LOCAL ELECTRIC COOPERATIVE EDITION

Foreign Influences

Cactus Jack

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MARCH 2013

A Future Unicingled

High school students are smoothing out career uncertainty and preparing for such jobs as butchers, hair stylists and welders

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FEATURES

Honing Their Futures To meet the needs of graduates and the workforce, high schools offer specialized career training that is very much hands-on. By Mark Wangrin • Photos by Wyatt McSpadden

Foreign Accents There's a world of difference between Texas towns and the more famous places they seem to share names with. Or is there? By John Morthland • Illustrations by John Margeson **1**

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COVER PHOTO Shelby Scallan awaits the processing of her highlights at the La Grange High School cosmetology salon. By Wyatt McSpadden

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CURRENTS

Flag Flap

The article about the huge American flag ["Texas Pride, in All Its Glory," January 2013] speaks volumes about the pride of the Dixie Flag Manufacturing Co., which took great pains to get it right. However, nobody at your magazine caught the fact that the flag was displayed backward.

Ask any good Boy Scout, and he will tell you that the blue, starred field always appears in the upper left corner. Please correct me if I am wrong.

LAURA COFFMAN | BRYAN TEXAS UTILITIES

I make a point of alerting businesses and others when I see them displaying the flag backward, as you are doing. Please make sure that in the future your proofreaders are aware of the proper procedures in displaying or printing the flag. DAVE OGOZALIK | COSERV ELECTRIC

The union, or blue part, of the flag is on the right and it should be on the left. This is insulting to our country, along with being improper flag etiquette

JUDITH A. LITTLE | COSERV ELECTRIC

As a World War II veteran, I increasingly note and sense decreasing pride in and knowledge by our citizens of our great republic ... and its history, accomplishments, traditions, liberties and justices for all. Our USA has been and truly is an exceptional and unique nation. JIM FOSTER | PEDERNALES EC

Displaying Old Glory in a proper manner is very important to me. I spent 38 years in the service for the greatest country on Earth. Wake up and learn the proper way to display our flag.

ANGELO FALZARANO | PEDERNALES EC



Correct flag display

Editor's Note: Well, we goofed. And we're sorry. It didn't take long after the latest issue landed in your mailboxes that we started hearing from readers, who are exceedingly observant and patriotic. We love that about you. Of all the details in the January issue that we checked and double-checked, the way the flag was facing simply got past us. While the U.S. Flag Code does not address the use of flag diagrams in print publications, it's clear from this paragraph that Texas Co-op Power showed the flag improperly:

"When displayed either horizontally or vertically against a wall, the union should be uppermost and to the flag's own right, that is, to the observer's left."

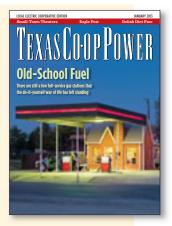
Still Learning

lt's amazing what you can learn, even in your old age! I grew up in Huntsville, was

subjected to all the "Houston" lore,

Regular or Ethyl?

I miss those ["Gas With Class," January 2013]. Growing up in a small town, I used to pull in for my gas, sign a ticket that my parents had an account for and never thought a thing about how awesome it was to have full service. Plus gas was really cheap in the early 1970s.



If I shut my eyes and reminisce, I can still hear the "ding-ding" sound when you ran over the (signal) hose as you pulled in.

BELINDA EMBREY HILLEY ON FACEBOOK | UNITED COOPERATIVE SERVICES

and nothing was ever taught, published or printed (that I knew of) about this other remarkable Houston—Joshua [January 2013]. Perhaps it was because I grew up and was gone from Huntsville before segregation ended, and the "white" schools were not allowed to promote the intelligence, acumen and contributions made by the "black" community.

More's the pity we had to suffer through all those years of not knowing the "rest of the story"





about our brothers and sisters of different races and colors. Segregation, prejudice and bias have no place in our lives—now or ever. JOYCE D. SCHAEFER | VICTORIA, KARNES AND PEDERNALES ECS

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

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CURRENTS

That was the weight, in pounds, of Bodacious, considered the world's most dangerous bull. Of the 135 attempts to ride this Charbray of the Professional Bull Riders tour, only six men held on for the entire eight seconds. One of them was Richard "Tuff" Hedeman, who turns 50 on March 2. Hedeman, born in El Paso, rode his first calf at 4. He won rodeo titles in high school and at Sul Ross State University. But back to Bodacious. He was nasty. He would drop his head low and buck his hind legs straight up, causing the rider to lean forward. Then he would jerk his head back and smash the

rider's face. That's what he did to Hedeman in 1995, fracturing most of the bones in his face, which required 13 hours of reconstructive surgery to repair. Hedeman, the president of Championship Bull Riding, lives in Morgan Mill and is a member of United Cooperative Services. Bodacious died in 2000 in Addielou.

WHO KNEW?

Miles and Miles of Cigarette Butts in Texas

About 400 million cigarette butts end up on the state's roadways in one year, according to a Texas Department of Transportation study in 2009.

Placed end to end, they would stretch about 7,500 miles—or about five round trips from Padre Island to El Paso. How long would that take you? Depends on whether you drive the speed limit or go smokin' fast.





Shuck for Bucks for Firetrucks

Got a hankering for some oysters? Look no further! Head on down to Fulton for Oysterfest, slated for March 7-10. The Fulton Volunteer Fire Department is pulling out all the stops for this year's celebration, which includes a parade, carnival rides, arts and crafts, live music, games and, of course, food. There also will be oyster-shucking and oyster-eating contests (last year's winner slurped down about 275). Oysterfest officials have been working with seafood sources along the Gulf Coast to locate the freshest oysters and other seafood for this annual event. Money raised this year will be saved toward a new fire station. So get shuckin'. **Tickets:** \$3; children 12 and younger get in free.

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ON THIS DATE

Bluebonnet Proclaimed State Flower

On March 7, 1901, the Legislature proclaimed the bluebonnet the state flower, even though state Rep. John Nance Garner fervently pushed for the prickly pear cactus, thus earning him the nickname "Cactus Jack." [See Brittany Lamas' "Meet the Colorful Cactus Jack" about Garner on Page 29.] In the 1930s, the state began a highway beautification program that included scattering bluebonnet seeds on roadsides. Bluebonnets should be in bloom this month.



Feel the Madness?

This month marks the 75th anniversary of March Madness, the NCAA Division I men's basketball tournament though the skimpy eightteam affair in 1939 hardly resulted in madness. In fact, the tournament wasn't referred to as March Madness until the 1980s.

The only school from Texas to win the tournament was Texas Western, now The University of Texas-El Paso, in 1966. Coach Don Haskins made history when he started five African-Americans against the No. 1-seeded Kentucky Wildcats. The Miners defeated legendary Kentucky coach Adolph Rupp's squad 72-65, giving Rupp his only loss in an NCAA title game. The 2006 movie "Glory Road" depicts that season.

The only Texas team to come close to winning the tournament since then was the University of Houston in 1983 and 1984. The Cougars lost in the championship game both times.

The University of Texas will host second- and third-round games at the Frank Erwin Center in Austin, and the Big 12 Conference will host the South Regional at Cowboys Stadium in Arlington.

Heavyweight Inventor

Galveston native Arthur John "Jack" Johnson won fame as the first African-American world heavyweight champion. But he made a name for himself with his brains as well as with his brawn.

Johnson, who grew up in poverty as the son of a former slave, rose to worldwide prominence in 1908 by beating Tommy Burns in the heavyweight title bout and stayed atop the boxing world with several successful title defenses.

His flashy lifestyle brought him enmity in some circles, and his relationship with his white fiancée at a time when interracial marriage was largely banned led to a federal prison sentence. While he was at Leavenworth Federal Penitentiary, he had an idea for improving a hand wrench.

He was issued Patent No. 1,413,121 in 1922 for that idea and No. 1,438,709 later that year for an automobile anti-theft device.

Johnson maintained a high-profile life, writing two memoirs and selling bonds during World War II, before his death in 1946 in a car accident at 68.



HONING THEIR FUTURES

To meet the needs of graduates and the workforce, high schools offer career training in fields that include biotechnology, manufacturing, meat processing and cosmetology. And that instruction is very much hands-on.

IKE AGUILAR IS IN THE RIGHT role at the right school. As leading man for the one-act play, "The Valiant," at Sabinal High School—with an enrollment of 144, one of the smallest Class A high schools in Texas—the senior is waxing passionate about the role he plays as a convicted murderer who remains mum on his identity to protect his family.

"I won't say whether he gets executed or not," he says, coyly going for the big finish. "You'll have to see it to find out."

Passion is good, particularly at Class A schools, where a little bit of student goes a long way. It's not unusual for a résumé to list several sports, band, Future Farmers of America and any other extracurricular activity that can be shoehorned into a teenager's breathless schedule.

So when it came to a particular class that popped up on Aguilar's schedule last year, he was game but maybe a little less enthused. The title on the schedule read "Meat Lab." One class into the semester, and the slender, dark-haired Aquilar, 18, knew what it wasn't.

"It wasn't English III," he recalls.

A clear indication that Meat Lab isn't a traditional curriculum, or even hip, social media slang for something more conventional, was the word atop the blackboard—"castration"—and the presence of saws and many sharp knives. Many, many sharp knives.

Definitely not English III, unless the syllabus is heavy with Shakespeare.

In Charlie Black's classroom, students don't diagram a sentence; they diagram a side of beef. And prime is a cut of meat, not a number.

Know any English classrooms that have band saws, floor drains, walk-in freezers and grease traps? At Sabinal, which is surrounded by members of Medina Electric Cooperative, they learn English skills disguised as marketing messages for the cuts of beef and pork they slice, process, pack and sell. Math comes in the form of calculating the right percentage blend of fat and lean meat for processing. When the students leave the two-year program, they have a food-handler certificate and skills that make them hirable at the local meat market—not to mention that those skills give them instant street cred on the tailgating scene.

This job-training curriculum is part of an approach many high schools across Texas are embracing. As the nation's economy evolves, high schools are seeing a resurgence of vocational programs that teach students trades such as cosmetology, welding, computer technology or any of dozens of others that they can turn into careers.

It's not English III anymore.

N 1914, AS THE UNITED STATES struggled to maintain a workforce that could keep pace with a rapidly industrializing economy, President Woodrow Wilson appointed a commission to study vocational education. It found that more than 12 million Americans were involved in agriculture and 14 million in manufacturing—and yet fewer than 1 percent were adequately trained.

The Smith-Hughes Act, passed by Congress in 1917, was designed to train teachers and support public school programs that taught "agriculture, trades and industry, and home economics."

From that simple, eight-page bill sprang a revolutionary educational approach that expanded vocational funding from less than \$3 million to \$176 million over the next three decades.

Rapidly changing technology has rendered increasingly obsolete the basics of vocational education funding agriculture, trades and industry, and home economics—and that required a new vision of career training.

The Central Texas Technology Center is one such approach.

In 2000, the city governments and school district administrations of Seguin and New Braunfels, in cooperation with the local economic development corporations and the Texas Workforce Commission, partnered with Alamo Colleges to find a way to provide more vocational training opportunities for local junior college and high school students.

The CTTC opened in 2005, offering high school credit courses determined by a marketing and demographics survey. The idea was to provide training that reflected the industry of the region, which is in Guadalupe Valley EC's territory, so training would mirror opportunity. The 1,280 students enrolled each semester pursue credits in high-demand fields such as biotechnology, nursing, manufacturing and aerospace technology.

Caterpillar, which has an engine plant in Seguin, sent 1,500 employees to the center last year for training. Each semester, 21 high school students spend about a week touring the Caterpillar facilities for some hands-on learning, says Chester Jenke, CTTC manager.

As the program began to place graduates with local employers such as Texas Power Systems, CMC Steel and Caterpillar—as well as in various oil- and gas-related industries in the Eagle Ford Shale development participation increased, and soon the center's capacity was taxed to its limits.

"The survey results indicated that the actual market penetration within the local area was about 1 percent, but the center was still rapidly approaching capacity," Jenke says. "The long-range planning for the future of the center—the partnerships with the local high schools and communities—has begun."

He says a facility expansion, expected to double the center's square footage to

50,000, should be in service in 2015. There's no guarantee it will be enough.

"More students are saying they're not college material, and they need to get a job and support themselves and their families," Jenke says. "A new buzzword is 'contemporary college student.' They may have already started a family, may live at home, and may go to school part time. That's changing. Education is an evolution mirroring society."

OME THINGS DON'T CHANGE. For 35 years, students at La Grange High School and surrounding Fayette EC communities have been putting a new face on vocational education.

That face has foundation, with purple eyeliner and hair latticed into a heart shape using a near-prohibitive amount of aluminum foil. Or it's got long eyelashes and a more traditional updo with a layered cut. Whatever the face, it's limited only by the imagination of the 35 girls who are working on their cosmetology certifications under the direction of Catherine Hill.

In Hill's class, a makeup test involves, you know, makeup. And coming to school with your hair orange, braided and lacquered in the form of a heart can get you an A+, not kicked out of class. (Well, not *your* hair but the hair of your mannequin.)

Hill, 33, is an alumna of the program, started in the early 1970s and nurtured for more than three decades by Shirley Norsworthy. She retired in 2004 and now works at Revitalize, a local day spa.

"Nobody knew about us at first," says Norsworthy, who earned her cosmetology degree in Austin after her 1971 graduation from LHS, only to return four years later to take over the fledgling program. "We were a lot like the kid from the other side of the tracks. It got to where we would get kids who were trouble in other classes but were no trouble in my class. Some kids stayed in school only because the cosmetology program gave them something to use for their future."

For three hours every day, each of the two classes of juniors and seniors—all girls this year, but they have included boys in the past—learn about more than just makeup and hair styling. They learn the geometry of making cuts, the language of marketing, the science of hair products, the art of design, and the

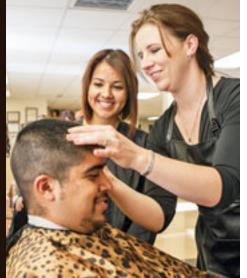




ABOVE: Using a commercial-grade meat saw, Robert Martinez cuts boneless pork loin chops in the meat lab at Sabinal High School. Students in the class actually slice, process, pack and sell cuts of beef and pork. Upon completion of the two-year program, a student obtains a food-handler certificate and skills that could start him or her in a career as a butcher. LEFT: Martinez and instructor Charlie Black, middle, are joined by students Anthony Alejandro, Andrew Guevara and Joaquin De La Peña, back row, and Lori Gonzalez and Allegra Reyes.



ABOVE: The La Grange High School cosmetology classroom is actually a 30-chair fullservice salon in the old Fayette County Hospital building. Once a week, it turns into a real business with paying customers, which is one way Veronica Guajardo, above, gets to work on her colorizing technique. **RIGHT:** Catherine Hill, the director of the program, gives Selene Herrera hands-on instruction with a buzz cut. Hill herself is a graduate of the three-decade-old program, as are most of the cosmetologists at the five salons in La Grange.



anatomy of the face, skull, hands and feet.

Students come from across the area, including Giddings, Schulenburg, Round Top, Flatonia and even as far as Hallettsville, 45 minutes away, to get an education that can cost up to \$20,000 at a private cosmetology school. Support comes mostly from La Grange ISD funding but also from local salons, which provide encouragement and, just as important, product. Every Thursday, the classroom—a spiffy, 30-chair full-service salon in the old Fayette County Hospital building—turns into a real business with paying customers.

The program's alumni are everywhere. Norsworthy estimates that 90 percent of the cosmetologists at the five salons in the town of 4,923 are graduates of the program. Some move away to practice, and some, including the graduate who used her skills to help pay for her tuition at Texas A&M University as she works toward a veterinary degree, use it to reach other goals.

And then there's the hidden value of the skill set—it just might be recessionproof. "It doesn't matter how bad the economy gets," Hill says. "Every woman has a beauty budget. No matter how bad things get, that's not going away."

T'S A BUSY WEEK BACK AT THE Sabinal Meat Lab. The Yellowjackets football team is preparing for the playoffs, the winter sports are gearing up, the state skills competition is approaching and representatives from the H-E-B grocery chain are set to visit to discuss a partnership that would provide training aids and possibly internships to the fledgling meat cutters.

"I feel like I'm running a small business," says Black, 45. With the \$10,000 in startup money, Black has guided the program into a moneymaking venture that sells to the public every Friday and combines with the school's culinary arts and floriculture programs to cater events.

That's a pretty big jump for a program that's only three years old and was started because the school already had a Future Farmers of America program, a couple of walk-in refrigerator/freezers left over from a cafeteria renovation and a superintendent with a vision to match his name.

Richard Grill grew up on a ranch near Fredericksburg, taught in Burnet and became Sabinal's superintendent in 2010. He immediately looked for ways to

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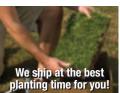
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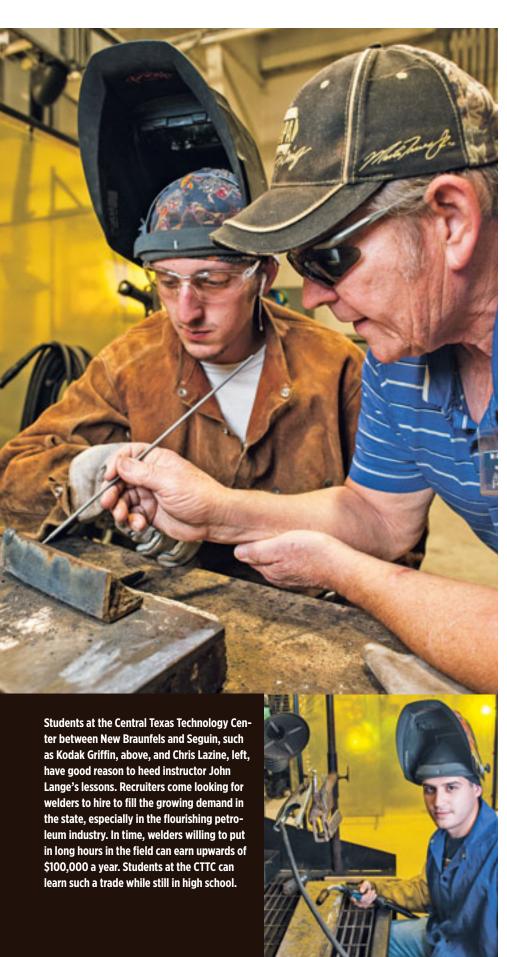
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reach more students—and indulge his own interests as a former ag teacher and avid home meat processor.

"We like to say we're a small school with a big vision," he says. "And we have to be smart with what we do. Sabinal has the seventh-lowest tax rate in the state at 87 cents (per \$100 assessment). The state average is \$1.27."

Grill saw the success of Black's FFA program, which consistently fared as well or better than larger schools in state competitions, and saw he had the right man to spearhead the program.

"Knowing he had a reputation for getting things done, combined with my support, made it a reality," Grill says. "If we could clone Charlie, like they do with livestock, we could grow, but he has other passions, and we have limitations."

There was a need. In 2010 there wasn't a meat market in town, and the closest grocery store was at least 10 miles away. They devised the program as nokill—they buy full sides of meat from suppliers and occasionally process hunting kills that have been skinned and gutted which would lead to a food-handler certification. At the end of the first year, the proceeds from sales were paying for the meat and other perishables.

Buoyed by the quick success, the school district funded a renovation of the FFA building in summer 2012, adding floor drains, power washing, washable walls, electricity drop-downs and all the other accoutrements of a full-fledged meat processing facility.

For many of the students, the meat lab is a stepping-stone, and the complementary communication skills they learn will help them fulfill their dreams. Aguilar, the actor, plans to study film at the Brooks Institute in California. Joaquin De La Peña aims to major in kinesiology at The University of Texas-San Antonio and become a coach. Taylor Black is headed to Tarleton State University, her dad's alma mater, with the ultimate goal of a doctorate in agricultural science.

For now, it's cutting meat. They've got orders—among them 175 rib eyes for Medina EC and New York strip steaks for the Sabinal School Board appreciation dinner in January. All along the way, they process passion.

"Where there's a passion," Grill says, his voice rising and a smile breaking across his face, "you have productivity." Mark Wangrin *is an Austin writer*.

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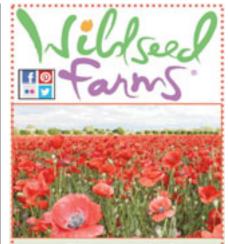
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There's a world of difference between Texas towns and the more famous places they seem to share names with— Paris, Memphis, China, Cleveland, for example. Or is there?

"WELL I DROVE MY TRUCK TO ITALY/AND ON TO NAPLES FAIR," sings Bill Neely, the old-time country singer from McKinney and Austin who was popular mostly regionally from the 1950s through the '80s. Over the next several verses, he names another three dozen locales, many foreign (Palestine, Trinidad, Scotland, Paris) and even more American (New York, Detroit, Miami, Cleveland). Then, in the final two lines of his tune, Neely reveals, "I visited all those places named/Never left the Lone Star State."

The boasting song is titled "Never Left the Lone Star State" also known as "Texas Map Song"—and each of the places mentioned is in Texas.

So how did Texas wind up with so many municipalities seemingly named after others, even foreign ones? (Neely's delightful song fails to mention Odessa, Nazareth, Oslo and more.)

The first thing you must understand is that when a new settlement emerges, it's the post office that gets named, not the settlement itself. A name is submitted to postal authorities, and they approve or not, depending mainly on whether it's already been taken. It can be frustrating getting everyone to agree on a name and then get it approved.

(In 1880, a community in Travis County had six names rejected before folks rebelled and fumed, "Let the post office be nameless and be damned." The Nameless Post Office lasted until 1890.)

The choice of what to call a place might be inspired by someone's last name, by topographic features of the region, by a Native American word, by the local industry, by whimsy or by the name of another town. But the explanation is not always what it might first appear to be. Consider these four Texas towns with "foreign" names.

ATHENS

ORIGINALLY NAMED ALFRED, AFTER POSTMASTER ALFRED F. Mallard in the 1840s, this East Texas town became Athens in 1850 after residents decided "Alfred is a silly name for a town," says Phyllis Vermillion of the Henderson County Historical Commission. Athens was suggested by 16-year-old farmer's daughter Dulcinea Ann Holland, whose family had moved there in 1847 from Athens, Georgia, according to her state historical marker, though many other sources say the Hollands came from Athens, Alabama.

Dulcinea never attended school, but she pushed for the new name both in honor of her hometown and because she wanted her new town to become an educational incubator like the Greek city. (She's also responsible for naming College Street.)

Dulcinea's father died in 1848; in 1851 she married postmaster and county clerk E.J. Thompson. Her widowed mother married Judge John "Red" Brown. The judge helped Dulcinea indulge her penchant for civic affairs behind the scenes (the only way a woman could do so in that era).

The Thompsons were founding members of the local Methodist church. E.J. Thompson died in 1861, and several years later "Aunt Dul," as Athenians dubbed her, was remarried, to James Avriett.

She is credited with influencing the town's street layouts, as well



as with planting oak and cedar trees. Years after Athens was named, townspeople realized it was built on seven hills, just like the Greek city, but it never became Dulcinea's hoped-for center of learning.

BACK TO GREECE: Athens, Texas—population 12,710—is the Black-Eyed Pea Capital of the World. Turns out black-eyed peas are a regular part of the Greek diet. Check out a recipe for black-eyed peas with greens and fennel (mavromatika me maratho) by Greek chef Diane Kochilas at dianekochilas.com.

CHINA

IN THE 1860S, A SMALL SETTLEMENT WAS GROWING AROUND A water stop in a grove of chinaberry trees on the Texas and New Orleans Railroad line about 10 miles west of Beaumont. The settlement became known as China Grove, and a post office bearing that name eventually was built in 1887; it lasted only a couple months.

In 1893, a post office with the shortened name of China was established while the train depot itself remained China Grove. Then in 1906, the depot burned to the ground. When it was rebuilt two miles east in the larger town of Nashland, the railroad insisted on keeping the name of China because that was better known. So the Nashland post office quickly changed its name to China, though it wasn't until 1971 that the community voted to incorporate as China.

(The shorter name was doubtless a good idea because there have been four communities named China Grove in Texas, including the real-life "sleepy little town down around San Antone" memorialized by the Doobie Brothers' 1973 song of the same name.)

Meanwhile, those chinaberry trees that started the whole naming process were becoming virtually extinct—until the 1990s, when the town and some residents began planting and nurturing new ones.



There's one other thing about the name that visitors to the town sometimes can't help remarking on, says Patricia Nantz, administrative assistant to Jefferson County commissioner Eddie Arnold: China—population 1,160—is located in the heart of rice-growing country.

BACK TO CHINA: Despite all that rice, you won't find a Chinese restaurant in town. "No, you can't come to China for Chinese food," Nantz says.

EDINBURG

THIS SOUTH TEXAS CITY, WITH A POPULATION OF 77,100, GOT ITS name through the kind of chain of events that, for many, gives Texas its Wild West reputation. The first seat of Hidalgo County was originally named Edinburgh in honor of the supposed birthplace of prominent local merchant John Young (who was actually born in the Hebrides but perhaps lived in the Scottish capital before coming to America).

"And then here's where it gets really interesting," laughs Lisa Adam, curator of collections at the Museum of South Texas History. In 1885, Edinburgh changed its name to Hidalgo (which it retains today). But in 1908, the town of Chapin—17 miles north



and named after Dennis B. Chapin, one of its developers and a county judge—became the county seat after a legal vote on the matter. The county's files were transferred to Chapin late at night. But as these things go sometimes, that matter has become legendary and now gets described rather colorfully, Adam explains. Most sources say Chapinites pilfered the files during a daring midnight raid on county offices in Hidalgo.

Then, in 1911, Chapin shot former Texas Ranger Oscar J. Rountree dead in a San Antonio saloon, claiming he had proof a former business rival had hired Rountree to "get" him. But the law-abiding citizens of Chapin knew a potential scandal when they smelled one and wasted no time switching their town's name back to that of the original county seat—except they dropped the "h" at the end to comply with a ruling from the U.S. Board of Geographic Names that "burg" become the standardized spelling.

And, by the way, apparently all's well that ends well: Chapin was acquitted of all charges.

BACK TO EDINBURGH: There are lots of great Scots in Texas history, starting with Sam Houston. Others of Scottish or Scotch-Irish ancestry include Stephen F. Austin, David Crockett, Jim Bowie, Jim Hogg and J. Frank Dobie.

MEMPHIS

.

It's COMMON KNOWLEDGE THAT MEMPHIS, TENNESSEE, ON THE Mississippi River, was named after the capital city of ancient Egypt on the Nile River. But this riverless Texas town, which began taking shape in Hall County in the southeast corner of the Panhandle in 1889, is a whole 'nother story—even if that story is probably apocryphal.

The town began developing along the Fort Worth and Denver City Railway when J.C. Montgomery bought the land from W.H. Robertson. Those two, plus the Rev. J.W. Brice and T.J. Woods Jr. of Dallas, formed a company that platted the town in 1890.

For its name, a succession of surnames of prominent citizens was given to postal authorities, but each was rejected. One tale has it that a local history student then proposed Memphis. But the more popular explanation is that Brice was at the General Land Office in Austin on official business later that year when he just happened to spot an envelope accidentally addressed to Memphis, Texas, rather than Tennessee. "No such town in Texas" was written across its front, and there you go: Memphis was submitted and accepted, and the post office opened in September 1890.

"A lot of our mail still goes to Tennessee," sighs Jacqulyn



Owens, director of the Memphis Public Library in this town of 2,290. "And I still receive shipments of books addressed to Memphis, Tennessee. They are very large shipments."

BACK TO MEMPHIS: Memphis, Tennessee, is as proud of its barbecue as any place in Texas. Whose is better? Well, at the Pit Stop Bar BQ on Boykin Drive in the Panhandle town, they could say both. But a Texan could probably feel at home in some of the barbecue joints in Memphis, Tennessee. Local expert Sally Walker Davies of 10best.com, writes of one of them, Payne's: "This is a cash-only spot, and your meal is best eaten in the sunshine, using the hood of your car as your dining table." (It's better with a pickup truck, but you get the point.) And she notes that the Bar-B-Q Shop includes Texas toast on its menu.

John Morthland is an Austin writer.

Chicago Doctor Invents Affordable Hearing Aid Outperforms Many Higher Priced Hearing Aids

Reported by J. Page

CHICAGO: A local board-certified Ear, Nose, Throat (ENT) physician, Dr. S. Cherukuri, has just shaken up the hearing aid industry with the invention of a medical-grade, affordable hearing aid. **This revolutionary hearing aid is designed to help millions of people with hearing loss who cannot afford—or do not wish to pay—the much higher cost of traditional hearing aids.**

"Perhaps the best quality-to-price ratio in the hearing aid industry" – Dr. Babu, M.D. Board Certified ENT Physician

Dr. Cherukuri knew that untreated hearing loss could lead to depression, social isolation, anxiety, and symptoms consistent with Alzheimer's dementia. **He could not understand why the cost for hearing aids was so high when the prices on so many consumer electronics like TVs, DVD players, cell phones and digital cameras had fallen.**

Since Medicare and most private insurance do not cover the costs of hearing aids, which traditionally run between \$2000-\$6000 for a pair, many of the doctor's patients could not afford the expense. Dr. Cherukuri's goal was to find a reasonable solution that would help with the most common types of hearing loss at an affordable price, not unlike the **"one-size-fits-most" reading glasses** available at drug stores.

- Designed By A Board Certified Ear, Nose and Throat (ENT) Doctor
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He evaluated numerous hearing devices and sound amplifiers, including those seen on television. Without fail, almost all of these were found to amplify bass/low frequencies (below 1000 Hz) and not useful in amplifying the frequencies related to the human voice.

Inspiration from a surprising source

The doctor's inspiration to defeat the powers-that-be that kept inexpensive hearing aids out of the hands of the public actually came from a new cell phone he had just purchased. "I felt that if someone could devise an affordable device like an iPhone[®] for about \$200 that could do all sorts of things, I could create a hearing aid at a similar price."

Affordable Hearing Aid With Superb Performance

The high cost of hearing aids is a result of layers of middlemen and expensive unneccesary features. Dr. Cherukuri concluded that it would be possible to develop a medical grade hearing aid without sacrificing the quality of components. The result is the MDHearingAid PRO®, starting well under \$200. It has been declared to be the best low-cost hearing aid that amplifies the range of sounds associated with the human voice without overly amplifying background noise.

Tested By Leading Doctors and Audiologists

The MDHearingAid PRO[®] has been rigorously tested by leading ENT physicians and audiologists who have unanimously agreed that the **sound quality and output in many cases exceeds more expensive hearing aids.**

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"I have been wearing hearing aids for over 25 years and these are the best behind-the-ear aids I have tried. **Their sound quality rivals that of my \$3,000 custom pair of Phonak Xtra digital ITE"** —Gerald Levy

"I have a \$2,000 Resound Live hearing aid in my left ear and the MDHearingAid PRO[®] in the right ear. I **am not able to notice a** significant difference in sound quality between the two hearing aids." —Dr. May, ENT physician

"We ordered two hearing aids for my mother on Sunday, and the following Wednesday they were in our mailbox! Unbelievable! Now for the best part—they work so great, my mother says she hasn't heard so good for many years, even with her \$2,000 digital! **It was so great to see the joy on her face.** She is 90 years young again." —Al Peterson

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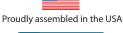
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classic jeweler's specifications, including color, clarity, cut and carat weight. Diamond*Aura* doesn't emulate the world's most perfect diamonds... it surpasses them. The color dispersion is *actually superior to mined diamonds*. You get more sparkle, fire and flawless beauty for a fraction of the price.

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¥Nylon lining reveals a history of the state of Texas and a vintage map

This is style you don't want to mess with

Combining the classic good looks of a vintage-style varsity jacket with a bold salute to the Lone Star State, our *"Texas Pride" Men's Varsity Twill Jacket* is an exclusive design that's sure to stand out... and it's only available from The Bradford Exchange.

Hand-crafted in dark brown twill, the front-zip jacket is accented with contrasting tan faux suede trim at the pockets and sleeves. A dramatic patch of Texas on the back is created of tooled faux leather along with a dimensional appliqué of a distinguished longhorn with embroidered details. The front of the jacket features embroidery of the Texas state flag along with the words: *"The Lone Star State."* Open the coat up, and a history of Texas and a vintage map is revealed on the quality nylon lining. The roomy fit includes knit cuffs, collar and hem. What could be a better way to show your love for the great state of Texas?

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Electric Notes

CONSERVATION AND SAFETY INFORMATION

Drips aren't just a noisy annoyance in the middle of the night. They can waste a gallon or more of water every day—water you've paid to heat, if it's a hot water leak.

It's Simple To Save Money on Water Heating

Besides heating and cooling your home, heating your water uses more energy than anything else in the house.

In fact, the U.S. Department of Energy estimates that the typical family spends up to 18 percent of its utility dollars on water heating.

Good news: It's simple to lower that cost. Here are eight tips:

1. Get rid of your old showerheads and bathroom faucets: They pump out way more water than you need to comfortably get clean. In their place, install low-flow faucets and aerating showerheads. The less water you use, the less you have to pay to heat it.

2. If you notice a leaky faucet, repair it immediately. The U.S. Geological Survey estimates that a faucet that drips 20 times per minute will waste a full gallon of water every day. If that happens to be hot water, you are washing money down the drain with every drip.

3. Lower the thermostat on your water heater to 120 degrees. The Department of Energy says that's a safe and sanitary temperature, and it will keep you comfortable at bath time, too.

4. Insulate your electric hot water tank—but don't cover the thermostat. Do-it-yourself kits are readily available and very affordable.

5. Wrap the hot and cold water pipes that connect to the water heater.

6. Drain about a quart of water from the tank every three months to remove sediment. Built-up gunk in the water heater can make it inefficient because it has to work harder to transfer heat to the water.

7. If you're in the market for a new water heater, choose a high-efficiency model with the Energy Star label. High-efficiency water heaters use 10 to 50 percent less energy than traditional models.

8. Water heaters can last for up to 15 years, but new models are so much more energy efficient than older ones that it may be worth it to replace yours if you've had it for seven or more years.

Stay Safe Around Switches, Outlets

Switches are used to turn the power on and off. Outlets, or receptacles, are usually mounted on a wall or floor to supply electricity through a cord and plug to appliances, lamps, TV, etc.

These are the key points in our electrical systems that give us our first line of control of our electrical use, and they are critical connection points. With time and use, these connections can become loose, creating potential hazards.

Safety Tips

Check to make sure outlet and switch plates are not unusually hot to the touch. Warm to the touch may be OK, but hot is not. If they are, immediately unplug cords from these outlets and do



not use the switches. Have a qualified, licensed electrician check the wiring as soon as possible.

Look for discoloration as another indication of potentially dangerous heat buildup at these connections. Stand across the room and look for a teardrop-shaped darkening around and above the outlet and switch cover plates.

Covers, such as this one from Safety 1st, can keep little fingers out of power strips.

► Check that all outlet and switch cover plates are in good condition so that no wiring is exposed. Replace any missing, cracked or broken cover plates. Exposed wiring is a shock hazard.

► Be sure to use safety caps with unused outlets.

Source: Electrical Safety Foundation

New Windows

Make an energy-smart investment

New windows are an investment in your home that can really pay off. If you're thinking about replacing your windows with more efficient, lowermaintenance models, consider:

COST. You get what you pay for when you buy windows. Buy the best ones you can afford, even if you have to purchase and install them a few at a time instead of all at once.

FEATURES. Choose high-performance windows that have at least two panes of glass and a low-emittance coating. Look for a low U-factor for better insulation in colder climates; the U-factor is the rate at which a window, door or skylight conducts non-solar heat flow. Look for a low solar heat gain coefficient (SHGC)—this is a measure of solar radiation emitted through a window, door or skylight. Low SHGCs reduce heat gain in warm climates. Select windows with both low U-factors and low SHGCs to maximize energy savings in temperate climates with both cold and hot seasons.

ENERGY BILLS. Once you replace your leaky, single-pane windows with doublepane models, you should notice a drop in your heating and cooling bills. Windows with the government's Energy Star label can reduce your energy bills by up to 15 percent.

MAINTENANCE. Wooden windows are beautiful, but they can rot unless you're willing to repaint them every few years. Once the wood rots, it's more than an eyesore. It's an invitation for rainwater to seep through soft, cracked wood and into your house. Sometimes, that water pours in right through the window, but it often leaks into the walls and you never see it.

APPEARANCE. If you replace your windows a few at a time instead of all at once, try to match the new ones so they look like the existing windows, even if they are made from a different material.

INTERIOR DÉCOR. If you want molding and a window sill on the interior wall around the window, you'll need to hire an installer who doubles as or works with a carpenter to install those decorative details, as they're not included with all windows.

INSTALLATION. You don't have to have your window sill and molding replaced when you get new windows. You have two options. For a full pull-out installation, the installer removes all traces of your old window and its surrounds and replaces it with a fresh new one. On a "pocket" installation, you replace just the window itself and keep the old sill and molding. The full pull-out, understandably, costs more than a pocket installation.

Although new windows may be energy efficient, it is still important to caulk and weatherstrip.



Spring Forward!

Daylight Saving Time begins March 10.

Set clocks one hour forward, and change the batteries in your smoke and carbon monoxide detectors.



Appliances account for about 13 percent of your home's energy use.

► If your appliances and electronics have energy-saving settings, use them.

► If they're nearing voting age, consider replacing them with a new, energy-efficient model. Consider both the purchase price and operating cost when buying new appliances.

► Use smart power strips for smaller appliances and electronics that continue to draw power even when turned off.

Source: U.S. Department of Energy

An Invasive's Worst Nightmare

Central Texas teen is determined to destroy plants that don't belong here, one karate chop at a time

BY SHERYL SMITH-RODGERS

BE AFRAID, SALT CEDARS. LISTEN UP, giant reeds. Surrender or else, Chinese privets, bastard cabbage and wax ligustrums. Commander Ben, the Invasive Hunter, has declared intergalactic war against dastardly species of your kind, and he plans to win, one karate chop at a time.

Who might this fearless hero be? In real life, he's Benjamin Shrader, a 14year-old home-schooler from Lakeway who has a flair for science, acting and moviemaking. Far from shy, the creative teen stars in and produces his own "Commander Ben" episodes, which he uploads to YouTube. He also posts interviews with noted scientists, researchers and other experts on such hot topics as Rasberry crazy ants, DNA sequencing and the Texas drought. One time he ate a live mealworm on camera.

"Commander Ben is a kid who just wants to help the ecosystems that he loves," Benjamin says of his goofy but tough alter ego who wears a white martial arts suit and red belt whenever fighting leafy villains. "It's real important that we teach kids about invasives early. Before the cement dries, so to speak."

Through his mobile Invasive Hunter Academy, Benjamin teaches kids about common invasive species, demonstrates how to palm-heel strike them down and has them draw up their own battle plan. Last year he took his academy to Kids Day at the U.S. Botanic Garden in Washington, D.C., as part of National Invasive Species Awareness Week. He also participated in Nature Nights, a summer program at the Lady Bird Johnson Wild-flower Center in Austin.

"Invasives are an ecological problem that few 14-year-olds are even aware of," says Damon Waitt, senior director and botanist at the Wildflower Center. "Ben is unique not only because of his own interest but also because he's engaged other youth in this important issue. It's great to have him in our camp."

On camera and off, the teen often participates in volunteer projects, such as clearing Chinese privet from areas of the Balcones Canyonland Preserve in Travis County. "Ben's a hard worker," says Louise Liller, volunteer coordinator with the Wildland Conservation Division at the City of Austin. "But more than that, he's interested in the bigger picture, like how invasives can impact a habitat."

At an early age, little rocks and shells fascinated Benjamin. "In his high chair, he'd examine small things but never put them in his mouth," recalls mom Mary Shrader. "One day after watching him, I called my husband, Ted, and told him, 'We have a scientist in the making!'"

A gifted storyteller, too. As soon as he could talk, Benjamin began weaving tales of make-believe heroes whom he named Action Mummy and Commander Ben. "Whenever we'd drive somewhere, he'd be in his car seat, sitting in the back seat and telling me, 'And then ... and then,'" Mary laughs. "Finally, Ted would tell him, 'OK, Benjamin, we're going to have some radio time now!""

At 5, Benjamin scooped tadpoles from the family's pond and raised them in a

fish tank in his bedroom. Because toads can only detect food that's moving, he devised a way to use ripples from the tank's filter whenever he dropped fish flakes atop the water at mealtimes. After the tadpoles morphed into toads, all but two returned to the pond. Chub Chub and Medium Chub lived several more years in the tank before Benjamin released them, too.

Once, he rescued an albino catfish from an Asian fish market. Faced with a language barrier, Benjamin urgently pantomimed that he wanted to buy the white one alive. Finally, the butcher understood. The fish rode home with the Shraders in a water-filled bin hurriedly bought at a nearby discount store. It lies buried in Mary's garden, as do many of her son's deceased beetle buddies.

Life in the Shrader household turned even more interesting when Benjamin and his dad read a newspaper article about the economic and ecological damage caused by invasive plants in Texas. The story inspired Benjamin to put together a science fair project on giant reeds, an exotic perennial grass that can grow 20 or more feet high and quickly crowd out native plants. His entry snagged second place in the elementary school sixth-grade division in the Austin Energy Regional Science Festival in February 2011.

Not long thereafter, Benjamin—who uses technology to help him deal with dyslexia—heard about a video contest. So he took what he'd learned about giant reeds and produced a five-minute film. His entry, "Who Will Fell This Titan?," won first place in May 2011 at the Science Under the Stars contest sponsored by the Brackenridge Field Laboratory with The University of Texas at Austin. The spoof, featuring Benjamin's childhood character for the first time, entertains and educates.

"The giant reed is a dark plant," growls Commander Ben, standing in front of a reedy backdrop. "It must be destroyed, and I'm going to tell you why."

Hooked on his new endeavor, Benjamin set to work on more videos. "Tea Time with English Ivy" has Commander Ben in fumes at the aggressive vine, which has caused him to lose his appetite for a plate of scones. "In an Ecesis Far, Far Away," the exiled, one-eyed warrior recalls how he foolishly tried to teach his friend, the (invasive) elephant ear, how to hunt invasive plants.

In a few videos, Benjamin's father

makes a fleeting cameo appearance. Largely, though, Ted stays behind the camera and films. "Benjamin does everything else himself," Mary says. "He writes his own scripts, acts, directs and edits the films. He's incredibly tenacious and selfmotivated."

As for the future, Benjamin's not sure where he's headed. "I love making movies and acting," he muses. "I just know I want to help the good guys win!"

Sheryl Smith-Rodgers, frequent contributor

The Shraders are members of Pedernales Electric Cooperative.

Benjamin Shrader blogs about his adventures fighting invasive plants and about having dyslexia at commanderben.com.



COMMANDING PRESENCE Benjamin Shrader, in character as Commander Ben, the Invasive Hunter, is at war with nonnative plant species that are taking over the Texas terrain—giant reeds in this case. And he's continually recruiting young troops because, as you can see, it's a jungle out there.

March 2013 Texas Co-op Power 23

Don't Mess With My Bit of Texas

Litter crusader bends but won't break when it comes to those who give his roadways the cold shoulder

BY KEVIN HARGIS

MY CALL TO TRASH ACTION STARTED WITH the television: a big, old tube TV someone had dumped at the side of a dead-end road in my neighborhood.

I'd passed it at least twice a week on jogging jaunts, each time thinking: *Someone should do something about that*. After several trips past the eyesore, it dawned on me: *You should be that someone*.

I enlisted a friend and drove the mile or so from my house to the derelict appliance. He helped me hoist it into the pickup bed, and we dismantled it and disposed of it in my garbage can.

My reward was a few bites from the fire ants that had taken up residence inside the TV and the feeling that I'd done something good. Not much of a reward, but I didn't have to look at the broken hulk anymore.

I credit Archimedes with the rest. He's the family dog who is at his happiest walking on the end of a leash. On our many sojourns through the rural subdivision in which I live, I started noticing litter everywhere. And, after the experience with the TV, it started to bother me.

So I began picking it up, at first just a few soda cans, beer bottles, fast-food wrappers and cigarette packages at a time. I'd fill the pockets of my shorts with as much garbage as they could hold.

I made steady progress, the roadside ditches becoming a little less cluttered as Archimedes and I got our daily exercise.

I'd dump the trash in our can, take the accumulated aluminum cans to a Kiwanis Club drop-off and tote the rest to a recycling center. But there was still plenty of trash out there.

So I started carrying along a plastic shopping bag on each walk, filling it with debris, sometimes finding curious scraps of someone's life: a Star of Texas Fair and Rodeo parking pass, a plastic doll brush, bits of multicolored electrical wire, a photograph of three smiling people and a Chihuahua.

How did this end up on the roadside? I would wonder when I bent over to collect a scrap. Was it deliberately tossed out? Did it blow out of a truck bed? Did it get loose from a garbage can?

Some answers might come from the Texas Department of Transportation, which, through its Don't Mess With Texas campaign, commissions studies that look at the people who litter and what types of trash are found beside the state's roadways.

A 2009 survey found that 42 percent of 1,255 driving-aged respondents said they had littered, either intentionally or accidentally, in the month before the survey was taken. About a third of the litter they admitted to tossing was small pieces of paper or food items. About a quarter of those said the littering was accidental either the litter flew out of the window or out of a pickup bed.

Whether accidental or not, that junk gunks up the roadside—to the tune of 1.1 billion pieces of litter a year—including cigarette butts, which accounted for 36 percent of that total—almost 400 million of the nasty little things.

TxDOT estimated these numbers in



the 2009 Visible Litter Survey. The survey involved crews performing intense litter pickup on 1,000-foot segments of roadway at 163 sites around the state and identifying each piece of litter, down to brand name (there are a lot of Marlboro smokers and Bud Light drinkers out there).

In a state that prides itself on freedom and individualism, there apparently is not an abundance of personal responsibility—at least where litter is concerned.

Overall, littering is up over the previous survey, taken in 2005. But when you factor out tobacco litter (butts and packaging), littering has actually dropped. This drop comes despite an increase in the number of miles driven, which is a factor in creating more roadside trash.

There's no shortage of it, though. At least in my experience.

I didn't set out to be a litter crusader; I'm just one guy who got tired of seeing his piece of Texas being messed with. And some days, when yet another can or bottle or plastic cup appears in my path, I wonder why I even bother.

Too many people just don't care or

are oblivious to the problem.

But then I find that I just can't help myself. So I pick up the empty plastic water bottle and the stray bits of cardboard and the foam McDonald's cup emblazoned with the message "Don't Mess With Texas."

There's plenty of mess in Texas. But not as much in my neck of the woods these days.

Kevin Hargis, food editor

On TexasCoopPower.com

Find links to TxDOT litter studies.

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Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

DEAR DORRIS: I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower



neck. I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it!

I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that can truly help my loose neck skin?

Turkey Neck, Fort Bend County, TX

DEAR TURKEY-NECK: In fact, there is a very potent cream on the market that firms, tightens and regenerates new skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream**[®]. This

cream contains an instant lift ingredient that tightens the skin naturally, as well as deep moisturizing ingredients to firm the skin and make it more supple. Amazingly, the **Dermagist Neck Restoration Cream**® also has Stem Cells taken from Malus Domesticus, a special apple from Switzerland.

These stem cells are actually unprogrammed cells that can mimic those of young skin that stays tight, firm and wrinkle free. As an alternative to the scary surgeries or face lifts that many people resort to, this cream really packs a big punch on the loose saggy skin of the neck.

The Dermagist Neck Restoration Cream® is available online at Dermagist.com or you can order or learn more by calling toll-free, 888-771-5355. Oh, I almost forgot... I was given a promo code when I placed my order that gave me 11% off. The code was "TXN10". It's worth a try to see if it still work.

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Texas History

Meet the Colorful Cactus Jack The first U.S.

vice president from Texas was a gruff, outspoken career politician who spent much of his life in Washington. Historians consider him perhaps the most influential vice president ever, but he had such disdain for the office he is famous for saying it 'is not worth a bucket of warm spit'-though there seems to be some uncertainty about exactly how he put it. BY BRITTANY LAMAS

How IS IT, THEN, THAT MOST PEOPLE, even Texans, probably don't know John Nance Garner? After all, he earned the colorful nickname Cactus Jack as a Texas legislator and became the catalyst for pushing President Franklin Roosevelt's New Deal through Congress in the 1930s.

Patrick Cox, a Texas historian and vice president of the Pedernales Electric Cooperative board of directors, said the vice presidency received little media attention back then. "There wasn't extensive media coverage of politics and political personalities," said Cox, who has researched Garner's life. "The current generation of political leaders has more exposure to the media."

Garner, born in 1868 near Detroit, Texas, attended law school at Vanderbilt University but never finished. After returning to Texas, Garner worked to pass the bar and set up a law office in Uvalde.

"In that era, it was not uncommon to 'read for the law' and work as a clerk in a law office until you could pass the bar," Cox said. Garner was elected county judge in 1893 and then state representative in 1898.

He didn't say much in his three years in the Legislature, preferring to stay focused on his work rather than controversial issues, although one bill landed Garner attention and permanent acclaim. Garner campaigned for the cactus bloom to be the state flower of Texas, but it, of course, lost to the bluebonnet.

That saddled Garner with the lifelong moniker Cactus Jack, which Cox said Garner enjoyed. "He was known for having a prickly personality, with a sharp wit and sharp tongue," Cox said.

While in the Legislature, he established the 15th Congressional District, which covered from Corpus Christi south to Brownsville and west to Del Rio. He then ran for Congress in the 15th and won. Garner served as its representative for 15 terms, 1903-33.

Garner understood that influence came with seniority, so he used his years in office to build affiliations with prominent members of Congress. He was

elected Speaker of the House in 1931, and it was during that term that he decided to run for president. After failing to secure the Democratic nomination in 1932, Garner pulled out of the race and became Roosevelt's running mate.

Garner called the vice presidency the "spare tire of government" and "almost wholly unimportant," Cox said. Garner even remarked, "When I was elected vice president of the United States, it was the worst thing that ever happened to me." But while he was in office, Garner revolutionized the position from figurehead to vital member of the executive branch.

He played a role in major New Deal accomplishments, including the Rural Electrification Act of 1936, which led to the creation of rural cooperatives. In Texas, 2 percent of farms had electricity in 1936; by 1965, only 2 percent of farms were without power, according to the Texas State Historical Association.

Garner declined to be FDR's running mate for a second re-election. He retired from politics and moved back to Uvalde. His time as vice president earned him respect from other Southern Democrats, and his birthday was an occasion for Democrats to get together and celebrate. "Harry Truman, Lyndon Johnson, Sam Rayburn and Dolph Briscoe were known to attend," Cox said. In 1960, when Johnson was deliberating whether to become John Kennedy's running mate, he called Garner for advice. Garner said, "I'll tell you, Lyndon, the vice presidency isn't worth a pitcher of warm spit." Johnson joined the ticket anyway and became the second vice president from Texas.

While Kennedy was on his tour of Texas, he called the former vice president, who turned 95 on November 22, 1963, to wish him a happy birthday. Newspapers reported that directly after Kennedy made the call, he left his Fort Worth hotel for the parade through Dallas, where he was assassinated.

Garner died November 7, 1967, 15 days before turning 99. His home was converted into the John Nance Garner Museum. Garner State Park and Garner Field, an airport, are named for him.

Cactus Jack went to Washington with a simple goal—get elected, stay there and gain influence through seniority—but became the vice president who made things happen.

"The irony is Garner was so critical of the position, but he actually transformed the office into the modern-day vice presidency," Cox said.

Brittany Lamas, Texas Co-op Power editorial intern



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The Veggie Experience This month's topic is definitely not mainstream. If you're not a

vegan, consider this a lesson in the vast literature of food and eating habits. At the very least, you will understand a little more about the diverse culinary possibilities of a plant-based diet. Vegetarians are not as strict as vegans but still adhere to a mostly vegetable diet, sometimes including fish or chicken.

Veganism, the practice of eating without consuming animals or animal-based products, is not new. However, the term "vegan" did not come into use until the latter half of the 20th century. And the profile of vegans and veganism has been raised in recent years, driven by health consciousness, the rise of animal rights philosophies and high-profile advocates for the diet.

Vegans eat nothing derived from an animal, not even eggs, milk or honey, depending on how strictly they follow the regimen.

Some people choose to follow a vegan diet for health reasons and some for environmental reasons. Others, known as ethical vegans, believe that any use of animals is wrong. Ethical vegans also tend not to wear animal products such as leather or silk.

Following a vegan diet or cooking for someone who is vegan can pose a challenge. There are a number of substitutes for products such as eggs or cheese, but using those substitutes in a recipe doesn't always produce the results you might be used to. Vegan cooking, with all its restrictions, can be a challenge for the uninitiated, but it also can inspire creativity.

One of those creative recipes comes from Austin's burgeoning trailer eatery scene. Chef Rishi Dhir, who opened his vegetarian trailer, Conscious Cravings, in 2010, offered this easy-to-prepare vegan recipe to cookbook author Tiffany Harelik, whose two-volume Austin edition of the Trailer Food Diaries Cookbook (2012, The History Press) covers the gamut of the city's diverse mobile food culture.

Chef Rishi Dhir

R475/5ALA35/5MOO

Tofu Scramble

1 pound firm tofu

- 1 teaspoon olive oil
- 1 green bell pepper, chopped
- 1 cup chopped onion
- 1 tablespoon tamari or soy sauce
- 1 teaspoon Italian seasoning
- 1 teaspoon cumin Salt and pepper to taste About ½ cup vegetable broth
- > Drain tofu and crumble into a large bowl.
- > Heat olive oil in a large skillet and add bell pepper, onion and tamari. Sauté for 3 to 4 minutes over medium heat until onions begin to turn translucent.
- > Add tofu, Italian seasoning, cumin and salt and pepper. Pour broth over all and heat through.

Servings: 2. Serving size: ½ of dish. Per serving: 207 calories, 17.1 g protein, 7.7 g fat, 18.4 g carbohydrates, 2.9 g dietary fiber, 840 mg sodium, 8.7 g sugars

Tofu Scramble



KERIC KETZEL | PEDERNALES EC

The winner of this month's Vegan and Vegetarian contest is not a vegan recipe, but it could easily be made so with nondairy cheese and margarine. The flavors of the Mediterranean come through in these hearty sandwiches with nary a shred of meat.

Tuscan Veggie Sandwiches

- 2 medium zucchini
 - 1 large red onion
 - 1 medium eggplant
- ¹/₄ cup olive oil
- 4 ciabatta rolls
- 4 ounces mozzarella cheese, sliced Fresh-grated Parmesan or Romano cheese to taste Butter or margarine for bread

.....

- 4 tablespoons basil pesto Baby arugula (optional)
- Slice each zucchini lengthwise into four planks. Slice onion into about 1/8-inch rounds. Peel and slice eggplant into 1/4-inch rounds.
- > Preheat the oven to 425 degrees. Spread the olive oil on a rimmed baking sheet. Heat the sheet until the oil starts to smoke.
- > Using tongs, lay the sliced vegetables on the sheet, turning to coat both sides with the olive oil, and roast in the oven until soft and lightly browned.
- > As vegetables are roasting, split the ciabatta rolls and butter them lightly. When the vegetables are done, remove them to a platter and cover with a clean towel. Place the rolls butter-side down on the hot sheet, returning it to the oven for a moment to toast.
- > After the rolls are toasted, flip them over and layer each half with the sliced mozzarella, returning to the oven to melt. When the cheese is soft and melted, remove from oven and garnish each half with a tablespoon of pesto and a sprinkle of Parmesan or Romano.
- Layer the vegetables as you wish. Top with arugula (if desired) and the other ciabatta half and press firmly. Servings: 4. Serving size: 1 sandwich. Per serving: 503 calories, 16.7 g protein, 25.7 g fat, 48.5 g carbohydrates, 7.4 g dietary fiber, 749 mg sodium, 11 g sugars

\$100 RECIPE CONTEST

July's recipe contest topic is **Your Best Burger**, **sponsored by the City of Athens**, **"Home of the Hamburger."** The Northeast Texas city is credited as the modern birthplace of the hamburger sandwich. Do you have a special take on the traditional burger? If yours is judged the best, you will win \$100.

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.

Beautiful Beets

1 can (16 ounces) sliced beets

- 2 tablespoons olive oil Salt and pepper to taste Roasted Sweet Pepper Cream (recipe follows) Parsley Pesto (recipe follows)
- > Drain and rinse beets. In a bowl, toss beets with olive oil, add salt and pepper to taste and set aside.

Spread 3 tablespoons of Roasted Sweet Pepper Cream on a plate, then gently set one slice of beet on cream, layer with Parsley Pesto. Top with a second beet slice, add another layer of Parsley Pesto, top with a third beet slice then top with a dollop of Roasted Sweet Pepper Cream. Servings: 4. Serving size: ¼ of recipe. Per serving: 294 calories, 2.2 g protein, 25.4 g fat, 14.1 g carbohydrates, 3.9 g dietary fiber, 607 mg sodium, 9.2 g sugars

Roasted Sweet Pepper Cream

- 2 sweet red or orange bell peppers
- 1 cup chopped carrots
- ¹/₂ cup olive oil
- 2 cloves of garlic Salt to taste
- > Roast peppers under broiler set on high, rotating frequently, until skin just begins to bubble. Remove from oven and allow to cool.
- > Once cooled, remove seeds and stem and place in blender along with carrots, olive oil and garlic. Blend until smooth; add salt to taste.

Parsley Pesto

- - 1½ cups raw pumpkin seeds
 - 2 cloves of garlic
 - 1 cup packed fresh parsley leaves
 - 6 tablespoons olive oil Salt to taste

.....

- Soak pumpkin seeds in water for 4-6 hours then drain and rinse.
- > Place seeds in food processor with garlic, parsley and olive oil and process until coarsely chopped and mixed. Add salt to taste.





Cook's Tip: Freeze leftover Parsley Pesto for a future meal.



Cranberry Almond Gluten-Free Vegan Cookies

- 1¹/₂ cups oat flour
 - 1 cup gluten-free all-purpose flour
 - 1 cup sugar
 - 1/4 cup flaxseed meal
 - 1/4 cup arrowroot starch
- $1\frac{1}{2}$ teaspoons xanthan gum
- 1 teaspoon baking soda
- ³⁄₄ teaspoons salt
- 3/4 cup plus 2 tablespoons liquid coconut oil or canola oil
- 6 tablespoons unsweetened applesauce
- 2 tablespoons vanilla
- 1 cup dried cranberries
- $\frac{1}{2}$ cup sliced almonds, lightly crushed
- > Preheat the oven to 325 degrees. Line two baking sheets
- with parchment paper and set aside.In a medium bowl, whisk together the flours, sugar,
- flaxseed meal, arrowroot starch, xanthan gum, baking soda and salt. Add the oil, applesauce and vanilla and stir with a rubber spatula. The dough will be thick but soft.
- Stir in the cranberries and almonds. Drop the dough by heaping tablespoonsful onto the prepared baking sheets, about 1¹/₂ inches apart.



> Bake for 7 minutes then rotate the baking sheets and bake for 7 minutes more. The cookies should be golden brown and firm.

> Let the cookies stand on the baking sheets for 15 minutes before serving or remove to a wire rack to cool completely.

Servings: 18. Serving size: 2 cookies. Per serving: 266 calories, 3.4 g protein, 13.4 g fat, 32.6 g carbohydrates, 2.4 g dietary fiber, 170 mg sodium, 16.4 g sugars

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I Had a Dream (also known as Footprints and Footprints in the Sand) was written by Margaret Fishback Powers.

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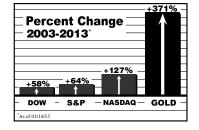
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▲ Sandie Ward, Lighthouse EC, spotted this old, broken-down truck hiding on a vacant lot in Dimmitt.

Broken No object is immortal; eventually, everything is lost to posterity or succumbs to the elements. That doesn't mean it can't still be beautiful. Finding the perfectly imperfect takes a nostalgic heart—and is open to interpretation. Thank you for all of the unique, beautifully broken objects you shared.

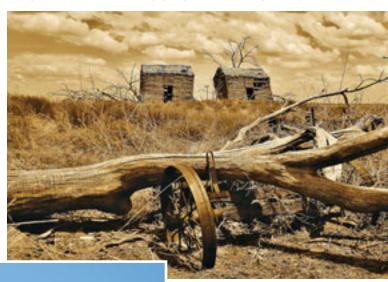
ASHLEY CLARY-CARPENTER

On TexasCoopPower.com

It broke our hearts to leave some of your images out of this issue, but we put a bunch more online.

 Time has taken its toll on this headstone in Smith Cemetery in Lewisville. Pepper McCarty, CoServ Electric, sent in the photo.

Resting near an abandoned homestead, this dilapidated horse-drawn wagon has just about collapsed under the weight of a dead tree and years of neglect. Thanks to **Tim Benson,** Lyntegar EC, for sending us the photo. ▼



Tammy Fetch, Navarro County EC, found this windmill, which has heralded and weathered many a storm, in Telico. ►

Upcoming Contests

May Issue: Black & White Deadline: March 10

June: Underwater July: Vintage

Send your photo for the May contest—along with your name, address, daytime phone, co-op affiliation and a brief description—to Black & White, Focus on Texas, 1122 Colorado St., 24th Floor, Austin, TX 78701, before **March 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.





▲ Something old, something blue: Mildred Hempel, Navarro County EC, says blue jays love to hang out on this long-retired tractor. Think the seeds on the seat might have something to do with that?

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

Pick of the Month

Bootin' Out Cerebral Palsy 5K Walk

Alvarado [March 30] (817) 704-8529. bootinoutcp.com

The whole family can participate in this walk benefiting the Texas Scottish Rite Hospital for Children-strollers, wagons and wheelchairs are permitted. Afterward, enjoy a free lunch and plenty of activities for the kids.



March

Center Republic of Texas Celebration, (936) 598-3682

05Marshall Taste of the Arts, (903) 935-4484, marshallartscouncil.org

08

Luling [8-9] Rajun' Cajun Throwdown Festival & Gumbo Cookoff, (830) 875-3214, lulingmainstreet.com

Cat Spring [9-10] Antiques & Garden Festival, (979) 865-5618, ruraltexasantiques shows.com

Bryan [12-17] Diamonds and Dirt Barrel Horse Classic, (979) 229-3087, ddbarrelhorse classic.com

15

Lockhart [15-16] Tolbert Texas State Chili Cook-Off. (512) 398-2818. centraltexaschili.com

Smithville [15-17] Thunder on the Colorado, (512) 237-2313, thunderonthe colorado.com

16

Huntsville Herb Day at the Wynne Home, (936) 891-5024, facebook.com/texas thymeunit

Nacogdoches Garden Tour of Homes, 1-888-653-3788, nacogdochesazaleas.com

Tomball Honky Tonk Music Festival. (281) 351-5484, tomballtx.gov





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The Texas Rural Women's Association (TREWA) will award fifteen \$1,500 scholarships to TREWA members or their children. Membership dues are \$10 per year.



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



March 23 Victoria Ballet Theatre Spring Gala

21

Beaumont [21–31] South Texas State Fair, (409) 832-9991, ymbl.org

22 Tyler [22-23] Quilt Show, (903) 581-6176

23

Camp Wood Real County Centennial Guided Historical Tour, (830) 232-5783, realcounty1913.com

Port Arthur Rotary Taste of Gumbo, (409) 718-0612

Victoria Ballet Theatre Spring Gala, (361) 575-2313, victoriaballet.org

25

Hamilton Spring Fling, (254) 372-3120

28

The Colony Spring Eggstravaganza, (972) 625-1106, visitthecolonytx.org

30

Jonestown Cajun Cook-Off, (512) 267-7952, lagovista.org

Burton [30-4/6] La Bahia Antiques Show & Sale, (979) 289-2684, labahiaantiques.com

April

02 Kenney [2-6] Hodges Farm Antique Show & Sale, (979) 865-9077

03 Round Top [3-6] Spring Antiques Fair, 1-888-273-6426, roundtoptexasantiques.com

U4 Brenham [4-5] The Big Bad Musical, 1-888-273-6426

05

Lampasas [5–6] Sulphur Creek Chuck Wagon Cook-Off, (512) 525-3550, rafterts.com



Submit Your Event!

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



Tyler, Nacogdoches

For these East Texas towns, azalea trails through gardens in full bloom—public and backyard—are the pot of gold and the rainbow every spring BY JAN ADAMSON



AZALEAS: Towns' green thumbs turn the walk of the town into the talk of the town.

IF YOU THINK OF EAST TEXAS AS BEING rather sedate, you've never confronted the explosion of pink, white and red that heralds springtime. The small flowers that blanket azalea bushes when in full bloom create veritable clouds of color. There is nothing boring about spring in Tyler and Nacogdoches, which turn the season into parties that last for weeks.

The **TYLER AZALEA AND SPRING FLOWER TRAILS**, which has its roots in a 1930s flourish of azalea planting in town, provides an intimate wander right into the backyards and gardens of the city's oldest fine homes.

Driving the eight-mile trail allows a good look at the gardens, but walking parts

of it is definitely worthwhile.

On weekends, visitors are greeted along the way by freshman and sophomore high school girls dressed in antebellum attire. The Azalea Belles help answer questions, act as ambassadors for the city and pose for pictures if requested.

The trail, scheduled for March 15 through April 7, is at the mercy of Mother Nature, but she always comes through. "I think because of the beauty of it and because the homeowners take such pride and work very hard on it, it's always a success," says Susan Travis of the Tyler Convention and Visitors Bureau.

Joan and Guy Pyron's yard is part of the

trail and has been since even before they moved there from Plano about 18 years ago. "We saw the yard and didn't even see the house," Joan Pyron says. "The yard is the reason we bought the house."

The azaleas are the high point, but Tyler will be hopping with all sorts of activities including arts and crafts, music, cycling and historic re-enactments. The event draws more than 100,000 visitors.

In Nacogdoches, the centerpiece of the AZALEA TRAIL is the Ruby M. Mize Azalea Garden. "It's the largest azalea garden in the state of Texas," says Jannette Sparks of the Nacogdoches Convention and Visitors Center. The eight-acre garden is snuggled into a loblolly pine stand at an entrance of Stephen F. Austin State University and was developed by the university's horticulture program and the community.

The garden is built for strolling. Visitors can wander the trails that wind through 46 planting beds and rest on strategically placed benches. And azaleas aren't the only blooms to see—there are 550 varieties of rhododendrons, 100 varieties of camellias, more than 200 types of hydrangeas and other plantings.

Nacogdoches' Azalea Trail, set for March 1-31, includes learning opportunities at the Azalea Symposium on March 2 and the Art of Floral Design on March 23.

Other activities include a 10-kilometer run that goes past residential gardens, a juried photography show and a festival with entertainment, activities and vendors. Young girls get the chance to dress as a fairy, a princess or their favorite character at the Little Princess Garden Party on March 23.

Sparks says the best way to enjoy the Azalea Trail is to stroll through the Mize Garden. "Then hop in your car and drive the 25 miles of self-guided driving trails through the scenic residential areas," she says.

Spring might bring beautiful scenery all over Texas, but the azaleas of Tyler and Nacogdoches are breathtaking.

Jan Adamson is a writer from Grand Saline.

LIFE'S BUSY... Make the moments count.

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Scan for exclusive Azalea Trail Events, March 1–31, 2013

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