on the scene in the 1930s and delighted music lovers with toe-tapping tunes still heard today. Because of this harmonious heritage, the Legislature in 2011 designated Western swing the official state music of Texas.



2012

INTERNATIONAL YEAR OF
COOPERATIVES

Almost a century ago, 94 dairy farmers near Cabot, Vermont, paid \$5 per cow—plus a cord of wood to fuel the boiler in a newly purchased village creamery—to form a cooperative known today as Cabot Creamery. The co-op, founded in 1919 and most famous for its naturally aged Cheddar, now counts about 1,200 farm families as members.

CO-OP PEOPLE

*Changing Views, One
Kaleidoscope at a Time*

BY MARGARET BURANEN

When Pedernales Electric Cooperative member Mark Reynolds started making kaleidoscopes, he didn't realize the emotional impact the optical instruments could have.

Rewind to 1976. Mark, a University of Texas student, was paid a visit by his brother Cary, who wanted to make kaleidoscopes as Christmas gifts. He needed Mark's help.

Launched in UT's woodworking shop, the project spawned a full-time business, Kaleidovisions.

Kaleidovisions'
Entity kaleidoscope

In 1987, Mark met Carol Gagnon, who'd heard him play guitar in the South Austin shop.

When Cary left the business in 1988, Carol became Mark's business partner. In 1993, she became his partner in life.

The patterns seen in the toys are created by the mirror configuration. Mark cuts three mirrors in shapes, equilaterally or in an isosceles triangle, and tapes them

together, evenly or tapered. After the mirrors are assembled, the body, made from fine woods such as mahogany, is built around them. Within the object chamber—a circular acrylic container—Carol uses items such as gemstones and seashells that float in oil, creating ever-changing patterns of color.

The couple's business has taken them to nearly every state. "We'll do a dozen shows in a year—and no two shows are alike," Mark said. "If you want a predictable lifestyle, don't be an artist."

The high-quality kaleidoscopes magnify the magic of this simple child's toy. Peering through the viewfinder and giving the scope a twirl brings forth vibrant colors, spins intricate patterns and lifts one's spirits.

"We got a letter from a woman in the hospital who was receiving cancer treatment," Carol said. "A friend had brought her a kaleidoscope as a gift, and she looked at it often. It let her move out of a stressful state into a place where she was only seeing the wonder of the thing instead of the pain of her reality. I believe a lot in the power of a person on the state of their health, and I think she does, too. She swears it saved her life."

Freelance writer Margaret Buranen lives in Lexington, Kentucky. Send Co-op People ideas to editor@TexasCoopPower.com.

Speaking Up for Heritage

Alabama-Coushatta Tribe Is Fighting To Preserve Its Native Tongue and Venerable Way of Life

Nita!" Ellison Poncho, a 9-year-old Alabama-Coushatta boy whose sunbeam smile could melt an iceberg, belts out the Alabama word for "bear" with ease. He falters over the word for spider, the last of his winning bingo row he'll need to confirm for the Language Bingo callers. "I'm afraid I won't say it right," he whispers to partner Donnis Battise, a retired transportation planner for the tribe who's fluent in Alabama, his native tongue.

"C'mon, you can speak Indian—just say it: *hanchokfala*," says Battise, kindly but firmly. "Um, *han...chokfala*!" shouts Ellison, beaming as everyone claps and bingo prize bearer Tobine Alec heads his way.

The atmosphere this chilly January evening at the monthly Language Bingo game is ripe with hope. Multiple generations are gathered in the warmth of the majestic, burnished pine log Special Events Center—great-grandparents, grandparents, parents, aunts and uncles partnered with language beginners, coaxing and coaching, word by word, to save their Native American tribe's disappearing language. Language Bingo is just one way the tribe is trying to preserve the heritage that's persevered since the Alabamas and Coushattas—then two separate tribes—began departing their ancestral home, what now is Alabama, in around 1763.

The Alabamas and Coushattas, who were first documented by Spanish explorer Hernando de Soto in the 1540s, have long been linked: The two tribes followed similar routes west, and both started arriving in East Texas' Big Thicket in the 1780s. Their languages both trace back to the North American Muskogean tribe, and the tribes have intermarried throughout their history.

Today, about 500 tribe members live on the Alabama-Coushatta reservation, roughly 60 miles east of Huntsville

and served by Sam Houston Electric Cooperative. Another 600 members live in the vicinity and elsewhere around the U.S. The Piney Woods reservation is scattered with modest brick homes tucked into the dense forest. Here, the federally recognized tribe is the biggest employer—as a sovereign nation, it administers everything from police to parks and operates the Lake Tombigbee campground just down the lane from the tribe headquarters. While mineral rights bring in small but steady oil and gas revenues, tribal leaders say it is a challenge to find jobs beyond the few local businesses, such as timber companies.

But the tribe enjoys at least one strong asset—an unflagging sense of caring community. Everyone knows everyone here, and they'll pitch in instantly when a member's in need. It's evident in the way a wailing child can approach unrelated tribal members and get a helping hand and a hug.

Yet can this sturdy community, along with its ancient culture, endure in the face of trying economic times and the pull of popular culture that lures the young? The Alabama-Coushatta are giving it their best shot to save an irreplaceable part of our beautiful Texas mosaic.

POWWOW POWER To ensure the continuation of some of their most significant cultural traditions, the Alabama-Coushatta recognize they need to reach their children. In addition to





Language Bingo, the annual Children's Powwow, which is open to the public, is a powerful tool for sustaining the ancient ways.

Held each year inside the Alabama-Coushatta Multi-Purpose Center, just up the road from the Special Events Center, the Children's Powwow is a feast for the senses. Children and teens stroll about on a Saturday in January with an air of regal pride. And with good reason: All day today and into the night, kids are in the limelight. Resplendent in their elaborate regalia—a visual extravaganza of intricate beadwork, huge feather bustles, bone breastplates and garments festooned with silver “jingles”—the young will dance before all, and the littlest ones will be presented for their first time on the dance floor.

The steady, deep bass heartbeat from the huge drums seeps bone-deep in a common rhythm that unites all gathered. Listen to the fluid first language spoken by the elders as part of the powwow proceedings. And talk to folks like Delbert Johnson, a tall, quiet-spoken man who plays and sings in the Alabama-Coushatta drumming group, the A-C Woodland Singers. Like others striving to bring back customs nearly annihilated by assimilation efforts throughout

the centuries, Johnson saw where the future was headed and knew he'd have to fight to keep his heritage alive.

“I remember being at a powwow in Oklahoma watching a couple of boys who really wanted to dance, but they had no idea how,” says Johnson, 45, who grew up speaking Alabama (it and the Coushatta language are very similar) with his grandfather and picking up dance steps from his uncles. “That touched my heart—I felt bad that their parents didn't know how to teach them how to dance. That was the same year my older niece, Camille, was born, and I wanted to make sure that she and any other child who wanted to could learn and perform.”

The Children's Powwow was launched in 1996. “I want the children's powwows to always be free for the kids and open to any visitors,” says Johnson, who manages the powwow on top of full-time tribal custodial work. “I want it to be there as a fun alternative for kids, because I know there are a lot of opportunities for them to turn away from the culture and get involved in drinking, drugs and getting in trouble.”

At this year's Children's Powwow, more than 60 youngsters, toddlers to teens, traveled from Oklahoma, Kansas, New Mexico and Texas to perform dances from the Southern

OPPOSITE PAGE: Pine-needle basketry—these baskets rest on a blanket woven from Spanish moss—remains the strongest of Alabama-Coushatta traditions. **ABOVE:** Cultural continuity is everything for Tobine Alec, resplendent in traditional attire, and the tribe's other adults.



Delbert Johnson, sitting within a circle of poles that represent the tribe's 12 clans, plays a 20-inch drum inside a replica of an Alabama-Coushatta council house. Johnson, who manages the annual Children's Powwow, honors his tribe's long, rich history.

Plains Indian tradition, which includes Alabama-Coushatta. They mingled, walking about in a dazzling display of different regalia. Johnson watched as that niece, Camille, now a tall, beautiful 16-year-old, danced the swaying Southern Cloth Dance along with her own 5-year-old niece, Raegan.

BEAD DAZZLE Johnson's sister and Raegan's proud mom, Heather Battise, beads the intricate crowns, breastplates, necklaces and earrings the girls wear that day (there may be three regalia switches over the day's dances) and other performance days. "I do this after work—I've got a full-time job," says Heather, an accounting technician for the tribe. She explains the many techniques and stitches involved in her stunning work; making something like a crown takes her a month.

Keeping the cultural strand as strong as her beading thread is important to Heather and her husband, Patrick. "I spoke Alabama until I got to kindergarten, and all my friends spoke English, so I did, too," she says. "I make sure to speak Alabama to Raegan so she can understand it, and she can speak some, too."

Heather's parents, Herbert Johnson Sr., 70, and Deloris, 67, remember well the times when Indian ways nearly disappeared. "We didn't have anything like a Children's Powwow when we were young," says Deloris as they watch their grandchildren dance. She made Heather's first crown when she started dancing at age 7 and taught her the beading lore that Heather says she'll teach Raegan. Deloris continues to sew all the ornate dance dresses for her grandchildren.

Across the powwow floor, the extended family of Jack

Battise Sr. and his wife, Lawrine, are gathered. Jack, at 84 the tribe's sole remaining World War II veteran, is already out on the dance floor. "I've been dancing since 1936," he says, a broad smile lighting a still-smooth face and sculpted cheekbones. "I can barely move these days, but I can't stop dancing."

The Battises' daughter Nita, a tribal council member, chairs the cultural committee; daughter Stephanie Williams is the tribal administrator. Son Garrett, a civil engineer, has come up from Houston to dance with his father. Stephanie's daughter, Traci Thompson, and husband Brent have brought daughter Ke'Tanah, who is already a practiced dancer at 6. Her baby sister Layla sleeps through all the powwow hullabaloo on a blanket on the floor.

"Carrying on tribal traditions seems natural to us," says Traci, who grew up speaking Koasati, the Coushatta language. "It's just what we do."

WEAVING TRADITION A visitor arriving at the tidy brick home of Joyce Poncho and her husband, Robert, will have no doubt about which of the 12 matrilineal Alabama-Coushatta clans the two belong to—turkey (Joyce's clan) and beaver (Robert's clan) figurines and ornaments abound both indoors and throughout the yard. Joyce, a warm 72-year-old with a charmingly girlish giggle, has assembled a selection of her baskets this morning along with some made by her sisters and mother.

"I've made baskets all my life, and I work on them every day," Joyce says, explaining how she'll coil small bunches of the foot-long pine needles in circles, binding the growing rounds with thin raffia palm thread. The artistry that made Joyce a cultural ambassador who has been showcased for years at the

No
Contract

Finally, a cell phone that's... a phone

with rates as low as \$3.75 per week!

Price
Reduce
by \$48

"Well, I finally did it. I finally decided to enter the digital age and get a cell phone. My kids have been bugging me, my book group made fun of me, and the last straw was when my car broke down, and I was stuck by the highway for an hour before someone stopped to help. But when I went to the cell phone store, I almost changed my mind. The phones are so small I can't see the numbers, much less push the right one. They all have cameras, computers and a "global-positioning" something or other that's supposed to spot me from space. Goodness, all I want to do is to be able to talk to my grandkids! The people at the store weren't much help. They couldn't understand why someone wouldn't want a phone the size of a postage stamp. And the rate plans! They were complicated, confusing, and expensive...and the contract lasted for two years! I'd almost given up until a friend told me about her new Jitterbug® phone. **Now, I have the convenience and safety of being able to stay in touch...with a phone I can actually use.**"

Sometimes I think the people who designed this phone and the rate plans had me in mind. The phone fits easily into my pocket, and flips open to reach from my mouth to my ear. The display is large and backlit, so I can actually see who is calling. With a push of a button I can amplify the volume, and if I don't know a number, I can simply push "0" for a friendly, helpful operator that will look it up and even dial it for me. The Jitterbug also reduces background noise, making the sound loud and clear. There's even a dial tone, so I know the phone is ready to use.



Available in
Graphite and Red.

Affordable plans that I can understand – and no contract to sign! Unlike other cell phones, Jitterbug has plans that make sense. Why should I pay for minutes I'm never going to use? And if I do talk more than I plan, I won't find myself with no minutes like my friend who has a prepaid phone. Best of all, there is no contract to sign – so I'm not locked in for

Monthly Minutes	50	100
Monthly Rate	\$14.99	\$19.99
Operator Assistance	24/7	24/7
911 Access	FREE	FREE
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	Yes	Yes
Friendly Return Policy ¹	30 days	30 days

More minute plans available. Ask your Jitterbug expert for details.

years at a time or subject to termination fees. The U.S. Based customer service is second to none, and the phone gets service virtually anywhere in the country.

Call now and receive a FREE gift when you order. Try Jitterbug for 30 days and if you don't love it, just return it¹. Why wait, the Jitterbug comes ready to use right out of the box. If you aren't as happy with it as I am, you can return it for a refund of the purchase price. Call now, the Jitterbug product experts are ready to answer your questions.

Call now and receive a **FREE gift** just for ordering. **Hurry...**this is a limited time offer. Call now!

Jitterbug Cell Phone

Call today to get your own Jitterbug phone.

Please mention promotional code 44259.

1-866-428-3181

www.jitterbugdirect.com

jitterbug

firstSTREET
for Boomers and Beyond®
1998 Ruffin Mill Road
Colonial Heights, VA 23834



We proudly accept the following credit cards.



IMPORTANT CONSUMER INFORMATION: Jitterbug is owned by GreatCall, Inc. Your invoices will come from GreatCall. All rate plans and services require the purchase of a Jitterbug phone and a one-time set up fee of \$35. Coverage and service is not available everywhere. Other charges and restrictions may apply. Screen images simulated. There are no additional fees to call Jitterbug's 24-hour U.S. Based Customer Service. However, for calls to an Operator in which a service is completed, minutes will be deducted from your monthly balance equal to the length of the call and any call connected by the Operator, plus an additional 5 minutes. Monthly rate plans do not include government taxes or assessment surcharges. Prices and fees subject to change. We will refund the full price of the Jitterbug phone if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of 35 cents will apply for each minute over 30 minutes. The activation fee and shipping charges are not refundable. Jitterbug is a registered trademark of GreatCall, Inc. Samsung is a registered trademark of Samsung Electronics America, Inc. and/or its related entities. Copyright © 2012 GreatCall, Inc. Copyright © 2012 by firstSTREET for Boomers and Beyond, Inc. All rights reserved.



LEFT: As daughter Raegan looks on, Heather Battise executes intricate beadwork. Teaching moments like these keep tradition alive. **CENTER:** ‘I love to teach,’ says Joyce Poncho, who shows Monica Parkinson, right, the art of pine-needle basket weaving. **RIGHT:** Grant Gaumer, foreground, participates in the gourd dance as Mia Poncho follows adults’ leads at the Children’s Powwow.

Texas Folklife Festival and Smithsonian Folklife Festival is amply evident. She conjures animal baskets with ingenious details, using pine cone “petals” to make owl or turkey feathers and sewing on tiny pine needle nubs to make alligator claws.

“I love to teach,” Joyce says, recalling the many tribal members, young and old, male and female, who’ve learned from her. She glows as she recalls how her neophyte students—from teens to middle-agers—from her last class earned honors at the recent basket-making competition at the tribe’s annual Alabama-Coushatta Cultural Celebration Week, an event for tribal members and their guests.

But getting others to carry on the tribe’s basketry tradition isn’t always easy. “Everyone is in such a hurry these days, and sometimes they don’t have the patience to keep working on a basket,” she sighs. She has the time—and decades of skill building—to create a small basket in a few days. She reminds her beginners that baskets can grow slowly over busy times.

‘WE HAVE SO MUCH TO PASS ON’ Bryant Celestine, 37, knows well the challenge of shepherding cultural preservation amid the busyness that pressures families here and everywhere. As the tribe’s historical preservation officer, Celestine is surrounded by tribal treasure at his office: baskets made from pine needles and split river cane, *kapuche* rackets for lacrosse-style stickball games, hollowed hickory logs made into mortars for pounding corn to make *sofkey*, the much-loved, thick Alabama-Coushatta corn soup. Among the relics, he carefully unfolds a blanket woven from Spanish moss, its soft, deep brown texture a result of a weeks-long process of gathering, cleaning, spinning and weaving long moss strands gathered from local live oaks.

“We have so much to pass on,” he says.

Pine-needle basketry is the practice that’s remained strongest of the Alabama-Coushatta traditions. Interest in different cultural areas is keen among tribal members, Celestine says, but adds that it’s hard for members to find the time for classes beyond the daily pressures of jobs and family. “It was easier in the old days, when people would get together in the evenings and tell the stories over and over,” he notes.

However, Celestine and others in the tribe have come up with an array of savvy tactics to make old customs a part of young lives. He is working on a language computer game and trades expertise with other tribes experimenting with everything from language smartphone apps to board games. Inside tribal member homes, parents use the time-honored trick of simply speaking in the mother tongue instead of English.

Rashyal Sylestine was raised on the reservation with a non-native mom and an Alabama-fluent dad who refused to share his language because he wanted his kids to fit in the English-speaking world. “A lot of parents did that, and I know my dad was just trying to help us,” says Sylestine, who works in the tribal finance office. “But I wish he would have taught us how to speak.” Now she’s learning the language from her uncles and using it with her three young children.

Sharon Miller, the tribe’s public relations head, sees the cultural continuity quest as going beyond reservation borders. “I love to bring along a few folks and give cultural presentations for schools or groups,” she says. “I want people to get to know us beyond any stereotypes.” Chuckling, she notes that sometimes schoolchildren ask her “Where’s the Indian lady?” when she arrives sans the expected feathers and moccasins, looking instead like someone’s favorite aunt wearing jeans and a shirt and talking with a soft Texas twang.

With the help of their supporters, their people and an indomitable will to survive, preservation can happen, says Celestine. “Our people have always been challenged,” he says. “But because of everyone’s efforts, we’re creating the opportunity for the next generation to thrive and carry on our wisdom and ways.”

Freelance writer Helen Cordes lives in Georgetown.

For more information about tribal events and general information, visit www.alabama-coushatta.com or call (936) 563-1100. Visitors may stay at the Lake Tombigbee cabins and campground, and find baskets, beadwork and other artisan work at the A-C One Stop Ischoopa (Alabama for “store”) near the reservation entrance.

gravity defy^{er}™

ADVANCED FOOTWEAR TECHNOLOGY

Feel Like You're Defying Gravity

This is my story

I used to be more active. I used to run, play basketball, tennis; football... I was more than a weekend warrior. I woke up every day filled with life! But now, in my late 30's, I spend most of my day in the office or sacked out in front of the TV. My energy has fizzled and I'm embarrassed to admit that I've grown a spare tire (I'm sure it's hurting my love life). Nowadays I rarely walk. For some reason it's just harder now. Gravity has done a job on me.

Wear them and you'll know

But that's when a friend told me about a new kind of shoe. A shoe biomechanically engineered to make standing and walking on hard surfaces like concrete, tile and linoleum easy. They defy the force of gravity by absorbing harmful impact and propel you forward maximizing energy return. The longer he talked, the more sense it made. He was even wearing a pair himself!

Excitement swept through my body

I received my package from GravityDefyer.com and rushed to tear it open like a kid at Christmas. Inside I found the most amazing shoes I had ever seen – different than most athletic shoes. Sturdy construction. Cool colors. Nice lines... I was holding a miracle of technology. This was the real thing.

GDefy Benefits

- Absorbs Harmful Shock¹
- Have Instant Comfort
- Improve Energy Return
- Appear Taller
- Cools Feet
- Reduces Foot Odor
- Customize Your Fit
Accommodate most orthotics

Energy
without
the can!

I put them on and all I could say was, "WOW!" In minutes I was out the door. I was invincible; tireless in my new Gravity Defyer shoes.

Years of feeling exhaustion seemed to slip away. It was as if my legs had been replaced with super-powered bionics. At last, I was back in the game. Gravity has no power over me!

Customer Satisfaction Speaks for Itself!

4 out of 5 customers purchase a 2nd pair within 3 months.

Nothing to lose: Start your 30 Day Trial Today!

So, my friend, get back on your feet like I did. Try Gravity Defyer for yourself and live better, one step at a time.



ABSORB SHOCK
For ultimate comfort.



REBOUND PROPELS YOU FORWARD
Maximize energy return.



Semi-Rigid
Heel Stabilizing
Cage

Removable
Comfort-Fit™
Insole
Accommodates
most orthotics

VersoShock™ Trampoline
Shock-Absorbing Membrane
Heel

Smart Memory™ Master Spring
Propels you forward

Twin Stabilizers

AVS³ Ventilation™ Port
Cools & Reduces Microbial Growth

Rugged Polymer Sole

Resilient High Grade
Ethylene-Vinyl Acetate
(EVA) Midsole
Rocker construction
protects metatarsal bones
and aids fluid stepping
motions



\$129.95

MEN'S
TB902MBL (Black)
TB902MWG (White)
Sizes 7 - 14

WOMEN'S
TB902FBL (Black)
TB902FWS (White)
Sizes 5 - 11

WIDE WIDTHS AVAILABLE



Try a pair FREE for 30 Days*

SATISFACTION GUARANTEED!

GravityDefyer.com/MQ8GDH6

or call (800) 429-0039

Coupon Code: **MQ8GDH6**



A+

*Shipping charges of \$14.95 billed when order ships and the order balance 30 days after. Full purchase amount is authorized at the time of transaction and requires a valid debit or credit card. Returns and exchanges must be completed in the first 30 days. See web site for complete details.



KELLY HOWE

THE TRUTH ABOUT PECOS CANTALOUPE
They're a sweet, hard-to-find delicacy ...
and now are grown in Pecos County, not Pecos

BY LONN TAYLOR

For decades, a huge swath of potassium-rich soil just west of Pecos produced what many Texans swore were the sweetest and best cantaloupes in the world. But over the past few years, the number of Pecos cantaloupes available in Texas grocery stores has declined drastically, and there have been rumors that those for sale are not really from Pecos at all, but from the nearby town of Cayanosa.

This spring, I went to Pecos to see what made the melons so good, where they are really from, and what has caused annual plantings to plummet from a peak of roughly 1,800 acres in the early 1990s to about 100 acres today. I talked to a dozen active and retired cantaloupe farmers and agricultural extension specialists, and I learned that the traditional Pecos cantaloupe has a small seed cavity and a corresponding abundance of orange flesh. The flesh's peculiar sweetness is created by a combination of the potassium in the soil in which the cantaloupes are grown and the long hours of dry sunshine that nourishes them, abetted by the magnesium and calcium salts in the water with which they are irrigated.

Roland Roberts, a retired High

Plains vegetable specialist for the Texas Agricultural Extension Service, says potassium favors the accumulation of sugars in the melons, and the salinity of the water prevents them from absorbing too much moisture, which would blunt the sweetness.

As veteran Pecos cantaloupe grower Roger Jones says, "The saltier the water, the sweeter the melon." Jones, who planted 100 acres of cantaloupes this year, said he is the last person in Pecos growing cantaloupes commercially, the last link in a tradition that is nearly a century old. The 69-year-old Jones moved to Pecos from Mercedes in 1979 and says he is "the oldest continual farmer in Pecos."

Over the years, he has grown cotton, onions, cabbage and honeydew melons and even harvested four-wing saltbush seed from a plant that provides erosion control. Jones says, however, he never could have made a living farming without teaching auto mechanics at Pecos High School for the past 30 years, a job he still holds. He's selling this summer's cantaloupe crop to chain stores statewide, including Wal-Mart, H-E-B and individual distributors. But most Pecos cantaloupes, Jones confirms, don't come

from Pecos: They're grown near Cayanosa, about 30 miles southeast of Pecos.

Chillin' on the Train

The railroad first made Pecos cantaloupes famous. Madison Lafayette Todd, better known as M.L. Todd, came to Pecos from New Mexico in 1916 and bought an interest in an irrigated farm, where he and a partner, D.T. McKee, planted cantaloupes with seed from Rocky Ford, Colorado. They contracted with the dining-car service of the Texas and Pacific Railroad, which ran through Pecos, to buy their crop. The T&P listed the cantaloupes as "Pecos cantaloupes" on its breakfast menus, and dining-car stewards provided satisfied diners with chilled cantaloupes and Todd's address. By the 1920s, Todd was shipping cases of Pecos cantaloupes all over the country by Railway Express.

Ray Thompson, Todd's grandson, remembers that in those days, the train stopped in Pecos for just 20 minutes. During the shipping season, there was always a mad rush from the packing shed to the railroad station, with every available hand climbing on trucks already loaded with wooden cases of cantaloupes to get them into the express

car before the train pulled out. Some customers ordered a case a week through summer. By the late 1940s, Todd had 240 acres planted in cantaloupes and was shipping 40,000 crates a year to customers in 42 states. Meanwhile, other growers had appeared on the scene.

Expensive To Grow

Cantaloupes, which are picked by hand and processed by hand in the packing shed, are a labor-intensive crop. The melon pickers and packers in Pecos were migrant workers, many from Mexico. Hope Wilson, who with her husband grew cotton as well as cantaloupes in Pecos in the 1950s, said at the height of the picking season, they had 1,500 migrant workers on their payroll.

Sally Williams Perry, whose father, Jack Williams, raised “Famous Pecos Cantaloupes,” recalled that on Saturdays in the ’50s, Pecos was teeming with people, including migrant workers who had come into town to shop before heading back to farms.

By the 1970s, there were five companies growing cantaloupes in Pecos, each with its own packing shed, and they shipped their melons by truck instead of train. The largest grower was the

Pecos Cantaloupe Company, owned by A.B. Foster, who had first come to Pecos as an accountant for Billy Sol Estes’ cotton farming and fertilizer business. In 1990, Foster had 1,000 acres planted in cantaloupes and raised 10 different varieties, each of which ripened at a different time of summer. “But varieties had nothing to do with the taste,” said Randy Taylor, who bought the company. “The flavor was in the soil.”

All of the packers marked each cantaloupe with stickers denoting them as from Pecos.

No Way To Make a Profit

In the mid-’90s, however, the Pecos cantaloupe industry began to fall apart. The problems started as early as 1964 when the federal government ended the bracero program: an agreement originally made between the U.S. and Mexican governments in 1942 to bring contract workers from across the border into the U.S. to meet labor shortages created by World War II.

Migrant workers from the Lower Rio Grande Valley replaced the braceros, but their wages were higher than the 60 cents an hour paid to the braceros, and the migrant workers’ pay continued to rise through the 1970s and ’80s. Then, on

top of those higher labor costs, farmers saw the water table start to fall and the price of natural gas begin to rise.

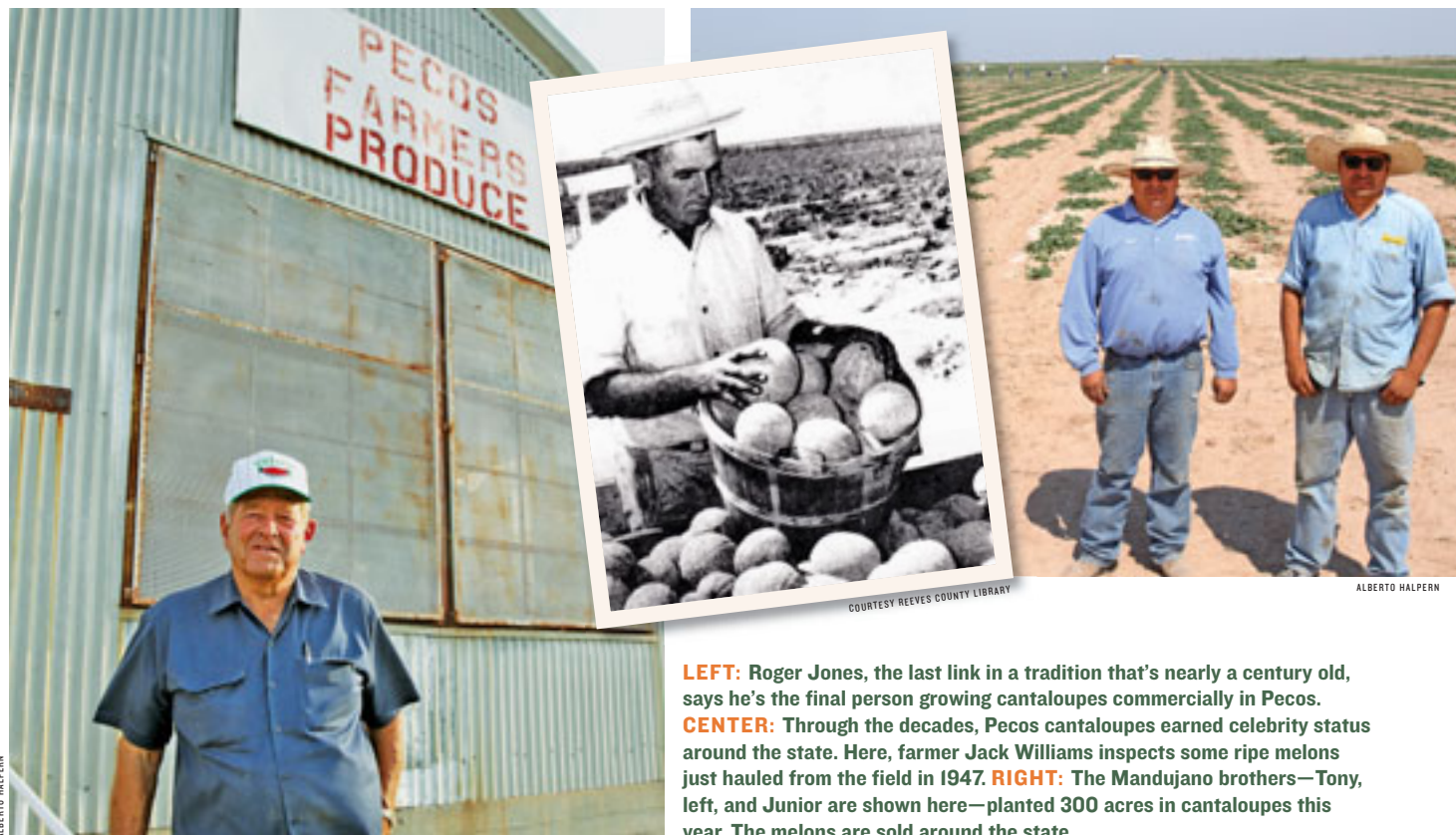
In the late 1950s, natural gas was piped to Pecos, fueling farmers’ water pumps. But the price of natural gas rose from 8 cents per 1,000 cubic feet to 30 cents. By 1989, it was 70 cents, and by 2006, when most of the growers had given up, it was \$7 per 1,000 cubic feet.

Hybrid seed cost also escalated. Field Yow, Foster’s son-in-law, remembered that in 1977, seed cost about \$6 per acre; by the time he got out of the business in 1997, it cost about \$100 per acre. Wilson said she and her husband quit growing cantaloupes when they realized that each crate they sold for \$18 was costing them \$35 to produce.

By 1995, it was clear there was no way to make a profit growing cantaloupes in Pecos. The expenses were just too high.

Moving to Cayanosa

That’s when the Pecos cantaloupe industry moved to Cayanosa. The four Mandujano brothers, Tony, Armando, Junior and Beto, had actually started growing cantaloupes there in 1982. Tony Mandujano said that the first year, they planted half an acre. But that



LEFT: Roger Jones, the last link in a tradition that’s nearly a century old, says he’s the final person growing cantaloupes commercially in Pecos.

CENTER: Through the decades, Pecos cantaloupes earned celebrity status around the state. Here, farmer Jack Williams inspects some ripe melons just hauled from the field in 1947. **RIGHT:** The Mandujano brothers—Tony, left, and Junior are shown here—planted 300 acres in cantaloupes this year. The melons are sold around the state.



ALBERTO MALPAIN

There's nothing easy about growing cantaloupes, a labor-intensive crop that's picked and processed by hand. Plus, there are weeds to hoe, as these workers patiently demonstrate in one of the Mandujano brothers' fields in Pecos County. Mandujano Brothers Produce is a diversified company with 6,000 acres of cantaloupes, watermelons, onions, cotton, hay, peppers and pumpkins.

half-acre happened to be part of a patch of potassium-rich soil almost identical in composition to what it is in Pecos. In 1997, they incorporated as Mandujano Brothers Produce, a diversified farming company that now has 6,000 acres of watermelons, onions, cotton, hay, peppers, pumpkins and cantaloupes. They use migrant labor obtained through the U.S. Department of Agriculture's H-2A program, which allows nonimmigrant foreign workers into the country on visas to perform agricultural work for employers who anticipate a shortage of domestic labor.

The Mandujano brothers keep costs down with mechanization. They use a tractor-pulled vacuum-air planter—which plants one seed in each hole drilled—and a conveyor belt that carries melons from the field to the truck, although human hands still put the cantaloupes on the belt.

The brothers have also cut out mid-

dle management. "We are four brothers," Tony Mandujano said. "And we are our own managers." This year, the brothers planted 300 acres in cantaloupes, about 90 percent of which now, this summer, is being sold in Texas to grocery stores statewide such as Fiesta Foods, H-E-B, Kroger and Wal-Mart, and to roadside vendors.

Because Cuyanosa is in Pecos County (Pecos itself is in Reeves County), each melon receives a sticker bearing a map of Texas crowned with a Stetson hat and the all-important label: "Pecos Fresh." The shipping process can last two to three months, Tony Mandujano says, but once the cantaloupes are in stores, you'd better act fast: Their shelf life is seven to 10 days.

But that's not the end of the story. The Mandujano brothers' biggest competitors are in California, where 40,000 acres were planted in cantaloupes in 2010. "California cantaloupes are half the price

of our cantaloupes," Tony Mandujano said, "but they are only half as good. People who buy them are confused."

But they may represent the future. Juan Anciso, a Texas AgriLife Extension Service vegetable specialist for the Rio Grande Valley and a cantaloupe expert, said most of the cantaloupes in Texas grocery stores from June to December come from California and Arizona; from January to May, they come from Honduras and Guatemala. So if you want Texas cantaloupes (they're typically available in July and August), look for that Pecos label, even if the cantaloupe it's on isn't exactly from Pecos.

Writer and historian Lonn Taylor lives in Fort Davis.

On TexasCoopPower.com

Pecos' world-famous cantaloupes inspired the annual Cantaloupe Festival, on tap for July 28 in Pecos.

Come and Get 'Em

Longtime grower Roger Jones sells his cantaloupes to grocery stores around the state and at a roadside stand adjacent to his Pecos Farmers Produce packing shed at the corner of Texas Highway 17 and Western Avenue in Pecos, just across from the Burrito Depot.

Cuyanosa melons, meanwhile, typically are available in July and August and can be purchased at a roadside stand 1½ miles north of Cuyanosa off FM 1776 and at another roadside stand next to the Stripes convenience store in Pecos on the south side of U.S. Interstate 20 at its intersection with Country Club Drive. Look for a sign on a stand next to Stripes that says "Pecos Melons."



2012 © KENSHIRO/ISTOCK. IMAGE FROM BIGSTOCK.COM



DOUBLE SECURITY

Double Security Zip Around Fan Wallet

ONLY \$12⁹⁷ (Second One FREE)

FREE SHIPPING



Front Window
For I.D.

Fans Out For Easy Access



Tan

Black

• **2 Zippered Compartments
For Double Security**

• **11 E-X-P-A-N-D-A-B-L-E
Accordian Pockets!**



Dept. 65436 © 2012 Dream Products, Inc.

ORDER TOLL FREE 1-800-530-2689

www.DreamProductsCatalog.com (website offers may vary)

This Wallet Will Make You Money

Incredibly convenient accordion style wallet is like having your own personal accountant. Unique "Pop-Up" pockets literally puts your credit cards right in your hand. Two zippered security compartments protect all your cash, credit cards, receipts and important papers. Outside window conveniently stores your I.D. Time is money and this wallet saves you time. Crafted of genuine imported suede and measures a compact 4 3/8" x 3 3/8" x 1 3/8". Hurry, order today and get a second wallet **FREE!**

Satisfaction Guaranteed or Return For Your Money Back

Double Security Zip Around Fan Wallet

#95955	Set Of 2 (Black) Security Zip Around Fan Wallet(s) @ \$12.97	\$
#95956	Set Of 2 (Tan) Security Zip Around Fan Wallet(s) @ \$12.97	\$
#95957	(1 Black) & (1 Tan) Security Zip Around Fan Wallet(s) @ \$12.97	\$
CA residents must add 7.25% sales tax		\$
Regular Shipping Add: \$3.95 FREE		
Add \$1.00 Handling no matter how many you order		\$1.00
<input checked="" type="checkbox"/> FOR EXPEDITED SHIPPING (optional) Add An Additional \$2.95 (receive your order 5-7 days from shipment)		\$2.95
Please Print Clearly Card	TOTAL	\$

☐ VISA ☐ MasterCard ☐ Discover®/NOVUS™ Cards Dept. 65436

Card# Expiration Date

Name

Address

City ST Zip

Daytime Phone #

Email Address

Check or money order payable to: **Dream Products, Inc.**

Send Order To: 412 Dream Lane, Van Nuys, CA 91496

Easy Summer Safety Tips

Nearly 70 percent of Americans have been involved in some kind of summer emergency, ranging from insect bites to heat stroke and other life-threatening situations, according to the American Red Cross.

What can you do to help keep yourself from facing an emergency in the hot Texas summer?

Hydrate, hydrate, hydrate. Drink plenty of fluids. Don't wait until you're thirsty to drink. If you must exercise or work in the heat, drink two to four glasses of cool fluids each hour. Avoid liquids with alcohol or sugar—they will cause you to lose more body fluid. Stay away from very cold drinks—they can cause stomach cramps.

Wear that sunscreen. There is no such thing as a "healthy tan," and unfortunately, there's no fast cure for sunburn. Skin can take days to heal. To treat the pain, take an over-the-counter pain reliever and keep the area moisturized with aloe vera or other lotions. Keep the skin cool by using cold compresses or taking a cold bath.

Be aware of your surroundings. Watch out for poisonous plants. A good rule of thumb is "leaves of three, let it be." Two common Texas culprits, poison oak and poison ivy, are clustered in leaves of three and contain an oil that can cause an allergic reaction when it contacts your skin. It can take a very little amount of this oil—less than the size of a grain of salt—to induce a rash. If you do get it on your skin, immediately rinse with rubbing alcohol or a degreasing soap and lots of water. Rinse frequently so that wash solutions do not dry on the skin and further spread the oil. An antihistamine can be taken to relieve itching.

Watch out for bugs. If you find yourself stung by a pesky insect, do not squeeze the area or use tweezers to remove the stinger, as it might push more venom into the skin. Remove the stinger by either scraping your fingernail over the area or using a straight edge like a business card. Wash the area with soap and water, and if there's swelling, apply ice. And, try not to scratch to avoid an infection.

Remember, water and electricity don't mix. Pools and sprinklers are often used for relief from the heat, but water can conduct electricity from a faulty wire or appliance, and wet skin can

significantly decrease your resistance to electricity. Keep electrical appliances and toys away from water. Never use a radio near pools, tubs or sinks, unless it is battery-operated. When you are wet, standing in water or have wet hands, never touch electric cords, switches or appliances.

Sandwich wraps make quick and cool work of dinner. Set out your favorite fixings and let people build their own.



DON'T SWEAT IT

Stay cool in the kitchen

You don't have to stick your head in the freezer to keep cool when preparing a meal this summer. Follow these tips to keep your home—and your head—cool.

1. Try to cook on the stovetop, in a microwave oven or with a toaster oven as much as possible. A conventional oven produces lots of unwanted heat.
2. Summer is a great time to introduce your family to an abundance of fresh sandwiches, veggie-filled salads and chilled soups.
3. Grill more: Cooking outside is an automatic way to keep your house cooler. Cook your meal outdoors and enjoy a nice, grilled meal indoors.
4. Don't cook every night. Take one day to cook components for several meals and freeze them.
5. No-bake cakes, fruit cups and trifles make delicious desserts without the heat of an oven.
6. Use that slow cooker. Not only does it use very little electricity, it also gives off very little heat!
7. Let your dishes air dry. Although most dishwashers don't give off a great deal of heat, when the temperatures are up, even a little can feel like too much. Try turning the dishwasher off and opening the door at the end of the rinse cycle to let dishes get a little fresh air.

THINKSTOCK



ISTOCKPHOTO | THINKSTOCK

Make Safety a Priority

Take care during summer home improvement projects

If summer weather is sprouting thoughts of home improvement projects, you are not alone. Rising temperatures traditionally give rise to more remodeling, repairs, maintenance, landscaping and construction projects both inside and outside the home.

In an effort to make sure the growth in home improvement projects and maintenance work doesn't result in increased injuries, your electric cooperative and Safe Electricity urge all do-it-yourselfers to take precautions, especially when working around electrical equipment and overhead power lines.

Make sure outdoor outlets are equipped with a ground-fault circuit interrupter. Use a portable GFCI if your outdoor outlets don't have one. It's also a

good idea to have GFCIs professionally installed in wet areas of the home, such as the kitchen, bath and laundry.

Safety tips to keep in mind include:

- Look up and around you.

Always be aware of the location of power lines, particularly when using long metal tools like ladders, pool skimmers and pruning poles, or when installing rooftop antennas and satellite dishes or doing roof repair work.

- Be especially careful when working near power lines attached to your house. Keep equipment and yourself at least 10 feet from lines. Never trim trees near power lines. Leave that to the professionals. Never use water or blower extensions to clean gutters near electric lines. Contact a professional maintenance contractor.

- If your projects include digging, such as for building a deck



Adding a fence or repairing a deck? Be sure to call 811 first to make sure there are no underground utilities that might get in the way.

or planting a tree, call 811 before you begin to find out whether there are any underground utilities. Never assume the location or depth of underground utility lines. This service is free, prevents the inconvenience of having utilities interrupted, and can help you avoid serious injury.

- Mixing electricity and water is dangerous. If it's raining or the ground is wet, don't use electric power tools. Never use electrical appliances or touch circuit breakers or fuses when you're wet or standing in water. Keep electric equipment at least 10 feet from wet areas.

- Make certain that home electrical systems and wiring are adequate to support increased electric demands of new electric appliances, home additions or remodeling projects. Have a professional replace worn and outdated circuitry and add enough outlets for appliances and electronics.

Source: www.safeelectricity.org



PREVENT WILDFIRES

THIS FOURTH OF JULY

July 4 is not only traditionally fun, but it is also traditionally the holiday with the most fires. These fires can result in minor damage or a burned finger. However, they can also threaten entire neighborhoods.

In the wake of last year's record-setting wildfire season, follow these tips when lighting fireworks to ensure that Texas is not headed for an encore.

1. Check the regulations and burn ban status in your area and plan accordingly.

2. Consider enjoying a public fireworks display rather than creating your own.

3. Have a fire extinguisher, water buckets and a hose readily available.

4. If you're lighting fireworks, remember that alcoholic beverages and fireworks do not mix.

5. If your party involves decorations such as crepe paper, balloons and festive tablecloths, be sure any fireworks are a safe distance away.

6. Ensure that the area where you are lighting fireworks is free of dry brush and dry or dead grass.

7. When you are disposing of July 4 decorations and fireworks, make sure that they are completely free from heat and fire to avoid a smoldering fire.

Following these tips should make it easier to maintain a safe and fire-free holiday.



Pyrrhuloxias and Mesquite

"The Pyrrhuloxia encapsulates the less-than-spectacular but nonetheless intense beauty of Texas' Rio Grande Valley. Hard to appreciate if you are looking for drama, the Pyrrhuloxia's quiet colors are those of the desert at dawn, of the one neon sign glowing along Rio Grande City's empty main street."

Corpus Christi native Holly Carver is a retired director of the University of Iowa Press.



Wild Turkeys and Drummond's Phlox

"The one thing that stands out in my mind about Wild Turkeys, especially considering their large size, is how quickly they can disappear, particularly when I am trying to show them to someone."

The late Edward A. Kutac authored *Birder's Guide to Texas* and co-authored *Birds & Other Wildlife of South Central Texas*.

Feathers & Light



Native Texan John P. O'Neill is the rarest of birds: a world-renowned zoologist whose Audubon-esque expeditions and paintings draw comparisons to the great American naturalist.

Bird artists commonly are measured against Audubon, whose works remain the benchmark for ornithological illustrations. But for most painters, the similarities stop with the brush strokes.

*On John P. O'Neill's
canvas of many
colors, no bird is
left behind.*

By Camille Wheeler

Enter the 70-year-old John Patton O'Neill, who like John James Audubon, spent his career in the field. For almost half a century, starting in 1961, O'Neill explored the jungles, mountains and cloud forests of Peru, observing some of the world's most secretive birds. Like Audubon, O'Neill's discoveries—14 species of birds, all in Peru, and the most recorded by any living person—were new to science. And like Audubon, his view of the birds as depicted in paintings is how they were presented to science.

O'Neill's paintings have graced the pages of the National Geographic Field Guide to the Birds of North America, the modern-era bible for birders. And his influence is seen at Louisiana State University, where he earned master's and doctoral degrees in zoology with a specialty in ornithology. Thanks to O'Neill's research, the LSU Museum of Natural Science, which he directed from 1978-82, boasts the world's largest collection of Peruvian birds.

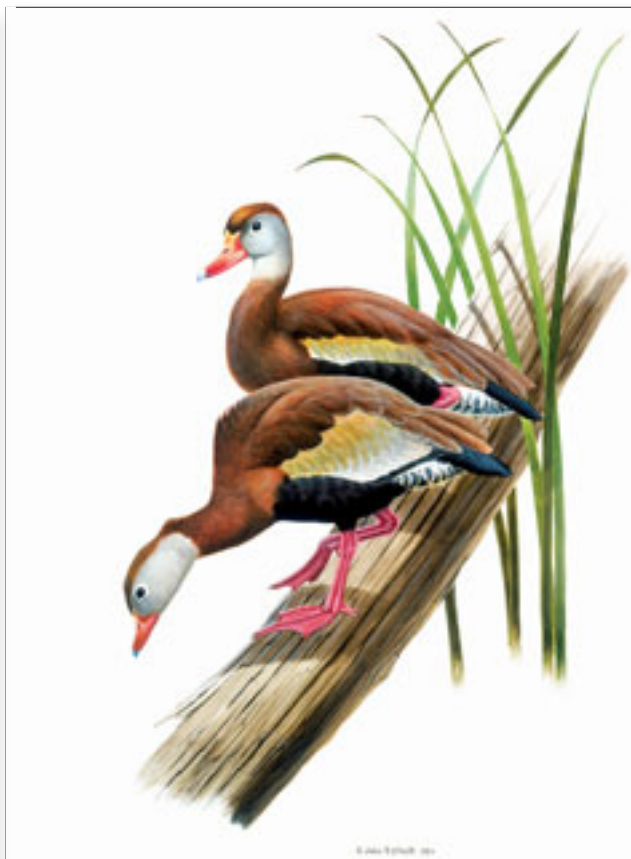
Rarely has a life been so beautifully painted—which makes it even more intriguing to look back at the undeveloped woods of west Houston and the messy canvas, as it were, of a wild-hearted boy in love with nature. It was there that O'Neill planted the seeds for *Great Texas Birds* (University of Texas Press, 1999), the book so exquisitely reflecting his belief that all birds are wondrous creatures.



Curve-billed Thrasher and Texas Prickly Pear

"I was almost hit in the face by a large bird that rocketed into the bush and let out an explosive who-whooit. Right in front of me was a large grayish thrasher with an incredible brilliant orange eye. ... The bird dropped ... and was engulfed by the brush. That is the type of experience that joins bird and birder for life—it is over in an instant but never forgotten!"

John P. O'Neill, describing the day he discovered his favorite bird years ago



Black-bellied Whistling Ducks and Cattails

"Disproportionately long wings and neck further dignify this bird—or do they add an air of gangliness? ... The long, bare legs, pinkish orange, dangle down in front of the duck as it lands after flight. The bright, clownlike bill is pinkish red with orange between the nares, and blue at the tip."

Stephen E. Labuda Jr. of Laguna Vista is retired from the U.S. Fish and Wildlife Service.

At the age of 5, O'Neill gave his mother his first illustration: an oil painting of a bantam chicken. He roamed fields and woods, studying birds. He raised baby ducks and let them swim in the bathtub. And he dismayingly watched his father clean ducks after hunts: The boy wanted the beautiful birds' feathers left on so he could paint them.

Today, O'Neill and his wife, Leticia A. Alamía, a fellow ecologist and zoologist, monitor the wildlife of the Rio Grande Valley, where they are members of Magic Valley Electric Cooperative. In March, the couple moved to Hidalgo County from Anderson, near College Station, where they were served by Mid-South Synergy.

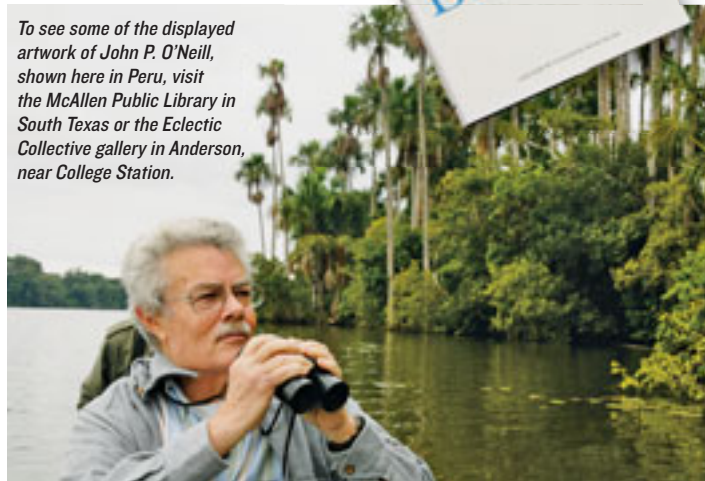
O'Neill, who continues to recover from a stroke he suffered in 2008, hopes to next produce a book of paintings of Rio Grande Valley birds. For now, we invite you to enjoy four illustrations from Great Texas Birds, which showcases 48 of Texas' almost 640 official species alongside native plants specific to that bird's habitat. Essays from native Texas naturalists (see illustrations above) mirror O'Neill's passion: All birds—from the Least Tern to the Greater Roadrunner—are magnificent.

O'Neill floods his paintings with light, revealing feather colors that change, depending upon time of day, in brightness and hue. On this artist's canvas, no bird is left in the dark. No bird is left behind.

Camille Wheeler, associate editor



To see some of the displayed artwork of John P. O'Neill, shown here in Peru, visit the McAllen Public Library in South Texas or the Eclectic Collective gallery in Anderson, near College Station.



The Real Deal On a Real Ranch

*Learning the ropes
from an old, stooped-
over cowboy who
leaves Roy Rogers
in the dust.*

BY MARCO PERELLA

When I was 23, I got a job on a cattle ranch and thought that made me a cowboy. Like a lot of boys of that era raised in the city (Houston, in my case), I had a romantic vision of cowboying that was perhaps a bit in conflict with reality.

Cowboys to me had always been the characters I saw on TV every Saturday. Like Roy Rogers—the ultimate cowboy hero. He could ride and rope and shoot while remaining immaculately attired as he galloped over the plains on his trick horse Trigger, “The Golden Palomino.” Plus, with all that expensive tack on his saddle, he sparkled. Roy Rogers was the Real Deal.

Oh, sure ... I knew that perhaps I wouldn’t be tracking down outlaws. But little details like this didn’t really penetrate as I contemplated my new career. All I knew was that I was a cowboy on the Llano Estacado, hundreds of miles from the concrete jungle, visions of golden palominos dancing in my head.

So I was somewhat let down to discover that I was not to be allowed on a horse. None of the new hands got anywhere near a horse. Horses were ridden exclusively by Ranch Boss Jerry and Top Hand Jeff. The rest of us were to spend our time shoveling out cow pens.

The ranch was a modest operation that ran about 200 head of Hereford cattle. Back in the golden era of cattle ranching, it had been a much grander spread, but recessions and droughts had forced the owners to sell off land and stock. Now they had been reduced to employing minimum-wage hands like me just to make ends meet.

With my romantic vision of cowboys now modified, I learned the main ingredients of cowboy life: hay, wire and cow poop.

First, the hay. I had no idea that so much time had to be spent growing, cutting, baling, storing, stacking and distributing hay. I soon become an expert on all things hay. It’s dirty, it’s sticky, and it cuts up your forearms if you don’t wear long shirtsleeves.

The wire is of the barbed variety. I become intimately acquainted with spools of it. It’s dirty, it’s sticky, and it cuts up your forearms if you don’t wear long shirtsleeves.

Do I really have to explain the cow poop?

Every once in awhile, we get a visit from the ranch owner, Cecil. He’s a crusty old guy, about 70, and has a bad back. When he walks, he kind of stoops forward at the waist. He has to thrust his chin up under his Stetson so he can see where

he's going. Sometimes, after one of my forays to the nether regions of the ranch in my never-ending quest for new places to string wire, Cecil will ask me about cows. Specific cows.

Cecil: "Did you see that little heifer with the crooked tail up there today?"

Me: "Well, sir, there were some cows up there all right, but I'm not sure I saw that particular one."

Cecil: "Well, how about that big one with the white feet?"

Me (casting about fruitlessly in my memory): "Well, sir, that one may have been up there, but I didn't get that close a look."

I finally realize that Cecil knows every cow on the ranch personally. He is disappointed that I can't seem to tell one critter from another.

The other hands and I laugh behind Cecil's back. With his bent posture, thrusting chin and obsession with his cows, we find him a comical figure.

One crisp spring morning, we are all assembled in one of the big corrals where we have collected the young stock for doctoring. Some kind of parasite gets into their ears if you don't treat them. The new hands like me are a little confused about procedure. How are we supposed to catch all these 30-odd head? These bad boys are a little big for a calf scramble.

Ranch Boss Jerry and Top Hand Jeff just lean against the fence, waiting.

Finally, a truck drives up. It's Cecil. Painfully, he climbs out of the truck and hunches over, carrying a lasso. He walks to the middle of the corral.

"OK, start runnin' 'em," he directs us.

We hands obediently start chasing the cattle to and fro across the corral. Whenever one gets within 50 feet of Cecil, a miraculous thing happens. That bent-up old man flips the lasso, and the loop snakes out and catches the animal around the neck. He then hands the rope to one of us: "You pull him in. My back hurts."

So we grab the lariat and hold the tugging animal while Jeff and Jerry swab purple medicine inside its ears. Then we go chase another dogie that doesn't have purple ears yet.

We don't have to be precise. All we have to do is get the cow within 50 feet of Cecil. He never misses. I mean not once. We chase 30 or so head toward him, and Cecil flips that lasso and catches his animal every time. We are in awe. How does a 70-something-year-old man who can't even stand up straight catch every cow he aims at perfectly around the neck without even missing once?

A job we thought would take all day is over in an hour. Cecil ambles back to his truck, gets in and drives away in a cloud of dust. As I help pack up, I ask Top Hand Jeff about it: "How does he do it? That was an amazing display of roping excellence! The old geezer can barely stand up!"

I struggle for comparisons: "He's like Roy Rogers!"

Top Hand Jeff laughs: "Roy Rogers is a TV cowboy. Cecil is the Real Deal."

I guess he is. Even if he doesn't sparkle.



Actor and writer Marco Perella lives in Austin.

Just Released: The New Australian Gold Rush is Here!

LOW AS
\$69.50!
plus s/h

The Solid Gold Secret behind this Outback Opportunity

There's no doubt about it. Everybody is on the hunt for gold these days! Smart buyers have discovered that Australia's Gold Kangaroo is one of the world's most affordable ways to own gold. Insiders realize that these stunning coins offer a solid gold triple play:

#1: 99.99% Pure Gold

24K gold is 99.9% pure, but these Gold Kangaroos are struck in one half gram of 99.99% pure gold – earning them a spot among the purest gold anywhere in the world. In fact, *they are purer than any U.S. gold coin ever issued before 2006!* Minted by Australia's award-winning Perth Mint, they feature Australia's beloved national symbol, the "Joey" Kangaroo.

#2: Legal Tender Gold

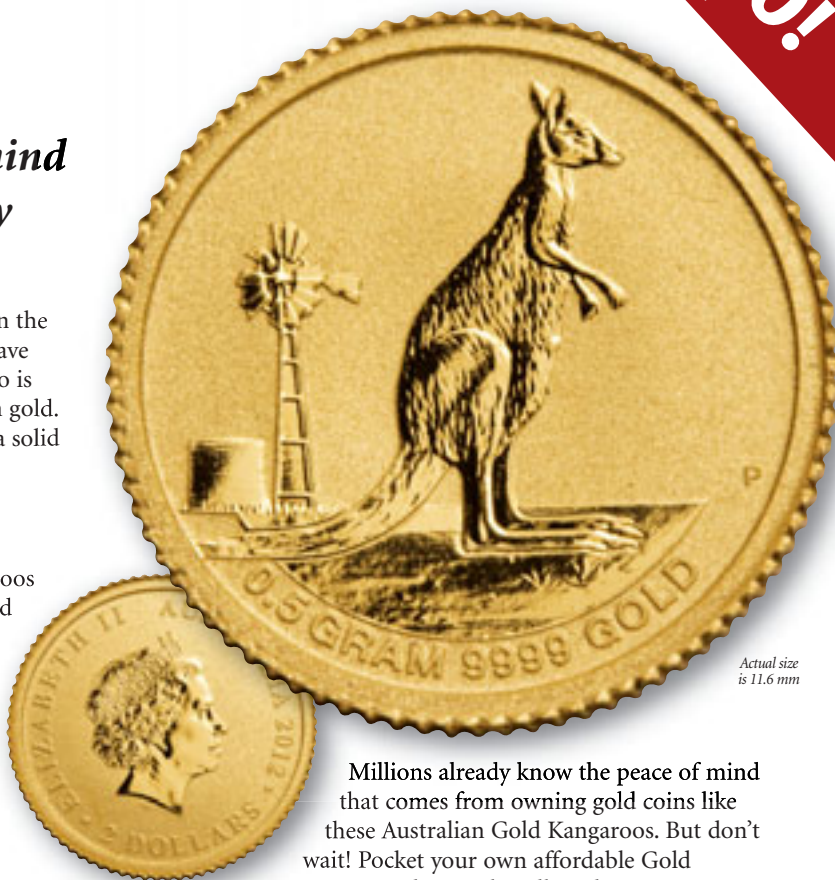
Legal tender gold coins are the preferred choice of millions. Unlike privately-minted gold bars or ingots, legal tender gold coins offer the security of government guaranteed purity, weight, and authenticity. The purity and weight are actually struck directly into the surface of the coin, as well as the renowned "P" mint mark of Perth Mint. And because the Gold Kangaroo coin series also features a one-year-only design, they are also in demand as a collectible coin.

#3: Save Over \$48.00!

New York Mint is an authorized distributor for this hugely-popular 2012 Gold Kangaroo coin, allowing us to bring them to you at a great price. When gold coins of similar size are offered elsewhere, you can pay up to \$118 each. But today you can secure your 2012 Gold Kangaroo for as little as \$69.50. That's a savings of more than \$48.00!

Order now—Risk Free!

Best of all, you can own your 2012 Gold Kangaroos risk free, with our 30-day unconditional-return privilege. If you're not satisfied, return your coins within 30 days for a full refund (less s/h).



Millions already know the peace of mind that comes from owning gold coins like these Australian Gold Kangaroos. But don't wait! Pocket your own affordable Gold Kangaroos and save a bundle today!

Buy More and Save More

At these low prices Gold Kangaroo buyers will want to purchase more than one coin. So as a bonus, if you buy banker's rolls of 20 coins, you can save \$100 or more!

One Gold Kangaroo coin for only \$74.50 + s/h

Five for only \$73.50 ea. + s/h **SAVE \$5**

Ten for only \$72.50 ea. + s/h **SAVE \$20**

Twenty or more for only \$69.50 ea. + s/h **SAVE \$100 or more!**

Toll-Free 24 hours a day
1-888-201-7144

Offer Code GKD153
Please mention this code when you call.



New York Mint

14101 Southcross Drive W., Dept. GKD153
Burnsville, Minnesota 55337

www.NewYorkMint.com/kangaroo

LONESTAR MARKET

TOWN & COUNTRY

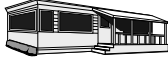
MANUFACTURED HOME OR PIER & BEAM HOME INSULATED CEMENT SKIRTING

3 designs & 11 colors to choose from!

Replace your vinyl skirting with STONECOTE.

1-830-833-2547

www.stonecote.com



FLOATING FISHING PIER

On your pond or lake, with or without roof.

All sizes—installation available.



45 YEARS' EXPERIENCE



Call for Free Information • 1-800-310-1425

www.ellisonmarine.com • Ellison Marine, Franklin, TX.



SKID STEER MOUNTED SHEAR

• 1/2" to 6" diameter trees and brush.

• Perfect for cedar, shin oak, persimmon, mesquite.

(512) 263-6830 • www.brushshark.com

BEST BUY WALK IN BATH TUBS

Bathe Safely &
Independently!



- Family-Owned, Texas-Built
- Lifetime guarantee against leaks*
- Fits any standard bathtub or shower space
- Full installation available
- Great for circulation, arthritis, stiff joints and relaxation
- Call for pricing and other details
- We do not believe in high-pressure sales tactics

877-416-5289

Now VA Approved



Showroom located at
4053 Acton Hwy in Granbury, TX
... or we will come to you!

www.bestbuywalkintubs.com/tx

WE PAY TOP PRICES FOR COLLECTIBLES

Coins • Banknotes • Gold & Silver Jewelry & Scrap
Vintage Costume Jewelry • Watches • Stamps
Tokens • Historical Documents • Other Collectibles

TEXAS BUYERS GROUP • FREDERICKSBURG, TX

All transactions private, confidential & secure.

830-997-6339 • rdz@beecreek.net

SPEARS BARN COMPANY
We Offer Different Sizes & Designs

One 10' sliding door. 30' x 50' x 10' Colored Metal
One walk-through door. Ask About
Materials, delivery, tax & labor. Our Special!

1-877-371-3501 www.spearsbarnco.com

AQUAMATE
BUILT FOR A LIFETIME

Poly Lined Galvanized Steel Tanks

Durable - Reliable - Affordable

Distributed by
Western States Water Solutions
San Angelo, Texas
(325) 656-4457 • www.wswatersolutions.com

NATIONAL BARN COMPANY "Building Solutions" ...with integrity!

Full Service Post-Frame Design & Construction Since 1992
Serving 27 States and Over 10,000 Customers

1-800-582-BARN (2276)

• No Money Down • Licensed, Bonded & Fully Insured
• All Major Credit Cards Accepted

FAX: 1-866-582-1400
E-mail: sales@nationalbarn.com

nationalbarn.com

HIGH RATES on Bank CDs

1-800-359-4940 TEXAS TOLL-FREE
www.mattsonfinancialservices.com

BLAKE MATTSO, CFP™
Signal Securities, Inc., 5400 Bosque, 4th Floor, Waco, TX 76710
Serving Customers All Over Texas

All CDs are insured to \$250,000 per institution by the FDIC.
All CDs are subject to availability. Securities offered
through Signal Securities, Inc. Member FINRA/SIPC.
700 Throckmorton, Ft. Worth, TX 76102, (817) 877-4256.

ATLANTIC
SERVICE & SUPPLY
"THE SERVICE CHOICE"

MOBILE HOME HEATING &
AIR CONDITIONING

- We are the exclusive Distributor for Nordyne HVAC equipment
- Thousands of HVAC systems installed in new mobile homes in Texas since 1979
- To meet HUD requirements, ask for original Intertherm or Medallion equipment
- Also offer automatic gate operating equipment and access control installation
- We offer GREE ductless mini-split systems

Statewide Coverage Call Toll Free
for sales or service: 800-228-1265
www.atlanticservice.com

6525 Baker Blvd., Fort Worth, TX 76118

W.D. Metal Buildings

Steel shops, agriculture barns, RV buildings,
airplane hangars, barndominium homes.
Erection included. Concrete slabs available.

Instant Quotes Online: www.wdmb.com

WATER PROBLEMS ??

NO MORE IRON! NO MORE SULFUR!
NO MORE HARDNESS! NO MORE BACTERIA!

PROBLEMS SOLVED WITH
NO SALT & NO CHEMICALS

FREE BROCHURE~1-800-392-8882
MONEY BACK GUARANTEE!
www.waterproblems.net

Accessible Buildings Co.

EASY BOLT-UP CONSTRUCTION

SAVE! BUILD YOURSELF!

40 x 50 x 10 = \$8,637.00
40 x 60 x 12 = \$10,362.00
50 x 75 x 12 = \$14,376.00
60 x 80 x 14 = \$18,153.00
100 x 150 x 14 (M-1) = \$46,824.00
ALL SIZES MINI-STORAGE!

COMMERCIAL • INDUSTRIAL
SHOP • FARM

CALL TODAY FOR
BUILDING QUOTE!

TX 1-800-509-4949
www.accessiblebuildings.com

BBB

WE BUY MINERALS



We pay cash for **producing**
or **non-producing** mineral interests.

CALL US TODAY! 1-888-735-5337

"Proudly serving rural America"
Log on for 24 hour information
www.usabarn.com

Built to fit your needs, Any size or design.
Call and speak with one of our
knowledgeable associates today!

We accept:

Office Hours: Mon-Fri 8-5 * Sat 8-12 Central
1-877-872-2276 Fax: 1-918-686-5512
1-877-USA-BARN



- Serving Texas over 20 years
- NFBA (National Frame Building Assn) Accredited Builder
- NFBA Building of the year winner
- BBB Accredited Business with an A-Plus rating
- The siding we manufacture is UL Listed, file# R26370
- Our Vice President recently passed the National Standard General Building Contractor Exam



All buildings constructed with pre-built
trusses w/stamped engineered drawings

1-800-766-5793

www.bcibarns.com

e-mail: barn@bcibarns.com

8:00 to 5:00 Mon. to Fri.
8:00 to 12:00 Sat. CST



Surprisingly affordable.



This is a great time to build your new home! and mortgage rates are at an all-time low.
Building materials are affordably priced Get started today with United-Bilt Homes.

In-house financing with ZERO down & no payments for 6 mos!

Austin
Beaumont
Cleveland
Corpus
Christi

Dallas
Fort Worth
Houston
Rosenberg
San Antonio

Sherman
Terrell
Texarkana
Tyler



Homemade just for you®

800.756.2506 unitedbilt.net

* With approved credit for qualified land owners.



Lic Res Mort Lender AR,LA,MS,MO,OK,TX NMLS#39943

#1 TRACTOR PACKAGE LEADER IN THE USA!

2012 John Deere 3032E, 32 HP

Hydro Transmission • 4 Wheel Drive

Package includes:

- 305 Loader • 5' Box Blade • 5' Rotary Cutter
- Insulated Canopy Top • Post Hole Digger
- 16' HD Ranch King Trailer with ramps

\$21,598.00

\$329 Per Month

MADE IN THE USA

0% interest available for 48 months

10% down and \$329.00 per month WAC

FOSTERS

EASTEX FARM & HOME

WE DELIVER EVERYWHERE!

9135 College Street
Beaumont, TX
(409) 842-1128

33402 HWY. 290 West
Hockley, TX
(281) 256-6900

2210 Highway 90
Liberty, TX
(936) 336-7226

Build your customized package online! • www.tractorpackages.com

LOW COST

Mobile Home Insurance



- Complete coverage
- Superior service
- Easy payment plans (Including credit cards)
- Low deductibles
- Free & easy online quotes

www.stdins.com

Call For A Custom Quote

800-522-0146

Serving
Texas Mobile
Homeowners
since 1961



Six Decades of Texas' Favorite Foods, Fads & Facts



*Full Color, Hardbound, More Than 600 Recipes
From 60 Years of Texas Co-op Power*

Get yours today at www.texascooppower.com

ADVANTAGE STEEL BUILDINGS



Quality Buildings at Affordable Prices

30' x 50' x 10'	\$7,126
40' x 60' x 12'	\$10,287
50' x 75' x 14'	\$15,196
80' x 20' x 16'	\$36,874

Minis - 30' x 100' with 20 10' x 15' units - \$14,740

1.877.657.8335

www.advantagesteelbuildings.com



Get the Muck OUT!

Marble size AquaClear™ Pellets clear your lake or pond bottom.

Beneficial microorganisms. Restore balance in natural and man made surface waters. Increase water clarity. Improve water quality. Eliminate black organic muck.

A 10 lb. bag treats 0.50 to 1.00 acres
\$76.50

A 50 lb. bag treats 2.50 to 5.00 acres
\$295.00

Apply weekly for 4 weeks, then monthly to maintain.
No water use restrictions! **FREE SHIPPING!**

800-328-9350

KillLakeWeeds.com/75HX

Order online today, or request free information.



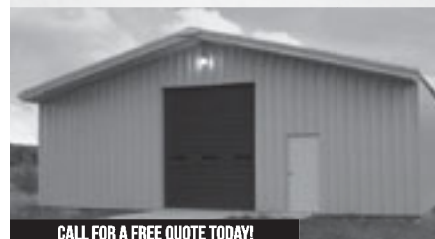
AQUACIDE CO.

PO Box 10748, DEPT 75HX
White Bear Lake, MN 55110-0748



THE REAL DEAL ON STEEL!

GET THE FINEST QUALITY
STEEL BUILDINGS AT THE
LOWEST POSSIBLE PRICE.



CALL FOR A FREE QUOTE TODAY!

SIZE	PRICES FROM*
33X45X10	\$7,397
42X60X12	\$10,897
60X102X12	\$21,897

*PRICES VARY BASED ON CODES, LOADS AND ACCESSORIES

**HERITAGE
BUILDING SYSTEMS.**

1.800.643.5555 | HERITAGEBUILDINGS.COM

GET RESULTS! ADVERTISE IN THE
LONESTAR MARKET
TOWN & COUNTRY
 CALL MARTIN FOR MORE INFORMATION
(512) 486-6249



Farm • Industrial • Commercial
 Prices F.O.B. Mfg. Plants;
 Seal Stamped Blue Prints;
 Easy Bolt Together Design.

25 YEAR COLOR WARRANTY

PRICES INCLUDE COLOR SIDES & GALVALUME ROOF

30' x 50' x 10'	\$8,579
40' x 60' x 12'	\$11,999
60' x 100' x 12'	\$23,849
80' x 100' x 14'	\$32,582
100' x 150' x 14'	\$55,759

Arena Special
 (roof & frame)
 100' x 100' x 14'...\$35,581

Based In
 Texas

(Local codes may affect prices)

VISIT
 OUR
 WEBSITE

RHINO
 STEEL BUILDING SYSTEMS

VISIT
 OUR
 WEBSITE

Fax: 940-484-6746 email: info@rhinobldg.com
 Website: www.RHINOBLDG.COM

Toll Free **1-888-320-7466**

ATTENTION MOBILE HOME OWNERS

**EXPERT
 INSTALLATION**
LIFETIME WARRANTY
REDUCED **INCREASED**
ELECTRIC **HOME VALUE**
BILL **STOP**
INSURANCE **LEAKS**
CREDIT

NO MORE ROOF RUMBLE

PERMA-ROOF
 from Southern Builders



Since 1983
 roofover.com
800.633.8969



LOWEST COST Term Life Insurance

Issue ages through 90

AGE	\$100,000	\$250,000
45	12.78	22.75
55	16.19	31.28
65	31.06	68.47

Rates figured on monthly cost for female non-tobacco users

BRANDON RAMLET
(888) 250-5054

TALIC FORM NO. 1-32207-198

A National Leader in Steel Buildings...
 www.premierbuildings.com



PREMIER
 Building Systems, Inc.

"Steel Buildings Any Size."

1.800.882.5150

Celebrating 16 years of ironclad customer service!

10' x 60' x 12' basic building starting at only...



\$11,300

#1 TRACTOR PACKAGE LEADER IN THE USA!

2012 John Deere 45 HP. 5045D

Full Size Utility Tractor Package Deal



JOHN DEERE

\$24,998.00
\$339
Per Month



Foster's Package Includes:

- 2012 John Deere 5045D Utility Diesel Tractor
- 6' Brushcutter with Slipclutch & Guards • 6' Box Blade with Scarifiers
- Post Hole Digger • 9" Auger • Insulated Green Tractor Canopy
- 48" Pallet Forks or Hay Spear • 20' HD Trailer with Treated Floor, Ramps and Brakes

WE DELIVER EVERYWHERE!

FOSTERS
 FAMILY OF FARM STORES

9135 College Street
 Beaumont, TX

33402 HWY. 290 West
 Hockley, TX

2210 Highway 90
 Liberty, TX

(409) 842-1128

(281) 256-6900

(936) 336-7226

Build your customized package online!

www.tractorpackages.com

\$24,998.00 Cash or 10% down and \$339.00 per month @ 72 months WAC • 0 Down Available WAC
 0% Financing for 60 months available • 4-wheel drive available for an additional \$90.00 per month

Elizabeth Bacon Custer

BY MARTHA DEERING

Perhaps it was his curly, blond hair or the rakish red bandana he wore with his uniform that enticed Elizabeth Bacon Custer, wife of Maj. Gen. George Armstrong Custer, to travel with her husband and thousands of his troops across the Texas frontier in 1865. Libbie, as she was known, gamely endured the hardships to be near her husband. A book she later wrote about her experiences, *Tenting on the Plains*, is one of the earliest documents of Army life on the frontier told from a woman's perspective.

When the Civil War ended, Custer, a Union general, was ordered to take command of a cavalry division and march through Texas to squash any lingering Confederate resistance. His volunteer soldiers were understandably irritated because their brethren were going home, and they were not.

"All I knew," Libbie wrote, "was that Texas, having been so outside of the limit where the armies marched and fought, was unhappily unaware that the war was over, and continued a career of bush-whacking and lawlessness that was only tolerated from necessity before the surrender and must now cease."

A military ambulance with leather-backed seats that could be flattened to form a bed was repurposed as a traveling wagon for Libbie, but during the day she rode her horse beside the general at the head of the procession. Eliza, Gen. Custer's African-American servant, was the only other woman who accompanied the troops. Libbie slept in the ambulance at night, out of reach of poisonous insects, venomous snakes and stinging plants. She feared holding up the division's departure each morning because of the many tiny buttons on her dresses and the difficulty of finding her hairpins in the dark. "Our looks did not enter into the question very much," she wrote. "All we thought of was, how to keep from being prostrated by the heat, and how to get rested after the march, for the next day's task."

Custer "tried to arrange our marches every day so that we might not travel over fifteen miles," Libbie wrote. "So far as I can remember, there was no one whose temper and strength was not tried to the uttermost, except my husband."

Libbie and many of the troops suffered the torments of "break-bone fever," a mosquito-borne disease known today as dengue fever, which caused agonizing muscle and joint pain. Water was scarce, and the scorching sun beat down relentlessly, but Libbie's positive outlook and joy at being allowed to accompany her husband raised the spirits of all. "The General had reveille sounded at 2 o'clock in the morning," Libbie wrote. "It was absolutely necessary to move before dawn, as the moment the sun came in sight the heat was suffocating."

Custer's trek began in Alexandria, Louisiana. After a stop in Hempstead, more orders arrived in November to move the soldiers to Austin for the winter. The heat gave way to whistling north winds, but Libbie's determination not to be a "feather-bed soldier" goaded her out of the ambulance each morning where she huddled by the fire until it was time to mount up.

After a three-month march, the soldiers finally pitched camp on a hill above Austin, and Provisional Gov. Andrew Jackson Hamilton offered the use of the Asylum for the Blind, closed during the war, as a headquarters building. The couple moved into a room with three large windows, and the pleasures of getting out of bed on a carpet and dressing by a fire helped to smooth Libbie's adjustment to living indoors again.

In spite of the cutthroats and villains roaming freely throughout Texas during Reconstruction, Custer's troops gradually brought order to the frontier. Rumors of war with Mexico subsided, and little by little, civil authorities took over the job. By the end of 1866, Custer was ordered north to await a new assignment.

For the next several years, Libbie would faithfully follow her husband, singing his praises even as he led his troops—and himself—into the arms of death at the 1876 Battle of the Little Bighorn. After the massacre, she grieved for a decade before sitting down to write her own version of Custer's story, books that portray him as a gallant soldier, loving husband and brilliant commander. Custer's image was so highly polished by Libbie's stories that, although he had many detractors, he is remembered today as a romantic, headstrong hero. Libbie died in April 1933, four days before her 91st birthday, and is buried next to her husband at West Point.

Martha Deering, frequent contributor

Elizabeth Bacon Custer
with her husband, Maj. Gen.
George Armstrong Custer



HARBOR FREIGHT TOOLS

Quality Tools at Ridiculously Low Prices

LIFETIME WARRANTY
ON ALL HAND TOOLS!

FACTORY DIRECT TO YOU!

How does Harbor Freight Tools sell high quality tools at such ridiculously low prices? We buy direct from the factories who also supply the major brands and sell direct to you. It's just that simple! See for yourself at one of our 400 Stores Nationwide and use this 20% Off Coupon on one of our 7,000 products*, plus pick up a Free 6 Piece Screwdriver Set, a \$4.99 value. We stock Shop Equipment, Hand Tools, Tarps, Compressors, Air & Power Tools, Woodworking Tools, Welders, Tool Boxes, Generators, and much more.

- Over 20 Million Satisfied Customers!
- 1 Year Competitor's Low Price Guarantee
- No Hassle Return Policy!
- 100% Satisfaction Guaranteed!

Nobody Beats Our Quality, Service and Price!

FREE!
WITH ANY PURCHASE
PITTSBURGH

6 PIECE SCREWDRIVER SET
ITEM 47770
REG. PRICE \$4.99

HARBOR FREIGHT TOOLS - LIMIT 1 Free item available with any purchase. Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Offer good while supplies last. Shipping & Handling charges may apply if free item not picked up in-store. Coupon cannot be bought, sold or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the offer. Valid through 10/30/12. Limit one coupon per customer and one coupon per day.

20% OFF
ANY SINGLE ITEM

HARBOR FREIGHT TOOLS - LIMIT 1 Use this coupon to save 20% on any one single item purchased when you shop at a Harbor Freight Tools store. *Cannot be used with any other discount or coupon. Coupon not valid on any of the following: gift cards, Inside Track Club membership, extended service plans, Compressors, Generators, Tool Cabinets, Tool Carts, Welders, Floor Jacks, Campbell Hausfeld products, open box items, Parking Lot Sale items, Blowout Sale items, Day After Thanksgiving Sale items, Tent Sale items, 800 number orders or online orders. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store in order to receive the offer. Valid through 10/30/12. Limit one coupon per customer and one coupon per day.

PITTSBURGH 12" RATCHET BAR CLAMP/SPREADER
LOT NO. 46807/
68975/69221

Item 46807 shown

SAVE 63%
\$199
REG. PRICE \$5.49

HARBOR FREIGHT TOOLS - LIMIT 9 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/12. Limit one coupon per customer and one coupon per day.

5 FT. 6" x 7 FT. 6" ALL PURPOSE WEATHER RESISTANT TARP
LOT NO. 953/
69136/69248

Item 953 shown

SAVE 37%
\$249
REG. PRICE \$3.99

HARBOR FREIGHT TOOLS - LIMIT 8 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/12. Limit one coupon per customer and one coupon per day.

4 PIECE 1" x 15 FT. RATCHETING TIE DOWN SET
LOT NO. 90984

SAVE 52%
\$799
REG. PRICE \$16.99

HARBOR FREIGHT TOOLS - LIMIT 8 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/12. Limit one coupon per customer and one coupon per day.

drillmaster 1500 WATT DUAL TEMPERATURE HEAT GUN (572°/1112°)
LOT NO. 96289

SAVE 60%
\$799
REG. PRICE \$19.99

HARBOR FREIGHT TOOLS - LIMIT 5 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/12. Limit one coupon per customer and one coupon per day.

CENTRALPNEUMATIC 3 GALLON, 100 PSI OILLESS PANCAKE AIR COMPRESSOR
LOT NO. 95275

SAVE 50%
\$3999
REG. PRICE \$79.99

HARBOR FREIGHT TOOLS - LIMIT 3 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/12. Limit one coupon per customer and one coupon per day.

PITTSBURGH 3 TON HEAVY DUTY JACK STANDS
LOT NO. 38846/69597

Item 38846 shown

SAVE 57%
\$1499
REG. PRICE \$34.99

HARBOR FREIGHT TOOLS - LIMIT 7 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/12. Limit one coupon per customer and one coupon per day.

PITTSBURGH 36 LED SOLAR SECURITY LIGHT
LOT NO. 98085/
69644

Item 98085 shown

SAVE 28%
\$1799
REG. PRICE \$24.99

HARBOR FREIGHT TOOLS - LIMIT 6 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/12. Limit one coupon per customer and one coupon per day.

US*GENERAL 30", 11 DRAWER ROLLER CABINET
LOT NO. 67421

INCLUDES:
• 6 Drawer Top Chest
• 2 Drawer Middle Section
• 3 Drawer Roller Cabinet

SAVE \$150
\$14999
REG. PRICE \$299.99

HARBOR FREIGHT TOOLS - LIMIT 5 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/12. Limit one coupon per customer and one coupon per day.

AUTO-DARKENING WELDING HELMET WITH BLUE FLAME DESIGN
LOT NO. 91214

SAVE 50%
\$3999
REG. PRICE \$79.99

HARBOR FREIGHT TOOLS - LIMIT 4 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/12. Limit one coupon per customer and one coupon per day.

RAPID PUMP® 3 TON HEAVY DUTY FLOOR JACK
LOT NO. 68048/69227

Item 68048 shown

SAVE \$70
\$6999
REG. PRICE \$139.99

HARBOR FREIGHT TOOLS - LIMIT 5 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 10/30/12. Limit one coupon per customer and one coupon per day.

400 Stores Nationwide

Order Online at HarborFreight.com and We'll Ship Your Order FedEx®



Filling many hungry bellies takes a bit of planning and the right recipes.

Food for a Multitude

BY KEVIN HARGIS I became interested in big-batch recipes after I volunteered to provide side dishes for a barbecue fundraiser that was to feed 100 people. I decided to make potato salad, coleslaw and beans.

I peeled, chopped, shredded, measured, cooked and mixed for hours and made mounds of potato salad, a pile of coleslaw and a big pan full of beans. I hadn't wanted anyone to go hungry. As it turns out, that was not a problem.

After all that work, and the money spent on ingredients, fewer people than expected bought plates, and those who did went for piles of brisket and just dabs of my home-cooked sides. At the end of the night, there were gallons of the sides left over—an expense rather than an asset.

“Where did I go wrong?” I asked the volunteer who made the brisket, a seasoned

pro at feeding crowds.

The answer: He knew his audience. With these folks, he said, they aren't here for the sides. They're here for the meat.

So, lesson learned.

The next time I prepare a big bunch of food for a big bunch of people, I'll scale it back a bit. The recipes I pick will include ingredients that are reasonably inexpensive and preparation time that won't take hours and hours.

I've been fiddling with this potato salad recipe for a while. It fits the above criteria, and it's a little different than standard. I think it's a recipe for success.

BAKED POTATO TATER SALAD

- 8 pounds red potatoes
- 4 tablespoons olive oil
- Kosher salt and black pepper, to taste
- 1 pound bacon
- 4 bunches green onions, tops only, or chives
- 4 cups sour cream
- 2 cups mayonnaise
- 2 teaspoons dried dill weed (or 2 tablespoons fresh minced)
- ½ pound sharp Cheddar cheese, finely grated

Preheat oven to 400 degrees. Scrub potatoes and cut into approximately 1-inch chunks. Place in even layer in large roasting pan, brush with olive oil and sprinkle with salt and pepper. Roast in oven for 30 minutes, stirring halfway through roasting, or until potatoes are tender. Remove from oven, place in large mixing bowl, and allow to cool to room temperature. Meanwhile, render bacon until crisp and drain on paper towels. When cool, crumble into bits and put in mixing bowl. Mince onion tops and add to bacon along with sour cream, mayonnaise, dill and cheese. Mix well. Pour over potatoes and mix until well coated. Refrigerate until ready to serve.

Servings: 30. Serving size: ¾ cup. Per serving: 312 calories, 10.2 g protein, 20.2 g fat, 19.4 g carbohydrates, 2 g dietary fiber, 549 mg sodium, 3.6 g sugars, 44 mg cholesterol

COOK'S TIP: If you use small, C-sized potatoes, you won't have to do as much chopping as you would using larger sizes. Red potatoes don't require peeling.



JANET LEVY, *Farmers Electric Cooperative*

Prize-winning recipe: **Big Tex Red Beans and Rice**

The call for recipes for Food to Feed a Crowd brought some interesting responses, including one recipe for a whole stuffed camel (not knowing how to get my hands on a camel, I did not test it, plus it's a mite impractical for the Lone Star State). There was also a list of the quantities of food needed for a barn raising. You can find both of these untested recipes on TexasCoopPower.com if you're interested. We did, however, test these winners and found them delicious.

BIG TEX RED BEANS AND RICE

- 1 pound ground turkey
- 2 pounds link turkey sausage
- 2 cans (15 ounces each) chicken broth
- 2 cans (14.5 ounces each) ranch-style beans
- 2 cans (14.5 ounces each) jalapeño ranch-style beans
- 1 onion, diced small
- 1 green bell pepper, diced small
- 1 red bell pepper, diced small
- Seasoning salt to taste

Brown and drain turkey. Slice sausage and brown. Put chicken broth in Dutch oven or stockpot and add beans, one can

at a time. Then add onion and bell peppers. Allow to simmer, uncovered, about 30 minutes. Stir turkey and sausage in gently. Cook slowly until juices are reduced by about one-quarter. Serve over rice.

Servings: 16. Serving size: 1 cup beans plus 1 cup rice. Per serving: 398 calories, 22.4 g protein, 6.7 g fat, 57.3 g carbohydrates, 6.7 g dietary fiber, 1,060 mg sodium, 5 g sugars, 52 mg cholesterol

TEXAS MAC & CHEESE

- 4 tablespoons unsalted butter, divided
- 1/2 pound thick-cut bacon
- 1 cup sliced mushrooms

- 1/2 large red onion, chopped
- 1/2 green bell pepper, chopped
- 2 tablespoons all-purpose flour
- 2 cups whole milk
- 1 1/2 teaspoons seasoned salt
- 1 1/2 tablespoons black pepper
- 1/2 pound Cheddar cheese
- 4 ounces Velveeta, grated
- 1/2 pound elbow macaroni, cooked
- 1/2 sleeve Ritz crackers

Rub 2-quart casserole with butter. Chop bacon into squares, fry and drain. Preheat oven to 350 degrees. Melt half of remaining butter in large skillet over medium heat and sauté mushrooms, onion and bell pepper about 5 minutes. Add flour and remaining butter. Continue to cook another minute, stirring often. Add milk and cook, stirring often, another 3 minutes. Add bacon, seasoned salt, pepper and cheeses. Continue cooking and stir until cheese melts. Pour mixture over macaroni in large mixing bowl and stir. Pour into buttered casserole. Crush crackers and

8TH ANNUAL HOLIDAY RECIPE CONTEST

Delicious, NUTritious Texas Pecans

Fresh, plump and bursting with flavor, Texas pecans can't be beat. Find out for yourself. Order some Texas pecans and enter our **2012 Holiday Recipe Contest**. Send in your best *original* recipes, sweet or savory, using Texas pecans. *Let's get cracking!*



\$5,000 in Total Prizes

5 Winners! \$2,000 Grand Prizewinner. \$1,000 Best Savory Recipe. \$1,000 Best Sweet Recipe. Two Category Runners-Up Each Win \$500.

Send us your best original Texas pecan recipes—savory and sweet. Show us how you use Texas pecans to dress up vegetables, meats and salads or your nuttiest cookies, pies and candies. All recipes must include pecans (Texas pecans are our favorite). Winners will be featured in our December 2012 issue. **Enter by August 10, 2012, at TexasCoopPower.com.** Go to TexasCoopPower.com for details and official rules.

Order your Texas pecans today.

www.TexasPecans.org

SPONSORED BY
TEXAS PECAN BOARD



TEXAS CO-OP POWER

Enter online at TexasCoopPower.com. Each entry MUST include your name, address and phone number, plus the name of your Texas electric cooperative, or it will be disqualified. Specify which category you are entering, savory or sweet, on each recipe. Send entries to: Texas Co-op Power/Holiday Recipe Contest, 1122 Colorado St., 24th Floor, Austin, TX 78701. You can fax recipes to (512) 763-3408. Up to three entries are allowed per co-op membership. Each should be submitted on a separate piece of paper if mailed or faxed. Mailed entries can all be in one envelope. No email entries will be accepted. For official rules, visit TexasCoopPower.com.

sprinkle over top. Bake about 30 minutes until bubbly.

JAMES FELDMAN

Bandera Electric Cooperative

Servings: 12. Serving size: 1 cup. Per serving: 270 calories, 11 g protein, 13.3 g fat, 23.6 g carbohydrates, 1.5 g dietary fiber, 608 mg sodium, 4.8 g sugars, 41 mg cholesterol

MAID RITES

- 25 pounds ground beef
- 3 tablespoons salt
- 4 cups ketchup
- 1 cup prepared mustard
- 1/2 cup vinegar
- 2 cups chopped onion
- 2 1/2 cups quick oatmeal
- 1 cup brown sugar
- Hamburger buns for serving

Brown ground beef in roaster. Add salt, ketchup, mustard, vinegar, onion, oatmeal and brown sugar and cook until done. Stir often. To serve, add 1/4 cup of meat to hamburger bun.

Servings: 100. Serving size: 1/4 cup meat on one bun. Per serving: 389 calories, 25.1 g protein, 16.5 g fat, 28.2 g carbohydrates, 1.5 g dietary fiber, 630 mg sodium, 9.3 g sugars, 77 mg cholesterol

SANDY BILLINGHAM

Pedernales Electric Cooperative

"These Maid Rites have been served numerous times at the Harrison County Fair in Missouri Valley, Iowa, when the United Methodist Church (in which I grew up) was appointed to the food stand," wrote Billingham of Austin. "Thousands of mouthwatering Maid Rites have been served to hungry county fairgoers through the years!"

CHUNKY PEANUT STEW

- 3/4 cup peanut oil
- 5 medium red onions, chopped
- 10 cloves garlic, chopped
- 5 pounds chopped chicken
- 1 tablespoon crushed red pepper
- Salt and black pepper to taste
- 25 cups chicken stock
- 10 medium sweet potatoes, cut into chunks, peeling optional
- 5 cans (15 ounces each) chopped tomatoes, undrained
- 1 1/4 pounds greens, such as spinach, kale or collards
- 5 cups chunky peanut butter



Maid Rites

2012 © DIANA JORGENSEN. IMAGE FROM BIGSTOCK.COM.

Heat peanut oil in large stockpot over medium-high heat. Fry onions and garlic until softened, about 5 minutes. Add chicken. Cook and stir until completely browned. Season with red pepper, salt and black pepper. Add stock and sweet potatoes and bring to boil. Reduce heat to low, cover pot, leaving gap, and simmer 15 minutes. Stir in tomatoes, greens and peanut butter. Cover pot as before and continue to simmer, stirring occasionally, about 20 minutes or until potatoes are cooked but firm.

Servings: 30. Serving size: 2 cups. Per serving: 579 calories, 39.3 g protein, 32.7 g fat, 30.7 g carbohydrates, 6.1 g dietary fiber, 770 mg sodium, 11 g sugars, 73 mg cholesterol

TRACIE IRVINE

HILCO Electric Cooperative

"Our friend from Ghana, Africa, cooked this for us back in 1979 when we were in college," Irvine wrote. "We have been hooked ever since. He says the recipe is versatile, and you can add or take away ingredients as long as you don't mess with the peanut butter, broth and tomato ratio."

COOK'S TIP: To make this a vegetarian option, omit chicken and use vegetable stock instead of chicken stock.



SEE MORE RECIPES ONLINE AT TEXASCOOPPOWER.COM.

\$100 RECIPE CONTEST

November's recipe contest topic is **Homemade Gifts**. Oftentimes the best gifts are ones you make yourself. Send us your recipes that you can make to give away. The deadline is July 10.

Submit recipes online at TexasCoopPower.com/contests. Or mail them to Home Cooking, 1122 Colorado St., 24th Floor, Austin, TX 78701. You may also fax them to (512) 763-3408. Please include your name, address and phone number, as well as the name of your electric co-op. Also, let us know where you found the recipe or whether it's one you developed yourself. The top winner will receive \$100. Runners-up will also receive a prize.

COOKIES 2012 © GLENDA POWERS. IMAGE FROM BIGSTOCK.COM. MEASURING CUPS 2012 © DANIEL HORST. IMAGE FROM BIGSTOCK.COM.





PLAVIX™
U.S. Retail Price
\$590.97

vs

PLAVIX™
Canada Drugs Retail Price
\$208.80

75mg, 90 tablets, manufactured by Sanofi Aventis™

75mg, 90 tablets, manufactured by Sanofi Aventis™

The biggest difference is the price.*

**Experience 20-80% Drug Savings with the Canada Drugs price difference.
No plans. No premiums. No deductibles. Just simple savings made easy.**

U.S. RETAIL PRICE		CANADA DRUGS RETAIL PRICE		U.S. RETAIL PRICE		CANADA DRUGS RETAIL PRICE
FLOMAX™ 0.4mg, 90 CAPSULES manufactured by Boehringer Ingelheim™	\$431.95	vs	FLOMAX™ 0.4mg, 90 CAPSULES manufactured by Boehringer Ingelheim™	\$99.96	vs	CIALIS™ 20mg, 12 TABLETS manufactured by Eli Lilly and Company™
VIAGRA™ 100mg, 12 TABLETS manufactured by Pfizer™	\$268.79	vs	VIAGRA™ 100mg, 12 TABLETS manufactured by Pfizer™	\$144.42	vs	PREMARIN™ 0.625mg, 90 TABLETS manufactured by Wyeth Pharma™
SPIRIVA™ 18mcg, 90 CAPSULES manufactured by Boehringer Ingelheim™	\$765.93	vs	SPIRIVA™ 18mcg, 90 CAPSULES manufactured by Boehringer Ingelheim™	\$204.99	vs	LIPITOR™ 20mg, 90 TABLETS manufactured by Pfizer™
						\$115.26

Prescription price comparison valid March 29, 2012 for Canadian drug price and major U.S. Retail Pharmacy price. Actual savings may vary. All trade-mark rights associated with the brand name products shown in this advertisement belong to their respective owners. *Plavix™ may differ in such things as packaging, labelling, color and form.

**SAVE
25%**
on your first order

**Call us today to SAVE 25% on your first order.
Why Pay More?**

Use this coupon code to save 25% on your first order with Canada Drugs. Not valid in conjunction with any other offer.
Expires December 31, 2012

1-888-909-0475
Call toll free. 24 hours a day. 7 days a week.

 CanadaDrugs.com

Coupon Code: TX4826



▲ **Ross Edgerley**, nephew of CoServ Electric members **Janene** and **Joe Spratt**, created this life-size horse sculpture shown here in the Spratts' yard northwest of Sanger. Made as a high school art project, the sculpture won first place in a contest and was temporarily on display at the Dallas Museum of Art.



▲ **Chris Cunningham**, who used an angle grinder and pottery wheel to carve ripples into the yellow pine, created this butterfly-shaped wooden bench for his wife, **Terri**. The Cunninghams, United Cooperative Services members, love sitting on the bench in their backyard.

Deep East Texas Electric Cooperative member **Delbert Beckham** says his mailbox dragon, built from 600 pounds of salvaged steel, is a real traffic stopper. ►

Upcoming in Focus on Texas

ISSUE	SUBJECT	DEADLINE
Sep	Pet Tricks	Jul 10
Oct	Oops!	Aug 10
Nov	Water Towers	Sep 10
Dec	Night Photography	Oct 10
Jan	Naptime	Nov 10
Feb	Silhouettes	Dec 10

PET TRICKS is the topic for our **SEPTEMBER 2012** issue. Send your photo—along with your name, address, daytime phone, co-op affiliation and a brief description—to **Pet Tricks, Focus on Texas, 1122 Colorado St., 24th Floor, Austin, TX 78701**, before **JULY 10**. 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.** If you use a digital camera, submit your highest-resolution images online at TexasCoopPower.com/Contests. 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.

YARD ART

'A garden without its statue is like a sentence without its verb.'
—**JOSEPH W. BEACH**, literary critic

The same could be said for a front yard without a mailbox dragon, for that matter! We received well over 100 entries in this month's contest, but in the end, the following five stood above the rest. Not that it was an easy task to decide; the creativity and artistry evident in yards all over Co-op Country left little to be desired. We hope you enjoy these—and the additional ones on our website—as much as we did.

—**ASHLEY CLARY-CARPENTER**

On TexasCoopPower.com: See more Yard Art photos.



Bartlett Electric Cooperative member **DeAnna Young** discovered this decorative swirl of saws on a barn door in Salado. ▼



▲ Grayson-Collin Electric Cooperative member **Priscilla Pope** found this old washer in a cellar on her property near McKinney. "I thought it looked aerodynamic, so I painted it rocket red," she says.



AROUND TEXAS AROUND TEXAS

This is just a sampling of the events and festivals around Texas. For the complete listing, please visit TexasCoopPower.com/events.

PICK OF THE MONTH

JULY 4

McKINNEY

Red, White and BOOM,
(972) 547-7480
www.mckinneytexas.org/rwb



JULY

03 WAXAHACHIE [3-4]
Crape Myrtle Festival,
(972) 937-2390,
http://waxahachiechamber.com/calendar/crape_myrtle.php

04 FLORESVILLE
Opry Spectacular, (830)
393-6512, <http://wilsoncountyhistory.org>

TENAHA
Independence Day
Celebration, (936) 248-
3841, www.shelbycounty-chamber.com

05 TIMPSON [5-7]
Frontier Days,
(936) 254-2603,
www.cityoftimpson.com

07 UNCERTAIN
VFD Benefit,
(903) 789-3443,
www.cityofuncertain.com

07 DARROUZETT [7-8]
Deutsches Fest,
(806) 624-2631

12 CENTER [12-14]
WHAT-A-Melon,
(936) 598-3682,
www.shelbycounty-chamber.com

PORT ARANSAS [12-15]
Deep Sea Roundup,
(361) 749-5919,
www.deepsearoundup.com



7 DARROUZETT
Deutsches Fest



12 PORT ARANSAS
Deep Sea Roundup

14 FAYETTEVILLE
City-Wide Garage Sale,
(979) 378-4021,
<http://fayettevilletx-chamber.org>

WEATHERFORD
Parker County Peach
Festival, 1-888-594-3801,
www.peachfestivaltx.com

FLAG: 2012 © PATRICIA MARROQUIN. IMAGE FROM BIGSTOCK.COM. TYROLEAN HAT: 2012 © MARYNA KULCHYTSKA. IMAGE FROM BIGSTOCK.COM. FISHING: 2012 © IDOTOM.COM. IMAGE FROM BIGSTOCK.COM.

PhysAssist Foot Pain Cream with Tea Tree Oil

#1 in fighting
**Neuropathy
Pain**

Also, Helps Relieve

- Foot, Ankle, Leg and Knee Pain
- Tingling, Burning Sensations
- Plantar Fasciitis
- Restless Legs
- Foot and Leg Cramps
- Dry, Itchy, Flaky Skin
- Rough, Cracked Heels

Diabetic Friendly!

Testimonial

I cannot say enough about how good the foot pain cream is. I suffer from neuropathy in my feet and legs and at times the pain is so bad it's unbearable. The cream takes away the pain and burning from my feet and legs. I would like to see more diabetics and people who suffer from neuropathy have a chance to try this wonderful product. Thank you, thank you PhysAssist.

Diane T. / Greensboro, NC

Limited Time Offer

ORDER BY INTERNET

www.PhysAssist.com
When checking out, enter coupon **TX72** in coupon window to receive \$2.00 OFF.

ORDER BY PHONE

800-362-8063

Mention **TX72** for \$2.00 OFF (*U.S.A Only)

ORDER BY MAIL

Send your name and address, along with a check or MO in the amount of \$22.90 (this includes S&H and the \$2.00 discount) to:

PhysAssist
116 Spring Meadow Dr
Bluffton SC, 29910

*Send Code **TX72**
for your \$2.00 OFF *Only U.S.A



**ONLY
\$19.95
+S&H**

**TX72
\$2.00 off**

AROUND TEXAS AROUND TEXAS



14 WEATHERFORD
Parker County
Peach Festival

15 SALADO [15-22]
Tablerock Theater Camp,
(254) 947-9205,
www.tablerock.org

18 LEONARD [18-21]
Leonard Picnic and
All-School Reunion,
(903) 587-0248,
<http://leonardchamber.com>

20 LEVELLAND [20-21]
Caprock Ranchers
Sale & Futurity,
(806) 347-2645,
<http://caprockranchers.com>

21 ROSENBERG
Tribute to America,
(832) 595-3525,
www.rosenbergevents.com

25 KILGORE
Great Texas Balloon
Race Festival,
(903) 984-5022,
www.kilgorechamber.com



15 SALADO
Tablerock Theater Camp



27 ROUND TOP
Heart of the Tin Trunk
Heritage Musical

26 CLUTE [26-28]
Great Texas Mosquito
Festival, (979) 265-8392,
<http://mosquitofestival.com>

27 BANDERA [27-28]
National Day of The
American Cowboy,
(830) 796-3864,
<http://frontiertimesmuseum.org>

MOBEETIE [27-29]
Old Mobeetie Texas
Music Festival,
(806) 845-2028

27 ROUND TOP [27-29, 8/3-8/5]
Heart of the Tin Trunk Heritage Musical,
(979) 250-1843,
www.heartofthetintrunk.com

AUGUST

04 PORT LAVACA
Market Days/Farmers
Market, (361) 552-2959,
<http://portlavacamarketdays.com>

05 D'HANIS
Holy Cross Church
Celebration,
(830) 363-7269

We pick events for the magazine directly from **TexasCoopPower.com**. Submit your event for September by July 10, and it just might be featured in this calendar!

PEACHES: 2012 © ANGELO GILARDELLI. IMAGE FROM BIGSTOCK.COM. ACTOR: 2012 © JOSE GIL. IMAGE FROM BIGSTOCK.COM. TRUNK: 2012 © MARGO HARRISON. IMAGE FROM BIGSTOCK.COM.

WANTED: DEMO HOMESITES FOR 2012 SEASON

Display This Maintenance-Free Pool And \$SAVE \$\$!

*Call **TODAY** to Qualify for this Limited-Time Opportunity!*



VISIT US ON THE WEB!
WWW.SWIMTEXSUN.COM

**PRE-APPROVED
FINANCING
AVAILABLE!**

**WE CONSIDER
ANYTHING
ON TRADE!**

STAYcation at Home in 2012!

1-800-SWIMTEX (1-800-794-6839)

A family owned and operated Texas Company since 1986.





ANGELINA NATIONAL FOREST



The sound of water

BY LAURENCE PARENT

EDITOR'S NOTE: *Water. It creates scenes like this one and sustains life. But are we taking it for granted in Texas? See "Water for All" in the upcoming August issue of Texas Co-op Power. Learn about where our water comes from, where it goes, who's leading the way in conservation efforts, who's in danger of running out of water, and why we need to be concerned about future water supplies in the face of ongoing drought and a rapidly growing population. For now, kick back and imagine holding your hands under this cool, rushing waterfall so beautifully captured by Wimberley-based photographer and writer Laurence Parent.*

Waterfalls in East Texas? There are a few, if you know where to look. To find the beautiful one pictured above, head for the **ANGELINA NATIONAL FOREST** between Lufkin and Jasper. The Angelina lines much of the shore of enormous **SAM RAYBURN RESERVOIR**. Thick woods of loblolly and longleaf pine, oak, magnolia, ash and many other species blanket the gently rolling terrain.

On the average, high annual rainfall creates numerous creeks in the forest, but most are quiet with flat water. **BOYKIN CREEK**, however, flows through steep enough terrain and an erosion-resistant layer of sandstone, the necessary conditions for a waterfall. Drive to **BOYKIN SPRINGS RECREATION AREA** south of State Highway 63 and park under the shady pines by the small lake. Take the **SAWMILL TRAIL** from the south side of the campground. An easy stroll of less than a mile will bring you to the small cascade on the creek. You'll hear the rushing waters before you see the waterfall.

After visiting the cascade, consider hiking farther to the spooky, overgrown ruins of the old **ALDRIDGE SAWMILL**. Trees and vines are slowly reclaiming the concrete walls of the old industrial site. Energetic hikers can walk 5½ miles to the trail's end at pretty **BOUTON LAKE**, a good spot for fishing and canoeing.

Laurence Parent travels the world pursuing exceptional nature photos.

Get ^{up}_{to} \$10,000.00 in Life Insurance

**no matter what your
health and at rates
that never go up!**

**Good news in today's
economy for people
ages 45 to 85.**



Consumers want the best value in today's challenging times. Their life insurance is no exception. Whether you need funds to help pay your final expenses or just want to strengthen your current coverage, *United of Omaha Life Insurance Company* and *Companion Life Insurance Company* in New York have the right protection . . . priced right for you.

**Take advantage of the features
of this Easy Way® Whole Life
Insurance Policy:**

- ◆ **Guaranteed Acceptance**
with no health questions asked
- ◆ **Full Coverage**
for people aged 45 to 85
- ◆ **Benefits do not decrease**
due to age or changing health
- ◆ **Coverage Guaranteed**
policy cannot be cancelled
- ◆ **Builds cash value**

Call for your FREE Enrollment Packet Today!

**Affordable monthly premiums
will never increase, guaranteed.**

	\$10,000.00		\$7,000.00		\$5,000.00		\$3,000.00	
AGE	Male	Female	Male	Female	Male	Female	Male	Female
45-49	\$32.50	\$27.00	\$23.05	\$19.20	\$16.75	\$14.00	\$10.45	\$8.80
50-54	\$36.00	\$30.00	\$25.50	\$21.30	\$18.50	\$15.50	\$11.50	\$9.70
55-59	\$45.00	\$37.50	\$31.80	\$26.55	\$23.00	\$19.25	\$14.20	\$11.95
60-64	\$55.00	\$42.00	\$38.80	\$29.70	\$28.00	\$21.50	\$17.20	\$13.30
65-69	\$66.00	\$51.00	\$46.50	\$36.00	\$33.50	\$26.00	\$20.50	\$16.00
70-74	\$89.00	\$69.00	\$62.60	\$48.60	\$45.00	\$35.00	\$27.40	\$21.40
75-79	\$121.00	\$98.00	\$85.00	\$68.90	\$61.00	\$49.50	\$37.00	\$30.10
80-85	\$166.00	\$139.50	\$116.50	\$97.95	\$83.50	\$70.25	\$50.50	\$42.55

In NY please call for rates.

FREE Enrollment Packet!
CALL 1-888-203-1248

There's no obligation so call today.



UNITED OF OMAHA LIFE INSURANCE COMPANY
COMPANION LIFE INSURANCE COMPANY
MUTUAL of OMAHA AFFILIATES

www.MutualDirectLife.com

This is a solicitation of insurance, an agent may contact you. **These policies contain benefits, reductions, limitations, and exclusions to include a reduction in death benefits during the first two years of policy ownership.** In NY, during the first two years, 110% of premiums will be paid. EASY WAY Whole Life Insurance is underwritten by United of Omaha Life Insurance Company, Omaha, NE, which is licensed nationwide except NY. Life insurance policies issued in NY are underwritten by Companion Life Insurance Company, Hauppauge, NY. Each company is responsible for its own financial and contractual obligations. Policy Form ICC11L057P or state equivalent (in FL: 7722L-0505; in NY: 827Y-0505). Not available in all states.

AFN42302_0210



PROTECT THINGS THAT MATTER

A Mueller metal roof is a smart addition to your home for many reasons, such as weather resistance. Mueller roofs offer superior protection from wind, hail and fire. Stop by one of our 30 locations or go online and learn more about the benefits of Mueller metal roofing.

Visit our online color selector tool to choose your color and panel style.

