Lady Boot-Maker

Dickens on The Strand

Gifts from the Kitchen



TALES IN TWILIGHT

World War II veterans, who sacrificed so much to ensure our way of life, are still willing to share ...



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FEATURES

Tales in Twilight Members of The Greatest Generation, which is fast becoming just a memory, talk about survival and service during World War II. By Charles Boisseau • Photos by Woody Welch

Deployed Back Home Veterans returning from Afghanistan and Iraq can face many challenges when they rejoin civilian life. By Ed (rowell • Photos by Woody Welch 1/1

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COVER PHOTO Marion Henegar and the C-47 he named for his wife in 1945 Family Photo

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More on Wind

Wind power is not all clean and economically friendly energy. It is heavily subsidized by the U.S. and Texas governments. Otherwise no company would invest in the projects. They involve the massive destruction of trees-mowed down to make way for hundreds of miles of transmission lines. Land use and the privacy of hundreds of landowners are taken for the lines. Neighbors are affected by the view of wind generators and the hundreds of transmission towers. They are not compensated or even asked.

JOHN VAN MOORT | PEDERNALES EC

Water Issues

The "Water for All?" [August] issue should be read by everyone in Texas. Water is a critical issue, and changes in attitude and laws need to be made now. Our groundwater districts were created to protect our well water, yet the rule of capture allows the districts to be sued if they impose water withdrawal limitations on large users.

TERRY FENDER | COOKE COUNTY ECA

I have just read the article written by Andrew Sansom in your August magazine. To say that I was shocked is an understatement. I take exception to the paragraph that reads: "In this regard most water rights in Texas are dedicated to agricultural use for irrigation. and much remains antiquated and inefficient. The inefficiency magnifies a conundrum. While so much water is committed to agriculture, a section of our economy that is basically flat, municipal growth is booming and thus producing the greatest future demands for water."

Wind Energy

Regarding "The Windup ..." [August], it is essential to understand another side to wind energy.

- It is highly variable and produces the least in the late summer when air conditioning-related demand peaks. That means 91 percent of the wind capacity has to be backed up by other, more reliable sources of generation, such as natural gas.
- It is highly dependent on subsidies. The industry predicts dire consequences if the federal tax credit of 2.2 cents per kilowatt-hour is not extended beyond 2012. Wind energy production also receives renewable energy credits as the result of the state-mandated renewable energy portfolio standard. At the local level, county and school district property tax abatements are common.
- Installations are massive. One of the number of wind farms in the Abilene/Sweetwater area covers nearly 100,000 acres.
- Ratepayers, not wind developers, will pay for the \$6.9 billion grid transmission system that will move wind energy from remote areas in West Texas and the Panhandle to metropolitan areas. Hopefully, this information will contribute to a more balanced view of the potential of wind power.

ROBERT WEATHERFORD, PRESIDENT, SAVE OUR SCENIC HILL COUNTRY ENVIRONMENT | CENTRAL TEXAS EC

Editor's note: A longer version of this letter is at TexasCoopPower.com.

To say most of the water rights are for agriculture is wrong. Cities have large permits for water. While taking a shot at agriculture, he says nothing about millions of homes in cities wasting water with inefficient water systems to water carpet grass and fill swimming pools. Lastly he dismisses agriculture as a waste of water. I wonder if he realizes a good portion of the food he eats comes from Texas agriculture?

As a co-op, formed to supply rural customers, I can't believe you would print such a one-sided article.

PERRY DONOP | CENTRAL TEXAS EC

It is irresponsible not to educate readers about the water contamination and obscene use of freshwater in hydraulic fracturing, also known as fracking. The process injects a mixture of water, chemicals and sand underground to create fractures through which natural gas can flow for collection.

Fracking requires millions of gallons of freshwater for each well. The water will be contaminated with chemicals and cannot be cleaned and reclaimed for safe drinking. Instead it is injected under extreme pressure into wastewater wells. These wells can cause great risk for further groundwater contamination and have been associated with the many minor earthquakes Texans are experiencing.

LANE GOSNAY | FAYETTE EC

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KAIMA

Israel is witnessing the emergence of a cooperative movement. As part of socialeconomic protests taking place across the country, more people are recognizing co-ops as an alternative way to regenerate the economy. "Creating a cooperative is now considered the thing to do," said Yifat Solel, one of the supporters of the movement, in an International Co-operative Alliance release. "We recently opened a cooperative pub, which is now the coolest place to be in Tel Aviv." The pub is named Kaima, which translates as "sustainable."



ENERGY NEWS

Also a Cool Daddy

The modern air conditioner celebrated its 110th anniversary this year.

New York engineer Willis H. Carrier designed the prototype in 1902 for the Sackett & Wilhelms Lithography and Printing Company, which was experiencing printing problems because of humid air in its Brooklyn plant. Carrier's invention blew indoor air over chilled pipes to cool it, and because cool air cannot hold as much moisture as warm air, the humidity dropped. While the original goal was to control indoor moisture, the focus of the technology shifted to cooling air to increase comfort inside. Carrier's design became the foundation for modern cooling systems, and he has been dubbed "The Father of Air Conditioning."



HAPPENINGS

Hi, Y'all!

Hola! Bonjour! Guten tag! Ciao! That's "hello," in case you didn't know, in Spanish, French, German and Italian. And that's one of the many things to learn at the Brazos Valley Worldfest on November 10 in College Station. Held at Wolf Pen Creek Amphitheater, this event celebrates international awareness by offering more than 50 cultural displays and demonstrations, cuisine, performances, children's crafts, educational competitions and many other activities. Where else can you get a henna tattoo, participate in an Arabic tea party and watch a Chinese lion dance? Or have your picture taken with a camel, cut a rug to some polka, eat a kolache and listen to a storyteller spin a Native American tale? Be a world traveler—without leaving Texas. Worldfest is a nonprofit event organized by Texas A&M University and the City of College Station.

FOR INFO, GO TO BRAZOSVALLEYWORLDFEST.ORG



TOTALLY TEXAS

World Class

We wonder if we gave readers 101 guesses whether anybody would come up with the one Texas restaurant that Newsweek in August named in its list of the 101 Best Places to Eat Around the World. Give up? It's City Market in Luling, one of only 14 restaurants from North America that made the list, "The best Texas barbecue," said Ford Fry of JCT Kitchen in Atlanta. He was one of 53 "luminary chefs" chosen by the magazine to compile the list.

Tanks, Old Chap

veterans we interviewed for our cover story; he commanded a Sherman. His vignette is in the online version of the story. That style tank was christened Sherman by the British, who named their U.S.-built tanks after Civil War generals (the Union's Maj. Gen. William T. Sherman). The designation quickly caught on with American



CO-OP PEOPLE

Annie, Author Find New Chapters in Life

forces.



Patty Shafer was nearing retirement and finishing up her last year as superintendent of San Marcos schools in April 2010 when her husband, Cecil, gave her a call. An emaciated, fearful pit bull mix had wandered up. After Cecil was able to draw her in with food, the Shafers decided to adopt the dog, naming her Annie. Later, Annie became the inspiration for a children's book series.

Annie the Texas Ranch Dog books (SmoothSailingPress.com) feature an abandoned pit bull mix who adopts a family and finds a new life. Her owner is Park Ranger Jake Pickett, and together they visit Texas state parks to help solve mysteries.

"Once I started with the idea of state parks, it opened up a world of possibilities," said Patty, who writes the series. Annie has helped fight fires in Bastrop State Park and, more recently, helped find a missing child in Lost Maples State Natural Area.

Look for the fourth Annie book, Trouble in Palo Duro Canyon, in January. The Shafers, who live near Kingsbury, are served by Guadalupe Valley Electric Cooperative.

ASHLEY CLARY-CARPENTER | FIELD EDITOR

Co-op People ideas? Send them to editor@TexasCoopPower.com.

WHO KNEW?

Honolulu is the state capital farthest from Austin-4,110 miles—according to the Texas Department of Transportation.

The closest? That's Oklahoma City at 392 miles.

Closest to Austin

Oklahoma City, OK 392 420 Baton Rouge, LA Little Rock, AR 522 523 Jackson, MS Santa Fe. NM 671

Farthest from Austin

Honolulu, HI 4,110 Juneau. AK 3.655 2.167 Olympia, WA Salem. OR 2.087 Augusta, ME 2.069

Texas leads the nation in number of farms and ranches, with 247,500 farms and ranches covering 130,400,000 acres, according to the Texas Department of Agriculture.

TALES IN TWILIGHT

BY CHARLES BOISSEAU • PHOTOS BY WOODY WELCH

The Greatest Generation, which gave so much to ensure our way of life, is still willing to share ...

THE REFRAIN OF AN OLD ARMY BALLAD, MADE FAMOUS BY WORLD WAR II GEN. DOUGLAS MACARTHUR, GOES, "OLD SOLDIERS NEVER DIE, THEY JUST FADE AWAY."

The truth is, America's remaining World War II veterans—most at least in their late 80s—are leaving us; about 680 die every day, according to the Department of Veterans Affairs. In a few years, the last page will turn on these living, breathing history books, men who fought a war that resulted in more American battle deaths and wounded than any other U.S. conflict. Despite a wealth of documentary films and oral histories in the archives, countless stories of average citizen-soldiers remain untold or forgotten.

"It is sad to see that these simple heroes are leaving us at such a fast rate," said Floyd Cox, volunteer administrator of an oral history program at the National Museum of the Pacific War in Fredericksburg. The museum has collected 4,400 histories, but most are locked in vast archives and none is available online. Volunteers remain busy capturing stories from veterans before the program inevitably winds down.

In honor of Veterans Day (November 11, the anniversary of the armistice that ended World War I in 1918), I interviewed more than a dozen Texas World War II veterans. They were mostly small-town and farm-raised kids propelled into deadly situations. Some opened up after years of reticence; some shed tears.

Now, some 70 years after U.S. troops were pulled into the war, we get the rich details of lives so cruelly interrupted. Here are some men we would like you to know:

'WE DIDN'T EVEN KNOW WHERE PEARL HARBOR WAS'

On December 7, 1941, 17-year-old Jetty Cook and some buddies heard the news after they watched a matinee of "Sergeant York," the World War I movie starring Gary Cooper.

"Extra, extra! Pearl Harbor attacked!" a paperboy cried.

"We didn't even know where Pearl Harbor was," Cook said of Japan's bombing of the Hawaiian military base that instantly drove America into war.

A year later, Cook left his hometown of Big Spring and enlisted in the Army Air Corps. In the following months he trained as a gunner on a B-17 bomber.

On July 20, 1944, on a bombing run over Germany, his aircraft was hit by flak. The airmen jumped just before the bomber crashed somewhere in German-occupied Belgium. Cook parachuted, landed safely, quickly gathered up his chute and hid in some bushes. He watched as German soldiers captured fellow U.S. troops, narrowly escaping detection by a Nazi soldier and his dog.

When the coast was clear, Cook walked westward, drank from a muddy puddle and after midnight took a chance by knocking on the door of a modest farm house, not knowing whether he was in Germany. A farmer gave him some bitter coffee, black bread and shelter in a hayloft. The next day, a member of the Belgian Resistance questioned him at length to ensure he wasn't a German plant.

Over the next two months, a cast of Belgian partisans took turns hiding Cook, who often posed as if he couldn't hear or speak. He was periodically reunited with some of his crewmates and shuttled to safe houses, including a room over a bar frequented by German soldiers, a brothel (also visited nightly by the Germans) and a convent. He participated in a bank robbery to obtain food rations, helped a team of Resistance members blow up a railroad bridge to send a trainload of German troops to their deaths and helped capture German Gestapo agents

after American and British forces began to liberate Belgium.

Cook and a fellow airman narrowly escaped death when a group of Belgians, emboldened by the retreat of German forces, captured them and put nooses around their necks, insisting they were German spies as they dragged them to a lamppost to be hanged. Then a young Belgian woman stepped up and said



she knew the local police chief secretly housed an American and insisted they check. They phoned from a nearby store and verified Cook had been hiding out with the chief's family. Within minutes, they broke out bottles of wine and they all celebrated.

Cook eventually made a career in the Air Force. Over the years, he returned to Belgium numerous times to reunite with people who aided him and attend anniversary events. Today, Cook, 88, lives in Hunt with his wife of 42 years, Wanda.

'THEY WERE BAYONETING AND SHOOTING EVERYTHING THAT MOVED'

On May 18, 1942, five months after Japan bombed Pearl Harbor, Arwin J. "Jay" Bowden enlisted in the Marines. One of eight children born to a cotton farmer and his wife near Vernon in North Texas, he had just graduated from high school.

By November 1942, Bowden, quickly trained as a radio operator, was shipped off with his division to New Zealand. Within a year, Bowden and his regiment entered their first combat at the Battle of Tarawa, a strategic atoll about 2,400 miles southwest of Pearl Harbor that U.S. forces needed to refuel aircraft and serve as a launchpad to retake the Philippines and, eventually, attack Japan.



Arwin J. 'Jay' Bowden of San Antonio participated in fierce fighting against the Japanese for control of Tarawa and used a bayonet to kill an enemy to save his own life. In such an adrenaline-charged moment, he said, 'you don't know where all your energy is coming from and you don't remember where or when. Anyway, I survived.'

Japan had built a landing strip on Tarawa's main island and fortified it to the hilt. One Japanese commander said it would take "1 million men 100 years" to conquer Tarawa. "This was probably the most fortified 290 acres in the world," Bowden said.

Before dawn on November 20, 1943, Bowden was aboard a troop transport with about 2,000 Marines. He was among troops sent ashore on landing craft known as Higgins boats, but his boat got stuck on a reef. He and 32 other Marines boarded two amphibious track vehicles to get ashore. As they approached the beach, the Japanese blew up Bowden's vehicle and killed most of the men who were with him.

The fire burned off nearly all of Bowden's clothes except his boots, knife belt and the leggings he wore under his uniform. His right ear was nearly burned off, as was most of his hair. He dove into knee-deep water and then hid with five other Marines behind a second vehicle. Near dusk, they decided their best hope was going into deeper water—to the reef about 500 yards out, where they hoped for a rescue.

Earlier in the day, Bowden had picked up a waterlogged rifle that was useless except for the bayonet at the end. As they moved out, Japanese soldiers spotted them by the light of the fires on the island. "They came out and they were bayoneting and shooting everything that moved," Bowden said. Several enemy soldiers came near, and Bowden somehow got close enough to one of the Japanese carrying a machine gun to plunge his bayonet into his chest.

Meanwhile, after 76 hours of fierce fighting, the Marines took the island but suffered more than 1,000 deaths and 2,000 casualties, while the Japanese lost more than 4,600 troops.

Bowden, 89, recovered after six weeks of medical care and returned to participate in other battles in the Pacific. After the war, he spent most of his work life at Southwestern Bell. He is a widower and lives in San Antonio.

'I WAS THRILLED TO DEATH BECAUSE HE CAME BACK WHOLE'

It was 1939 in a small town in Oklahoma when Marion Henegar, 21, married his sweetheart, Oletha, just 17. By 1943, Henegar had entered the Army Air Corps and spent three years as a radio operator on a C-47 that hauled supplies and paratroopers to the front lines in Europe.



To drop parachutists, Henegar's aircraft often flew low, just 650 feet above ground, plenty close enough to be shot down by the Germans. "When we got back, we'd count the holes in the planes," Henegar said.

For three years, Henegar and Oletha corresponded constantly. "We wrote sometimes once a day, sometimes two," Oletha said.

Near the end of the war, Henegar and his crew were assigned a new C-47. The only married one of the bunch, Henegar was given the honor of naming the plane. He chose "Little Oletha." Henegar proudly showed a black-and-white photo of a strapping young man in a jumpsuit, standing under the plane with his wife's name painted on the fuselage.

After the war, Henegar flew back to the States, landed in Boston and hopped a bus back home. Oletha drove to pick him up at the bus station in Tulsa, Oklahoma. It was swarming with giddy GIs who grabbed any female they could.

"They would run if they saw a woman, and they would hug her and kiss her and fling her in the air. They were so happy the war was over," she said. "Most of them were drinking. It was wild."

Oletha wanted none of that, so she hid behind a tree and snuck into the terminal. She was at the door of the bus station when Henegar stepped off the bus. "Oh, he looked wonderful. He was a very handsome Air Force guy," Oletha recalls. "He still is. I was thrilled to death because he came back whole, and I felt for the ones who came back the other way."

The couple had two children and moved to Texas, where Henegar spent 37 years in the energy business, making use of the skills he developed in the military to operate electronic instruments to find oil for Phillips Petroleum Co. and Chevron. This year, the Henegars marked 73 years of marriage.

"I'm proud that I served in the war," said Henegar, 95, who lives in Livingston and is a member of Sam Houston Electric Cooperative. "You just do what you're supposed to do. And I thank the Lord for watching over me."

'I THOUGHT IT WAS ANGELS COMING'

In July 1945, L.D. Cox was a 19-year-old helmsman aboard the USS Indianapolis, a heavy cruiser that carried a secret wooden box across the Pacific to the small island of Tinian. He later learned the box contained parts and enriched uranium for the atom bomb nicknamed "Little Boy," the weapon loaded on the aircraft Enola Gay and dropped on Hiroshima.

Just after midnight on July 30 and one week before the dropping of the atom bomb led to Japan's surrender, Cox's ship was struck by two torpedoes fired by a Japanese sub. The more than 600-foot-long Indianapolis sank in just 12 minutes, resulting in one of the most dramatic stories of the war.

With the ship quickly going down, Cox put on a life preserver and handed one to the ship's captain, Charles McVay. In the ensuing chaos, the captain ordered the sailors to abandon ship.

For the next four days and five nights, Cox and hundreds of men floated, most without food and water. Many men died of dehydration, drowning and attacks by sharks, which Cox could see circling under the surface. Some hallucinated and swam off, never to be seen again. Dying of thirst, one sailor removed his life vest, went under to drink the saltwater and died within about two hours with brown foam around his tongue and mouth.

Cox floated with a pack of about 30 others. A couple of days after the sinking, Cox remembers a shark surfaced and locked onto a sailor floating only three feet away from him. "He came up like lightning and took him down and you couldn't see anything else," Cox said.

Cox and the remainder of his group who survived slowly sank lower and lower in their waterlogged life preservers, their noses barely above the water after being afloat more than 100 hours. They were finally rescued when a U.S. pilot saw them by chance one afternoon. Ships were eventually dispatched and picked them up after dark. Cox remembers seeing a spotlight shining up into the dark sky, a beacon of hope from a ship that many sailors later said saved their lives by giving them the will to hang on. "I thought it was angels coming," said Cox.

The sinking of the Indianapolis resulted in the deaths of



almost 900 of the 1,200 men on board. McVay, who also was rescued, was later court-martialed for failing to zigzag to avoid torpedo attacks, a controversial rebuke that Cox and other survivors never have supported.

After the war, Cox graduated from Texas A&M University, served as state sales director for a livestock feed company and operated a ranch. He still owns an 800-acre cattle ranch that is served by Comanche Electric Cooperative and lives in Comanche with his wife of 63 years, Sara Lou.

Only the grace of God—and his strong will to survive—allowed him to live, said Cox, 86, who frequently speaks to groups of schoolchildren about his war experience. Unlike some senior citizens chagrined by young generations, Cox expresses optimism and encourages elders to impart strong moral leadership and guidance on today's kids, who one day will lead the country.

"What I tell them is freedom is not free," Cox said. "Somebody has to fight to keep our freedom."

Charles Boisseau is a freelance writer in Austin.

On TexasCoopPower.com

Go to TexasCoopPower.com for more stories of World War II veterans and to learn how you and interested veterans can participate in Honor Flight, a national nonprofit effort that is racing to send the dwindling number of World War II vets to visit their memorial in Washington, D.C.

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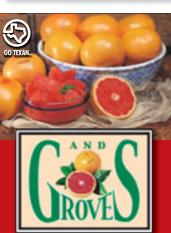
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DEPLOYED BACK HOME

BY ED CROWELL • PHOTOS BY WOODY WELCH



When Army reservist Yancy Williams returned from Iraq in 2009, his job as a lineman at Sam Houston Electric Cooperative was waiting for him, as was his wife—'my best support system.' But he notes the challenges that face many returning veterans are daunting: difficulties finding a job, coping with post-traumatic stress disorder, and long waits for help and answers from the U.S. Department of Veterans Affairs. 'I think the veterans, the guys who were willing to lay it out and go over there for our country, should get whatever they need.'

Many returning troops—scarred and unscarred—encounter a tough march back into civilian life

Near where Fort Concho soldiers once guarded the West Texas frontier, a former Marine in his first year back from Afghanistan mans the front desk of a small veterans assistance office in downtown San Angelo. He's one face of today's young war returnees readjusting to civilian life, but this veteran is far more fortunate than others who've come home without job prospects and with recurring psychological difficulties.

Hundreds of miles away in East Texas, a middle-aged lineman for Sam Houston Electric Cooperative recounts how he made the transition back from the horrors of Iraq. With a family and a welcoming workplace awaiting him, he found comfort in daily life far from the violence he survived. Other veterans in the same town of Livingston are not doing so well.

As thousands of veterans of the wars in Iraq and Afghanistan return to the United States and leave the service, they face a trying battle over diagnosis and treatment of post-traumatic stress disorders and traumatic brain injuries. Veterans seeking help for these conditions from the U.S. Department of Veterans Affairs must wait for a year or more on rulings from the overwhelmed federal agency. To help reduce the 107,000 disability claims in Texas, the Texas Veterans Commission is adding 24 counselors.

As an independent advocate for veterans, Laura Serrano works on claims from the San Angelo area every day in her cramped, unadorned offices across the street from the Tom Green County Courthouse. At this veterans center operated by the county and the Texas Workforce Commission, former service members discuss claims and appeals filed with the VA.

"Claims are my passion," says Serrano, who served in the Army in the 1990s. She talks fast amid a whirlwind of calls and visits from veterans of all eras. She tells younger vets "to honor and respect what they have in benefits available to them that have been handed down at some cost from previous generations."

Indeed, many World War II veterans have tremendous sympathy for those who fought in Iraq and Afghanistan and have been subject to multiple deployments. "We went to war, and when it was over we came home. They are back home a short time, and they are back over there again. This goes on and on, and sooner or later you are going to get killed or get a leg blown off," says Marion Henegar, 95, a World War II veteran who lives in Livingston. "It's terrible."

The VA claims process became a logiam in the past couple of years because at the same time new veterans filed disability claims at a greater rate than from previous wars, the government in 2010 began recognizing more health conditions for Vietnam vets.

Assisting Serrano and the county veterans service officer who shares the offices is Hunter Granzin, 22, who in 2011 was a Marine driving M88 recovery vehicles to pick up damaged tanks and Humvees in Afghanistan. Now a student at Angelo State University, he works part time at the office.

Granzin grew up in nearby Miles and looks young enough to still be stocking the shelves of his father's grocery there. He says he isn't suffering mental health issues from his combat experiences, but that's not the case with a friend who also drove an M88. "He had to recover bodies and kill people firing on his convoy. Now he has survivor's guilt, emotional problems, dreams about it," says Granzin. "At first he didn't want to claim PTSD because he thought people were using it as a crutch. But now that he sees it happening to him, he realizes it's real."

Granzin concentrates on his job and school. "It's something to get up for every day. They keep me from getting too depressed about the abrupt lifestyle change from Afghanistan to home."

That tough transition is the target of the Texas Veterans Leadership Program, which has 18 employment counselors, all Iraq or Afghanistan veterans, in offices around the state. Begun in 2008 under the Texas Workforce Commission, the program primarily helps vets prepare for job searches. It also steers them toward mental health services.

Steven Goligowski, who retains the bearing of an Army officer, retired after a 28-year career, which included three tours in Afghanistan and Iraq. He is the Leadership Program representative for the San Angelo area. "The No. 1 obstacle I see with veterans getting jobs is they [vets] tend to have a pretty narrow view of their talents and abilities coming out of the military," he says. "They do not understand they could get work with their financial management skills, their property accountability, their personnel management."



Laura Serrano is part of the Texas Veterans Commission's efforts to help former service members discuss claims and appeals filed with the VA. Because disabilities and health-care needs change over time, pleas for benefits often change, too. Serrano sees veterans from the San Angelo area every day, such as Gilbert Young, who was an Army sergeant in Vietnam.

He advises vets to lose military jargon on their résumés and use terminology relevant to civilian jobs. A squad leader who directed a team of soldiers, for example, managed people just as a line supervisor might at a manufacturing plant. He also counsels vets on how to establish proper workplace relationships once a job is landed. For PTSD sufferers, Goligowski and Serrano recommend VA-approved cognitive behavior therapy programs to help fight debilitating symptoms.

In Livingston, a town of 5,500 people northeast of Houston that is home to Sam Houston Electric Cooperative, two post-9/11 veterans meet each other for the first time at the county annex building. This is where Melissa Gates offers assistance as the county's veterans service officer.



Until he landed a job in July as a mechanic for the Texas Department of Transportation in Shepherd, Christopher Mizell, 33, had struggled to find employment since returning from his second tour in Iraq in 2008. 'It's hard finding a job,' said Mizell, the father of two young children. 'I don't think people want to deal with soldiers having PTSD.'

Christopher Mizell, 33, tells his story first. The Army mechanic collapsed outside his sleeping quarters in Iraq one evening in 2008 during his second tour there. He was evacuated for treatment and sent home. "I was told I had seizures, though I never had one before in my life," says the father of two young children. "Maybe it was because I figured it was my last deployment. I couldn't take a lot of it anymore."

Mizell left the Army and had been frustrated at not being able to get a steady job until this summer. He started July 1 as a mechanic for the Texas Department of Transportation in nearby Shepherd. Previously he had lived on his wife's income and compensation payments for his 30 percent disability rating for back and hearing problems and PTSD.

"It's hard finding a job," he said before landing the full-time position. He said he had "looked everywhere. But I don't think people want to deal with soldiers having PTSD."

Sitting near Mizell in a conference room is 27-year-old Wes Templeton, who served in the Army infantry in Iraq and Afghanistan between 2005 and 2010. He says he still has severe sleep problems—"waking with cold sweats and nightmares. It's just ridiculous."

He has a 50 percent disability rating from the VA for back, shoulder, foot and hearing problems but awaits a ruling on a new claim for PTSD.

Templeton has some training as an auto mechanic. "I filled out job applications just about everywhere. A lot of times they just don't call you back. You check that you are a veteran or give them a copy of your discharge, but nothing."

The majority of veterans of recent wars are more fortunate in their tran-

sitions to civilian lives. Less than a mile from where Mizell and Templeton discussed their situations, Army reservist Yancy Williams talks about his return from Iraq in 2009 to his family and job at Sam Houston.

The 45-year-old lineman relates his military police experiences in the dangerous city of Mosul to his work with power lines. "Taking shortcuts can get you killed," he says. "You have to stay aware and use your safety equipment. It's all about training and knowing you can rely on the guy next to you."

Williams' eyes glaze over but his voice is steady as he details the carnage he witnessed on the busy streets of Mosul. Once, a 2,000-pound bomb went off on a flatbed truck near where he was patrolling, leaving a hole deeper than his 6-foot-2 frame: "Body parts were all over the place, pieces of people everywhere, civilians and Iraqi military. We dug through rubble, but there was little we could do."

Williams, the son of Polk County's first African-American sheriff's deputy, says he was able to handle war without night-mares or PTSD because as a longtime volunteer firefighter, he's seen gruesome fire deaths and wrecks. "I prayed, and having a spiritual balance helped me a lot. Very few guys around here can really understand what it smells like over there, know what it sounds like, know what it feels like.

"I'm fine now," he says firmly, noting the backing of "my best support system"—his wife of 25 years, Tammy.

Williams recognizes jobs are hard to come by and says, "I couldn't ask for anything better than working at Sam Houston." He started at the co-op in 1991 after a tour of duty in the Marines serving in Panama and Europe. In 1993, the lineman joined the Army Reserve, and his unit was called up for a year to help NATO forces end the ethnic warring in Bosnia.

The co-op held his job for him, with no loss of seniority. "This company has been so supportive of my being in the reserves," Williams says. "I know guys at other companies who have had jobs and they get back with no work for them, and it's 'Too bad, so sorry for you.'"

Kyle Kuntz, CEO of Sam Houston, praises Williams as "a great employee with a really good attitude." Turnover is low among the co-op's 160 employees, and Kuntz says he gets to make only one or two hires a year. But he says the responsibilities carried by troops means "if you have two equal applicants and one has been in the military and one hasn't, typically we'd go with the one who's been in the military."

As for the thousands of backlogged VA claims, Williams says, "They just don't have the number of people or the budget they need. I don't think they prepared for what was coming their way with the war, how long it would last and how many people would need help."

He worries that over time the physical and mental tolls on veterans will increase. "If they don't care for these young guys now, you just don't know. ..." he says. "I think the veterans, the guys who were willing to lay it out and go over there for our country, should get whatever they need, whatever they want."

Ed Crowell is an Austin writer.

Getting Help *Veterans Crisis Line 1-800-273-8255, Press 1 Chat at VeteransCrisisLine.net.*

On TexasCoopPower.com

Tale of Two Wars includes statistics from the U.S. wars in Iraq and Afghanistan and information on resources available to veterans.



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My Daughter Forever

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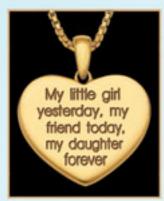
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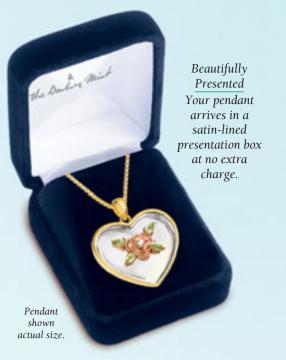
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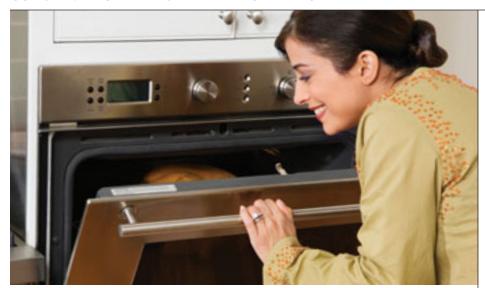
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CONSERVATION AND SAFETY INFORMATION



No peeking! Keep the oven door closed when baking. Even a quick peek instantly lowers the temperature several degrees, making your oven work harder and consume more electricity.

Save Energy While You Prepare Holiday Feast

Baking pies, roasting a turkey and warming up the side dishes for your family's Thanksgiving feast can be hard on your electric bill if you rely on your oven to do all the work.

This Thanksgiving, consider using your stovetop, barbecue grill, microwave oven, slow cooker, toaster oven, electric skillet or even your blender or food processor to prepare your bird and all the trimmings.

Here are some tips for a more energy-efficient Thanksgiving.

- **1.** Give your oven a break and your family a treat by frying, grilling or smoking your turkey outdoors. The smoky flavor can be a nice change from a traditional, oven-roasted turkey.
 - **2.** Use the microwave oven to heat up vegetables, potatoes and other side dishes.
- **3.** Consider serving some foods that don't need cooking. The turkey, stuffing and potatoes will be nice and hot. Add some variety to the menu by preparing a few cold salads and raw vegetables with dip. Experiment with no-bake desserts, like frozen peanut butter pie or no-bake cheesecake.
- **4.** When you do use the oven, resist opening the door to check on the food. Every time you open the door, you let heat out and the oven has to work harder to get back to the proper temperature. Use the window and light instead.
- **5.** Bake everything at the same time: pies, bread, turkey, potatoes. The more your oven can do at once, the less time you'll need to use it. Leave enough room between items for air and heat to circulate.
- **6.** Choose glass or ceramic pans for the oven. They cook food at temperatures as much as 25 degrees lower than metal pans.
- **7.** The burners on your cooktop will work more efficiently if you match the size of the burner to the size of the pot. Placing a small pot on a larger burner wastes the heat from the part of the burner that doesn't touch the pot.
- **8.** Clean the burners and the oven. There's no need for your appliance to spend any energy heating spilled, baked-on food that you haven't cleaned up yet. If you make a habit of using the self-cleaning function on your oven while it's still hot after you use it, it will use the residual heat and work more quickly.

ENERGY EFFICIENCY

Dishwasher or Hand-Washing?

Gathering family members to help you carefully wash and dry your dishes by hand is a great way to keep everyone together in the kitchen after a big holiday dinner. It's also a big waste of hot water.

Cleaning dishes in the dishwasher typically uses 37 percent less water than washing them by hand. The reason: Most of us run the hot water constantly while washing plate after glass after casserole dish.

A tip: If you have a divided sink, plug the drains and fill one side with warm, soapy water and the other with clear rinse water, and then turn the faucet off. You'll use half as much water cleaning your dishes with this method as you would if you ran the dishwasher.

If you do load the dishwasher, wait until it's full to turn it on. If you have to rinse dried-on food from dishes beforehand, use cold water only.

Always opt for the "energy-saving" cycle when you run your dishwasher. And deactivate the "heated drying" cycle in favor of letting the dishes airdry. You'll save up to 10 percent on dishwashing costs if you do.

Hand-washing dishes is an energy-efficient choice if you don't leave the water running.



Surviving Power Surges

Why your hair dryer may be out to get your microwave

BY ANGELA PEREZ

High-tech gadgets, appliances and computers all have one weakness in common: vulnerability to power surges. Too much electricity coursing through connecting wires can fry circuitry inside sensitive electronics, reducing them to expensive trash.

Unfortunately, electric current coming from your wall outlet doesn't always remain at a steady, optimal 120 volts. Electricity can spike for a number of reasons, including lightning strikes on power lines, which can send millions of volts searing through your wiring. Motor-driven appliances that use large amounts of power-like washers and dryers-will cause surges, too, when they kick on and off. But power spikes aren't always dramatic or obvious.

Smaller electrical products, such as hair dryers, have more subtle power cycles than large items such as central air-conditioning units. When you use a hair dryer every morning, it could be gradually damaging the circuitry of, say, the microwave, as each small surge hits its circuit board.

All is not lost

Homeowners can protect digital electronics with surge suppressors. As the term implies, these devices suppress a fluctuating power supply by diverting excess voltage to a ground wire. There are several types of whole-house surge suppressors avail-

able, although none of them are able to fully stand up to the enormous power spike caused by lightning.

Some protectors mount on your circuit breaker panel indoors or are built into a specific circuit breaker. Others are designed to mount at the base of your electric meter. Suppressors are available for many applications, from single-plug wall units to rack-mounted setups that cover an entertainment system.

For those who don't



A 20-amp circuit breaker has built-in surge suppression to protect items connected to it.

like continually stooping to flip the switch on a power strip, some models even include remote controls. You can also find pivoting protectors that adjust to accommodate a variety of adapters, letting you plug all of your gadgets into one strip.

Before you buy

It's important to remember that many of your devices may be connected to other outlets, such as satellite, cable, phone and Internet lines. Surge protectors are available with options to protect these conduits as well. And make sure the manufacturer guarantees to cover the cost of replacing any damaged equipment that was attached.

Angela Perez writes for the National Rural Electric Cooperative Association.



LED Christmas lights resemble traditional ones but have many advantages.

LED-Strung Christmas Trees Going Fast!

If you'd like to buy an artificial Christmas tree strung with long-lasting LED bulbs, buy it now. If you wait until after Thanksgiving, you might not be able to find a nice one.

LED-strung trees sell out quicklyeven though they cost more than artificial evergreens with traditional lights—because the bulbs stay bright so long. They're expected to burn without trouble for 200,000 hours, so they ought to last for at least 20 Christmases.

LED means light-emitting diode. The light is built into the light fixture, so there's no bulb to change. By the time the lights stop glowing, you would need to replace the whole fixture—and tree anyway.

Other benefits: LEDs are cool to the touch, so they're easier to handle and don't present a fire hazard when they come into contact with your tree's limbs. They use up to 90 percent less energy than traditional holiday lights. Their casings are shatterproof.

Take some of the hassle out of the holidays by switching to LEDs. Even if you don't want a fake tree, you can replace your tree and outdoor lights with removable strings of LEDs.

But do it soon, or you might wind up waiting until next year to make the switch.

Rouge Awakening on the High Plains,

Fast-moving front kicks up roiling dust cloud—a haboob that overtakes October day in Panhandle

BY SUZANNE HABERMAN

SOUTH PLAINS ELECTRIC COOPERATIVE Lineman Brent Adcock was on call, driving his bucket truck on Interstate 27 north of Lubbock on October 17, 2011. when he saw an airborne wall of redbrown dirt in the distance moving down the Southern Plains. Stretching far up in the sky and forming a distinctive line at the edge of a northerly cold front, this intense dust storm, or haboob, was coming at him—fast.

"At first, it looked brown, but then it looked like red-colored sand. But it almost looked like ... I don't know." Adcock paused. "It was just rolling. It looked like a big cloud of dirt rolling across the ground. Pretty intense."

Adcock and the haboob sped toward each other, and in about five minutes, the wall of dirt he'd spotted 30 miles out was all around him, and the sky went dark. Streetlights came on as though it were night, and sand pelted his truck. The dust was so thick you could taste it.

Unable to see the hood of his truck, Adcock slowed to a crawl for the next five or six miles, trying to navigate through the nearly blackout conditions. "Kind of scary," he said, admitting he would rather drive through a blizzard.

The dust cleared in under an hour, but Adcock worked all night in the aftermath to help restore power, as straight-line winds downed utility poles and trees and propelled debris into electrical lines.

Before the haboob formed, the autumn Monday had been unseasonably warm, with temperatures ranging from the 80s to 90s across the region. Skies were partly cloudy, and light winds danced over the Caprock.

"It was pretty that whole day," said Brady Askew, member services adviser for Tahoka-based Lyntegar EC. Askew was at his family's cotton farm south of Lubbock when the weather suddenly changed. "It was windy all day," he said, "but nothing like it was when the haboob came."

By late afternoon, a fast-moving cold front had swept over the Rockies, and sped south into Texas at 50 mph, bringing temperatures down about 20 degrees, according to the National Weather Service.

Over the dry flatlands, winds gusted up to 74 mph—as powerful as a Category 1 hurricane-lifting dirt into the air ahead of the front. Forming about 80 miles north of Lubbock, the thick wall of dust grew up and up, and then quickly raked over the city, where it struck Bradley Allen, South Plains EC system support specialist, as being stranger than science fiction.

He, like most other Panhandle residents, had experienced a "normal Lubbock dust storm" that "comes in low and gets out," but was not prepared for a fullblown haboob. "It was amazing when I had to turn straight into the cloud. It was daunting, too," Allen said. "It reminded me of going through the Stargate: You don't know what's on the other side."

But only more dust was on the other side as the system continued to race southward for about three hours, all the way past Askew's cotton fields, where the winds pulled the white lint from bolls,



PANHANDLE UPRISING When people in electric cooperatives talk about rolling brownouts, this is not what they mean. This otherworldly event is a haboob—an exceptionally large dust storm—that's about to punch out daylight October 17, 2011, across the Panhandle. When John M. Holsenbeck Jr., an information technology officer-meteorologist at the National Weather Service, stepped into the parking lot at the Science Spectrum Museum in Lubbock and looked north at 5:41 p.m. that day, this is what he saw.

and then dissipated by the time it reached Taylor EC's territory near Abilene, where the co-op's communications director, Kelly Langford Thompson, laughingly said she saw Lubbock blow into town. The amount of dirt carried by those winds was so immense that it showed up on satellite imagery.

"It's visually impressive because you have all the dust concentrated right at the leading edge of that cold front pushing in," says Eric Bruning, an assistant professor with Texas Tech University's atmospheric science department. "That's what makes it a haboob and not a dust storm-a heavy concentration in a very small area of dust."

While haboob is an Arabic word for "intense dust storm," such as those that occur in Africa's Sahara desert, haboobs are not uncommon in Texas-though they have not always been called by this name.

Similar-although more intensedust storms were documented during the Dust Bowl era of the 1930s, when extended drought and poor agricultural practices left the land stripped of vegetation. Those extensive storms would start in Nebraska, Kansas or Colorado and roll over huge swaths of the Great Plains.

"But back in the '30s, they didn't have that term. It was just called a dust storm," said Shawn Ellis, a National Weather Service meteorologist who dashed outside his Lubbock-based forecast office to see the haboob change the sky from blue day to red night. "We don't have those iconic dust storms as much now because of agricultural improvements, and [there are] a lot more grasslands."

Still, the October 2011 haboob is unique among modern-day Texas

haboobs, which tend to occur on the cusps of thunderstorms whose high winds pick up dirt. The recent haboob was unusual because there was no precipitation, Ellis explained: "There were just really excellent conditions to get that kind of haboob."

The cold front's strong winds combined with the severe drought to create ideal conditions for a severe dust storm. The Panhandle, like much of the state, experienced high heat and drought in 2011, with Lubbock logging its driest year on record, according to the National Weather Service.

"It's a historical moment of our time." Askew said.

Suzanne Haberman, staff writer

On TexasCoopPower.com

Check out the haboob video and slideshow.

13 Dimes: The Treasure of a Lifetime

Long-forgotten handful of coins are silver lining in time of grief

BY RUDY LUNA

FORTY-NINE YEARS AGO, MY PARENTS married in a white, steepled church in South Texas named after Saint Joseph. It has since burned down, and a monument stands in its place, but that church was where my father presented to my mom the 13 *arras*—coins, dimes in this case—a long-standing wedding tradition in the Mexican culture. These coins represent Christ and his 12 apostles and are blessed by the priest before the groom presents them to the bride.

"Why didn't we ever know?" I asked. It was the night in March after we buried my dad. We were back in my parents' house in the Verdi area, off Farm Road 1784 near Pleasanton, when my mother told my siblings and me about the dimes for the very first time.

"I guess I hadn't thought about them until now," my mother answered. "I didn't think I would miss them so much, but now that your father's gone ..." She trailed off in tears.

"What happened to them?" I asked.

My mother couldn't say for sure how the coins disappeared, but after we had grown and moved out of the house, she spent much of her time babysitting, and she suspected that one of the children, for whom the dimes were nothing more than spare change for candy and soda, might have taken them.

"I would do anything to have them back. Anything."

A heavy silence fell, each of us with our own private sorrow.

"I'm tired. I think I'll go to bed," she said, and we watched her climb the stairs like so many years before, but this time alone.

The next day, my mom and younger sister began the difficult task of putting away Dad's things, when a glint in the closet caught my sister's eye. She scooped up the dime and hurried to find Mom.

"Look what I found."

But Mom had her own surprise. "Me too." she said.

She then revealed the dime that she had discovered in the shower that morning.

Neither of them was sure what to think of it, so they kept their speculations to themselves—until the third dime was recovered.

The others soon followed: one behind the toilet, one on top of the bookshelf, another in the junk drawer and another in Dad's toolbox. By the time I returned from town early that evening, they had found 11 dimes, each in a most peculiar place.

"Do you think it's a sign?" My sister needed a sign to know Dad was OK.

"I don't know." I said.

"You think he put the dimes there for us to find?" my mom asked.

"No, I mean I don't think he put them there literally, but he must want us to be aware. I think he's guiding us to them," I said.

"So what do we do now?" my mom wondered.

"Just do whatever you planned on doing next," I answered.

"Well, you're staying here tonight, right?"

"Yeah."

"Then I have to put some clean sheets on the bed."

"No, I'll do it," my sister volunteered.

"I'll help you." I joined her, and we headed toward the spare room.

I lifted the mattress so she could fit the sheet around the corner, but instead she reached down for something else.

"Oh, my God."

"What is it?"

She revealed her find.

"Where did you get that?"

"Under the frame."

I just stared at it. "That's 12."

We rushed to the other room to tell mom.

She smiled. "He wants me to have them back, doesn't he?"

I said, "Yeah, he does."

Concern swept over her face. "What if we don't find another one?"

"The night's not over, Mom."

Then she gathered the 12 dimes and wrapped them in a silk handkerchief. She lifted a concealed drawer that only opened when the top of her dresser was unlatched. She was about to put the coins in it when she froze.

"What's wrong?" I asked.

She suddenly retrieved a dime from the back corner of the drawer and wept. We were stunned.

The 13th dime joined the other 12 in the handkerchief, and she placed them safely in the drawer, her family heirloom restored.

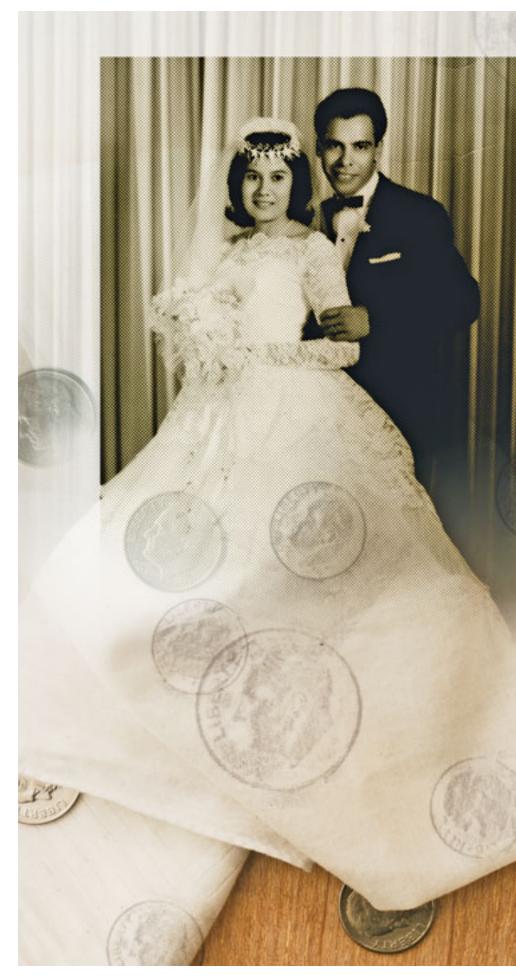
The coins were as emblematic 49 years ago as they were that day: They are given to the bride as a symbol of the unquestionable trust and confidence the groom has in her, and by accepting them, the bride pronounces her unconditional trust and confidence in her groom.

Dad was telling her that he had the trust and confidence that she could move through the heartache and pain. This gave Mom the strength she needed. He also gave my sister the sign that she was so desperately seeking, and perhaps she's at peace from the experience. As for my other sister and brother, I can't say for sure. They are probably finding their own way to cope with Dad's death.

And me? Well, I seem to find dimes everywhere now ... and not just in a cluster of change, but alone and in random places.

"Hey, Pops," I say out loud and hold back a tear. Then I drop the silver in my pocket and continue my path, knowing that Dad is never too far away.

Rudy Luna is a writer in Salt Lake City. He's still finding dimes.



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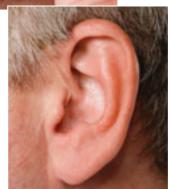
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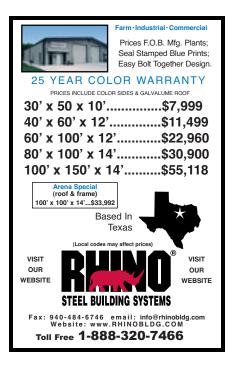
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The Way to a Cowboy's Sole Enid Mae Justin

admitted to being a women's libber "before the word and the definition were even invented." Born on April 8, 1894—years before women won the right to vote-she had to be tough and determined when she followed in her father Joe Justin's footsteps and became a rare businesswoman for those times: a boot-maker. BY LORI GROSSMAN

HER FATHER, HERMAN JOSEPH JUSTIN ("Daddy Joe" as Enid fondly called him), was a successful boot-maker before Enid was born. In 1877 at age 18, he left Lafayette, Indiana, and his father's cigarmaking business to move to Texas. Joe worked in a Gainesville shoe shop for two years, then moved to Burlington (later known as Spanish Fort) and opened his own small shoe shop. His timing was perfect. It was 1879, the height of the cattle drive era, and Burlington was right on the Chisholm Trail. Cowboys heading up the trail to Kansas ordered boots at Joe's shop and picked them up when they returned to Texas.

Joe met and married Annie Allen in 1886. When the railroad came to nearby Nocona in 1889, Joe, Annie and son John relocated their home and Joe's bootmaking shop to the burgeoning Montague County town. Nocona grew quickly, along with Joe's business and the Justin family. As Enid and her six brothers and sisters each reached the age of 10, they began helping "Daddy Joe" at his shop. Enid started out stuffing catalogs into envelopes. By age 12, she was stitching boot tops on a foot-pedal-operated sewing machine. That year, her schooling came to an abrupt end when she was suspended for dancing at her brother John's birthday party. She picked up her books, voiced her displeasure to the teacher, and left to work for "Daddy Joe" full time.

Over the next nine years, Enid helped with chores at home and learned about boot-making. No young man caught her interest until she met Julius Stelzer. They married in 1915. Tragically, their daughter Anna Jo was barely 13 months old when she died from whooping cough and pneumonia. Enid never had another child. Not long after that, "Daddy Joe" passed away. It would be seven years before a grieving Enid returned to her life's work.

Representatives from the Fort Worth Chamber of Commerce talked Enid's brothers into moving H.J. Justin & Sons about 90 miles south to Fort Worth in 1925. Enid refused to leave. She stayed in Nocona and started her own company. "I knew I had to stay ... and keep alive the business (Daddy Joe) started here," she said in Dale Terry's book, Miss Enid, The Texas Lady Bootmaker (Nortex Press, 1985).

The Nocona Boot Company opened in September 1925. Cowboys were a bit reluctant to deal with a saleswoman at first, but the quality of her boots won them over. With orders coming in, she concentrated on boot designs. Her

first inspiration came from the curlicue pattern on an old brocade couch. Her next idea was sitting in front of her at a funeral. Enid saw a pattern in the lines on an old man's neck and started sketching. She called that design "the neck!"

Success led to expansion of the factory. Enid bought better machinery, hired more employees and sent salesmen out on the road. Then her marriage to Julius ended. It wasn't easy for her to accept. Not wanting to focus on her problems, she turned her full attention to her business.

When cowbovs-turned-soldiers found military-issue boots uncomfortable during World War II, many got permission to wear cowboy boots instead. Enid sent Nocona boots to American soldiers around the world.



After the war—and a second marriage ended, Enid built a larger factory in 1948. Appropriately enough, the location was only a few hundred yards from the Chisholm Trail.

In 1974, Enid, who had just turned 80, hired a nephew as her heir apparent. A few years later, a stroke paralyzed her left side. When she was 87, she sold Nocona Boot Company to Justin Industries to keep the business in the family.

Enid Mae Justin died on October 16, 1990, and was buried in her beloved Nocona. In Miss Enid. The Texas Ladv Bootmaker, Enid said, "I've been blessed to have been in this business with these people right here in Nocona, Texas. What more could I have asked for?"

Lori Grossman is a Dallas writer.

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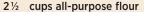
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m In\ my\ book,\ giving\ has\ always\ trumped\ receiving.\ And\ giving\ something}$ that I've made is even more satisfying. If I put something of myself into a gift-time, labor and creative expression—I think it makes it much more meaningful than something I just went out and bought. There's no satisfaction greater than seeing the look on someone's face when they unwrap something I created and it gives them joy.

This month, we received so many good ideas for food-related gifts that I thought I'd share more of them than usual. The best of the bunch, we thought, was an idea for presenting a cupcake in a creative and unusual package. The receiver gets a tasty homemade treat in a reusable container that might inspire yet another gift. **KEVIN HARGIS**

Red Velvet Cupcake in a Jar



1½ cups sugar

1 teaspoon baking soda

1 teaspoon salt

21/4 teaspoons cocoa powder

1½ cups canola oil

1 cup buttermilk

2 large eggs

2 tablespoons red food coloring

1 teaspoon vinegar

4 teaspoons vanilla extract, divided

pound cream cheese, softened

cup butter, softened

4 cups sifted powdered sugar

24 8-ounce jars with lids

Cake decorations such as sprinkles, optional

- Preheat oven to 350 degrees.
- Sift together flour, sugar, baking soda, salt and cocoa > powder. In a small bowl, combine oil, buttermilk, eggs, food coloring, vinegar and 2 teaspoons of the vanilla. Mix into dry ingredients until just combined.
- > Spray an unlined cupcake pan with cooking spray and then fill each hole two-thirds full of batter. Bake about 17 minutes or until toothpick inserted in one comes out clean. Cool two minutes in pan, then turn out and put on a wire rack to cool completely.
- > Meanwhile, blend cream cheese, butter, powdered sugar and the remaining vanilla.
- Once cupcakes are cool, slice in half horizontally, so > there is a stack of tops and a stack of bottoms.
- > Place one cupcake bottom in each 8-ounce jar. Put a layer of cream cheese frosting on top of the cake. Take the top of the cupcake and place on top of the frosting.
- > Gently press down on the top part of the cupcake inside the jar so top flattens out.
- > Carefully frost the top of the cupcake and decorate, if desired.
- Cover jars with lids and decorate as desired. Servings: 24. Serving size: 1 cupcake. Per serving: 430 calories, 3.5 g protein, 26.7 g fat, 40.6 g carbohydrates, 0.4 g dietary fiber, 226 mg sodium, 30.1 g sugars, 57 mg cholesterol

MAYTE ARREDONDO | BANDERA ELECTRIC COOPERATIVE



Note: Jarring the cupcakes does not preserve them. They should be eaten within a few days of baking.



Ideas: Here are some ideas from Mayte Arredondo to make those iarred gifts more festive: wooden spoons tied to the jars with baker's twine and round stickers to decorate the top of the jar lids. To decorate the tops of the cupcakes, use a pastry bag and decorative tips.



Labels: If you would like to use the gift labels shown on Pages 31 and 33, please visit TexasCoopPower.com for downloadable PDFs.



Recipes

Here's another in-jar food gift, a sweet potato bread that you bake right in its container.

Bread in a Jar

- 8 wide-mouth pint jars with rings and lids Shortening for greasing
- 3 cups sugar
- 1 cup oil
- 4 eaas
- 2 cups sweet potatoes, cooked, mashed and cooled
- 3½ cups flour
 - 1 teaspoon salt
- ½ teaspoon baking powder
- 2 teaspoons baking soda
- 1½ teaspoons cinnamon
 - 1 teaspoon cloves
- 1½ teaspoons allspice
- 1½ cups raisins
- 1½ cups chopped pecans
- Wash and rinse jars and allow to dry. Grease the inside of each with a small amount of shortening.
- About 15 minutes before baking bread, put lids and rings into simmering, but not boiling, water. Leave in hot water until you are ready to seal jars.
- > Preheat oven to 325 degrees.
- > Blend sugar and oil together, add eggs and beat well with an electric mixer. Add sweet potatoes and 2/3 cup of water and mix.
- Sift flour, salt, baking powder, baking soda and spices together, add to potato mixture and mix on low until just combined.
- Stir in raisins and pecans. Put 1 cup plus 1 tablespoon of batter into each jar and place the jars on a cookie sheet.
- Bake for 45 to 55 minutes. Remove from oven and put seal and ring on. Turn upside down and allow to cool.
- **)** Decorate jar if desired.

Servings: 24. Serving size: 1 slice. Per serving: 349 calories, 4.1 g protein, 14.1 g fat, 52.2 g carbohydrates, 2.3 g dietary fiber, 231 mg sodium, 32.2 g sugars, 27 mg cholesterol

CAROLE GRIGGS | COMANCHE ELECTRIC COOPERATIVE

\$100 Recipe Contest

March's recipe contest topic is **Vegetarian Meals**. Vegetarian diets come in many shapes and sizes, from ones that incorporate fish, milk and eggs to the vegan diet, which eschews any animal products. Do you have a favorite veggie recipe? Enter your recipes today for a chance to win \$100. The deadline for recipe submissions is November 10.

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There are three ways to enter: **ONLINE** at TexasCoopPower.com (under the Submit and Share tab); **MAIL** to 1122 Colorado St., 24th Floor, Austin, TX 78701; **FAX** to (512) 763-3408. Include your name, address and phone number, plus your co-op.

These two candy recipes were contributed by Heather Williams of CoServ Electric. Candy-making can be intimidating for the uninitiated. I've found that the most important tool to have is a candy thermometer. The consistency of the final product is a direct result of achieving an exact temperature of the sugar mixture being cooked.

Silky Caramels

- 1 cup butter, plus more for pan if desired
- 1 pound brown sugar Dash salt
- 1 cup light corn syrup
- 1 can (14 ounces) sweetened, condensed milk
- teaspoon vanilla extract
 Milk-chocolate or dark-chocolate morsels, optional
- Line a 9-inch square pan with nonstick foil, or butter it very well.

.....

- Melt butter in a heavy two-quart saucepan. Add brown sugar and salt, stirring until completely mixed. Stir in corn syrup. Slowly add condensed milk, stirring constantly.
- Cook and stir constantly over medium heat until candy thermometer reads 245 degrees (firm ball stage).
- Remove saucepan from heat and stir in vanilla. Pour mixture into square pan and allow to cool completely.
- Once caramels have completely cooled, cut caramels into squares using kitchen scissors or a sharp knife.
- If desired, melt chocolate according to package directions and dip each caramel piece in chocolate. Allow to set completely before wrapping.
- **)** Wrap in wax paper squares.

Servings: 42 (chocolate-dipped). Serving size: 1 caramel. Per serving: 152 calories, 1 g protein, 6 g fat, 24.6 g carbohydrates, 0.2 g dietary fiber, 34 mg sodium, 20 g sugars, 14 mg cholesterol

HEATHER WILLIAMS | COSERV ELECTRIC



Cook's Tip: Using precut wax paper designed for wrapping candies can be a real time-saver. Check with cake-decorating stores or find it online.

Denise's English Toffee

- ½ pound butter
- ½ cup light brown sugar
- 1 cup sugar
- ½ teaspoon lecithin
- 1 tablespoon white corn syrup Milk-chocolate chips for melting
- 1 cup slivered almonds, toasted and finely ground

.............

- Melt butter over medium-low heat in a two-quart saucepan.
- Mix in sugars, lecithin, corn syrup and 3 tablespoons of water.

- Cook, stirring constantly, until candy reaches about 300 to 310 degrees (hard-crack stage). Watch carefully as temperature approaches 300, as mixture can easily burn if allowed to cook too long.
- Pour the bubbling mixture onto a buttered cookie sheet. Allow to cool completely, then break into bite-sized pieces.
- Melt chocolate according to package directions. Dip each toffee piece into chocolate and sprinkle with ground almonds.
- Allow to cool completely before packaging.

Servings: 32. Serving size: $\frac{1}{2}$ ounce. Per serving: 137 calories, 1.2 g protein, 9.1 g fat, 13.3 g carbohydrates, 0.8 g dietary fiber, 2 mg sodium, 11.7 g sugars, 15 mg cholesterol

HEATHER WILLIAMS | COSERV ELECTRIC



Cook's Tip: Lecithin is a product often sold as a nutritional supplement that acts as an emulsifier in candy, keeping the butter and sugar from separating.

This next winter-appropriate mix would be appreciated by anyone who likes chocolate. It could be packaged in a bag presented inside a large mug for a gift that is practical and delicious.

Spiced Cocoa Mix

- 3½ cups brown sugar
 - 2 cups cocoa
 - 2 teaspoons ground cinnamon
 - ½ teaspoon ground nutmeg
 - ½ teaspoon ground cloves
 - 1/4 teaspoon salt
- **>** Combine ingredients in a food processor or in batches in a blender. Process until well powdered.
- Store in an airtight container.
- To serve, combine 1 ½ tablespoons of mix with 6 ounces of hot milk.

Servings (mix alone): 42. Serving size: 1 ½ tablespoons. Per serving: 55 calories, 0.8 g protein, 0.6 g fat, 14.4 g carbohydrates, 1.4 g dietary fiber, 18 mg sodium, 11.8 g sugars

LORETTA CHILEK | BLUEBONNET ELECTRIC COOPERATIVE

Labels: If you would like to use the gift labels shown on Pages 31 and 33, please visit TexasCoopPower.com for downloadable PDFs.

Spiced Cocoa Mix

To serve, combine 1½ tablespoons of mix with 6 ounces of hot milk.



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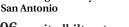




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Cam Manyembo , Executive Editor October 1, 2012

Focus on Texas

Water Towers These stoic sentinels stand watch over Texas towns generation after generation. While life below continues to change, while kids grow up and move away or maybe stay and have kids of their own, the local water tower remains. We favored history over novelty this month, as you can tell from most of our favorites.

ASHLEY CLARY-CARPENIER

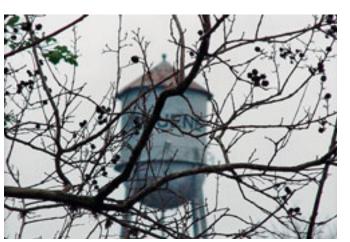
On TexasCoopPower.com

Visit our website for more of our water tower photo picks.

■ South Plains EC member **Becca Bridge** has been climbing this old water tower in Afton her whole life. As an adult, she says she climbs it for a better 'view' and perspective on life.

'Time has taken its toll on this little old water tower,' says Lighthouse EC member Carolyn Cunningham of the tower outside Lockney. ▶

In the dead of winter, the historic Gruene water tower watches over the sleepy town. Pedernales EC member Larry Morris sent in the photo. ▼



Pedernales EC member Daniel Martin sent in this photo of the iconic leaning water tower just east of Groom along the former Route 66 (now Interstate 40). ▶

Lamar County EC member Kevin Whitley took this picture of Emory's water tower using a solarizing filter. ▼

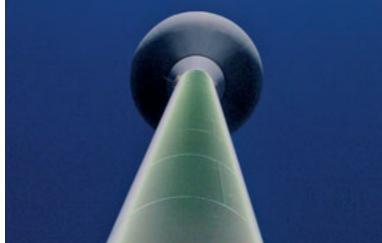


Upcoming Contests

January Issue: Naptime Deadline: November 10

February: Silhouettes March: Broken

Send your photo for the January contest—along with your name, address, daytime phone, co-op affiliation and a brief description—to Naptime, Focus on Texas, It22 Colorado St., 24th Floor, Austin, TX 78701, before **November 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 using a digital camera, submit your highest-resolution images 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.



Around Texas Get Going > This is just a sampling of the events

Pick of the Month Feeding the Frontier

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November

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Kilgore East Texas Oilman's Chili Cook-Off, (903) 984-5571

()9

Waxahachie [9-10] WWII Weekend, (972) 937-2390

Bandera Bandera Honors Veterans, (830) 796-7528

Gainesville North Texas Marine Corps Birthday Ball, (940) 612-1375

The Colony American Heroes: A Salute to Veterans, (972) 625-1106, saluteamericanheroes.com

Schertz [10-11] Thanksgiving/Christmas Craft Show, (210) 854-0714



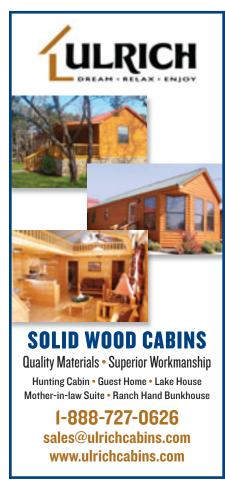
Schulenburg Holiday Country Arts & Crafts Show, 1-866-504-5294, schulenburgchamber.org

16

Milam [16-17] Settlers Day Celebration, (409) 625-0309, milamsettlersday.org

Waco [16-17] Apple Tree Bazaar, (254) 752-0316, mealsandwheelswaco.org

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and festivals around Texas. For a complete listing, please visit TexasCoopPower.com/events.

17

Brenham [17-18] Poinsettia Celebration, (979) 836-6011, brenhamtexas.com

18

Giddings Merry Marketplace Arts & Crafts Festival, (979) 542-3455, giddingstx.com

Washington 19th Century Superstitions & Old Wives' Tales, (936) 878-2214, ext. 228, birthplaceoftexas.com



22

Victoria SBR Turkey Trot, (361) 485-0771, swimbikerunofvictoria.com

23

Fredericksburg Lighting of Community Christmas Tree & German Pyramid, (830) 997-6523, visitfredericksburgtx.com

24

Bertram Ole Tyme Christmas Festival, (512) 355-2984

30

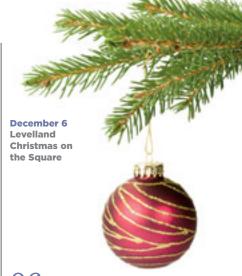
Lockhart [30-12/1] Lighted Christmas Parade, (512) 398-3223, lockhartchamber.com

Copperas Cove [30-12/2] Krist Kindl Markt, (254) 547-7571

December

01

Smithville Festival of Lights, (512) 237-2313, smithvilletx.org



06

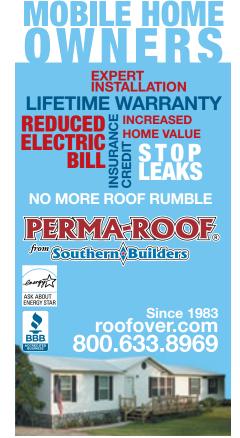
Levelland Christmas on the Square, (806) 894-9079, levelland.com

Submit Your Event!

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







Walk with the ghosts of Christmas past at Dickens on The Strand, a Victorian-era street festival

BY SUZI SANDS





GET STRANDED: Queen Victoria makes proper introductions at Dickens on The Strand, when Galveston turns back the pages of time to those of Charles Dickens' writing. The steampunk ball is a nod to Jules Verne and today's youth. But the message to all who attend—prim, punk or period-garbed—is simple: Have thee a good time.

AFTER YEARS OF DITHERING, I HIED MYSELF to Galveston last year for the 38th Dickens on The Strand Festival. Once a year, Galveston's Strand National Historic Landmark District trips back in time with a lavish two-day Victorian Christmas street festival. And what a trip it is! Everyone is invited to join Queen Victoria, pirate Jack Sparrow, ever-so-proper Londoners, chimneysweeps and steampunkers in celebrating a Victorian yuletide with pomp and pageantry

Get there early and power up with the **Galveston Historical Foundation's sumptuous** breakfast buffet, perfect sustenance for the action-packed day ahead.

Start the day's activities with an elephant ride; then enjoy bagpipers, jugglers, street musicians, magicians, Victorian street vendors, a gentlemen's whisker revue and falconers. Be sure to catch the Victorian bed races, a rowdy event where contestants in period nightshirts push wheeled beds in fierce competition. Wintry weather even descends on Galveston thanks to the modern-day wizardry of snow machines.

Later, join the crowds lining the streets for the parade starring professional actor Anne Boyd as a resplendent Queen Victoria, riding in an open carriage accompanied by a royal retinue of soldier re-enactors, a drum corps and members of the Charles Dickens family.

For those with stamina to go all day, a steampunk ball on Saturday night rounds out the marvelous magic. The ball was a wildly fanciful mash-up of Jules Verne, punk and Tim Burton. Think fashion and set design from "Lemony Snicket's A Series of Unfortunate Events," a Burton film starring Jim Carrey. Well worth the admission ticket for the people-watching

If you can, dress up for the Victorian era and join in the merriment. Hundreds do. The streets lined with London bobbies, pirates, hoop-skirted ladies and frock-coated gentlemen make for a picture-perfect ghost of Christmas past. Dig out a costume or make your own. Tips on making quick and easy costumes are available on the Galveston Historical Foundation's website. Have fun. Let out your inner pirate, Eliza Doolittle or Ebenezer Scrooge, and you will get in for half-price (\$7, not \$14) at the gate. Rather sporting, I say! All the costumes

make for the best crowd-watching ever. My faves?

A tour of the 1877 iron square-rigger Elissa and visiting with her Victorian-era crew entranced me. But just off the tall ship's bow and doing their best to steal the show was a pod of bottlenose dolphins, leaping into the air with stunning acrobatics. Suitably dazzled, I retreated to the Olympia Grill at Pier 21 for sailor's grog and a good meal of Gulf shrimp while I watched the show at my leisure.

Pick any spot along the pier or The Strand and enjoy the pageantry. The festival is magical time travel at its best and just the ticket to put one in a holiday spirit for Christmas 2012. I think I hear Tiny Tim and Scrooge wishing everyone a Merry Christmas. Even Queen Victoria would have been amused.

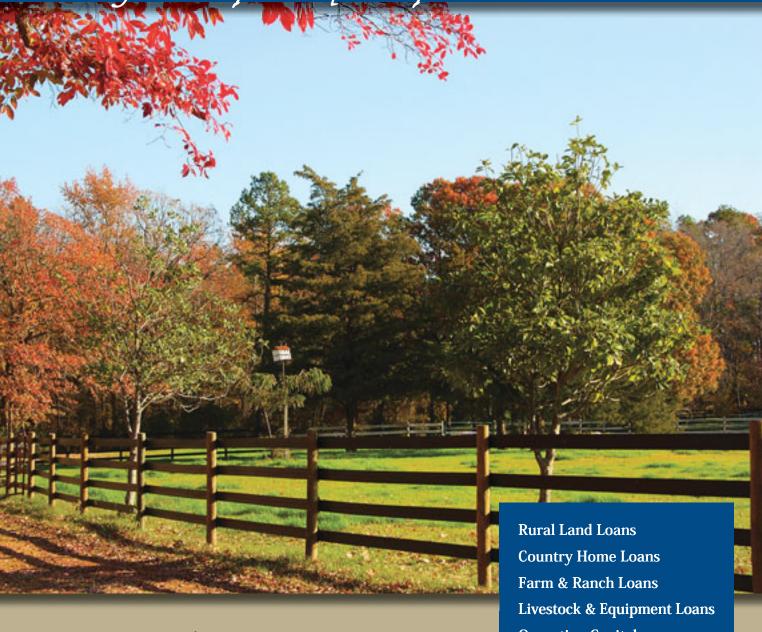
Suzi Sands, art director

2012 Dickens on The Strand

When: Saturday. December 1. and Sunday. December 2

Tickets: Adults \$14, children (7-12) \$8. Tickets purchased by November 30 are discounted \$2. Information: galvestonhistory.org; (409) 765-3409

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