UNEARTHING ARTIFACTS IN WEST TEXAS JUNETEENTH'S LONG PATH ACROSS AMERICA

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# Comfort Food

New food editor Vianney Rodriguez opens her kitchen to *TCP* readers

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# Texas Coop Power

# June 2023



# 08

# Scratching **12** 'On the Surface Jun

West Texas ranchers team up with researchers to unearth pieces of history.

By Eileen Mattei Photos by Dave Shafer

> ON THE COVER New food editor Vianney Rodriguez in her studio kitchen, Cocina Gris. *Photo by Jason David Page* ABOVE Joey and Laurie Roland show teeth from an extinct threetoed horse at their ranch. *Photo by Dave Shafer*

# 2 'On Juneteenth'

A Pulitzer Prize-winning historian describes the holiday's long path out of her home state.

Excerpt by Annette Gordon-Reed Illustration by John Jay Cabuay

# Currents The latest buzz

Readers respond

**Co-op News** Information plus energy and safety tips from your cooperative



Footnotes in Texas History Special Delivery By W.F. Strong



**TCP Kitchen** Texas Seafood By Vianney Rodriguez



**Hit the Road** Kilgore's Kickers *By Chet Garner* 



Focus on Texas Photo Contest: Dad



**Observations** Ending on a Sour Note By Pam LeBlanc

CONTENTS

# Making Magic With Vianney

**MEET VIANNEY RODRIGUEZ**, the Corpus Christi foodie who will be inviting readers into her kitchen every month as *TCP*'s new food editor. You first met Vianney in December 2020, when she wrote in delicious detail about *pan dulce*.

She fell in love with cooking as a child in Aransas Pass. "Growing up watching my *abuelita* and mami cook together in perfect sync ... They were creating magic. I wanted to be a part of this world and have been cooking ever since."

Vianney—"simply say the letters V-N-A"—started her blog, Sweet Life, in 2009, joining the online conversations that she saw as "mini love letters to food." Her passion kept growing. "I have authored two cookbooks—*Latin Twist*, a cocktail book featuring cocktails from Latin countries, and *The Tex-Mex Slow Cooker*."

Today she works out of her studio kitchen, Cocina Gris—gray kitchen where she can't wait to dive into more reader recipes from Co-op Country.



"Don't be told something is impossible. There's always a way."

-ROBERT RODRIGUEZ

### FINISH THIS SENTENCE THANKS, DAD, FOR ...

Tell us how you would finish that sentence. Email your short responses to letters@TexasCoopPower.com or comment on our Facebook post. Include your co-op and town.

Here are some of the responses to our April prompt: I drove all night to ...

Find myself *still* in the great state of Texas! ROXANNE NEWMAN VIA FACEBOOK

Be by my mother's bedside in her final hours. ELLEN ROZNECK COULTER VIA FACEBOOK

Be at the gate when he got a weekend leave. MARTHA BEIMER VIA FACEBOOK

Get back to Texas, and I kissed the ground when I did. RICHELLE NASH GRAYSON-COLLIN EC SHERMAN

Get to Concan after heavy spring rains so I could float the Frio. LISA HOLLOWAY FITZSIMMONS VIA FACEBOOK

Visit our website to see more responses.



### Contests and More

ENTER CONTESTS AT TEXASCOOPPOWER.COM



**\$500 RECIPE CONTEST** Holiday Desserts

FOCUS ON TEXAS PHOTOS Helping Out

### **RECOMMENDED READING**

National Egg Day, June 3, reminds us of all the great reader recipes on our website that use eggs—especially those found in *Eggs: Plain and Fancy* from March 2016.

### **Welcome Signs**

With the arrival of 470,708 people in 2022, Texas became just the second state to surpass 30 million residents now with 30,029,572. The other one? Well, that would be California, with 39,029,342.

### **QWERTY, USA**

When typing while using proper form on a QWERTY keyboard, only two U.S. states' names can be typed using just one hand (overlooking the need for the shift key for capitalization). Texas is one of them. Ohio is the other.



# Super Cool or Old School?

**THE FIRST LP** came out 75 years ago this month, when Columbia released the New York Philharmonic's rendition of Mendelssohn Violin Concerto in E minor as a long-playing record June 21, 1948.

Since then, we've hoarded records, then eight-track and cassette tapes, and compact discs. Those made way for digital files and streaming as our favorite music ended up both in a closet and in the cloud.

But take heart, record geeks: Vinyl albums outsold CDs in 2022 for the second year in a row.





### 442nd's Heroism

My father took part in the rescue as a member of an antitank company [*Rescue of the Lost Battalion*, February 2023].

The 442nd suffered 800 casualties rescuing 211 Texans. After the battle, Gen. John E. Dahlquist ordered everyone in formation to congratulate them. He scolded the regimental commander that he wanted *everyone* there. The commander stood at attention and replied, "That's all that's left."

Sidney Miyakawa CoServ Lewisville

My dad, Jack Andrews, was a proud member and captain in the 442nd in World War II. The 442nd ended up being the most highly decorated unit for its size and length of service in U.S. military history. The 442nd was also credited as being one of the first to find Dachau and release prisoners.

Bill Andrews Big Country EC and Pedernales EC Shackelford County and Buda Bless your heart [*A Pet Project*, March 2023]. It's the hardest thing fur parents have to do, but it's our last, best gift to them. You'll know when it's time.

MARY HENDERSON HARP VIA FACEBOOK

### **Grounded in Mystery**

An East Texas minister built an airship that supposedly flew in 1902. It was destroyed before it could fly publicly at the 1904 World's Fair in St. Louis. "

VAL L. ERWIN COSERV LANTANA

#### Sacred Memory

As a boy growing up in north Louisiana, we would go exploring on a small creek near my house [*Caught Cuisine*, February 2023]. Along one stretch of the creek was a very low area that always contained numerous pitcher plants. The local name for the plants was preacher in a pulpit.

John Tubb Medina EC Houston



Thanks to *TCP*'s December 2022 mention [*Wreaths for the Fallen*] of the November 2018 *Circle of Life* article about the impact of Wreaths Across America in Texas. That story helped grow 86 WAA Texas locations to 313 in 2022, with over 250,000 wreaths placed on veterans' graves. Nationwide, over 2.7 million wreaths were placed at 3,702 locations.

Ellen Fuller Bryan Texas Utilities Bryan

### I write to us

letters@TexasCoopPower.com

Editor, Texas Co-op Power 1122 Colorado St., 24th Floor Austin, TX 78701

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

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# SCRATCHING THE SURFACE

WEST TEXAS RANCHERS team up with researchers to unearth artifacts



LEFT Graffiti on the plastered walls of Fountain House at Fort Chadbourne dates to 1870. TOP Artifacts, such as this nail, sometimes emerge after rains. ABOVE Rosettes that went on horses' bridles denoting cavalry Company F.



#### BY EILEEN MATTEI • PHOTOS BY DAVE SHAFER



LEFT Garland and Lana Richards outside the restored east barracks at Fort Chadbourne. ABOVE Looking through the walls of the ruins of the west barracks, across the parade grounds and to Fountain House.

preserving important stories.

In 1999, soon after he inherited the property, Garland and his wife, Lana, set up the nonprofit Fort Chadbourne Foundation and gave the fort to the foundation to preserve and protect it. They marked a grid over an aerial photo and began keeping meticulous records.

"Everything we have found has been recorded on the grid," Richards says. "You do the best you can with the money you have and common sense."

Their first goal was to stabilize the weathered fort buildings, making them safe to work in and around. Lana took grant writing classes and got the needed funding.

"We joined the Concho Valley Archeological Society and let them come," Lana says. "It was one way of learning about what we had." CVAS members under the direction of Larry Riemenschneider, a Concho Valley Electric Cooperative member and volunteer steward with the Texas Historical Commission, began unearthing the fort's past.

The volunteers cost the Richardses a lot of bologna sandwiches, Lana says, but the workers are proud of their part in excavating a frontier fort. I know that's true, because 15 years ago, my husband and I participated in a Fort Chadbourne dig, working alongside a group of military retirees. The painstaking work of troweling and then sifting through the soil removed from meter-square sections was balanced with the joys of minor discoveries and the unsettling real-

its heyday, more than 150 years ago, Fort Chadbourne housed 450 soldiers. Today, it sits by its lonesome on a desolate rise in West Texas. Six restored limestone buildings and others, crumbling but stabilized, surround the parade grounds.

The inhabitants are long gone, but traces of them remain. Garland Richards' family has lived on ranchland here, north of Bronte, in rural Coke County, for eight generations. The site includes a former stagecoach stop on the Butterfield Overland Mail Co. route and the remains of the frontier fort, used by the U.S. Army 1852–67.

Richards, a member of Taylor Electric Cooperative, knew history was being lost to time and the elements.

"When I was a kid, there was a waist-high adobe wall here," he says. "In my lifetime, it has melted to ground level."

The Richardses and another West Texas ranching family, knowing their properties hold remarkable history, are trying to stop the destructive march of time, welcoming excavations by archaeologists and paleontologists and ization that humans leave behind a lot of debris.

"We found almost half a million artifacts below the floor of the double officers' quarters—the dogtrot house where rancher Tom Odom and his wife raised 13 children," Garland says. In 1877, the Odoms purchased the land from wellknown pioneer Mary Maverick and turned the fort into a ranch headquarters.

"The archaeological picture of Fort Chadbourne is probably more complete than any other Texas military site," Garland says, based on the number of artifacts recovered.

The 12,500-square-foot Fort Chadbourne Visitor Center opened in 2012 to give people a firsthand look at some of the military, ranching and Native American history of West Texas. Half of the center's exhibits sit inside a spacious walk-in vault with displays of cavalry items uncovered during digs: buckles, spurs, buttons, helmet badges and metal powder flasks along with flattened bullets used as poker chips. A Native American exhibit contains 48 large knife and spear points found near the fort in a foot-square cache that dates back 6,000 years. There's also a 450-piece antique gun collection and a replica stagecoach.

A walk around the fort and into the buildings puts the center's displays into perspective. Even in daylight, the quiet creates a haunting atmosphere. Inside the restored Fountain House, bullet holes in its thick, plastered walls shared space with graffiti from 1870 on. After circling the unrestored hospital and the restored barracks, I spotted a rusty, 4-inch sliver of metal on the ground. Garland explained it was a square-headed nail common until 1880 or so. "You're in the Butterfield stage corral area," he says. "It's littered with artifacts."

Each excavation answers some questions but raises others. Ground-penetrating radar has revealed a building that isn't mapped.

If you discover archaeological treasures on your land, contact your local archaeological society, Lana recommends. "We did this correctly, thanks to Larry's help," she says.

### Millions of Years Away WHILE exploring family property near Snyder, about 80 miles northwest of Bronte, Tina Roland came across large bones eroding out of a gully. Determined to find somebody who could identify the bones, Roland contacted Eileen Johnson, professor of museum science and a paleobiologist at Texas Tech University.

When Johnson went to Snyder in 2005 to see the discovery, she found herself looking at bones dating from 1.8 to 2.6 million years ago, a time known as the Early Pleistocene. The gully marked an ancient stream bed.

"We knew this was important and exciting. We're still working 17 years later," Johnson says. "There are a handful



CLOCKWISE FROM ABOVE Laurie and Joey Roland inside the 15-foot-deep paleontological dig site at Roland Springs Ranch. Graduate student assistant Madison Westfall tends to specimens from the ranch that are filed at the Museum of Texas Tech University. An ancient tortoiseshell recovered from the ranch.







of Early Pleistocene sites in the country of this age, but none has this diversity of species or is so well preserved."

Numerous wading birds, camels, rabbits, giant tortoises and ancestors of coyotes, mountain lions and prairie dogs lived here once. Fossils have revealed the first appearance of some animals and the last appearance of others. Microbiological material excavated with the bones gives clues about the ancient plant community and climate.

The paleontological site is 15 feet deep and measures approximately 30 feet by 30 feet. For six weeks each summer, a small international crew trowels up dirt and washes the sediment through a fine mesh screen. Joey Roland, Tina's son, and Joey's wife, Laurie, host the field camp, providing small cabins next to their house and pool. "They are both very much involved," Johnson says.

"I'm not a paleontologist, but they've taught us so much, mostly during talks around the pool after work," says Joey,

a member of Big Country Electric Cooperative. "A random bone is exciting, but it doesn't tell a story. It's out of context. For us, this is fascinating. I love it, and I've fought tooth and nail to protect it."

With doggedness, he managed to get an oil pipeline diverted around the site. Unlike archaeological sites, no federal or state laws protect paleontological sites.

Laurie loves the picture that the finds suggest: huge Galapagos-like tortoises roaming the West Texas grasslands about 2 million years ago with tiny, three-toed horses grazing nearby. She is thrilled to sometimes find prehistoric bones on the surface after a rain. "Humans have never seen or touched them," she says. "How could you not know that's special?"

The Rolands share their findings with their community, allowing the Scurry County Museum in Snyder to offer seasonal public tours at the site. The museum has a temporary exhibit of casts made of the finds. The Museum of Texas Tech's Roland Springs Ranch materials are part of ongoing lab research and not currently viewable by the public.

"Joey and Laurie are the first and only landowners I know with the willingness to let people on their land," Johnson says.

"It's selfish not to let them come to the site," Laurie says. "Texas is about hospitality."

Texas has millions of years of buried history—giant mammoths, dinosaurs, oyster reefs, frontier trails. Does that make you wonder what could be in your backyard?

# Solution of the second second

**TO MY SURPRISE** some years back, I began to hear people outside of my home state, Texas, talk about, and *actually celebrate* the holiday "Juneteenth." June 19, 1865, shortened to "Juneteenth," was the day that enslaved African Americans in Texas were told that slavery had ended, two years after the Emancipation Proclamation had been signed, and just over two months after Confederate General Robert E. Lee had surrendered to Ulysses S. Grant at Appomattox. Despite the formal surrender, the Confederate army had continued to fight on in Texas until mid-May. It was only after they finally surrendered that Major General Gordon Granger, while at his headquarters in Galveston, prepared General Order Number 3, announcing the end of legalized slavery in the state.

The truth is, I confess here, that I was initially annoyed, at least mildly so, when I first heard that others outside of Texas claimed the holiday. But why? After all, it was a positive turn in history, evidence that our country was leaving behind, or attempting to, a barbarous institution that had blighted the lives of millions. Such a thing should be celebrated far and wide.

My twinge of possessiveness grew out of the habit of seeing my home state, and the people who reside there, as special. The things that happened there couldn't have happened in other places. Non-Texans could never really understand what the events that took place in Texas actually meant. I am certain that I'm not alone in this attitude.

From my earliest days, it was drummed into me and, I believe, other young people growing up in Texas at that time, that we inhabited a unique place that we were always supposed to claim, and of which we were always supposed to be proud. I've noticed over the years, that it is hard to meet a person from Texas who does not, at some point in the conversation, let you know, either with a drawl or without, that he or she is from the state.

My proprietary attitude about Juneteenth quickly disappeared. Rather than keeping the holiday to ourselves, Texans have been in the forefront of trying to make Juneteenth a national holiday. As I think of it, it's really a very Texas move to say that something that happened in our state was of enough consequence to the entire nation that it should be celebrated nationwide.

It has been offered, as part of the justification, that the end of slavery in Texas was the end of the institution period. That's not quite true. Granger's order did not end slavery in the country. That did not happen officially until December 1865, when the Thirteenth Amendment to the Constitution was ratified by the necessary number of states. But it is significant that Texas was the site of the tail end of the Confederate war effort. As the war had been fought to preserve slavery, celebrating Juneteenth throughout the land is a fitting way to mark the end of that effort.

It also is fitting to think of Texas in relation to the nation for another reason. The state has been described as a bellwether for what the United States will become; the term "Texification" has come into use to describe a process that is, supposedly, of recent origin.

The history of Juneteenth, which includes the many years before the events in Galveston and afterward, shows that Texas, more than any state in the Union, has always embodied nearly every major aspect of the story of the United States of America. That fact has been obscured by broad caricatures of the state and its people, caricatures that Texans themselves helped to create and helped make the state seem exotic, almost foreign to the rest of the Union.

My Texas roots go deep—on my mother's side back to the 1820s, on my father's side at least to the 1860s. Significantly, my wide-ranging approach to Juneteenth reveals that behind all the broad stereotypes about Texas is a story of Indians, settler colonialists, Hispanic culture in North America, slavery, race, and immigration. It is the American story, told from this most American place. ■

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### JUNETEENTH

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### DVERTISEME<u>N</u>T

# Clogged, Backed—up Septic System...Can anything Restore It?

**DEAR DARRYL:** My home is about 10 years old, and so is my septic system. I have always taken pride in keeping my home and property in top shape. In fact, my neighbors and I



are always kidding each other about who keeps their home and yard nicest. Lately, however, I have had a horrible smell in my yard, and also in one of my bathrooms, coming from the shower drain. My grass is muddy and all the drains in my home are very slow.

My wife is on my back to make the bathroom stop smelling and as you can imagine, my neighbors are having a field day, kidding me about the mud pit and sewage stench in my yard. It's humiliating. I called a plumber buddy of mine, who recommended pumping (and maybe even replacing) my septic system. But at the potential cost of thousands of dollars, I hate to explore that option.

I tried the store bought, so called, Septic treatments out there, and they did Nothing to clear up my problem. Is there anything on the market I can pour or flush into my system that will restore it to normal, and keep it maintained?

Clogged and Smelly – Lubbock, TX

**DEAR CLOGGED AND SMELLY:** As a reader of my column, I am sure you are aware that I have a great deal of experience in this particular field. You will be glad to know that there IS a septic solution that will solve your back-up and effectively restore your entire system from interior piping throughout the septic system and even unclog the drain field as well. **SeptiCleanse® Shock and Maintenance Programs** deliver your system the fast active bacteria and enzymes needed to liquefy solid waste and free the clogs causing your back-up.

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the phone with Daniele, the head of my office in Italy, reviewing our latest purchases of Italian gold, Murano glass and Italian-made shoes and handbags.

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MESSAGE FROM GENERAL MANAGER

ALAN LESLEY

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In 1938, we were established to provide reliable electricity to rural communities that didn't interest investor-owned utilities. Since then, we have been a cornerstone of community and economic development in rural Texas for decades.

That feeling I get when I visit small businesses in our community is the same feeling I get when I walk into work at the co-op every day. It's a feeling of pride. I'm proud to be part of an organization that serves my community instead of a group of shareholders who may never have set foot in our service territory.

Living on our lines is more than just knowing there are people out there working to bring you safe, reliable and affordable electric service. Living on our lines is an investment in our community and in our members.

You see, CECA is a not-for-profit business. When we make more money than we need to keep the lights on safely, affordably and reliably, we return it to our members (that's you!) in the form of capital credits. This means that after all of our expenses are paid, any additional money we earn goes back into our community, instead of into a shareholder's pocket, which is pretty great!

And because we're owned by you, our members, we have a vested interest in making sure our community prospers. We do this by investing in economic development and community service projects and programs.

I hope that you view CECA not just as your electric utility provider but as a local business that brings pride and prosperity to our part of Texas. We love being a part of this community, and we hope you feel the same way.



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### Have Questions? Reach Out

YOU HAVE A TV, microwave, electric range and cooktop, refrigerator, heat pump, and computer. So does your next-door neighbor. So why is your electric bill almost twice as high every month?

Consider: How well are your walls insulated compared to your neighbor's? Do you take longer, hotter showers? Are you cooking complicated meals or baking from scratch while your neighbor opts to microwave? Does the TV keep you company even when you're not watching it?

Just as no two families are alike, no two electric bills are the same. Comparing your monthly statement to anyone else's would be like comparing your weekly grocery tabs. It's unlikely that any two families will spend the same amount on food because tastes and habits differ.

Think about the conveniences you might be willing to pay for that your neighbor isn't. Are you more comfortable sleeping in an extra-cool house on summer nights? Maybe your neighbor's thermostat setting is a few degrees warmer at bedtime.

The best way to lower your electric costs is to use energy more efficiently before the bill comes. If your neighbor's bill is lower than yours, ask for some tips about how to save money by conserving energy around the house.

# Pallette and Schuetz To Represent CECA in DC

**EACH YEAR**, **CECA** sponsors up to two students on the Government-in-Action Youth Tour trip to Washington, D.C. This seven-day tour of the U.S. capital includes visits to the National Cathedral, Lincoln Memorial, Mount Vernon, the Smithsonian Institution and a host of other sites of national importance. The delegates balance sightseeing with other fun activities like dinners, shopping and other social gatherings.

CECA's Youth Tour contest is open to any high school student, sophomore or above, who attends school in the co-op's service area or whose parents or legal guardians are members of CECA. Qualifying school districts are Albany, Baird, Bangs, Blanket, Breckenridge, Brownwood, Cisco, Comanche, Cross Plains, De Leon, Dublin, Early, Eastland, Goldthwaite, Gorman, Gustine, May, Moran, Mullin, Priddy, Ranger, Rising Star, Sidney and Zephyr.

### CECA Government-in-Action Youth Tour Winning Participants 2023



Ethan Pallette Early High School



Samuel Schuetz Gustine High School

This is an all-expenses-paid trip, with the co-op covering winners' airfare, transportation, lodging, meals, insurance and admission charges. This year's winners of CECA's contest are Ethan Pallette, a senior at Early High School and the son of Tim and Holly Pallette, and Samuel Schuetz, a junior at Gustine High School and the son of Kenneth and Stormy Schuetz. This year's Youth Tour will take place June 11–19.

Applications are being accepted for the 2024 Youth Tour. To apply, visit our website, ceca.coop, or contact the member services department at 1-800-915-2533 or memberservices@ceca.coop.



### MARK YOUR CALENDAR

**Flag Day** Wednesday, June 14

Father's Day Sunday, June 18

**Juneteenth** Monday, June 19

Forgiveness Day Monday, June 26

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### Less Expensive Home Cooling Options

**IF YOU LIVE IN** a home with no air conditioning and are dreading the high temperatures that summer is sure to bring, it may be time to invest in a little comfort.

There are a few low- and no-cost cooling strategies, like using ceiling fans to keep air moving, turning off unused electrical devices and appliances, and blocking direct sunlight with window coverings.

If that's not enough, you can install air conditioning. **Here** are three common options for home cooling.

### Window and Portable Units

Window or portable air conditioning units are the lowest-cost approaches. Portable units can be moved from room to room and come equipped with a length of duct to exhaust hot air out a nearby window. Window units are mounted in a window opening and cool one room. The efficiency of portable and window units has improved over the years, but none of them are as efficient as most central AC units or a mini-split heat pump system.

You might also consider an evaporative cooler (sometimes referred to as a swamp cooler). Evaporative cooling units can be less expensive than traditional AC, but don't buy one until you do the research to determine how well evaporative cooling works in your area. Whatever you choose, make sure it's rated for the size of the space you're cooling.

### **Central Cooling**

If central AC wasn't installed in your home when it was built, adding it can be expensive and challenging. Fortunately, there are solutions to installing central air in a house without ducts: ductless mini-split systems and high-velocity systems.

A high-velocity air conditioning system can be an ideal air conditioning solution to retrofit your home. These systems deliver cool air through 2-inch flexible ducts designed to fit your existing framework. The compact air handler can be easily installed in attics, crawl spaces or even closets.

#### **Mini-Split Heat Pumps**

A ductless mini-split heat pump has a compressor outside the home that's connected to air handler units in as many as four rooms inside. Each room's temperature can be controlled separately.

Ductless mini-splits are an especially good choice for homes without forced air ducting systems or with leaky or undersized ductwork, and they're much smaller, cheaper and easier to install than central AC systems. Heat pumps can also be a supplemental source of heat in the winter.

### **CECA Offers Free Solar Power Analysis to Members**

**DID YOU KNOW** that CECA offers a free solar power analysis for members interested in solar projects? This means that our team can help you understand every part of the solar installation process from beginning to end. No matter where you are in your planning, CECA can work with you to ensure the best decision for your wallet and your property.

For example, if you're interested in putting a solar array on your property but aren't sure how to go about doing it, our representatives can answer your questions and provide technical and procedural information regarding a potential installation.

Before any solar array is installed and before interconnection can take place, there are agreements and safety concerns that must be addressed.

CECA can also provide firm estimates for the cost of an installed solar photovoltaic distributed generation system along with estimates of the system's energy output and the projected savings generated by the system.

In general, the cost to install solar arrays has decreased significantly over the past several years as the industry has realized economies of scale in the purchase of the core system components—PV panels and inverters.

That said, the return on investment for these systems depends on the size, typical output and location of the system, and the savings achieved by not purchasing energy from CECA. The co-op has developed a helpful tool that utilizes meter data and information specific to the member's account to calculate your particular return on any solar investment.

CECA also recommends the National Renewable Energy Laboratory's PVWatts Calculator to members who are interested in learning more about the cost effectiveness of solar installations for their property.

Here are some key points to remember before you embark on a solar energy project.

CECA requires an application process to be completed prior to interconnection with our system to ensure proper safety, liability and metering standards are met. Please contact us before you start your project to be sure your plans are compliant and that your project goes smoothly.

Discuss your solar project plans with CECA staff for general information or specific needs. Solar power can be a great energy efficiency tool, and we applaud our members who are working to conserve energy. Call us at 1-800-915-2533 to learn more about how we can help. ■



### Questions about solar? Call us first.

As your **trusted energy adviser**, your co-op is here to help. Make us your first call for questions and information. **1-800-915-2533** 

TCP

ceca.coop



### Comanche Electric Cooperative Association

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#### CONTACT US

349 Industrial Blvd. Comanche, TX 76442 **Toll-Free** 1-800-915-2533 **Web** ceca.coop

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### 24/7 Outage Hotline Number

CECA crews are available 24/7 in the event of a power quality issue.

TOLL-FREE 1-800-915-2533

#### ABOUT CECA

CECA operates in Brown, Callahan, Comanche, Eastland, Mills, Shackelford and Stephens counties.

#### OFFICE LOCATIONS

#### Headquarters

349 Industrial Blvd. Comanche, TX 76442 Monday–Friday,7:30 a.m.–4:30 p.m.

#### Early

1801 CR 338 Early, TX 76801 Monday, Wednesday and Friday, 7:30 a.m.-4:30 p.m. Closed from 1– 2 p.m.

#### Eastland

1311 W. Main St. Eastland, TX 76448 Tuesday and Thursday, 8 a.m.–4 p.m.

### VISIT US ONLINE ceca.coop





Check us out at TexasCoopPower.com/comanche



### Unplug To Connect This Father's Day

AUTHOR ANNE LAMOTT cleverly captures the benefits of unplugging in today's device-driven, multitasking world: "Almost everything will work again if you unplug it for a few minutes, including you." Keeping up with work, family and school activities or the latest trends on social media makes most of us feel compelled to constantly check our devices.

It might be tempting to buy Dad another tech gadget this Father's Day, but it's also a good opportunity to unplug from our devices and enjoy the great outdoors with family and friends. Research has shown that we all need downtime to recharge after a busy day—even though we may resist it. Take a moment to slow down and enjoy some peaceful hours with each other and away from technology.

While you're unplugging from your devices, take a look around your home to identify electronics that consume energy even when they're not in use. This is known as "vampire" energy loss. TVs, gaming consoles, phone chargers and computers are some of the biggest culprits.

Putting away devices allows you to take time to recharge your relationships and be more present with those you love. Attend a community event or enjoy some beautiful surroundings with your family and friends.

Speaking of spending time outdoors, you can also enjoy energy savings by incorporating LED products and fixtures for outdoor use, such as pathway, step and porch lights. Many include features like automatic daylight shut-off and motion sensors. You can also find solar-powered lighting for outdoor spaces.

Save energy by keeping warm summer air outside where it belongs. Add caulk or weatherstripping to seal air leaks around doors and windows. You can also employ a programmable thermostat to adjust the settings a few degrees higher when no one is home.

In our hyperconnected world, we have forgotten how to slow down. We multitask and text. We check email, then voicemail, then Facebook. Do yourself and Dad a favor: Put down the device and smell the fresh air.

When you do plug back in, CECA is just a call or click away to help you save money and energy by connecting you with our energy-saving programs and services.



### DID YOU KNOW?

Smart plugs are inexpensive and can be used to control lighting and other electronic devices through a smartphone app.

SUPERSMARIO | ISTOCK.COM

POWER TIP

If you play with highpower water guns, keep them away from power lines. If water contacts a power line, electricity can travel down the stream of water and right back to you.

### Buoy Your Boater Safety Knowledge

**BOATERS SHOULD BRUSH UP** on safety skills and prepare for boating season this summer. U.S. Coast Guard statistics show that drowning was the reported cause of death in 4 out of every 5 recreational boating fatalities in 2020, and that 86% of those who drowned weren't wearing life jackets.

There are many options for boaters when it comes to choosing life jackets. They should be U.S. Coast Guard approved, appropriate for the planned water activity and fit properly.

The National Safe Boating Council recommends these tips for boaters:

**Take a boating safety course** to gain valuable knowledge and on-water experience. Options for novice to experienced boaters are available.

**Check equipment.** Schedule a free vessel safety check with your local U.S. Coast Guard Auxiliary or the U.S. Power Squadrons to make sure all essential equipment is present, working and in good condition.

**Make a float plan.** Always let someone onshore know the trip itinerary, including operator and passenger information, boat type and registration, and communications equipment on board.

**Wear a life jacket.** Make sure everyone wears a life jacket—every time. A stowed life jacket is no use in an emergency.

**Use an engine cut-off device—it's the law.** An engine cut-off device, or engine cut-off switch, is a proven safety device that stops the boat's engine should the operator unexpectedly fall overboard.

**Watch the weather.** Always check the forecast before departing on the water and frequently during the excursion.

**Know what's going on around you at all times.** Nearly one-quarter of all reported boating accidents in 2020 were caused by operator inattention or improper lookout.

**Know where you're going and take it slow.** Get familiar with the area and local boating speed zones and always travel at a safe speed.

**Never boat under the influence.** Boating while intoxicated is involved in one-third of boating fatalities. Always designate a sober skipper.

**Keep in touch.** Have more than one means of communication that works when wet. VHF radios, emergency locator beacons, satellite phones and cellphones can all be important in an emergency.





### Creamy Cilantro Heat

½ bunch cilantro
6–7 slices pickled jalapeño peppers
1 clove garlic
Juice of 1 lemon
16 ounces plain Greek yogurt
⅓ white onion, finely diced (optional)
Creole seasoning, to taste

**1.** Process cilantro, jalapeño, garlic, lemon juice, yogurt and onion, if using, in a blender or food processor until cilantro is finely chopped.

**2.** Season with Creole seasoning. Increase garlic or jalapeño according to your tastes.

**3.** Use as a dip, spread or sauce on your favorite chip, bread or meat.

SERVES 10

Find this and more delicious recipes online at TexasCoopPower.com.



# WE'VE GOT YOU

A lot goes into powering this community. That's why CECA wants you to know we've got you. It's a pledge to make sure you're always taken care of. A pledge we honor every day. From our member service representatives to our lineworkers and those making sure the power you use every day is there when you need it. We've got you. Always.

Your source for power. And information. CECA.COOP





# Energy Efficiency Can Be Raised in a Barn

**PLANNING TO BUILD** a new barn or outbuilding on your property? **You can make it more energy efficient by following these tips.** 

**Location matters.** If possible, carefully assess the area where you plan to build. Consider drainage, wind direction and sun exposure. An advantageous site can mean dry floors and access to good natural light and cross ventilation by opening windows.

**Start with a sustainable design plan.** Such plans use environmentally preferable products, protect and conserve water, enhance indoor environmental quality, and optimize operational and maintenance practices, according to the U.S. General Services Administration.

**If you hire a contractor to help build your structure,** consider companies that specialize in green buildings and energy-efficient practices.

**Choose efficient building methods.** Pole barns, for example, offer reliable shelter without costly excavation, concrete foundations or general site disruption.

If you're upgrading instead of building from the ground up, follow these tips to make energy efficiency improvements to an existing structure:

- ▶ Replace indoor lighting with energy-efficient LED bulbs.
- ▶ Ensure that your existing structure has adequate insulation.

• Choose outdoor lighting designed to be energy efficient, and install motion detectors to reduce energy consumption when not in use.

▶ Plant trees around your metal shed or barn. Trees act as a windbreak in colder climates and create a natural cooling effect in warmer climates that can reduce temperatures 3–6 degrees in a metal building.

▶ Consider adding a ceiling fan to circulate air. Inside a metal building, there's typically a 2-degree temperature increase for every 1-foot increase in ceiling height. A ceiling fan can help keep warm air close to the ground in the winter and circulate fresher, cooler air in the summer. Not only will this help with energy costs, it also will help keep the air in the building from becoming hot and stagnant, and that can keep harmful bacteria and insects at bay. ●

### Pamper Them With Practical Kitchen Appliances

**DON'T KNOW WHAT** to get the happy couple whose wedding is right around the corner? These five small kitchen appliances could help your favorite couple enjoy their time in the kitchen and maybe even be a little more efficient.

**Multicooker.** A pressure cooker that steams everything from fish to eggs to pasta, especially if it's paired with an air fryer lid, can make one-pot dinners quicker and with less energy than the oven or stovetop and takes up a lot less space.

**Immersion blender.** This slim, handheld mixer dips directly into food to blend, chop, purée or whisk without a bulky food processor or stand mixer.

Air fryer toaster oven. This appliance could replace a toaster, microwave and air fryer. Use it to quickly defrost, heat, reheat, roast or crisp just about anything, including leftovers, veggies and meat.

**Indoor grill.** Even when it's cold outside, you can use an electric indoor mini grill to warm, cook or sear food.

Electric kettle. These handy gadgets boil water faster than a stovetop teapot or microwave, so there's less wait for warming bottles, heating water for pasta or making coffee.





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# Special Delivery

How a crudely scrawled message 300 years ago saved its sender's life

BY W.F. STRONG • ILLUSTRATION BY JOHN WILSON

THE LUCKIEST LETTER in Texas took six months to reach its destination. But the fact that it arrived at all was a miracle within a miracle, and it saved the sender's life. This was more than 300 years ago, when Texas was under Spanish rule. It was a Hail Mary mailing.

François Simars de Bellisle was just 24 when he left France to come to America in 1719. He was headed for Louisiana on a small ship, but his captain overshot their destination, ending up near present-day Galveston, about 300 miles off course.

Bellisle and four other French passengers took meager supplies—biscuits, guns, swords—and went ashore to determine their location and seek help. They slept well that first night, but when they awoke the next morning, their ship was gone. They had been abandoned.

They walked east to what was likely the mouth of the Sabine River, where they could go no farther because of deep mud. Soon they began to succumb to starvation, and within two months, Bellisle had buried all his friends. He was alone and desperate.

Bellisle believed he was living his last days. He had made his way back to Galveston Bay, out of bullets and reduced to eating boiled grass and worms. Then one clear morning, he saw the first Native Americans he had seen since being stranded. They were Akokisas and his only hope for survival.

He made his way across the bay in a

### FOOTNOTES IN TEXAS HISTORY

Listen as W.F. Strong narrates this story on our website.



crude boat he had found. The Akokisas took his goods and stripped him. He wrote that he was forced into labor, ordered about mercilessly and beaten regularly—but fed.

After a forced 150-mile walk to the Brazos River to hunt buffalo, he couldn't help but marvel at the landscape, later writing, "This is the most beautiful country in the world. The earth is black. Grass grows there to a prodigal height, and in abundance, which is a certain sign that the earth is good."

Bellisle soon realized his situation was still dire. So he retrieved one of the few pieces of paper he had, carved a crude pen out of wood, and made ink out of charcoal and water. He wrote a letter begging for rescue from anyone who might receive it and gave it to visitors from the Bidai tribe.

Then the miracle: Members of the Hasinai tribe, which had close ties to the French, took it to the commander of the garrison at Natchitoches, Louisiana. The commander, Louis Juchereau de Saint-Denis, wrote a letter in return and ordered the Hasinai to bring the castaway back, dead or alive.

When Bellisle's rescuers reached the Akokisa camp, they gave Bellisle the letter that informed him the Hasinai would escort him to Natchitoches. His captors relented.

It still took him months to get to Natchitoches, but at least Bellisle was free. He had sent what was the land version of a message in a bottle. It caught the best currents and washed up on the perfect shore. His literacy—and luck saved him.

# **Texas Seafood**

The catch of the day sparkles in these inventive dishes

BY VIANNEY RODRIGUEZ, FOOD EDITOR

Growing up near the Gulf, my mami loved getting shrimp from local shrimpers. One evening she surprised us with shrimp *albóndigas*, succulent meatballs swimming in a rich tomato broth. Served with warm corn tortillas, this dish is comfort at its best. I am excited to share my mami's recipe—a bit of her love from my home to yours. Enjoy!



### Albóndigas de Camarón (Shrimp Meatballs)

1/2 pound Roma tomatoes 1/2 pound tomatillos 6 cups shrimp or vegetable broth, divided use 1 pound shrimp, peeled and deveined 1 egg 2 teaspoons dried oregano 1–2 tablespoons masa harina (corn flour) 2 tablespoons olive oil 1/2 onion, diced 2 stalks celery, diced 2 medium carrots, diced 2 cloves garlic, minced 2 teaspoons cumin **3 teaspoons salt** 2 teaspoons ground black pepper 1/2 cup rinsed and chopped cilantro **Rice, steamed (optional)** 4 corn tortillas, for serving Sliced radishes, for garnish Cilantro, rinsed and chopped, for garnish

1. Preheat oven to 400 degrees. Place tomatoes and tomatillos on a baking sheet. Roast until skins have charred, turning occasionally, 10–13 minutes. Remove from oven and allow to cool.

**2.** Blend the cooled tomatoes and tomatillos in a blender or food processor with 1 cup broth until smooth. Set aside.

**3.** Pulse shrimp in cleaned food processor until finely ground.

**4.** Move ground shrimp to a bowl. Add egg, oregano and masa harina. Mix by hand until well combined.

**5.** Lightly oil clean hands and form shrimp mixture into <sup>3</sup>/<sub>4</sub>-inch meatballs. Place meatballs on baking sheet and refrigerate to keep firm.

6. In a stock pot or Dutch oven, add olive oil over medium-high heat. Add onion, celery and carrots and sauté until tender, about 4 minutes. Stir in garlic and cumin and cook 30 seconds. Stir in tomato mixture and cook an additional 2 minutes.

**7.** Add remaining broth and bring soup to a boil. Reduce heat to low and season with salt and pepper. Gently add meatballs to broth. Simmer without stirring 8–10 minutes. Stir in cilantro.

**8.** Serve over steamed rice or alone as a soup. Garnish with radishes and cilantro and serve with warm tortillas.

### SERVES 4

Follow along with Vianney Rodriguez while she cooks in Cocina Gris at sweetlifebake.com, where she features a recipe for Skillet Pico de Gallo Shrimp.



Hatch'en Cocktails ANN CYCHOSZ TRI-COUNTY EC

Cychosz stashes away a few hatch peppers when they're in season to whip up these shrimp cocktails, a neighborhood favorite. Feel free to use canned roasted hatch peppers. Served in cocktail glasses, this appetizer will be a hit at any gathering.

### SHRIMP

1 tablespoon salt 2 pounds Gulf shrimp, peeled and deveined

### COCKTAIL SAUCE

- 3 cups ketchup
- 2 tablespoons horseradish
- 2 tablespoons Worcestershire sauce
- 1 teaspoon hot chili sauce
- 1 teaspoon ground black pepper Juice of 2 limes
- 3 avocados, pitted and cut into ¼-inch cubes
- 1/2 cup diced red onion
- 1/4 cup chopped cilantro
- 1 cup chopped roasted hatch peppers Tortilla chips, for serving

**1.** SHRIMP Bring a pot of water to a boil and add salt. Add shrimp and cook 2–3 minutes, or until shrimp are cooked through.

**2.** Remove shrimp with a slotted spoon, place on a baking sheet and allow to cool.

3. Cut shrimp into ¼-inch pieces.

**4.** COCKTAIL SAUCE In a large bowl, stir together ketchup, horseradish, Worcestershire sauce, hot chili sauce, pepper and lime juice. \$500 WINNER

### Escabeche

KARA HILL WOOD COUNTY EC



Hill's husband has fond memories of his Filipino mom cooking fresh fish that he, his brother and dad caught. This escabeche has the perfect level of acidity to pair wonderfully with black drum, a white fish with a mild, sweet flavor.

SERVES 6



- FISH 6 black drum fillets (about 2 pounds total), skin removed Salt and ground black
- pepper
- 1/4 cup flour
- 2 tablespoons olive oil

#### ESCABECHE

- 1/2 cup white vinegar
- 1 cup water
- <sup>1</sup>∕<sub>3</sub> cup brown sugar
- 2 teaspoons soy sauce 2 tablespoons cornstarch
- <sup>1</sup>/<sub>4</sub> cup cold water
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 2 tablespoons minced ginger, fresh or jarred
- 1 medium onion, sliced
- 1 small red bell pepper, sliced
- 1 small green bell pepper, sliced
- 1 small yellow bell pepper, sliced
- 2 medium carrots, julienned
- 3 cups cooked rice

**1.** FISH Preheat oven to 250 degrees. Gently pat down fish with paper towels. Season fish with salt and pepper. Place flour in shallow dish.

2. Lightly dredge fish in flour, coating each side, and shake off excess. Place on baking sheet and repeat until all fillets are coated.

**3.** In a large skillet, heat oil over mediumhigh heat. Pan-fry fish until golden-brown on each side, 2–3 minutes. Place on baking sheet, then repeat until all fillets are fried.

4. Place fish in oven.

**5.** ESCABECHE In a bowl, stir together vinegar, water, brown sugar and soy sauce.

6. Dissolve cornstarch in cold water.

7. In a large skillet, heat oil over mediumhigh heat. Sauté garlic and ginger until fragrant, stirring often, about 3 minutes.
Do not let the garlic and ginger brown.

**8.** Add onion, bell peppers and carrots and sauté for 2 minutes. Pour vinegar mixture into skillet. Cover and bring to a boil.

**9.** Remove cover, add cornstarch mixture, and return to a boil, stirring until sauce has thickened. Serve fish over rice, then top with escabeche.

### 🔞 \$500 Recipe Contest

HOLIDAY DESSERTS DUE JUNE 10 We'll help cap off your holiday feasts with reader recipes in the November issue. Submit yours online by June 10 for a chance to win \$500.



**5.** Add shrimp, avocado, red onion, cilantro and hatch peppers. Stir gently to combine. Chill until ready to serve. Serve with tortilla chips.

SERVES 12

### Jamaica Beach Snapper george grall united cooperative services

Dinner ready in under 15 minutes? Yes, please. Baked snapper served warm with a chili butter sauce is the ultimate weeknight dinner. Roast or steam vegetables while the fish bakes and have dinner ready in a snap.

4 red snapper fillets (6 ounces each) <sup>1</sup>/<sub>2</sub> cup (1 stick) butter, melted 2 tablespoons garlic powder 1 tablespoon chili powder 1 large lemon, cut into wedges Parsley (optional)

1. Preheat oven to 425 degrees.



**2.** Generously coat a 9-by-11-inch pan with cooking spray and place snapper fillets in the pan.

**3.** Bake 15 minutes or until the fish flakes easily with a fork.

**4.** Combine melted butter, garlic powder and chili powder in a bowl and stir until well blended.

**5.** Drizzle butter mixture over fish and serve with lemon wedges and garnished with parsley, if desired.

SERVES 4

### Shipshape Shrimp

#### BY VIANNEY RODRIGUEZ

Texas Gulf shrimp is a great ingredient for meals that can come together in under 30 minutes. Not sure how to buy and store fresh shrimp? Follow these tips, then check out two amazing shrimp recipes in this month's issue:

Look for firm, translucent shrimp.

Avoid shrimp with slimy shells and any that smell like ammonia.

Place fresh shrimp in a bowl on ice to maintain freshness in the fridge.

Uncooked shrimp stay fresh in the fridge for up to three days.

Freeze shrimp for up to two months.

Thaw frozen shrimp overnight in the fridge.



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### HIT THE ROAD



# **Kilgore's Kickers**

The Rangerette museum preserves the legacy of the iconic drill team

BY CHET GARNER

**FOOTBALL IS AN EXPERIENCE** in Texas. It's about much more than just what happens when the players snap the ball. I mean, what would the Dallas Cowboys be without their cheerleaders? They certainly couldn't be America's team without America's sweethearts, right? And if you've ever danced in a drill team or enjoyed the precise high kicks and jump splits of these athletes, then you have the women of Kilgore College to thank.

I traveled to East Texas to pay my respects and visit the official museum of the Kilgore Rangerettes—America's first precision dance drill team.

After filling my belly with pork ribs at Country Tavern Bar-B-Que, I cruised Kilgore, between Tyler and Longview, and passed the towering oil derricks of the "World's Richest Acre," which once held 24 wells on one city block. In the 1930s, Kilgore was the definition of a boomtown.

While football games at Kilgore College were popular, the college's president became irritated with fans leaving at half time and drinking under the stands. So in 1940 he tasked teacher Gussie Nell Davis with figuring out a way to keep fans in the stands. Her solution was to bring a group of talented dancers onto the field. It launched a multibillion-dollar industry.

I stepped into the Rangerette Showcase and Museum and was immediately impressed with mannequins showcasing the evolution of the uniforms. While the skirts may have been scandalous at the time—they dared to show knees—the uniform is now iconic. I appreciated the short film giving context to the stories and was blown away by the number of photos depicting Rangerettes with celebrities and presidents throughout the decades.

I'll never think of drill team dancing the same way again. Now to work on my high kick!

ABOVE Chet's style might not be *precisely* what the Kilgore Rangerettes look for in a dancer.

The Rangerettes' perfected routines are exactly what drew Chet to Kilgore. See the video on our website and see all his Texplorations on *The Daytripper* on PBS.



### Know Before You Go

Call ahead or check an event's website for scheduling details, and check our website for many more upcoming events.

### JUNE 08 Coleman coleman

Coleman [8–10] Rodeo, colemanrodeo.com

Johnson City Dive-In Movies, (830) 868-7111, johnsoncitytx.org

Blanco [9–11] Lavender Festival, (830) 833-5101, blancolavenderfest.com

**Ingram [9–10, 16–17, 23–24]** *Newsies*, (830) 367-5121, hcaf.com

Kerrville [9–10, 16–18, 23–25] Beer for Breakfast, (830) 896-9393, caillouxperformingarts.com

Brenham Tapestry: The Carole King Songbook With Suzanne O Davis, (979) 337-7240, thebarnhillcenter.com

**Fredericksburg Craft Beer Festival**, fbgcraftbeerfestival.com

Nacogdoches Texas Blueberry Festival, (936) 560-5533, tbf.nacogdoches.org

Terrell [10–11] Antique Tractor and Engine Show and Pull, (214) 497-1611, north-texas-antique-tractorand-engine-club.net

Lufkin *Madagascar the Musical*, (936) 633-5454, angelinaarts.org

Stonewall [15–17] Peach Jamboree and Rodeo, (830) 644-2735, stonewalltexas.com

Galveston [15-19] Juneteenth Celebrations, (409) 457-3570, visitgalveston.com

Linden Underground **Railroad Quilt Auction** and Performance. (903) 826-2495. lindenpubliclibrary.org

22

23

JULY

Fredericksburg Women's Ranch Seminar, (830) 456-8956, hillcountrycattlewomen.org

McKinney [23-24] Flip Orley: Comic and Hypnotist, (214) 769-0645, thecomedyarena.com

Hemphill [30–July 2] Patriotic Weekend on Toledo Bend, (409) 787-2732, sabinecountychamber.com

Ingram [30–July 28] Summer ArtMart, (830) 367-5121, hcaf.com

Johnson City Fourth Fest Parade and Fireworks, (830) 868-7111, johnsoncitytx.org

The Colony Liberty by the Lake, (972) 624-5253, visitthecolonytx.com

Giddings [3-4] Freedom Fest and Fury on the 4th, (979) 542-3455, giddingstx.com

Kerrville 4th on the River, (830) 315-5483, kerrvilletx.gov

### 🔃 Submit Your Event

We pick events for the magazine directly from TexasCoopPower.com. Submit your September event by July 1, and it just might be featured in this calendar.



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### \*\*\*\*

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# Dad

Sharing their passions and leading their families, dads play an important role in the everyday life of Texans. These reader entries warm our hearts and make us smile. Gather around the family album as we celebrate dear old dad.

#### CURATED BY GRACE FULTZ

#### 1 HEATHER MEIFERT COSERV

"This is daddy's little girl, Madison."

#### 2 KARI ZIMMERMAN HAMILTON COUNTY EC

"My grandson shelling peas with his gramps. Such a sweet moment."

#### 3 MONA PARISH SAM HOUSTON EC

First piano lesson with Pops, the man behind the dad.

#### 4 GALE STEVENS BOWIE-CASS EC

"My son Jared Stevens of Campbell and his son Tyler ride almost every day and rodeo on weekends."









### **Upcoming Contests**

DUE JUN 10 Helping Out DUE JUL 10 Golden Hour DUE AUG 10 Mailboxes



Enter online at TexasCoopPower.com/contests.

CP See Focus on Texas on our website for more Dad photos from readers.



### Ending on a Sour Note

Here's a first: Accomplished competitor falls short of the finish line

BY PAM LEBLANC PHOTO BY ERICH SCHLEGEL I BAILED OUT OF THE BOAT in Cheapside—which sounds like a line in a country-western song.

But this was no two-step. I staggered out of a racing canoe under a highway on the Guadalupe River, 154 miles into a 264-mile paddling race called the Texas Water Safari. It was the very first DNF of my life. I laid down my paddle, sobbed a bit and barfed.

My team went on without me. Quitting's a weird thing. When I tell this story to friends, a lot of them nod and say, "You might have hurt yourself if you'd continued."

But that's not it, exactly. I quit because a tiny voice inside my head suggested I do it, and I listened. I didn't want to slog 100 more miles in 106-degree heat. And so, after 32 hours of nonstop paddling, Texas Water Safari participant Courtney Shaver collapses in her boat after a difficult portage.

I bid my tough-as-nails teammates adieu.

Looking back, I foretold my meltdown. I was afraid of the heat and the low river flow.

In 2019, I finished the race, which starts at Spring Lake in San Marcos and ends at Seadrift on the Texas coast, in about 53 hours as part of a three-woman team. I vowed then never to do it again. But when veteran paddler Deb Richardson invited me to join her five-person crew, I forgot about the alligators, mud, log jams, spiders and hallucinations and signed up.

I began spending every weekend on the river. On race day last June, we lined up our 40-foot boat at the back of the pack. When the starting horn sounded, we sliced through the crowd like we were parting the Red Sea. Then, just a few hundred yards in, our rudder cable snapped, and we fell into last place.

Over the next six hours, we picked off boat after boat, clawing our way from 138th position to 100th, then 50th. We nailed every portage and cut through every rapid. That first night, the frogs were so loud you couldn't hear anything else. I was giddy.

But it was hot, and the water was so low, we had to drag through dozens of gravel bars. My muscles got weak, my butt sore. Racers don't stop to sleep or admire the scenery, and I got weepy.

After I quit and went home, I slept 12 hours. I woke up to news that my team had climbed into 18th place. I sped back to cheer them on.

In the end, half the 138 boats that started quit. My team finished in just under 77 hours, in one of the toughest years in the race's 59-year history.

I couldn't be prouder.

And this time I'm not kidding. I'm never doing it again. ■



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