Scott & White offers advanced care to Central Texas.

Scott & White’s Heart & Vascular Institute is setting the standard for cardiac care. We offer state-of-the-art technology, advanced treatments, and a team of cardiac specialists for coordinated, expert care and the best possible outcome for you. It’s all available at one of the nation’s 100 Top Hospitals® for cardiovascular care. Scott & White Heart and Vascular Institute. Trusted Choice. Your Choice.

**Scott & White accepts all major insurance plans.**
February 2008

TEXAS ELECTRIC COOPERATIVES BOARD OF DIRECTORS: Greg Jones, Chair, Rusk; Ray Beavers, Vice Chair, Cleburne; Darren Schaum, Secretary-Treasurer, Gonzales; James Calhoun, Franklin; Steve Louder, Hereford; Gary Nietsche, La Grange; William “Buff” Whitten, Eldorado

PRESIDENT/CEO: Mike Williams, Austin

STRATEGIC COMMUNICATIONS ADVISORY COMMITTEE: Roland Witt, Chair, Coleman; Bill Harbin, Vice Chair, Floydada; Roy Griffin, Edna; Kim Hooper, Bluegrove; Steve Young, Hamilton; Robert A. Loth III, Fredericksburg; Melody Pinnell, Crockett

COMMUNICATIONS STAFF: Martin Bevins, Sales Director; Carol Mozyczynka, Executive Editor; Kaye Northcott, Editor; Suzi Sands, Art Director; Karen Nejtek, Production Manager; Andy Doughty, Production Designer; Sandra Forston, Communications Assistant; Melissa Grischkowsky, Communications Coordinator; Kevin Hargis, Copy Editor; Shannon Oelrich, Food Editor; Dacia Rivers, Field Editor

Footnotes By Clay Coppedge The Texas State Dinosaur 31
Recipe Roundup Muffins 32
Focus on Texas Landscapes 35
Around Texas Local Events Listings 36
Hit the Road By June Naylor Llano to Junction 38

FEATURES

6 The Country Doctor Is Alive and Well
By Sandy Sheehy
Photography by Rick Patrick
Three doctors in Weimar confront many medical challenges in serving 2,000 diverse residents.

14 Hereford’s Backyard Ferris Wheel
By Jill Nokes
Neighbors have a ball riding around in the Panhandle.

FAVORITES

Footnotes By Clay Coppedge The Texas State Dinosaur 31
Recipe Roundup Muffins 32
Focus on Texas Landscapes 35
Around Texas Local Events Listings 36
Hit the Road By June Naylor Llano to Junction 38
HOORAY FOR ‘REALISTIC ASSESSMENT’
I was happy to read your article “Energy Reality Check: Green Power” in the November issue of Texas Co-op Power. It was the first time that I have read a realistic assessment of the contributions that green power can make to our energy problems in a publication that is devoted to energy.

Most of what one reads about alternative energy resources in the newspapers and nature publications is of the feel-good variety, lacking real technical understanding and often expounding unrealistic and unachievable goals for future developments.

Take for instance wind energy. Your article lists the basic shortcomings of this development, the points you mention: variable wind or lack of wind; the fact that wind power capacity has to be backed up by conventional generating capacity (which in effect makes wind power installation wasteful); challenges for grid stability and grid management. The fact that these points are rarely mentioned is disingenuous, if not outright dishonest, because society has to pay these costs, which only profit the developers.

The minuscule contributions of wind energy become very obvious when one does some calculations based on real numbers.

FRITS DE WETTE, Austin

CONVENTIONAL POWER NEEDED NOW
We need major research and development efforts for our long-term energy needs, but we need to build additional conventional generating capacity now to avoid electric shortages that will damage our economy and limit our freedom to make the right choices.

WILLIAM E. SPARKS JR.
Coldspring
Sam Houston Electric Cooperative

TIRED OF EXCUSES
As I tried to implement a solar panel system for my house, I have learned that all the power generators in Texas, except for Austin Energy, do not really want to deal with small producers.

Texas power companies have no incentives to promote renewable energy. They give the excuse it will penalize those who do not install renewable power. They say renewable is not reliable. They say it costs too much. They say it is dan-

gerous. Excuse, excuse, excuse.

Big power producers and distributors, when will you start to think beyond the status quo? Make an effort to extend our resources while promoting and creating new ones.

MARK J. RASMUSSEN, Forney
Farmers Electric Cooperative

WINDMILLS AREN’T EYESORES
In regards to the use of wind and sun power, the belief that turbines would be an eyesore is an excuse. Remember how beautiful the lighthouses on the East Coast are and the windmills of the Dutch! I’m sure something could be done to enhance their appearance.

PATRICIA N. TERLING, San Marcos
Bluebonnet Electric Cooperative

PLUG-IN CARS LONG WAY FROM REALITY
Many things are possible, but batteries for plug-in electric cars are the weak link now. Gasoline and diesel are very powerful and easy to store and use. Hydrogen is possible and easy to use, but it is very hard to store in liquid form, and the pressures are high. I am not in the fuel business, but we need to be realistic about the possibilities. Some day there will be a breakthrough. I hope it is soon, but if you want to be able to drive away from the house, don’t be too hard on gasoline and diesel at this time.

JIM BELL, Quitman
Wood County Electric Cooperative

WHAT ABOUT NET METERING?
There was no mention in your “Energy Reality Check” of net metering, a process where the co-op actually buys electricity from, as an example, a homeowner who installs solar or wind generation but can’t use all that he generates. I know Grayson-Collin Electric Co-op has approved net metering. Even though it is insignificant today, I see it as having huge potential.

In the section on solar, the article mentioned that “large amounts of it can’t be stored.” If enough people were able to generate their own electricity and sell it back to the co-op, wouldn’t the grid act like a pipeline storage that could be used to offset new electric generation?

TONY MANASSERI
Grayson-Collin Electric Cooperative

Editor’s note: The grid can use solar and wind power only as it is produced. The grid cannot store electricity. Other kinds of power plants must provide electricity for times when the wind is not blowing and the sun is not shining. And conventional power plants can’t just be turned off when the renewables are available and on when they are not. It takes minutes to start a natural gas peaking plant and days to start a coal-fired plant.

We want to hear from our readers. Send letters to: Editor, Texas Co-op Power, 2550 S. IH-35, Austin, TX 78704, e-mail us at letters@texas-coop.org, or submit online at www.texascooppower.com. Please include the name of your town and electric co-op. Letters may be edited for clarity and length and are printed as space allows. Read additional letters at www.texascooppower.com.
RENovation Unearths Beautiful and Historic Courthouse Artwork

While restoring the Maverick County Courthouse in Eagle Pass, workers from the Texas Historical Commission discovered a hidden treasure lost in time—a gorgeous mural. Careful repair revealed that, concealed under years of decay, the walls in the district courtroom are decorated with hand-painted cobalt blue stencils and exquisite fluted pendants. Wooden wainscoting and ceiling coves frame the work of art. A paint analysis showed the painting was created in 1925 during a restoration to the 1885 courthouse. Art experts believe the artwork is a magnificent example of the Mexican Art Nouveau style. The structure, built by pioneer builder William Hauser, exhibits a modified Gothic architectural style with a Spanish fortress appearance.

—from The Courthouses of Texas, Texas A&M University Press, second edition, 2007

Crab Cakes in Llano

In a turn-of-the-century limestone building on the Llano town square, where a succession of dry goods stores and a millinery once served the household and fashion needs of local citizens, the Acme Café on the Square is building a culinary reputation. Sisters-in-law Maurie and Ann Beasley opened the café in 2005 on a whim. Attracted by the building’s original brick walls, tin ceilings and wooden floors, they decided to give their café a distinctly old-fashioned feel. But a glance at the menu reveals some palate-pleasing, up-to-date offerings. The house specialty is crab cakes, made fresh daily and served with homemade remoulade sauce. “We don’t put anything on the menu that doesn’t meet unanimous approval of the entire staff,” says Ann. Hours are 11 a.m.-3 p.m. Monday through Saturday. Sunday brunch, including pancakes, crepes, quiche and soup, is served from 10:30 a.m. to 2 p.m.

Acme Café on the Square, downtown Llano across from the courthouse, (325) 247-4437.

HAPPENINGS

You’re invited to “whoop it up” at the 12TH ANNUAL CELEBRATION OF WHOOPING CRANES AND OTHER BIRDS in Port Aransas, February 22–24. Port Aransas is home to hundreds of permanent and visiting species. This gathering celebrates the conservation of the endangered whooping crane, which winters in the area in late February. Tom Stehn, whooping crane conservationist for the Aransas Wildlife Refuge, says a record 261 cranes completed the migration this year. Lectures, boat tours, bus tours, exhibits and workshops are among the offerings, as is a free Nature Trade Show at the Port Aransas Civic Center. For more information, visit the Port Aransas Chamber of Commerce website at www.portaransas.org or call toll-free, 1-800-45-COAST (452-6278).

Who Knew?

ANIMAL CAPITALS

From the Chili Capital to the Gingerbread Capital, many Texas towns boast titles that make them stand out from the pack. During various sessions, the Legislature has officially designated the following towns as the state capitals of some of Texas’ unique animal populations.

ANAHUAC—Alligator

HAMILTON—Dove

KENEDY—Horned Lizard

LONGVIEW—Purple Martin

MAURICEVILLE—Crawfish

MIDLAND—Ostrich

WEST TAWAKONI—Catfish

WILLS POINT—Bluebird

CRAB CAKES IN LLANO

In a turn-of-the-century limestone building on the Llano town square, where a succession of dry goods stores and a millinery once served the household and fashion needs of local citizens, the Acme Café on the Square is building a culinary reputation. Sisters-in-law Maurie and Ann Beasley opened the café in 2005 on a whim. Attracted by the building’s original brick walls, tin ceilings and wooden floors, they decided to give their café a distinctly old-fashioned feel. But a glance at the menu reveals some palate-pleasing, up-to-date offerings. The house specialty is crab cakes, made fresh daily and served with homemade remoulade sauce. “We don’t put anything on the menu that doesn’t meet unanimous approval of the entire staff,” says Ann. Hours are 11 a.m.-3 p.m. Monday through Saturday. Sunday brunch, including pancakes, crepes, quiche and soup, is served from 10:30 a.m. to 2 p.m.

Acme Café on the Square, downtown Llano across from the courthouse, (325) 247-4437.

HAPPENINGS

You’re invited to “whoop it up” at the 12TH ANNUAL CELEBRATION OF WHOOPING CRANES AND OTHER BIRDS in Port Aransas, February 22–24. Port Aransas is home to hundreds of permanent and visiting species. This gathering celebrates the conservation of the endangered whooping crane, which winters in the area in late February. Tom Stehn, whooping crane conservationist for the Aransas Wildlife Refuge, says a record 261 cranes completed the migration this year. Lectures, boat tours, bus tours, exhibits and workshops are among the offerings, as is a free Nature Trade Show at the Port Aransas Civic Center. For more information, visit the Port Aransas Chamber of Commerce website at www.portaransas.org or call toll-free, 1-800-45-COAST (452-6278).

Who Knew?

ANIMAL CAPITALS

From the Chili Capital to the Gingerbread Capital, many Texas towns boast titles that make them stand out from the pack. During various sessions, the Legislature has officially designated the following towns as the state capitals of some of Texas’ unique animal populations.

ANAHUAC—Alligator

HAMILTON—Dove

KENEDY—Horned Lizard

LONGVIEW—Purple Martin

MAURICEVILLE—Crawfish

MIDLAND—Ostrich

WEST TAWAKONI—Catfish

WILLS POINT—Bluebird

CRAB CAKES IN LLANO

In a turn-of-the-century limestone building on the Llano town square, where a succession of dry goods stores and a millinery once served the household and fashion needs of local citizens, the Acme Café on the Square is building a culinary reputation. Sisters-in-law Maurie and Ann Beasley opened the café in 2005 on a whim. Attracted by the building’s original brick walls, tin ceilings and wooden floors, they decided to give their café a distinctly old-fashioned feel. But a glance at the menu reveals some palate-pleasing, up-to-date offerings. The house specialty is crab cakes, made fresh daily and served with homemade remoulade sauce. “We don’t put anything on the menu that doesn’t meet unanimous approval of the entire staff,” says Ann. Hours are 11 a.m.-3 p.m. Monday through Saturday. Sunday brunch, including pancakes, crepes, quiche and soup, is served from 10:30 a.m. to 2 p.m.

Acme Café on the Square, downtown Llano across from the courthouse, (325) 247-4437.

HAPPENINGS

You’re invited to “whoop it up” at the 12TH ANNUAL CELEBRATION OF WHOOPING CRANES AND OTHER BIRDS in Port Aransas, February 22–24. Port Aransas is home to hundreds of permanent and visiting species. This gathering celebrates the conservation of the endangered whooping crane, which winters in the area in late February. Tom Stehn, whooping crane conservationist for the Aransas Wildlife Refuge, says a record 261 cranes completed the migration this year. Lectures, boat tours, bus tours, exhibits and workshops are among the offerings, as is a free Nature Trade Show at the Port Aransas Civic Center. For more information, visit the Port Aransas Chamber of Commerce website at www.portaransas.org or call toll-free, 1-800-45-COAST (452-6278).

Who Knew?

ANIMAL CAPITALS

From the Chili Capital to the Gingerbread Capital, many Texas towns boast titles that make them stand out from the pack. During various sessions, the Legislature has officially designated the following towns as the state capitals of some of Texas’ unique animal populations.

ANAHUAC—Alligator

HAMILTON—Dove

KENEDY—Horned Lizard

LONGVIEW—Purple Martin

MAURICEVILLE—Crawfish

MIDLAND—Ostrich

WEST TAWAKONI—Catfish

WILLS POINT—Bluebird

CRAB CAKES IN LLANO

In a turn-of-the-century limestone building on the Llano town square, where a succession of dry goods stores and a millinery once served the household and fashion needs of local citizens, the Acme Café on the Square is building a culinary reputation. Sisters-in-law Maurie and Ann Beasley opened the café in 2005 on a whim. Attracted by the building’s original brick walls, tin ceilings and wooden floors, they decided to give their café a distinctly old-fashioned feel. But a glance at the menu reveals some palate-pleasing, up-to-date offerings. The house specialty is crab cakes, made fresh daily and served with homemade remoulade sauce. “We don’t put anything on the menu that doesn’t meet unanimous approval of the entire staff,” says Ann. Hours are 11 a.m.-3 p.m. Monday through Saturday. Sunday brunch, including pancakes, crepes, quiche and soup, is served from 10:30 a.m. to 2 p.m.

Acme Café on the Square, downtown Llano across from the courthouse, (325) 247-4437.
But for a physician in Weimar, population 2,100 or so, the experience isn’t that unusual. Robert Allen Youens was born and raised here. His grandfather Willis set up practice in Columbus in 1907. Robert’s father, Willis Jr., and his Uncle Thomas moved the practice 17 miles west to Weimar in 1947. Residents of Colorado, Fayette and Lavaca counties call him “Dr. Robert” to distinguish him from the now-deceased Dr. Willis and Dr. Thomas. Staff members, some of whom have been with the Youens-Duchicela Clinic for decades, call him “Dr. Bobby.” Except for the three years it took him to earn his bachelor's degree from the University of Texas, an accelerated three-year program at Baylor College of Medicine in Houston and a residency at Brackenridge Hospital in Austin, Youens has spent his life in this Czech-German community midway between Houston and San Antonio, where he gets his electricity from Fayette Electric Co-op.

Youens asks the woman in the hospital bed whether she’s still feeling dizzy. Dizziness and macular degeneration have led to a series of falls, including the latest one, which resulted in a nasty gash on her leg and a concussion. She wants to go home, at least to San Antonio with her daughter, who stands across the bed from Youens. “Would you be comfortable taking care of her wounds?” he asks the daughter, who nods. Then he makes eye contact with the patient, addressing her as “Mrs.” and her surname. Youens’ patients above the age of 20 are “Mister,” “Mrs.” and “Miss,” just as he is “Doctor” to them.

“I’m going to let you go home, but I want to determine two things first,” he explains with a comfortable hint of Central Texas twang as suited to discussing the price of crops at the feed store as to addressing a meeting of the Texas Academy of Family Practitioners, of which he’s incoming president. “First, are you still anemic? Second, can you get up and down?”

Then Youens turns to one of the three residents standing at the foot of the bed. “Dr. Schneiderman, you have a primary interest in geriatrics. What’s the main issue in geriatrics?”

David Schneiderman is stumped, so Youens answers his own question congenially: “Function. We have to determine whether she can be up and around enough to go home.”

Despite hailing from Lima, Peru, with a population of more than 8 million, Schneiderman is firm in his plans to practice in rural Texas. So are his fellow residents, Geraldo Garcia, from Monterrey, Mexico, and Jaime Ruiz-Perez, from Mexico City.

“People like to have the doctor be part of the community,” Garcia says when asked why he wants to be a coun-
Youens and colleagues Dr. Jorge Duchicela and Dr. Olga Duchicela run Weimar’s medical clinic.

Dr. Robert Youens, right, one of only three physicians practicing in Weimar, visits with Maurice Kaspar, left, and Johnny Kaspar at their meat market.
try doctor. “Dr. Youens goes shopping with them, goes to church with them. That’s what I want to do.”

For 15 years, Youens has been teaching residents and medical students as clinical assistant professor in the Department of Family Medicine at the University of Texas-Medical Branch (UTMB). When newly minted M.D.s and D.O.s enter the three-year program that provides real-world training in birth-to-death care, UTMB family medicine residents can opt for the rural residency track, spending four months in the second year and three in the third away from the Galveston campus in a small-town practice. Texas Tech’s Health Science Center has a similar program, as does the University of North Texas’ medical school. At Texas A&M, the Brazos Family Medicine Residency requires residents to spend four weeks out of each of their three years working with physicians in towns with populations under 9,000. A&M also offers a one-year rural practice fellowship for family practitioners who have completed their residencies and want to experience the realities of country doctoring.

“These programs are important because most of Texas is rural,” explains Dr. Lisa Nash, director of the UTMB program. “A lot of counties have only one doctor. If that doctor gets ill, what does that community do?”

In fact, 21 of Texas’ 254 counties have no doctor at all.

According to the Texas Department of State Health Services, while the number of primary care physicians (family practice, general internal medicine, obstetrician-gynecologists and pediatricians) dropped in 56 rural counties, it rose in 105 between 1995 and 2005. Rural residency programs can take some credit for the improvement, but people living in large, sparsely populated areas of West Texas still face the prospect of driving 100 miles or more to see a doctor. When asked what he’d do if one of his workers broke an arm, a Panhandle rancher replied, “Call the vet.”

As a country doctor in the 21st century, Robert Youens practices differently from his father and uncle, let alone his grandfather. He doesn’t carry a black bag, and he makes house calls only occasionally—for instance, to check on a patient with a broken hip who insists on staying at the farm rather than recuperating at the nursing home next to Youens’ clinic.

Youens holds a master’s degree in medical management, earned online, from the University of Southern California’s Marshall School of Business. He and his partners totally computerized their practice, switching patient records to a secure electronic

For a full year in 1989, Robert Youens practiced solo, seeing as many as 70 patients a day but not much of his wife and three children. Then, in 1990, Jorge Duchicela came and stayed.

The Duchicelas, who are brother and sister, and Youens meet with the clinic’s staff.
I WANT MY BUILDING TO ______________________ ______________________.

METAL BUILDINGS BY MUELLER

Starting at $3,595*

24' x 24' x 10'

GET YOUR FREE QUOTE ONLINE!

877-2-MUELLER (877-268-3553)

www.MuellerInc.com

*Prices subject to change without notice. Please check local building codes before ordering your Mueller building.
A few rural physicians are surgeons, but most are family practitioners, which necessitates keeping up with developments in diagnosis and treatment of virtually every human disease.

database. As of 2002, only 5 percent of family medicine physicians in Texas had done likewise. Electronic medical records check automatically for drug interactions and give the physician access to the patient’s chart even when he or she is out of the office. Although it incorporates 21st century advances, Youens’ approach to rural medicine rests on the time-honored “Four As of Medical Practice”: to be available, affordable, affable and able.

Youens’ day begins at 7 a.m. with rounds at the 38-bed Colorado-Fayette Medical Center, the community hospital his father and uncle founded in 1949. Then, skirting the parking lot, he strolls to the 18,000-square-foot clinic for appointments with patients. Some he’s known all their lives. Others have known him all his. One he introduces as “The Quilter of Weimar.” Another bakes the best kolaches in town. A third was the clinic’s X-ray technician for 37 years. Altogether, Youens and his partners see about 40 people a day. Although half are on Medicare, the doctors also treat a lot of children and young and middle-aged adults for everything from diabetes and heart disease to fractures from farming accidents.

A few rural physicians are surgeons, but most are family practitioners, which necessitates keeping up with developments in diagnosis and treatment of virtually every human disease. That presents a special challenge: how to stay current. Family medicine was the first specialty to require physicians to get recertified periodically. A country doctor with partners can get away to prepare for and take board exams, attend professional conferences and stay abreast of research and new treatments that could help his or her patients. If a family emergency or a wedding or college graduation comes up, leaving town is a simple matter of shifting patients to a partner, who also knows them. A solo doctor either has to close the practice temporarily or call in a locum tenens—a physician who makes his or her living covering for others.

Youens has experienced the challenges of solo practice directly. He joined his father immediately after completing his residency in 1979. After a stroke in 1982 forced Dr. Willis to retire, Dr. Robert retained a national search firm to help recruit a replacement. But as enthusiastic as candidates seemed during the first months, the new physicians didn’t stay long. Asked why, Joan Prihoda, the clinic’s office manager, who grew up in Plum and La Grange, explains, “Honestly? The wives weren’t happy. There’s not much shopping, and you have to go to Katy to see a movie. It’s only 50 minutes away, but
She is an extraordinary gift, and now you can share your love and hope for her blessing with the "My Blessed Daughter Sapphire and Diamond Earrings."

Exclusive Design ... Exquisite Craftsmanship
Stylish earring of unique design and endearing sentiment, our exclusive jewelry creations are finely hand-crafted in solid sterling silver. Each earring features a graceful cross design glistening with four genuine sapphires and a single brilliant-cut diamond. The earrings are richly accented in 24k-gold plating as well, and the final touch is a moving inscription beautifully engraved on the inside: May the Lord bless and keep you, my precious daughter.

A Remarkable Value ... Available for a Limited Time
Complete with a Certificate of Authenticity and custom gift box, these hand-crafted earrings are an exceptional value at just $99*, and you can pay for them in 4 easy monthly installments of $24.75. To reserve your earrings in either pierced or non-pierced style, backed by our unconditional 60-day guarantee, send no money now. Just mail the Reservation Application.

LIMITED TIME OFFER
Reservations will be accepted on a first-come-first-served basis. So please respond as soon as possible to reserve your earrings.

*Plus a total of $7.96 shipping and service. Please allow 4-6 weeks for delivery of your earrings after we receive your initial deposit. All sales subject to product availability and order acceptance.
it feels far. It takes a certain kind of person to want to live in a small town.”

For a full year in 1989, Robert Youens practiced solo, seeing as many as 70 patients a day but not much of his wife and three children. Then, in 1990, Jorge Duchicela came and stayed. A native of Ecuador who attended the University of Wisconsin on a soccer scholarship and then stayed on for medical school, Dr. Jorge, as he’s known in Weimar, speaks fluent Spanish, as does his sister, Dr. Olga Duchicela, who joined the Youens-Duchicela Clinic in 2000. That fluency is a plus in rural Texas, where many agricultural workers are Hispanic. In fact, patients from Lee County drive past the medical practices in La Grange to see Dr. Jorge and Dr. Olga.

One thing that distinguishes family medicine, wherever it’s practiced, from other specialties is that family physicians treat patients in their psychosocial context. If a woman comes in complaining of stomach pain, a gastroenterologist is inclined to order an endoscopy right off. A family doctor will sit down with the patient, ask, “Was anything unusual going on in your life at the time the pain started?” and listen.

Even if the patient says no, a small-town doctor will often be aware of the daughter’s divorce, the husband’s three arrests for DWI, or other stressors a suburban practitioner might have no way of knowing about.

After 28 years in practice, Youens sees patients at 68 whom he first saw at 40, and patients he first saw at 60 who are now 88. For a rural physician, observing the same patient over decades imparts a powerful personal message.

“You watch these people through the continuum of their lives, and your own mortality becomes very real,” he says.

And today’s country doctors, like generations before them, observe their patients in the full context of the small community where both live. The frail woman in the nursing home isn’t only an 85-year-old lady with Alzheimer’s and chronic lung disease; she’s the retired postmistress.

In an urban or suburban practice, the relationship often goes one way. The patient is the patient, and the doctor is the doctor. But in a rural practice, the relationship is reciprocal. The patient is both the patient and the man who fixes the doctor’s lawnmower or the woman who teaches her children, and the doctor is both the doctor and the regular customer or the member of the PTO.

“On a Saturday morning if I’m not seeing patients, I’ll go down to M-G to buy bedding plants, and then I’ll stop in at the Screen Door, a boutique,” Olga Duchicela says. “The people who work

And today’s country doctors, like generations before them, observe their patients in the full context of the small community where both live.
in those stores are our patients. So is the guy who does weightlifting at the fitness center.”

That familiarity cuts both ways. A resident of a small town might not want someone she runs into at the supermarket and high school football games to know the details of her battle with colitis. That’s why some Weimar residents go to doctors in Columbus, and vice-versa.

Occasionally, the rural physician, too, needs some privacy. To relax, Youens and his wife go to Austin—for the restaurants, for the shops, but also for the anonymity.

“I’m a very public person here,” he explains.

Nash says access to a larger urban area, with museums, shopping malls, performing arts and a commercial airport, is one of the main factors that keep today’s rural physicians content with their lives. Facilities at the local hospital are another. (Does it have its own lab for bloodwork? Does it have an MRI machine?) But the most important factor is the lifestyle—not the idealized fantasy of country life, but an appreciation of the pleasures and responsibilities of being fully embedded in a small community.

As one of the most educated and worldly people in town, a rural physician holds a position of exceptional influence. Youens served on the school board. Jorge Duchicela is chairman of SWIFT (Schulenburg and Weimar in Focus Together), a nonprofit dedicated to improving local health and education. Olga Duchicela founded Healthy High, a group promoting health among Weimar and Schulenburg teens.

“You get a lot of respect in a community this size,” Youens observes. “That respect comes from my father and from my grandfather, from generations of doctors who spend their days and nights taking care of people. But you have to earn it for yourself again and again.”

_Sandy Sheehy learned about rural residency programs through her day job as a development officer with the University of Texas Medical Branch-Galveston. Her last story for Texas Co-op Power was “Birth of a Boot” in the August 2007 issue._
A few years ago, Tim Gearn designed and built a large puppet playroom for the children at his Panhandle church. It was such a success that soon he began looking for another project. “I just got to thinking, ‘You know, why can’t adults have something that’s fun? You know, I got a big yard!’”

He soon found an outlet for his energy and creativity—one that would turn his backyard, about 5 miles from Hereford, into a local landmark. A traveling carnival came to town for a Lions Club fundraiser, and inspiration struck. After researching different kinds of carnival rides, Tim decided to buy a used Ferris wheel. He eventually found one from a defunct amusement park in San Antonio.

When I was a kid, they had models that they moved all over the country. This particular type of wheel fell out of favor because it takes a lot of labor to put up. The new ones now are almost self-erecting, but they’re very expensive. The older stationary types were more affordable.

After collecting the dismantled Ferris wheel, Tim spent months rebuilding all the seats and refinishing the wheel before it was ready to set up. He even bought a sewing machine and learned how to make the covers for the seats.

It took five people 10 hours to erect the magnificently refurbished Ferris wheel, but once it was up, it was installed to stay and quickly became a recognized feature in the minimalist Hereford skyline. “Everybody knows about the Ferris wheel,” says Tim’s wife, Keith Ann.

You can see it from the football stadium. We light it up when we win, and oh gosh, people love to come out here. We had a group of women come out here who had been in this little club for 25-30 years. And some of them were in their 70s, and a few were younger, but you could just tell when they walked in that they were all great friends. Well, we put them on the Ferris wheel, and they became little girls again. And before long, they were at the top going, ‘Wooo!’ raising their arms and giggling and laughing. They were probably the rowdiest bunch we’ve had out here, and that includes the time we had 80 teens over for a party.

It was obvious from the first that folks were going to have a ball riding that Ferris wheel, but despite all the thought they put into it, even the Gearns couldn’t have predicted how a simple ride could have such a profound effect on people. “When you get on the Ferris wheel, something happens,” ventures Keith Ann.

I’ve had some of the hardest businessmen out here, you know, because we work with oil fields, cattle, mining, and...
so when they come out for dinner or for business, we always get them out here for a ride. And I’ll ride with them or Tim will take them round, and pretty soon these old guys soften up and they start saying things like, ‘Well, I remember back when I was with my dad, and he took me on my first Ferris wheel ride.’ You can’t quite get a hold of what it is, but something changes and they’re better when they leave.

Keith Ann and Tim didn’t anticipate the transformative power a simple ride on a Ferris wheel would have for people, but it’s become the best part of having the carnival rides in their backyard. Tim adds,

At first when people get on it, they’ll be a little apprehensive, and then it kind of lullabies you; it’s kind of like rocking in a cradle. It’s very soothing and relaxing, especially at night when you can see all the lights. It adds a lot to life to enjoy a machine that’s not built to do anything except to be fun.

Tim later designed, built and installed a carousel companion to the Ferris wheel in the old caliche pit on their property.

When you’re on the Ferris wheel, you get a panoramic view of the whole Panhandle landscape: the huge feedlots, the endless fields of milo sorghum, the high school stadium, and the town of Hereford, home of Deaf Smith Electric Cooperative. When you’re on the Ferris wheel, the bright red tent of the carousel beneath you is nestled in the grassy embrace of the rehabilitated pit, and on the hill behind, an old wooden windmill companionably rotates in its own squeaky rhythm. Time seems to slow down, and you begin to hope your turn will last forever. Tim describes the joy of sharing fun for the sake of fun:

It’s just, ‘Hey! Come over to my house and play with my toys!’ It’s just fun. There are a lot of pressures in life and there aren’t a lot of things that are just for fun. I wanted something that was right here at home, where we could interact with the community, and something that little kids would like.

But Keith Ann puts it best:

It’s not the big moments, but the series of little moments that matter when you’re turning your place into what really matters: peace, hospitality, goodness and welcome.

What goes around, comes around.

This article is excerpted from Yard Art and Handmade Places: Extraordinary Expressions of Home by Jill Nokes, an author, conservationist and landscape designer. The book was published in November by the University of Texas Press.
The Largest Tractor Package Dealer in the USA!

- 5103 45HP Tractor & Insulated Canopy Top
- 512 Loader with Grille Guard & Joystick
- 6' Cutter & Box Blade, Post Hole Digger
- 18' HD Tandem Trailer
- PACKAGE PRICE = $19,998 or $339/mo

- 5203 45HP Tractor & Insulated Canopy Top
- 512 Loader with Grille Guard & Joystick
- 6' Cutter & Box Blade, Post Hole Digger
- 20' HD Tandem Trailer w/ramps & brakes

- 5303 64HP Tractor & Insulated Canopy Top
- 512 Loader with Grille Guard & Joystick
- 6' Cutter & Box Blade, Post Hole Digger
- 20' HD Tandem Trailer w/ramps & brakes

All New 5003 Series now available with 4WD! Only $119 more a month!

700 PACKAGE INCLUDES:
- 30HP 4WD Tractor, Insulated Canopy Top, 300 Loader, 5' Rotary Cutter, 5' Box Blade, Post Hole Digger & 18' HD Tandem Trailer
- PACKAGE PRICE = $18,998 or $319/mo

$100.02 Package - $0 DOWN!
$24,998 or $424/mo

790 PACKAGE INCLUDES:
- 30HP 4WD Tractor, Insulated Canopy Top, 300 Loader, 5' Rotary Cutter, 5' Box Blade, Post Hole Digger & 18' HD Tandem Trailer
- PACKAGE PRICE = $18,998 or $319/mo

Finally, Affordable Healthcare!

Designed for business owners, individuals and families.

Entire Family Only

$59.93 per month

- Medical
- Dental
- Vision
- Prescriptions

No restrictions on current health conditions • No limitations on usage • No age restrictions

ALSO INCLUDES:
- Doctor visits
- Hospitalization*
- 24 hr. nurse hotline*
- Eyeglasses
- Children’s braces
- Chiropractic and more

Leading The Way To Affordable Healthcare!

CALL NOW!
1-800-443-0491

A non-insurance solution to healthcare
This program is not available in all states.
Discounts are available only at participating providers and pharmacies.
30 day cancellation is available in certain states. *Not available in all states.

www.JohnDeere.com

John Deere is a trademark of Deere & Company.

TEXAS CO-OP POWER February 2008
Save up to 75% on Term Life Insurance!

Save time, too! Call Matrix Direct for a quick, accurate quote—right over the phone.

Why pay more for the quality life insurance coverage you need to help protect your family? Take advantage of big savings on quality term life insurance coverage with term choices from 10 to 30 years. Call now for your FREE, no obligation, life insurance quote. Expert advice, convenient service, and affordable rates... with one easy phone call to 1-800-325-3108!

Look at how little you could pay each month.*

<table>
<thead>
<tr>
<th>Coverage Amount</th>
<th>Guaranteed Level Premium Period</th>
<th>10 year</th>
<th>10 year</th>
</tr>
</thead>
<tbody>
<tr>
<td>$250,000</td>
<td>$300,000</td>
<td>$19.47</td>
<td>$34.56</td>
</tr>
<tr>
<td>$500,000</td>
<td>$500,000</td>
<td>$34.56</td>
<td>$69.12</td>
</tr>
</tbody>
</table>

For more specific rates, call Matrix Direct at 1-800-325-3108.

*Premium rates current as of 01/07/2008. Preferred Plus Underwriting Class, 10 Year Level Term, Policy Form #07007, issued by American General Life Insurance Company (AGL), Houston, Texas. Medical examination required. Premiums increase at the end of the guaranteed term if policy is renewed. Death benefit remains level. AGL may contest the policy for 2 years from date of issue for material misstatements or omissions on the application. Death benefit payable from any cause, except suicide within first two policy years. The underwriting risks, financial obligations and support functions associated with the products issued by AGL are solely its responsibility. AGL is responsible for its own financial condition and contractual obligations. AGL does not solicit business in the state of New York. Policies not available in all states. Policies and riders not available in all states. Ron Harris, Licensed Agent CA#0B57619. Matrix Direct, Inc. is a wholly owned subsidiary of AGL, both members of American International Group, Inc. Comparison based on monthly premiums for a 10 year level term policy, issued at each company’s best published rates for a male, age 40, non-smoker, as of 12/07/2007. Premium charges will depend on each applicant’s evidence of insurability.
**Don’t Get Burned**

As you warm yourself and your family indoors during the cold winter months, don’t get burned. Stay safe around heaters, stoves and other hot objects. Some tips:

- Keep your space heater several feet away from yourself, your furniture and your draperies while it’s turned on. And never leave a child alone in a room with an operating space heater.
- Don’t try to balance a child in one arm and hold a cup of hot coffee or tea with the opposite hand.
- Avoid loose clothing while cooking or tending to the fireplace. Throw on a short-sleeved shirt to cut your risk of catching your clothes on fire.
- Turn pot handles away from the edge of the stove to avoid knocking the pots over.
- Puncture microwavable plastic bags and keep containers slightly ventilated while they’re in the microwave oven. This prevents buildup of scalding steam.
- If you have a grease fire, don’t try to move or touch the pan. Instead, turn off the heat and cover it with a lid.
- Place fireplace ashes in a metal container outside by themselves. This gets them out of the house and isolates them from flammable materials.
- Teach kids respect for fire: Let them know that it’s dangerous and not something to play with or around.

**KEEP THE COLD AIR OUTSIDE THIS WINTER**

Don’t let your hard-earned money blow away through drafty doors and windows or uninsulated attics, walls and floors. As we stay indoors to stay warm this winter, save your money and reduce your utility bills by following these tips:

- Find air leaks inside and around the exterior of the home. Check around fixtures that penetrate walls, such as exhaust fans and electrical outlets. Look for unfilled gaps and cracks near dryer vents, chimneys and facade pipes.
- Seal leaks between moving parts with weather stripping, such as between a door and its frame. Caulk cracks between windows and walls, as well as around door frames.
- Replace your screens with storm windows and doors. If you have older or leaky windows that you can’t replace, consider doing temporary fixes, such as using plastic film kits that create the effect of an interior storm window.
- If you are shopping for new windows, doors or skylights, look for ones with the Energy Star label.
- Make sure attics and flooring above unheated areas, such as crawl spaces and the garage, are properly insulated.
- Have your furnace checked by a professional to make sure it’s operating safely and at its optimal level—and change your furnace filters monthly.
- Have a programmable thermostat installed to automatically raise and lower home temperatures for energy savings by day and night.

**HOW MUCH ENERGY DOES IT REALLY USE?**

If you’re trying to decide whether to invest in a more energy-efficient appliance or you’d like to determine your electricity loads, you can estimate appliance energy consumption.

You can use this formula to estimate an appliance’s energy use:

\[ \text{Wattage} \times \text{hours used per day} \times \text{days used per year} \div 1,000 = \text{kilowatt-hour (kWh) consumption per year} \]

For example:

<table>
<thead>
<tr>
<th>APPLIANCE WATTS</th>
<th>WATTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clothes washer</td>
<td>350–500</td>
</tr>
<tr>
<td>Clothes dryer</td>
<td>1,800–5,000</td>
</tr>
<tr>
<td>Dishwasher</td>
<td>1,200–2,400</td>
</tr>
<tr>
<td>Microwave oven</td>
<td>750–1,100</td>
</tr>
<tr>
<td>Personal computer CPU—awake/asleep</td>
<td>120/30</td>
</tr>
<tr>
<td>Monitor—awake/asleep</td>
<td>150/30</td>
</tr>
<tr>
<td>Laptop</td>
<td>50</td>
</tr>
<tr>
<td>Refrigerator (16 cubic feet)</td>
<td>725</td>
</tr>
<tr>
<td>Televisions</td>
<td></td>
</tr>
<tr>
<td>27-inch</td>
<td>113</td>
</tr>
<tr>
<td>36-inch</td>
<td>133</td>
</tr>
<tr>
<td>53- to 61-inch projection</td>
<td>170</td>
</tr>
<tr>
<td>Flat screen</td>
<td>120</td>
</tr>
<tr>
<td>Water heater</td>
<td>4,500–5,500</td>
</tr>
</tbody>
</table>
MAKE YOUR HOME LIGHTER—NOT YOUR WALLET

Try lighting your home differently and your wallet might get a little heavier.

Compact fluorescent light bulbs (CFLs)—the twisty ones that last up to five years—use about two-thirds less energy than incandescents. That energy savings translates into lower energy bills.

You can save $30 over the lifetime of each CFL you use in place of a traditional incandescent bulb. CFLs may last for 6,000 or more hours before they burn out.

As a bonus, a CFL doesn’t put off much heat when it burns, unlike the incandescent light bulbs you’re probably using now. The result: The CFL doesn’t add heat to the air in a room that you’re trying to cool when it’s hot outside. Less added heat means your air conditioner doesn’t have to work so hard. That can save you even more.

The latest CFLs are much improved from those slow-to-turn-on, pale-white bulbs of the past. If you tried CFLs a long time ago and didn’t like the color or the delay, try them again. The light and performance of the latest CFLs are much closer to what you’re used to.

It’s true that CFLs cost more than incandescents—from around $2 to $10 per bulb compared with less than $1 per incandescent bulb. But you’ll more than make up the difference by paying lower electric bills.

WHICH CFL EQUALS MY OLD 60-WATT BULB?

Choose a compact fluorescent light bulb between 13 watts and 15 watts if you want it to light your room about as brightly as your traditional, 60-watt incandescent light bulb.

Most manufacturers include “product equivalency” numbers on the package, so you might see a label that says “soft white 60” or “60-watt replacement.”

Here’s a guideline for CFLs that replace incandescent bulbs of other wattages:

<table>
<thead>
<tr>
<th>INCANDESCENT</th>
<th>CFL</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 watt</td>
<td>7-9 watt</td>
</tr>
<tr>
<td>60 watt</td>
<td>13-15 watt</td>
</tr>
<tr>
<td>75 watt</td>
<td>18-20 watt</td>
</tr>
<tr>
<td>100 watt</td>
<td>23-25 watt</td>
</tr>
</tbody>
</table>

TEST YOUR POWER LINE SAFETY KNOWLEDGE

TRUE OR FALSE? Power lines are insulated for contact.

False. While power lines may have a covering to protect against weather, they are not insulated for contact.

Birds can sit on power lines unhurt because they don’t represent a path to the ground. You and your ladder do.

TRUE OR FALSE? I should keep myself and any equipment I’m using at least 10 feet away from any power lines.

True. Power lines can jump, or arc, from a power line to a worker who gets too close. The best insulator is lots of space. You should keep yourself and any equipment you’re using a minimum of 10 feet away from power lines, but far greater distances are recommended.

TRUE OR FALSE? I can be electrocuted by a power line even if I am wearing gloves and rubber boots.

True. Work gloves and rubber boots offer no protection against contact with a power line. Once again, space, and lots of it, is the best insulator.
Today’s parents simply can’t fathom why a child would want to pierce her belly button.

BY SHERYL SMITH-RODGERS

Whenever the question came up, I’d take a deep breath and play dumb. In the scheme of life, I know it’s always best to handle issues head-on, not tiptoe around them and act like everything’s fine. But in this particular case, I couldn’t help but break the rule.

“Mom, can I get my belly button pierced? That’s all I want for my 16th birthday. Please?” Then she’d smile at me, flash those pretty teeth and wait for an answer.

Welcome to the current generation gap. And it’s a wide one, folks. Sometimes, I have no clue.

As a teenager, I was grateful when my parents allowed me to pierce my ears—one hole in each ear.

Enter my daughter, Lindsey, who had her ears pierced at age 7. For her 14th birthday, she requested a second pair of holes in her lobes. What’s more, she encouraged her mother to do the same ... me, a 40-odd-year-old fashion queen who wears high-waisted jeans in public and fuzzy socks in bed.

Just a few weeks before, I’d visited with a childhood friend who had double-pierced ears. Jenette’s tiny diamond studs coupled with modest hoop earrings looked pretty. Why not, I thought? So when the day came for Lindsey’s ear piercing, I had mine done, too.

For her next birthday, Lindsey wanted a THIRD pair of piercings in her lobes, and I signed the parental paperwork once again.

This newest birthday wish really befuddled me, though. A belly button ring? Whatever for?

“I just want one,” Lindsey answered matter-of-factly.

But why?

“Just ’cause,” she shrugged.

Later, during parental talk time in bed, James, her stepfather, helped put the issue in perspective.

“It’s a teenage-girl thing,” he whispered in the dark. “And it’s just a little hole that’ll grow back. We’ve told her she has to pass chemistry first, then maybe she can get it done. I don’t see anything wrong with it. She’s not asking to pierce her eyebrow or lip. And remember, it’s NOT A TATTOO.”

To this day, I’m still not sure how she managed, but Lindsey passed her chemistry class by one point. Naturally, I shared her relief—no more chemistry class.
I also felt a bit of dismay ... now I had to shop for a TATTOO PARLOR.  

Shortly after dark on the appointed day, we pulled in front of a glass-fronted business dubbed as the town’s “best tattoo parlor.” Surreptitiously, I glanced over my shoulder as we trooped through the door. Heaven forbid that anyone see us here.  

Inside, rock music blared. Fish swam in murky aquariums. Models on a video showed off their assorted bodily piercings. A glass display case featured jewelry for piercees while numerous books touted designs for tattoo candidates. For several minutes, James and I just stood there, trying not to gape.  

“It’s not too late—you don’t have to do this,” I told Lindsey. But she shook her head vigorously. There was no changing the girl’s mind.  

Finally, Corey—who’d been busy with a previous piercing job—led us to a brown vinyl-covered table, where he asked Lindsey to lie down. Throughout the procedure, he answered Lindsey’s questions, stressed his use of a clean, never-before-used needle and patiently ignored the steady flashes of my camera.  

In less than 10 minutes, Corey helped Lindsey sit up, then handed her a mirror. Her face immediately lit up with pure happiness. She’d gotten her wish.  

More than a week later, I mentioned to a friend what Lindsey had wanted for her birthday. “Oh, I bet that was hard on you,” he sympathized.  

I smiled and nodded in return.  

But really, I realized later, it hadn’t been. I’d never felt adamantly opposed to the idea, just very puzzled. I simply couldn’t fathom—and probably never will—the appeal of having a hole in your navel. But I don’t need to understand. My mother didn’t pierce her ears until she was well into her 40s. Her mother never did at all. Each generation chose their own way, and we all grew to be good, strong, true women.  

That’s what I’ve tried so hard to do with my daughter—allow her to find herself and be herself, to be independent and confident, wise and ambitious. It’s been a rocky journey, and at times I’ve questioned my parental skills, especially during the years when black dominated her wardrobe.  

But this I know—one way or another, Lindsey in her own way will knock out the world someday ... with or without a ring in her belly button.  

Sheryl Smith-Rodgers is a frequent contributor to Texas Co-op Power.
The sun’s not even up yet when Dallas Wayne slips on his earphones, boots up his computer and reviews eight or so pages of notes. A quick puff from a smoldering cigarette, followed by a gulp of strong coffee, then he’s on the air.

“Howdy, folks, this is Big D here on the O.C., Sirius 63,” Wayne draws into a big, black microphone. Beneath his swivel chair, a tabby cat saunters by Wayne’s bare feet and sniffs a nearby suitcase that’s lying open on the floor. Downstairs, a telephone jangles, and breakfast dishes clatter in a sink.

Forget a fancy sound room at a big-city radio station, where most disc jockeys spin their albums. This laid-back guy broadcasts from home.

“A few years ago, if you’d told me I’d be sitting in my house in Bastrop County, doing a coast-to-coast show, I’d say no way,” Wayne muses after finishing his country music program that broadcasts daily on Sirius Satellite Radio. “Working with the O.C. has turned into my primary job.”

O.C. is short for Outlaw Country, one of more than 160 channels available to Sirius subscribers around the world who pay $12.95 and up a month for the commercial-free service. Genres appeal to a wide range of tastes: rock, pop, classical, comedy, talk, sports, kids and Latin, to name a few.

On the country music side, listeners can choose from classic favorites, hits from the ’80s and ’90s, current hits and bluegrass. Outlaw Country dishes up a raw honky-tonk style made famous in the 1970s by Waylon Jennings and Willie Nelson.

“We play everything from Jimmie Rodgers, Milton Brown and Bob Wills all the way to the Marshall Tucker Band, George Jones and Dolly Parton,” Wayne says in his rich, deep voice. “Our parameters for picking music are if it’s real, we’ll play it. NO Shania Twain! This channel is edgy!”

Wayne knows his music. That’s because the Missouri native started in the business as a teen, when he learned how to play guitar and toured with a bluegrass band on summer breaks. “That was quite an education,” he says. “Later as a young man, I dabbled in radio. I’d always liked radio because it was a conduit to the music I loved as a kid.”

In the ’80s, a move to Nashville furthered Wayne’s professional career. In 1990, he released his first two albums. The next year, he toured Europe and signed on with a record company in Finland. The deal—which produced six albums—also inspired Wayne and his wife, Jo, to live in Scandinavia for four years.

In 2000, they returned home and settled in California. There he signed on with HighTone Records and toured with the Twangbangers, a popular honky-tonk band. When Wayne lost his booking agent and Jo lost her job, the couple decided to move to Austin, where he jumped back into the country music scene. Two years later, they moved a final time into a two-story house that’s nestled among towering pines near Bastrop.
Meanwhile, Jeremy Tepper—founder of the Diesel Only Records music label and a music format manager with Sirius—invited Wayne to deejay for Outlaw Country from home. “We’re already playing your music,” Tepper pointed out.

Wayne, though, hesitated at first. “I was still touring a lot, and I was concerned that it would interfere with the radio work,” he recalls. “But Jeremy said my traveling around would make good radio. Then he showed me how to do my show from the road.”

At home, Wayne converted an upstairs bedroom into a studio for both his music and radio work.

“It’s fascinating technology,” he says, nodding toward his split-level desk outfitted with a computer keyboard, flat-screen display, dual speakers and sound-processing board. I record the show, then transmit it via Internet to New York.”

However, working from home is not without its frustrations. Lucky, the family cat, occasionally crawls on his keyboard. “I’m in trouble if he hits the ‘send’ button,” Wayne cracks. And every Tuesday morning, the garbage truck thunders by at precisely 9:15. “I’d better be done with whatever I’m doing because you can always hear it coming,” he says.

Taping while on the road sometimes calls for creativity, too. “I’ve done my show on Interstate 95 in my truck while driving through South Carolina,” he says. “I’ve done a show at 3 a.m. in a hotel room and taken the cushions off the couch to make a soundproof tent around the desk. I’ve even done a show in bed with room service bringing me breakfast. Radio is spontaneous. It’s a lot of fun.”

The love Wayne has for his work resonates in his on-air, down-home chitchat. He’s real and relaxed, ever the outlaw rebel. “Sometimes I get political, sometimes I get offensive,” he admits.

Mostly, though, he comes across like a neighborhood good ol’ buddy.

“He’s real and relaxed, ever the outlaw rebel. “Sometimes I get political, sometimes I get offensive,” he admits.

Mostly, though, he comes across like a neighborhood good ol’ buddy.

“Proud to have you here today on the O.C., folks,” he declares before sharing a recent happening in country music or maybe a news story with a moral. “Never use a shotgun to loosen a lug nut, no matter HOW tempted you are,” Wayne chuckles. “That’s what a man up in Washington state did the other day ...”

Hear Dallas Wayne weekdays from 11 a.m.-3 p.m. on Outlaw Country (Sirius channel 63); “Deep in the Heart of Texas” runs Saturdays from 8 p.m.-midnight. On The Roadhouse (Sirius channel 62), Wayne airs weekends from 11 a.m.-5 p.m. Check out his newest album online at www.dallaswayne.com. His broadcasts from home are powered by Bluebonnet Electric Cooperative.

Sheryl Smith-Rodgers writes essays and feature articles for Texas Co-op Power.
QUICKGREEN

Enjoy the beauty of a quick rich green lawn. QUICKGREEN...an elastic green, velvet-like appearance... lasts all year round.

QuickGreen grass mixture is developed to withstand cold, drought, disease, and heavy traffic.

QUICKGREEN produces a real show stopper. Sprouts within five days of planting. This carefree grass can be planted in practically any kind of soil. It’s so hardy and thick it chokes off weeds.

Simple! Seed it...rake it...water it... that’s it! Fast... Efficient... Reliable... Economical... Guaranteed Fantastic Results!

For less than a penny... you can grow a lush square foot of QUICKGREEN grass... all year round. No need to spend a fortune for pre-grown "plugs" or for sod with time consuming, back breaking work.

All you do with QUICKGREEN is Sow It! Grow It! Mow It! That’s It!

Order Now! Not Available in stores. Shipped at the appropriate planting time for your region.
THOMPSON BARNS
“We Do It Right – We Do It All”
Full Construction to Clean Up
Heavy Duty ‘Beam’ Construction
CREDIT CARDS ACCEPTED
TEXAS PROUD • 800-583-8632

STILWELL CONSTRUCTION
BARNS, SHOPS, GARAGES, SHEDS, STALLS, ETC.
1-866-211-8902 www.stilwellconst.com

USED CONTAINERS
Equipment Storage Service
1-866-377-2289 Selling for Less at ESS for over 20 years!

HIGH RATES ON 1-YEAR CDs
TENXAS TOLL-FREE 1-800-359-4940
BLAKE MATTSON, CFP™
Signal Securities, Inc.
5400 Bosque, 4th Floor, Waco, TX 76710
“Serving Customers All Over Texas”

Manufactured Home or Pier & Beam Home
Insulated Cement Skirting
3 designs & 11 colors to choose from!
Replace your vinyl skirting with STONECOTE.
1-888-724-1504 www.stonecote.com

FLOATING FISHING PIER
On your pond or lake, with or without roof.
All sizes—installation available.
45 YEARS’ EXPERIENCE
Call for Free Information • 1-800-310-1425
www.ellisonmarine.com • Ellison Marine, Franklin, TX.

BRUSH SHARK
Skid Steer mounted shear.
½” to 6” diameter trees and brush.
Perfect for cedar, shin oak, persimmon, mesquite.
512-263-6830 • www.brushshark.com

WATER PROBLEMS ??
NO MORE IRON!
NO MORE SULFUR!
NO MORE HARDNESS!
NO MORE BACTERIA!
PROBLEMS SOLVED WITH
NO SALT & NO CHEMICALS
FREE BROCHURE • 1-800-392-8882
MONEY BACK GUARANTEE!
www.waterproblems.net

ADVANTAGE STEEL BUILDINGS
Quality Buildings at Affordable Prices
30’ x 50’ x10’ .................. $6,290
40’ x 60’ x 12’ .................. $8,975
50’ x 75’ x 14’ .................. $13,547
80’ x 120’ x 16’ (M-1) ...... $32,133
Minis - 30’ x 100’ with 20’ 10’ x 15’ units - $10,529
1.877.657.8335 www.advantagesteelbuildings.com

AMERICAN METAL COMPONENTS
Pre-Fabricated All-Steel Building Kits
Many Options and Financing Available
Portables, Shops, Garages, Barns, Offices, Warehouses
25-gauge galvalume roof and walls with 25-year warranty.
1-866-424-2534 www.amcbldg.com

AMERICAN METAL COMPONENTS
Pre-Fabricated All-Steel Building Kits
Many Options and Financing Available
Portables, Shops, Garages, Barns, Offices, Warehouses
25-gauge galvalume roof and walls with 25-year warranty.
1-866-424-2534 www.amcbldg.com
Visit us on the web at www.suncloud.com or call (877) 703-HEAT (4328)

STEEL BUILDING SPECIALS

25 YEAR COLOR WARRANTY

PRICES INCLUDE COLOR SIDES & GALVALUME ROOF

<table>
<thead>
<tr>
<th>Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>30’ x 50’ x 10’</td>
<td>$7,999</td>
</tr>
<tr>
<td>40’ x 60’ x 12’</td>
<td>$10,600</td>
</tr>
<tr>
<td>60’ x 100’ x 16’</td>
<td>$24,985</td>
</tr>
<tr>
<td>80’ x 100’ x 16’</td>
<td>$32,250</td>
</tr>
<tr>
<td>100’ x 150’ x 16’</td>
<td>$55,485</td>
</tr>
</tbody>
</table>

Prices F.O.B. Mfg. Plants; Sealed Stamped Blue Prints. Local Codes May Affect Prices

FREE BROCHURE • CONSTRUCTION VIDEO

RHINO STEEL BUILDING SYSTEMS

Fax: 940-484-6746  email: info@rhinobldg.com
Website: www.RHINOBLDG.COM
Toll Free 1-888-320-7466
Maintain your country driveway with the DR® Power Grader!

*Photos above shown with options

24 Texas locations to serve you!

Abilene (Clyde) • 800-677-2502
Amarillo • 800-677-2519
Beaumont (Vidor) • 800-677-2513
Bryan • 800-677-2508
Burnet • 800-301-8158
Conroe • 800-677-2815
Corpus Christi (Mathis) • 800-677-0632
Fl. Worth (Weatherford) • 800-677-2504
Gainesville • 800-677-2514
Greenville (Caddo Mills) • 866-284-5790
Longview • 866-328-1357
Lubbock • 800-677-2710
Lufkin • 800-677-2517
Paris (Reno) • 800-677-2925
San Antonio (Schertz) • 800-677-2516
Texarkana • 866-423-0646
Victoria • 800-677-2428
Waco (Bellmead) • 888-524-0335
Waxahachie • 800-677-2503
Wichita Falls • 800-677-2598

© 2008 CHP, Inc. 60487

PATENTED DESIGN easily fills in potholes, smoothes washboard.
POWERED ACTUATOR controls grading depth with the push of a button.
CARBIDE SCARIFYING TEETH loosen the hardest composite surfaces.
LOOSENS AND REDISTRIBUTES composite driveway surfaces without the need to haul, shovel, or rake new material.

Call TOLL-FREE for a FREE DVD and CATALOG with complete details including Factory-Direct prices, model specifications, and your 6-Month Risk-Free Trial.

1-877-201-5995

www.DRpowergrader.com

© 2008 CHP, Inc. 60487

*[PHOTOS ABOVE SHOWN WITH OPTIONS]*

24 Texas locations to serve you!

Abilene (Clyde) • 800-677-2502
Amarillo • 800-677-2519
Beaumont (Vidor) • 800-677-2513
Bryan • 800-677-2508
Burnet • 800-301-8158
Conroe • 800-677-2815
Corpus Christi (Mathis) • 800-677-0632
Fl. Worth (Weatherford) • 800-677-2504
Gainesville • 800-677-2514
Greenville (Caddo Mills) • 866-284-5790
Longview • 866-328-1357
Lubbock • 800-677-2710
Lufkin • 800-677-2517
Paris (Reno) • 800-677-2925
San Antonio (Schertz) • 800-677-2516
Texarkana • 866-423-0646
Victoria • 800-677-2428
Waco (Bellmead) • 888-524-0335
Waxahachie • 800-677-2503
Wichita Falls • 800-677-2598

© 2008 CHP, Inc. 60487

PATENTED DESIGN easily fills in potholes, smoothes washboard.
POWERED ACTUATOR controls grading depth with the push of a button.
CARBIDE SCARIFYING TEETH loosen the hardest composite surfaces.
LOOSENS AND REDISTRIBUTES composite driveway surfaces without the need to haul, shovel, or rake new material.

Call TOLL-FREE for a FREE DVD and CATALOG with complete details including Factory-Direct prices, model specifications, and your 6-Month Risk-Free Trial.

1-877-201-5995

www.DRpowergrader.com

© 2008 CHP, Inc. 60487

[Metal Mart]

STEEL BUILDING PACKAGES
RESIDENTIAL • COMMERCIAL • FARM & RANCH

CUSTOM SIZES WITH SHORT LEAD TIME!

ON SALE NOW!: Save $700
30’x40’x12’ Econo HD
$6,995 Reg. $7,695

40’x50’x12’ Econo HD
$8,995 Reg. $9,695

IBC 10-5-90 MPH
OFFER ENDS FEBRUARY 28, 2008
Price includes material delivery, construction, 1 pre-hung door, 1 sliding door, factory trusses that meet the new 90+ mph wind load requirement, 6 skylights and warranty on labor and materials.

Ask for our brochure. Prices may be higher south of College Station & west of Abilene.

<table>
<thead>
<tr>
<th>Size</th>
<th>Price</th>
<th>Wt. Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>30x50x10</td>
<td>$7,595.00</td>
<td>40x60x12</td>
<td>$13,395.00</td>
</tr>
<tr>
<td>Galvanized</td>
<td></td>
<td>With 15x60 Shed</td>
<td></td>
</tr>
<tr>
<td>Enclosed</td>
<td></td>
<td>Galvanized</td>
<td></td>
</tr>
</tbody>
</table>

*COLOR AND OTHER SIZES AVAILABLE*

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

1-800-766-5793
www.bcibarns.com
e-mail: barn@azalea.net

Custom Built on your Land
No Down Payment
Low Interest Rates
No Payments for 6 Months
Our Plan or Yours
Land Payoff Available

United-Bilt Homes
More Than a Builder*
Request a free brochure:
Dallas Sherman
Texarkana Beaumont
Tyler Houston Austin
1.800.756.2506
www.ubh.com

Man Saver
POST DRIVER™

Drive most any wood or metal post on the market (up to 3.5” diameter).

Safe & Easy One Person Operation
Heavy Duty Construction
Runs Off Any Small Air Compressor

Starting at $450

www.rohrermfg.com
Spraying poison chemicals and digging weeds... Watering chores, watering bills! Sweating behind a roaring mower!

You can’t beat Amazoy as the low-cost answer for erosion on slopes, hard-to-cover spots, play-worn areas, or to end such lawn drudgery—here’s how!

1. CUTS WATER BILLS AND MOWING AS MUCH AS 2/3
   
   Would you believe a lawn could be perfect when watered just once? In Iowa, the state’s biggest Men’s Garden club picked a zoysia lawn as “top lawn—nearly perfect.” Yet, this lawn had been watered only once all summer to August!

   In PA, Mrs. M.R. Mitter wrote “I’ve never watered it, only when I put the plugs in... Last summer we had it mowed 2 times... When everybody’s lawns here are brown from drought, ours stays as green as ever.” That’s how zoysia lawns cut water bills and mowing! Now read on!

2. ENDS RE-SEEDING, NEVER NEEDS REPLACEMENT
   
   Plug in our zoysia grass and you’ll never have to spend money on grass seed again! Since you won’t be buying seeds, you won’t need to dig and rake—then hope the seeds take root before birds eat them or the next hard rain washes them away.

3. NO NEED TO DIG UP OLD GRASS
   
   Plant Amazoy in old lawn, new ground, whatever. Set 1” square plugs into holes in the soil 1 foot apart, checkerboard style. Plugs spread to drive out old, unwanted growth, weeds included. Easy instructions with your order. If you can put a cork into a bottle, you can plug in Amazoy.

4. FOR SLOPES, PLAY AREAS, AND BARE SPOTS
   
   You can’t beat Amazoy as the low cost answer for hard-to-cover spots, play-worn areas, or to end erosion on slopes.

5. IT STAYS GREEN IN SPITE OF HEAT AND DROUGHT
   
   “The hotter it gets, the better it grows!” Plug-in zoysia thrives in blistering heat, yet it won’t suffer winter kill to 30° below zero! It just goes off its green color after killing frosts, begins regaining its green color as temps. in the spring are consistently warm. Of course, this varies with climate.

6. CHOKES OUT CRABGRASS AND WEEDS ALL SUMMER
   
   Your established Amazoy lawn grows so thick, it simply stops crabgrass and summer weeds from germinating!

7. NO NEED TO SPEND MONEY ON DANGEROUS CHEMICALS
   
   Since zoysia lawns resist insects AND diseases, you avoid the risk of exposing your family or pets to weed killers and pesticide poisons. Plug in Amazoy and save the money, avoid the risks!

Every Plug GUARANTEED TO GROW IN YOUR SOIL No Ifs, Ands Or Buts!

Endless Supply of Plug Transplants

Transplant plugs from established Amazoy as you desire—plugged area grows over to provide all the plugs you’ll ever need.

Mow your zoysia lawn once a month—or less! It rewards you with weed-free beauty all summer long.

Endless Supply of Plug Transplants

Transplant plugs from established Amazoy as you desire—plugged area grows over to provide all the plugs you’ll ever need.

We ship all orders the same day plugs are packed at correct planting time in your area.

Every Plug GUARANTEED TO GROW IN YOUR SOIL No Ifs, Ands Or Buts!

Endless Supply of Plug Transplants

Transplant plugs from established Amazoy as you desire—plugged area grows over to provide all the plugs you’ll ever need.

Thrive from part shade to full sun.

Ways Your Zoysia Grass Lawn Saves You Time, Work, and Money!
We don’t usually think of dinosaurs when we think of Texas. We might think about the state’s officially designated large mammal, the Longhorn, or the state small mammal, the armadillo. We know that the state bird is the mockingbird, the state tree is the pecan and that the horned lizard (or horned toad, as most of us call it) is the state reptile. Rock hounds might even know that the state stone is petrified palm wood.

But seldom is heard a word, discouraging or otherwise, about the state dinosaur, the Pleurocoelus.

Whether or not Texas actually needs a state dinosaur is open to debate, but the Pleurocoelus (PLOOR-oh-SEEL-us) was so designated by the Legislature in 1997. It’s our dinosaur, by golly, and we’re Texans, so we’re going to be proud of it, even if it wasn’t what you might call ferocious.

Our dinosaur was a strict vegetarian. At least it was big—it was about 45 feet long and weighed in at about 10 tons. Paleontologists tell us that despite its size, our dinosaur was decidedly mild-mannered.

The Pleurocoelus (brachiosaur sauropod) hasn’t been seen in these parts for, oh, about 65 million years. But we have proof set in stone that they lived here.

Near Glen Rose, at the appropriately named Dinosaur Valley State Park, on the banks of the Paluxy River and in the riverbed itself are some remarkably well-preserved Pleurocoelus tracks. These are some of the best dinosaur tracks in the world, which is why paleontologists have loved the park ever since Roland T. Bird of the American Museum of Natural History visited the site in 1938.

Bird realized that a set of double tracks showed an herbivorous sauropod—most likely the Pleurocoelus—being chased by a meat-eating carnosaurs. This was the first time sauropod tracks had been discovered anywhere in the world, which caused no small amount of excitement back in New York. A section of the Glen Rose tracks was duly sent to New York and displayed at the American Museum of Natural History, where it remains today.

Bird realized that a set of double tracks showed an herbivorous sauropod—most likely the Pleurocoelus—being chased by a meat-eating carnosaurs. This was the first time sauropod tracks had been discovered anywhere in the world, which caused no small amount of excitement back in New York. A section of the Glen Rose tracks was duly sent to New York and displayed at the American Museum of Natural History, where it remains today.

Bird realized that a set of double tracks showed an herbivorous sauropod—most likely the Pleurocoelus—being chased by a meat-eating carnosaurs. This was the first time sauropod tracks had been discovered anywhere in the world, which caused no small amount of excitement back in New York. A section of the Glen Rose tracks was duly sent to New York and displayed at the American Museum of Natural History, where it remains today.

Since the Pleurocoelus’ trip across the riverbed that day, the fossilized tracks it left behind have been excavated and scattered hither and yon, to the Texas Memorial Museum in Austin and the private residences of many amateurs—or vandals, depending on how you look at these things.

It took a special set of circumstances to preserve the tracks for all these millions of years. Scientists believe that a violent storm blew across the shoreline a few days before the tracks were made and created a series of sand- and lime-laden mudflats. A herd of Pleurocoelus came ambling across the sticky and still-wet mud in search of a primordial salad, followed in interested pursuit by the carnosaurs.

True to their nature, the Pleurocoelus tried to run away, but we don’t know whether they won that particular footrace or not. No intact skeletal remains were ever found, just huge saucer-like depressions from their hind feet and smaller tracks, much like horseshoes, from the front. The primal struggle for food and survival was preserved when the seashore turned to stone, leaving behind the rocks we see in the park today, including the ones with the dinosaur prints.

Texas has had its fair share of fossilized dinosaur discoveries over the years due to a quirk of ancient geography dating back to when much of what is now Texas was an ancient sea.

As the sea level rose, the land was covered with ocean silt. Sediments on the bottom of the ocean preserved things that lived in the ocean. As sea levels dropped, traces of things that lived on land were preserved in sediments left in streams and rivers, like the Paluxy. As a result, dinosaur discoveries in Texas have included both the marine and terrestrial, along with the creatures that flew over both land and sea.

Having a state dinosaur prompts us to take official note of ancient Texas. And wildness is wildness, whether it’s slinking across your pasture tonight or it lived millions of years ago and you’re literally walking in its footsteps.
RECIPE ROUNDUP

Mad for Muffins

BY SHANNON OELRICH
I have to admit, I don’t make muffins very often. But whenever I do, it’s like a revelation. They’re so easy! Most can be made in one bowl. And, unlike a cake, you don’t have to worry about appearance—those handy paper liners hem them in and make them easy to transport. I just love that there’s such a small bit of fuss for a big payoff: the appreciation you’ll get from those with whom you share them.

This fantastic recipe, from Great Coffee Cakes, Sticky Buns, Muffins & More by Carole Walter (Clarkson Potter, 2007), takes a little more work than most, but the results are worth it. Walter writes, “These blueberry muffins are absolutely heavenly. They are flavored with a hint of lemon zest and are topped with a thick layer of buttery streusel crumbs. To overcome the problem of the berries sinking to the bottom of the muffins, instead of folding the berries through the batter, I top the batter with a handful of berries. Then I cover the berries with a generous handful of streusel. The blueberry muffin lovers in your life are in for a real treat.”

Prepare a small recipe of Carole’s Favorite Streusel. Set aside.

Position the racks in the upper and lower thirds of the oven. Heat the oven to 375 degrees. Line 14 muffin cups with paper or foil cupcake liners.

In a large bowl, thoroughly whisk together the flour, baking powder, salt and baking soda. Set aside.

Cut the butter into 1-inch pieces and place in the bowl of an electric mixer fitted with the paddle attachment. Add the lemon zest and mix on medium speed until smooth and lightened in color, about 1 minute. Add the sugar in a steady stream, then blend in the egg and vanilla, scraping down the side of the bowl as needed.

Reduce the mixer speed to low and add the flour mixture alternately with the buttermilk, dividing the flour into three parts and the buttermilk into two, starting and ending with the flour. Mix just until blended after each addition.

Portion half scoops of the batter into the prepared pans using a No. 16 ice cream scoop (⅛-cup capacity). [Editor’s note: A half scoop would be ⅛ cup of batter.] Place a layer of blueberries evenly over the batter, then place a dollop of batter on top of the blueberries. It’s OK for the berries to show. Take a handful of the streusel topping and crumble it over the batter and berries, completely covering the tops of the muffins with the crumbs. Press gently to adhere. Brush any stray crumbs from the top of the muffin pans using a small pastry brush.

Bake for 25–30 minutes, or until the streusel topping is golden brown. To ensure even baking, toward the end of baking time, rotate the pans top to bottom and front to back. Remove from the oven and place on a rack to cool.

Store at room temperature, tightly wrapped in aluminum foil, for up to three days. These muffins may be frozen. Makes 14 muffins.

BY SHANNON OELRICH

CAROLE’S FAVORITE STREUSEL (SMALL RECIPE)

Place butter in a 2-quart heavy-bottomed saucepan and heat until almost melted; remove from heat and cool to tepid.

Whisk together the flour, sugar, cinnamon, baking powder, salt and nuts if using. Add to the butter and stir with a fork until blended and mixture begins to form crumbs. Gently squeeze the mixture with your hand to form larger lumps, then break them apart with your fingertips. Before using, let the streusel stand for 10–15 minutes.

6–7 tablespoons unsalted butter
⅛ cup all-purpose flour, spooned in and leveled
⅛ cup sugar
⅛ teaspoon ground cinnamon
⅛ teaspoon baking powder
⅛ teaspoon salt
3 tablespoons finely chopped walnuts or pecans (optional)
HOME COOKING

JUANITA WILLIAMS Pedernales Electric Cooperative

Prize-winning recipe: Double Lemon Muffins

These lemon muffins will brighten up a dull February day with their sunny flavor, which comes from using both the fresh zest and juice from lemons.

DOUBLE LEMON MUFFINS

LEMON SYRUP

$\frac{1}{2}$ cup sugar
$\frac{3}{4}$ cup water
$\frac{1}{2}$ tablespoon lemon zest
$\frac{1}{4}$ cup lemon juice

In medium saucepan, combine sugar, water, lemon zest and juice. Bring to a boil, stirring to dissolve sugar. Cover and boil over medium heat for 4 minutes. Remove from heat and set aside.

BATTER

3 1/2 cups flour
1 tablespoon baking powder
$\frac{1}{2}$ teaspoon baking soda
$\frac{1}{2}$ teaspoon salt
1 1/2 cups sugar
1 cup whole milk
2 large eggs
1 tablespoon lemon zest
$\frac{1}{4}$ cup lemon juice
1 cup melted butter
18 teaspoons sugar

Preheat oven to 375 degrees. In large bowl, combine flour, baking powder, baking soda, salt and sugar. Stir well. In small bowl, combine milk, eggs, lemon zest and lemon juice. Stir well. Add egg mixture and melted butter to dry ingredients. Stir quickly, just to combine.

Pour batter into 18 greased muffin cups, filling almost to top. Sprinkle each muffin with about 1 teaspoon sugar. Bake for 20 minutes, until rounded and golden. Remove from oven and place pans on wire rack.

Cook’s Tip: Spritz paper muffin liners with nonstick cooking spray to make them even easier to remove.

MIGHTY GOOD MUFFINS

$\frac{1}{4}$ cup raisins
2 cups flour
1 cup sugar
2 teaspoons baking soda
2 teaspoons cinnamon
$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup sesame seeds
2 cups carrots, finely ground or grated
1 cup green apple, shredded
1 cup rolled oats
$\frac{1}{4}$ cup sliced almonds
$\frac{1}{4}$ cup sweetened, flaked coconut
3 eggs
$\frac{1}{4}$ cup oil
2 teaspoons vanilla extract

Preheat oven to 350 degrees. In medium bowl, combine eggs, milk, vanilla and mashed bananas, stirring until combined. Add to flour mixture and blend. Fold in diced banana, pecans, granola and coconut.

Spoon into muffin tins that have been sprayed with cooking spray. Sprinkle tops with banana chips, granola or coconut, if desired. Bake for 25–30 minutes. Makes 18 muffins.

Serving size: 1 muffin. Per serving: 468 calories, 6.2 g protein, 26 g fat, 52.2 g carbohydrates, 208 mg sodium, 51 mg cholesterol

EUNICE ZUCKERO Medina Electric Cooperative

BANANA-CRUNCH MUFFINS

3 cups flour
2 cups sugar
2 teaspoons baking powder
1 teaspoon baking soda
$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ pound butter, melted
2 large eggs
$\frac{1}{4}$ cup whole milk
2 teaspoons vanilla extract
1 cup bananas, mashed
1 cup bananas, diced
1 cup pecans, chopped
1 cup granola
1 cup sweetened, flaked coconut

Preheat oven to 350 degrees. In large bowl, combine flour, sugar, baking powder, baking soda and salt. Add butter and blend.

In small bowl, combine eggs, milk, vanilla and mashed bananas, stirring until combined. Add to flour mixture and blend. Fold in diced banana, pecans, granola and coconut.

Spoon into muffin tins that have been sprayed with cooking spray. Sprinkle tops with banana chips, granola or coconut, if desired. Bake for 25–30 minutes. Makes 18 muffins.

Serving size: 1 muffin. Per serving: 468 calories, 6.2 g protein, 26 g fat, 52.2 g carbohydrates, 208 mg sodium, 51 mg cholesterol

DEANNA HASTEN Farmers Electric Cooperative

DEANNA HASTEN Farmers Electric Cooperative

Banana-Crunch Muffins

Serving size: 1 muffin. Per serving: 300 calories, 3.6 g protein, 10.7 g fat, 46.7 g carbohydrates, trace fiber, 196 mg sodium, 51 mg cholesterol

COOK’S TIP

Spritz paper muffin liners with nonstick cooking spray to make them even easier to remove.

More Muffins: Look for a bonus muffin recipe February 1 at www.texascooppower.com!
FREE Hearing Aid Catalog

Shop by mail and Save 80%

Our Customers Say it Best!
Customer comments printed with permission. Individual results may vary.

“Price is right! Works better than aids I bought locally.”
F.E. – Texas

“I like the way it fits. I can hear really well with it. For the first time I can hear my granddaughter talk.”
I.J. – North Dakota

“I can hear the TV and understand the words which I could not do with my $5,000 aid.”
M.L. – California

How do you save so much?

Hearing aids have never been more expensive. Most hearing aids cost more than $1,800...but not from Hearing Help Express®!

You can SAVE 80%! How do you save so much? You order from home and your hearing aids are delivered to your door. You avoid big mark-ups, long waits, and salesmen. Your low price is based on high volume and low overhead.

Improve your hearing Risk-FREE!

Improve your hearing risk-free for 45 days in your own home! Compare our hearing aids to those costing $1,000 and more. We only sell genuine hearing aids. 100% money-back guarantee!

Order by mail from a family business with over 450,000 satisfied customers and 27 years experience selling hearing aids by mail.

www.HearingHelpExpress.com/28199

Send NO MONEY! Clip and mail this coupon today for your free catalog.

YES! I would like a free shop-from-home hearing aid catalog. I understand there is no obligation and I get FREE shipping. www.HearingHelpExpress.com/28199

Dr./Mr./Mrs./Ms. ____________________________  Mail to: Hearing Help Express

Address ____________________________________  105 North First St., Dept 28-199

City/State/Zip _______________________________  DeKalb, IL 60115-0586

NEW

SELF-FEEDING DR® CHIPPER!
Just load it, step back, and watch it chip branches up to 5-1/2” thick!

SELF-FEEDING saves time and energy. Most branches can be dropped into the hopper and will self-feed, instead of you having to force-feed them.

UP TO 5-1/2” CHIPPING CAPACITY
Powerful engines can handle anything a property produces. Anything larger is firewood.

PRO-SPEC® CHIPPER KNIVES are nearly identical in size and design to the knives used on the big chippers used by line crews.

Call TOLL-FREE For a FREE DVD and Catalog with complete details including models, low, factory-direct prices, and our 6-Month Risk-Free Trial offer.

1-877-201-5995

www.DRchipper.com

NEW SELF-FEEDING DR® CHIPPER!
Just load it, step back, and watch it chip branches up to 5-1/2” thick!

FREE DVD! SEE IT IN ACTION!

NEW

SUPER GLUE
TOUGH ENOUGH TO BE CALLED GORILLA

Finally, a super glue tough enough to be called Gorilla. For the toughest jobs on planet earth.

1-800-966-3458 • WWW.GORILLATOUGH.COM

DR® CHIPPER!
Just load it, step back, and watch it chip branches up to 5-1/2” thick!

FREE DVD! SEE IT IN ACTION!

NEW

SELF-FEEDING DR® CHIPPER!
Just load it, step back, and watch it chip branches up to 5-1/2” thick!

FREE DVD! SEE IT IN ACTION!

NEW

SELF-FEEDING DR® CHIPPER!
Just load it, step back, and watch it chip branches up to 5-1/2” thick!

FREE DVD! SEE IT IN ACTION!
SMILES is the topic for our APRIL 2008 issue. Send your photo—along with your name, address, daytime phone, co-op affiliation, and a brief description—t o Smiles, Focus on Texas, 2550 S IH-35, Austin, TX 78704, before February 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. We regret that Texas Co-op Power cannot be responsible for photos that are lost in the mail or not received by the deadline. Please note that we cannot provide individual critiques of submitted photos. If you use a digital camera, e-mail your highest-resolution images to focus@texas-ec.org, or submit them on our website at www.texascooppower.com.

FOCUS ON TEXAS

Upcoming in Focus on Texas

<table>
<thead>
<tr>
<th>ISSUE</th>
<th>SUBJECT</th>
<th>DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr</td>
<td>Smiles</td>
<td>Feb 10</td>
</tr>
<tr>
<td>May</td>
<td>Cowboys</td>
<td>Mar 10</td>
</tr>
<tr>
<td>June</td>
<td>Courthouses</td>
<td>Apr 10</td>
</tr>
<tr>
<td>July</td>
<td>Underwater</td>
<td>May 10</td>
</tr>
<tr>
<td>Aug</td>
<td>Country Roads</td>
<td>Jun 10</td>
</tr>
<tr>
<td>Sep</td>
<td>Perfect Pets</td>
<td>Jul 10</td>
</tr>
</tbody>
</table>

Landscapes

A state the size of Texas is sure to have a vast array of unique landscapes. From flatlands to Piney Woods and from swampland to rolling hills, the many faces of Texas landscapes offer their own distinctive beauty.

— DACIA RIVERS

Magic Valley Electric Cooperative member Sarah Barnett snapped this photo on the edge of her property in Lyford after heavy thunderstorms. “We were doubly blessed as the sunset was reflected in the floodwaters, so we got to see the beautiful colors twice,” Barnett said.

Comanche Electric Cooperative member Sandra McClure took this picture on a camping trip on Pecan Bayou in Callahan County. “How can anyone live anywhere besides Texas?” McClure asked.

Thomas Pesek. San Bernard Electric Cooperative member, sent in this image of the Rio Grande taken from Santa Elena Canyon in Big Bend National Park. “The solitude of the Big Bend region is the Texas of movies and Western lore,” Pesek said.

Tabatha Tripp, a Greenbelt Electric Cooperative member, took this picture of her horse, Strings Bright Echo, enjoying the view 4 miles east of Clarendon in Donley County. Echo is a double registered palomino quarter horse.

Heather Zanek took this photo during a fishing trip on Lake Buchanan. Zanek is a member of Bryan Texas Utilities.
**AROUND TEXAS**

**FEBRUARY**

**JEFFERSON** [1-3]

**HUNTSVILLE**
Rocky Raccoon 100-Mile Endurance Run, 1-800-289-0389, www.hillcountrytrailrunners.com

**BURTON**
[2-3, 9-10, 16-17, 23-24]
Highway 290 Trade Days, 1-888-693-1243

**CONROE**

**KERRVILLE**
Mardi Gras on Main, (830) 792-8343, www.kerrvilletexascvb.com

**BRENHAM** [8-9]
Friendship Quilt Guild Show, (979) 251-8486

**GLEN ROSE** [8-9]
Winter Tractor Show & Pull, (254) 897-4393

**TEXARKANA** [8-9]
Toughman Contest, (870) 773-2941, www.toughmancontest.com

**BRENT**
Stagecoach Days, (936) 878-2214, www.birthplaceoftexas.com

**STEPHENVILLE**
[9-10, 23-24]
Chicken House Flea Market, (254) 592-6674

**EMORY**
Eagle Fest, (903) 473-3913, www.eaglefest.org

**LEANDER**
Glen Miller Orchestra Concert, 1-800-585-3737, www.startickets.com

**KERRVILLE**

**MILLICAN**
Valentine’s Day Spaghetti Supper, (979) 680-1099

**TEXARKANA**
AgExpo, (870) 773-2941, www.fourstatesfair.com

**EMORY**
Eagle Fest, Emory, February 9

**MERCEDES** [13-17]

**ANDERSON**
Stagecoach Days, (936) 878-2214, www.birthplaceoftexas.com

**BRYAN**
Branson Comes to Bryan, (979) 268-7727, www.texasmud.com

---

**HAWAII Specialty Agricultural Tour**

The Best Escorted Vacations You’ll Ever Find!

15 Days, 4 Islands from $1,579 PP

Open Sundays


**FREE COLOR CATALOG**

Name __________________________ Address __________________________
City/State/Zip __________________________

Woodstock Soapstone Co., Inc.
66 Airpark Rd., Dept. 3169, West Lebanon, NH 03784

www.woodstove.com

1-888-664-8188

**5 Reasons Soapstone is Better!**

- Soapstone holds twice as much heat as metal.
- The heat is steady, even and comfortable.
- Soapstone has a proven record of durability.
- It has beautiful color, texture and marbling.
- Variations in the stone make each stove unique.

**Denton County African American Museum**

Grande Opening February 16, 2008

Dr. Edwin D. Moten, Sr.


**Denton Convention & Visitors Bureau**

317 W. Mulberry, Denton, TX 76201

1-800-368-3483 • www.dentontexas.com
Events are listed according to space available; see the full listing at www.texascooppower.com. Event information can be mailed to Around Texas, 2550 S. IH-35, Austin, TX 78704, faxed to (512) 486-6254, e-mailed to aroundtx@texas-ec.org, or submitted on our website at www.texascooppower.com.

Please submit events for April by February 10.

**KERRVILLE** [15-16]
Original Team Roping Association Event, (806) 499-3584, www.otrc.net

**ROUND TOP** [16-17]
International Guitar Festival at Round Top, (979) 249-3086, www.festivalhill.org

**PORT ARANSAS**
Rotary Club Shrimp Boil, (361) 749-4450, www.portaransas.org

**ABILENE** [16-17]
Extreme Predator Calling Contest, (817) 357-9792

**DRIPPING SPRINGS**
Wild Game Dinner & Auction, (512) 894-7123, www.dswildgamedinner.com

**BRYAN**

**LUCKENBACH**
Annual Hug-In & Valentine Ball, I-888-311-8990, www.luckenbachtx.com

**MIDLOTHIAN**
First Annual Sail To Save the Horses, I-877-378-4630, www.neverenuffacres.org

**ABILENE** [19-20]
Farm-Ranch-Wildlife Expo, (325) 677-7241

**BRENHAM** [21-23]
Library Benefit Used Book Sale, (979) 337-7201

Find “Chocolate Labs” and more at the Chocolate Extravaganza, Kerrville, February 10.

**CLIFTON**
Bosque Memorial Museum Fundraiser, (254) 622-2858

**SALADO** [22-24]
Artfully Yours Winter Festival, (254) 947-5040, www.artfullyyours.org

**POINT**

**ABILENE**
Greater Kiwanis Chili Day, (325) 692-0405

**GAINESVILLE**
North Texas Farm Toy Show, (940) 759-2876

**ODESSA**
Shrimpfest 2008, (432) 550-9696

**PHARR**

Find “Chocolate Labs” and more at the Chocolate Extravaganza, Kerrville, February 10.

**BRYAN**

**LUCKENBACH**
Annual Hug-In & Valentine Ball, I-888-311-8990, www.luckenbachtx.com

**MIDLOTHIAN**
First Annual Sail To Save the Horses, I-877-378-4630, www.neverenuffacres.org

**ABILENE** [19-20]
Farm-Ranch-Wildlife Expo, (325) 677-7241

**BRENHAM** [21-23]
Library Benefit Used Book Sale, (979) 337-7201

**CLIFTON**
Bosque Memorial Museum Fundraiser, (254) 622-2858

**SALADO** [22-24]
Artfully Yours Winter Festival, (254) 947-5040, www.artfullyyours.org

**POINT**

**ABILENE**
Greater Kiwanis Chili Day, (325) 692-0405

**GAINESVILLE**
North Texas Farm Toy Show, (940) 759-2876

**ODESSA**
Shrimpfest 2008, (432) 550-9696

**PHARR**

As we observe with awe God’s creation of a perfect blossom unfolding its petals, glistening with dewdrops to the first golden rays of the sun, we behold the miracle of creation and open ourselves to the belief that with God’s power anything is possible. This artfully sculpted Sterling Silver ring by master jeweler Thomas Sota lavishly coated with 14K Gold and sparkling with White Topaz is a constant reminder of your faith in Heaven’s promise of love and hope.

A special treasure to cherish and wear forever, this dramatic ring is offered exclusively through the Concorde Collection and is not sold in stores. Satisfaction guaranteed for 60 days. Mail your order today.

**ORDER FORM**
Please mail within 30 days.

YES, I wish to order the BELIEVE IN MIRACLES RING. I need send no payment now. I will be billed $37.50* when my ring is ready to be shipped.

Size: ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

* Plus $4.99 shipping and handling. Plus 6% sales tax, PA residents only.

Name ____________________________
Address __________________________
City ______________________________
State __________________ Zip _______
Telephone (Include Area Code) _______

Mail to: The Concorde Collection
P.O. Box 663, Holmes, PA 19043
Whenever you find yourself wondering why the world just had to go and change so much, you’re clearly in need of a drive back in time. Your faith in what makes good, basic sense will be restored by a leisurely trek on roadsides that skirt the northwestern edge of the Hill Country. Follow Texas Highway 29 west from Llano 35 miles to Mason, then U.S. 377 southwest about 45 miles to Junction. The journey is only 80 miles, but you’re smart if you stretch it out over a couple of days.

**LLANO**

A bucolic ranching town on the Llano River, Llano has long been a destination for hunters, nature lovers hoping for eagle sightings and folks in search of a great scenic drive. You’ll do well to stop for a barbecue feast at the venerable **COOPER’S OLD TIME PIT BAR-B-QUE**, where you handpick your pork chop, steak, brisket, ribs, cabrito and sausage from the giant smokers just outside the restaurant entrance.

But if you’re hoping for something with a tad more sophistication, check out the reopened **BADU HOUSE**. Opened as a bank in 1891, the handsome brick building became popular as a bed and breakfast. A recent and lavish renovation by a local rancher has turned it into a lovely place to dig into grilled quail or spinach and mushroom chile rellenos, with margaritas on the side. Check out the shops around the courthouse square, as well as the local history museum, near the old bridge over the pretty Llano River.

City of Llano, www.llanotx.com, (325) 247-4158
Cooper’s Old Time Pit Bar-B-Que, (325) 247-5713, www.coopersbbq.com
Badu House, (325) 247-4174, www.baduhouse.com

**MASON**

If you are drawn to dramatic architecture with magnificent stone construction, you’ll fall in love with Mason. Park on the courthouse square and just stroll around—you’ll see one house, building and church after another crafted from the beautiful rock quarried right in the area. At the new **MUSEUM ON THE SQUARE**, learn about the ranching heritage and see the nation’s largest blue topaz, the state gemstone. You can even hunt for your own gems at local ranches.

Book ahead for a stay at **MASON SQUARE BED AND BREAKFAST**, a three-room inn with private baths, a kitchenette, a sunroom and a balcony overlooking the town square, all above a law office. A few doors down, you’ll find yourself wanting to while away a morning or afternoon at **COFFEE MUG N’ MORE**, a great little bookstore with cool music on the satellite radio station, excellent cappuccinos, pastries and paninis.

Mason Square Bed and Breakfast, (325) 347-6398 or 1-888-694-Diii
Coffee Mug n’ More, (325) 347-1600; www.the coffeemugnmore.com

**JUNCTION**

Hold your breath for good weather because you will want a nice day for enjoying the beautiful **SOUTH LLANO RIVER STATE PARK**, sitting to one side of U.S. 377 after you drive through the town of Junction. Out here on the western edge of the Hill Country region, the 524-acre park exemplifies everything one would desire in a nature refuge: a quiet place to drop a line for catfish or fly-fishing practice; clear, flowing water that’s perfect for canoeing, tubing and swimming; great trails for hiking and mountain biking; plenty of pecan-tree shade for picnicking; rocky vistas that reach forever; and wonderful places to watch wild turkey roosting from October through March.

After your frolic in the park, head on into the peaceful town, and be sure to snap a souvenir photo downtown at the **DEERHORN TREE**—a sculpture crafted from hundreds of deer antler pairs. Then settle in for a BLT lunch or steak supper at **ISAACK’S RESTAURANT**, a genuine throwback that seems unchanged over 40 years or more.

Kimble County Chamber of Commerce, (325) 446-3190, www.junctiontexas.net
South Llano River State Park, (325) 446-3994, www.tpwd.state.tx.us
Isaack’s Restaurant, (325) 446-2629, www.isaacksrestaurant.com

June Naylor wrote Texas: Off the Beaten Path.
Can’t find a builder for your land? Still trying to save up a down payment? Qualified landowners can now own a beautiful custom Palm Harbor home without a down payment. That’s right - $0 down! Which means you can move into a new home sooner than you ever thought possible.

Palm Harbor specializes in high-quality, affordable, on-your-lot construction. Our homes are energy efficient and offer a wide variety of custom features and options. If you own land, this is your chance to build the home of your dreams for less than you ever imagined. Call us today and let us show you how Palm Harbor Homes delivers more home for your money.

Call Toll Free: 1-866-55-0-DOWN
(1-866-550-3696)

For a free informational DVD visit www.palmharbor.com/free
Germania:
For Generations...

For more than 110 years Germania has been the insurance Texans trust. Whether it’s home, auto or life coverage, generations of Texans have discovered the difference having a responsive, local insurance company makes.

Ask your family, friends and neighbors why they trust Germania Insurance. Find out why Germania is a tradition handed down, for generations...

- Competitive rates
- Multiple discount options
- Exceptional, responsive claims service 24/7
- Serving Texas since 1896

The Insurance Texans Trust

HOME • AUTO • LIFE

1-800-392-2202
www.GermanialInsurance.com