A dove prepares to feed on a cactus in Saguaro National Park.

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January 2020 • Volume 55, No. 1

Welcome to 2020

Your friend-of-the-family magazine starts the decade with a new look—the first big redesign in a decade.

This is more than a fresh coat of paint. The aim, from front to back, is to offer a visually pleasing experience that showcases our content while providing new ways for readers to engage.

Take, for instance, an old favorite, David LaBelle's Great Picture Hunt. The photo column has been rebooted—thanks, Dave—to offer not only expert guidance, but a monthly "assignment" to get readers in on the fun. It is content that will be shared on our website and online.

Something new is the Adventure Awaits travel feature. You'll notice a highly visual approach as we cover geography across the West and Northwest. It's a page that will get you dreaming and, hopefully, planning that next trip.

We're also putting a greater emphasis on regional gardening coverage, a seed that was planted by readers in our recent survey.

As you flip through this issue, you'll notice changes big and small, from revamped food pages that make it easier to clip and save recipes to a new two-page feature called Up Close. It replaces Side Roads.

We'll continue to spotlight places off the beaten path, but we'll also cover many other interesting topics, from outdoors and local characters to difference-makers (see this issue's Up Close Q&A to sample the new approach).

Our main January feature, Bridging the Rural-Urban Divide, reflects our 2020 vision to focus on volunteers and unsung heroes stepping up to make their communities better.

Any redesign—think about that big home remodel—requires touch-up. In that spirit, let us know what you think.

Leon Espinoza
Editor

FROM THE EDITOR

The Rural-Urban Divide
Folks from different walks of life travel a minute in each other’s shoes. Page 12

Bike Sedona’s Red Rocks, at any Skill Level
Adventure Awaits, Page 20

Plugged In 6 | Photo Hunt 22
Up Close 10 | Before You Go 32
In the Kitchen 16
Colder temperatures and winter storms are just around the corner.

While Anza Electric Cooperative strives to keep continuous, dependable electric power available, periodic power outages do occur. It is best to be prepared for an outage at any time of the year. Here are a few suggestions to help you be prepared for a prolonged outage:

- Have sufficient water. With the power out, most of us do not have water, since our pumps do not run. Plan on 1 gallon a day for each member of your household. Animals require more water during warmer times of the year. Have a backup plan so you can get water to your animals.
- Have sufficient flashlights and lanterns ready and easily accessible.
- Keep a battery-powered radio with fresh batteries.
- Maintain at least three-quarters of a tank of gasoline in your vehicle. Most gas station pumps do not operate during outages.
- Have backup arrangements in place to keep perishable food chilled and fresh in the event of a prolonged outage. Keep refrigerator and freezer doors closed as much as possible during an outage. A well-filled, unopened freezer will keep food cold for 24 hours or more without electricity.
- If you are on life support, make sure you have a backup plan. Battery backups are available for certain types of equipment. Contact your supplier for information. Be sure Anza Electric is aware you or someone in your household is on life support so the account can be flagged. This flag is used to notify the member of a planned outage. During prolonged outages, local fire stations are also notified of our life support members.
- Check on the medical needs of family and neighbors.
- Remember, cordless phones do not work when the power goes out. Have at least one hardwired phone (one without a power pack) available for use. Keep cellphones charged.
- Never connect a portable generator to your house unless a transfer switch is installed. It is best to plug any appliances directly into the generator.
- Use surge protectors to protect sensitive electronic equipment, such as computers. If you are home during a severe storm, unplug sensitive equipment.
- Never touch a power line suspended in the air or lying on the ground.
- Always have a first-aid kit with
Turn Up the Heat on Your Electricity Bill

Winter is here—with all of its cold and blustery weather. Time to break out the trusty old electric space heaters, right? Wait! Have you considered the effect on your electricity bill? Let’s do a little math.

A typical electric space heater is rated at 1,500 watts. Used for 1 hour, it costs about 25 cents. Used for 8 hours, $2. Used for 24 hours a day for a month, this little energy guzzler will add $180 to your bill.

These numbers apply to a regular radiant-type heater. Oil-filled heaters cost about the same to operate. The main difference between the two is the oil-filled types operate at a lower surface temperature, and are usually safe to touch. Both are considered 100% efficient, as they are straight resistance-type heating elements. Add an internal fan, and the efficiency drops. The radiant types can be dangerous to use around curtains, beds and clothing. Units manufactured after 1991 have a tip-over switch that turns off the heater if knocked over.

Consider some weather stripping, caulking and extra insulation to help hold in the heat and keep winter outside. Heaters can keep you warm, but you may get steamed over your bill.

- Leave a light turned on to tell you when the power is back on.
- Make sure all appliances that were on at the time of the outage are turned off, in case power is restored while you are not home.
- Call the cooperative and notify us of the outage or anything you may have seen or heard at the time of the outage. This information may be helpful to our crews.
- After a prolonged outage, it is helpful to turn off all major appliances (air conditioning, pumps, etc.) and turn them back on approximately 20 minutes after power has been restored.

HOW TO REACH US
Anza Electric office: 951-763-4333
After-hours answering service: 951-492-2010

Lights out? Store these items at home in case of an outage.

- Water
  Three-day supply, 1 gallon per person per day.
- Tools
  Flashlight and extra batteries, can opener, wind-up radio.
- Food
  Three-day supply of nonperishable, high-energy food.
- First Aid, Medicine
  First-aid supplies, hand sanitizer and at least a week’s supply of medications for the family.
- Documents
  Include copies of passports, birth certificates and insurance policies.

Across every city and town in the U.S., miles upon miles of power lines stretch across our streets and into our homes. Most of us take them for granted. They are a given in our modern world but maintaining and updating that electrical infrastructure requires manpower, specialized knowledge and a team of administrators, communicators and logisticians to ensure the power flows where it is needed most.

Before you polish your next resume, take a look at these career fields at your local utilities.

Communications
Advancements in technology allow utilities to communicate with consumers during blackouts via social media, push messaging or update the utility’s website.

Utilities need communications and marketing professionals to be the voice for consumers, while linemen work to deliver power.

“The relationship between a utility and consumers relies on transparency,” says Jeff Marshall, communications specialist with Clearwater Power Co. in Lewiston, Idaho. “Consumers need to know about service interruptions, costs, incentives, safety, and helpful programs or services.”

Jeff earned a degree in graphic design from Boise State University and worked in advertising for 10 years before accepting an opportunity at Clearwater Power. The co-op needed someone who could do more than what had traditionally been expected of the position.

“We’re not big enough to have specialists in any one thing,” Jeff says. “One week I might be working on a press release, the next I might be designing art, the next I could be doing something else. The more hats you wear, the more valuable you will be.”

Jeff functions as a one-stop-marketing team for Clearwater Power—with responsibilities that include graphic design, website development, social media, feature writing, technical writing, photography, illustration and public speaking. Other utilities have communications teams with six or more people to serve their members.

“My hats are mostly related,” Jeff says. “Sometimes your marketing person is also your rebate specialist or rebate assistant. You need to be willing to provide the utility what it needs in the moment. Take advantage of any training or cross-training opportunity you can.”

Jeff suggests doing some research before deciding communications at a utility is the right career for you.

“From the outside, it might look like a fixed industry, but there are so many regulatory and safety changes and people who are generating their own power on our grid that it’s really important you know what is going on in the industry,” Jeff says.
**Engineering**

Thomas Edison may have been the first to harness electricity to produce the long-lasting lightbulb in 1879, but the electrical grid has since grown into an industry that powers homes and businesses for more than 320 million Americans.

With the growth, engineers had their hands full redesigning and expanding infrastructure to meet increased loads.

“At our co-op, we’re responsible for the engineering and operations at the utility,” says Trevor Parke, engineering and operations manager for United Electric Co-op in Heyburn, Idaho. “Engineers do the planning. We determine what areas we need to upgrade and modify. We design new line extensions to serve new customers, and we coordinate with the line crews to make sure it gets done right.”

Trevor’s interest in utilities began as a child due to his father’s work as a lineman. It led him to pursue a degree in electrical engineering from the University of Idaho. He chose classes related to the power industry as often as possible, but he had to work his way up and around to make it to his current position.

“I worked for a communications co-op for a couple of years but always had an eye on utilities and took this opportunity as soon as it was available,” Trevor says. “I like the construction end of things—managing projects and following them from start to finish—but it’s a challenging field. We’re constantly building a better mousetrap—making this process better, safer and more reliable.”

One significant contribution engineers bring to their utilities is a focus on safety above all else.

“I specify how all of our power lines are to be constructed within National Electric Safety Code standards,” Trevor says. “Safety and reliability are my reason for being here. We follow state and local laws to make sure installations are safe.”

While the position is rewarding and calls for outside-the-box thinking, Trevor warns this career track is one of the most educationally challenging.

“You just have to ask yourself, ‘Am I willing to go through the education, time and sacrifice to get the degree for this type of job, and will I be happy with it at the end of the day?’” Trevor says. “You really need to have the ability, desire and passion for the position.”

**Lineworkers**

Those miles of electrical lines don’t put themselves together. Without the men and women who climb the poles, trim the trees and work the lines, the electricity-rich world we live in ceases to exist.

Unlike other utility careers, lineworkers spend most of their time outdoors maintaining your electrical infrastructure during rain, snow, blistering heat and natural disasters.

“I enjoy working outside, completing a job and getting the power back on if there has been a storm,” says Kay Hill, United Electric Co-op’s line superintendent. “Getting service back to our customers and seeing how much they appreciate it is really where the gratification comes from.”

Kay, who is celebrating 40 years of service in the industry, became interested in linework as a child after traveling with his father, a lineman, on after-hours calls.

“This industry has been very good for me,” Kay says. “It’s taken care of me my whole life, and it allowed me to provide for my family. It’s not an easy career. It’s hard and it’s dangerous, but the industry has really come along the last 20 years and really made it safe. That is always the priority.”

Some of Kay’s best experiences have been when he had to leave home to help neighboring utilities restore power after natural disasters.

“In 2006, we took a four-man crew and helped a neighboring utility in Jarbidge, Nevada,” Kay says. “They had a forest fire go through and burn down miles of power lines. We are a neighboring utility, so we are friends with all their employees. It’s a remote area, and we couldn’t get any bucket trucks into the area. We had to use a backhoe to dig and set up all the poles by hand. It was very labor-intensive, but it was really satisfying to get work done.”

Those interested in a career as a lineworker often start at a lineman’s trade school. Kay recommends Northwest Lineman College. In the past few years, his utility hired nine lineworkers who graduated from that institution.

United Electric also hosts an intern program every summer. The co-op hires high school juniors and seniors to experience life as a lineworker. These are just a few examples of the many careers offered in the utility industry. Before you search digital job boards, give your local utility a call and learn what career opportunities are open to you while giving back to your community.

Clearwater Power Co.’s Communications Specialist Jeff Marshall teaching how to use social media to help “humanize” your company during a Northwest Communications and Energy Innovations Conference.
Wrapping Up the Holiday Season

The Electrical Safety Foundation International hopes your holiday season is filled with friends, family, and safety. To help keep safety a holiday tradition in your home in the future, ESFI is reminding you of these post-holiday tips:

- Holiday decorations are meant for temporary use. Leaving your decorations up for extended periods leaves wires unnecessarily exposed to the elements, which can decrease the product’s shelf life and increase the risk of electrical hazards.

- With time, Christmas trees continue to dry out making them increasingly flammable. Trees decorated with holiday lights have an increased risk because they’re in direct contact with an electrical source. Check with your local community to find a recycling program through which to dispose of your tree early in the new year.

- Always unplug decorations by using the gripping area. Pulling on the cord could damage the wire and present a shock or fire hazard.

- As you take down holiday lights, inspect the wiring and discard any that have cracked, frayed, or appear to have damaged wire insulation.

- Make sure to label or store indoor decorations separate from those intended for outdoor use.

- Store electrical decorations in a dry area that is not accessible by children or pets.

For more information on how to safely wrap up the holidays and other electrical safety resources for use throughout the year, visit www.esfi.org, or contact us at info@esfi.org or (703) 841-3229.
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Bright Insights from Electric Leaders

HOW DO YOU PERSEVERE? “By believing you are capable of carrying whatever comes your way and carrying it with grace and gratitude.” Cheryl Strayed, author of the bestselling memoir “Wild,” shared her insights with a rapt audience during Northwest Public Power Association’s Women in Public Power conference in November. The conference provides tools and inspiration to help women succeed in what has long been a male-dominated industry. We spoke with three women who are leading from the front in their utilities and the communities they serve: Debi Wilson, Libby Calnon and Meera Kohler.

Q: Who has inspired you in your career and why?

Former Lane Electric General Manager Rick Crinklaw and Former Finance and Administration Manager Ron Schwada were my mentors. Ron gave me a lot of freedom to try new things and make changes. Rick encouraged me to consider pursuing a general manager position. He kept the staff informed of the issues the industry was facing and the discussions in the region around how to approach them. It impressed on me the importance of the work we do, and I wanted to be part of it.

Q: What motivates you?

A: Serving our members. Everything we do is to ensure rates are affordable and the service is reliable. This industry faces many challenges to those objectives, and working with others to find solutions brings a lot of personal satisfaction.

Q: Best piece of advice you were ever given?

A: It takes a certain amount of courage to be a general manager. If you take the job, you can’t be afraid of making what you believe to be the right decision because you might lose your job.

Q: What advice would you give women just starting their careers or those wanting to advance in leadership?

A: Stay focused on your goals, and always bring your A game. Find mentors that can share their personal experiences and advice. Read. There are many good books that can help you develop your own leadership style. At the end of the day, we are in the people business, so developing relationships is critical to advancing a career. Being a mentor to women beginning their careers is a good way to refine your leadership skills and help build them in others.

Q: What challenges do women face in the consumer power world?

A: People in our industry don’t expect to see a female general manager. They are accustomed to seeing female staff and directors, so I’m often asked if I’m a director. Now when I introduce myself, I tell people I’m the general manager of Lane Electric. That helps avoid any potential awkwardness.

Name: Debi Wilson
Title and organization: General Manager, Lane Electric Cooperative
Years in role: 1 year
Favorite quote: “People don’t care how much you know until they know how much you care.”
Biggest strengths: Tackling and solving problems
Hidden talent: Quick wit
Name: Libby Calnon
Title and organization: General Manager, Hood River Electric Cooperative
Years in role: 1.5 years
Favorite quote: "I have found that most people are about as happy as they make up their minds to be."
Biggest strength: My ability to tackle new challenges. I get a kick out of getting thrown a curve ball and knocking it out of the park.
Hidden talent: I like to make delicious food for people I care about. Last year, I made my first three-tiered wedding cake, for my stepdaughter’s wedding.

Q: Who has inspired you in your career and why?
A: I’ve been inspired by many people, but most of all by my dad, Bob Wittenberg. He spent over 40 years as a public power engineer and manager. Through watching him, I saw how rewarding it can be to deliver affordable rates, reliable service and excellent customer care. He taught me that work should be fun, and teams should work well together.

Q: What motivates you?
A: I am motivated by serving others well, by learning new things and by striving for continuous improvement. I appreciate a bit of friendly competition now and then, and I love to laugh. I get a kick out of delivering more than was expected and helping others achieve their goals.

Q: What unique challenges do women face in the consumer power world?
A: I think a better question is, what are we doing to capture the value that comes from having more women in the consumer power world? Research has shown that organizations with women in leadership positions—and teams with women at the table where decisions are being made—are more successful. That’s the goal, right?

Q: Best piece of advice you were ever given?
A: When I was starting this position, Elaine Dixon, Northwest Public Power Association director of education and workforce development, advised me to spend the first several months observing and learning and to not make unnecessary changes. In a new position, you’ll have plenty of time to make changes. Building relationships with your team and learning what works well in your organization is what’s important in the beginning.

Q: What advice would you give women just starting their careers or those wanting to advance in leadership?
A: Be constantly curious and work to learn all aspects of your industry. Don’t be afraid of what you don’t know. I had things I avoided because I thought they were hard. It turned out most of them weren’t that hard once I decided to put the time in. Trust yourself!

Name: Meera Kohler
Title and organization: President and CEO, Alaska Village Electric Cooperative
Years in role: Current role at AVEC, 19.5 years; GM role, 29.5 years
Favorite quote: "When you get to a fork in the road, take it."
Biggest strength: Numbers. Numbers talk to me, and I can talk back.
Hidden talent: Art—I draw and paint. I’m also pretty good at cutting hair.

Q: Who has inspired you in your career and why?
A: The man who lured me into my first electric utility job: Doug Bechtel. He was a caring, inclusive, fun person. He celebrated my small victories and gave me projects that would have felt daunting had he not made it clear that he absolutely knew that I was up to it and that my work would be valued whether or not I was able to fully accomplish the task. With that faith and motivation, I always succeeded.

Q: What motivates you?
A: The challenge of mastering the task at hand—whether it be an HR issue, a financial issue or a technical issue. Getting to a win-win is the goal.

Q: What does it take to succeed in a historically male-dominated industry?
A: I never felt it was a major issue to be a woman in the industry. Because I am not shy, I never felt rejected or excluded. As a practical matter, I felt empowered to use my gender to poke fun at my male colleagues and never hesitated to go toe-to-toe with one if I thought my perspective was equal to or better than his. The lesson here is, you must demand rightful respect for your opinion, and you must step up to the plate to play in the arena. If you don’t, you will probably get marginalized and will feel excluded.

Q: Best piece of advice you were ever given?
A: "Let it go." Don’t dwell on something that happened. It’s water under the bridge. Learn from it, and don’t let it happen again. Whether you were right or wrong doesn’t matter. What matters is that the outcome is acceptable.

Q: What advice would you give women just starting their careers or those wanting to advance in leadership?
A: The cardinal rule I would share is, don’t engage in gossip and don’t allow it around you. Nothing is more insidious and destructive. Participating or not calling it out makes you part of the problem, and it will thwart your upward mobility. In my almost 30 years as a GM, the majority of my most troubling issues are HR issues, and 90% of them involve gossip of some sort. It is amazingly destructive to an organization and must be addressed sooner than later.
Folks from different walks of life travel a minute in each others’ shoes

Bridging the Rural Urban Divide

By Lori Russell

On a Saturday morning in August, Mike and Jeanney McArthur gather in their living room with urban visitors who have made the 120-mile journey east from Portland, Oregon, to learn about their life in rural Sherman County. It’s a tight fit, but there is room for all. Through the window, the view of freshly cut wheat extends to the horizon line under a sweep of cloudless sky. In the distance, wind turbines stand like soldiers in single formation, their blades turning slowly on the breeze.

“Passing by on the freeway, people don’t even know about us or the open skies or rolling hills,” says Jeanney, a fourth-generation Sherman County resident whose ancestors homesteaded in the area.

“Many urban people don’t understand the geography out here,” adds Mike, a former Sherman County judge and retired dryland wheat farmer. “We hope to give them an experience of the area so they can understand the difference in our lifestyle.”

The two-day homestay is sponsored by Community Oregon—a program that brings together people from urban and rural communities across the state to build relationships and better understand one another as fellow citizens and Oregonians.

The program was developed in 2017 by Healthy Democracy—a nonprofit, nonpartisan organization that works to increase citizen engagement and improve political discourse for the benefit of all voters. Fourteen Oregonians from urban Portland and Eugene and rural Sherman County, Baker City and Klamath Falls participated in the 2019 Community Oregon program.

Rural exchanges like the one in Sherman County also occurred in Baker City and Klamath Falls. Urban residents returned the favor by hosting country residents for two days in the city.

With more than 80% of the state’s population living in urban areas, Community Oregon works to address a growing urban-rural divide—patterns of conflict that result from both real and perceived differences based on the geography one lives in.

“We do this program in person for a reason,” says Robin Teater, executive director of Healthy Democracy and a program facilitator. “One’s place matters. This is all emanating from the place where we live, play, educate and worship. To be in that place actually matters for both the host and the visitors.”

Sherman County covers 831 square miles and is home to 1,740 people spread out in six small towns about 9 miles apart. One of Oregon’s largest grain-producing counties, 91% of the farmland is planted...
in wheat, which is harvested once a year in August. The grain is shipped down the Columbia River on barges that carry 1 million bushels a day to the Port of Portland, where it is loaded on ships for export worldwide.

“Our lifestyle is connected to the seasons,” Jeanney says. “I get up with the sun and go to bed with the sun.”

Many of the conveniences and services city dwellers take for granted simply are not available in Sherman County. The McArthurs drive 80 miles roundtrip once a week to buy their groceries and supplies. It’s the same distance to the closest emergency room and their doctors.

During their visit, Community Oregon participants toured a wind farm, a solar power project, the historical museum and the county’s only school, which provides K-12 education for 300 children. They learned about dryland wheat farming, and how funds from local wind farms have led to infrastructure upgrades for water and sewer. They viewed the devastating impact of last year’s wildfires and even took in the bull-riding event at the county fair.

The homestay also allowed for conversations, listening and reflecting on one’s own assumptions and those of others. The
group talked about overcrowding in urban schools and the challenge to fill sports teams in small rural districts. Other topics included housing, economic development, diversity, tolerance and another Sherman County export: its younger generation. Jeanney estimates less than 50% of the youth who leave for college return to live in the area. The McArthurs’ son lives in Eugene, where he works as an urban planner.

“There is nothing for them to do here except farm,” she says.

Community Oregon participant Don MacGillivray admits he hasn’t been outside the Portland area often. Like several participants, this was his first visit to Sherman County.

“He says the contrast was shocking. “I never dreamed that rural Oregon would be so different, but I also had not given it much thought before this,” says the 74-year-old who has had a lifetime interest in political advocacy and citizen participation.

For 30 years, Don lived in a Portland neighborhood with a population four times the size of Sherman County. For much of that time, he and his family traveled without a car by using public transit and walking—an option not available in Sherman County. Nor is the studio apartment where he lives in a senior housing development.

How the Exchange Program Works

Conversations matter. Through dialogue and local community immersion, Community Oregon brings rural and urban Oregonians together to build trust and mutual understanding.

The program consists of three phases. Community Oregon Camp is a three-day retreat held in the spring. Participants meet one another and learn the tools to talk about tough issues. The tools include listening to understand, self-reflection, surfacing, and testing one’s assumptions and asking questions while suspending judgment.

The group then divides into urban and rural caucuses.

“We spend about an hour talking about the questions we have for the other caucus,” says Robin Teater, one of two trained facilitators for the event. “We discuss the actual questions and the intent or assumptions behind the questions.”

Participants practice their new skills and observe one another during urban-rural dialogues, then discuss what worked and what did not.

“The program provides a good example of how urban and rural Oregonians can be in dialogue together and learn how to understand each other without always having to agree,” Robin says.

During the second phase of the program, the Community Oregon Exchange, members of the cohort visit a community different from their own for two days. Urban dwellers stay with rural counterparts and vice versa. Robin says the exchanges allow participants to live in the shoes of someone from a very different place in Oregon than they are used to—not from the standpoint of a tourist, but of a fellow Oregonian.

This year, exchanges were held in urban Portland and rural Baker City, Sherman County and Klamath Falls.

In the final phase of the program, the Community Oregon Expo, members of the cohort reunite in Portland to share what they have learned and experienced with members of the public, elected officials and one another.

Participants give a short presentation about the community they visited and reflect on their own learning by focusing on three questions: How am I changed? How do I see Oregon differently now? And how am I going to use this knowledge to create a better Oregon for all of us?

The program runs every two years and includes participants from a wide geographic area who represent the diversity of Oregon’s population, including political perspective, age, occupation, religion, race, national origin and gender.

“Our hope is that they will continue to practice (these tools) when they are back in their own communities,” Robin says. “There are all kinds of variations of differences, and they can use them in all sorts of environments.”

Participants in a group discussion in Sherman County wheat farmer Mike McArthur’s living room. PHOTO BY JURGEN HESS
THOUGHTS ON THE EXPERIENCE

Teri Rowe
“If I feel something that I am uncomfortable about, I tend to address it with the other person. This program is all about this.”

Jeanney McArthur
“People don’t know about how connected we are to nature.”

Chuck McConnell
“I felt more instant connection with the rural representatives in the group than with the supposedly more similar urban representatives. I did not expect that.”

“It was an eye-opener to get out of Portland and have this kind of access,” Don says of the homestay. “It would be hard to do in another place. You can’t go somewhere else as a stranger and get a sense of the place like we have had.”

Marwan Zaid, who works in Portland’s tech industry and attended the exchange with his wife, Mariam, says Sherman County is more like their native country of Yemen than Portland.

“Everyone knows everyone here,” Marwan says. “It’s like one big family. It is something we really miss coming from Yemen to a city.”

Teri Rowe, a retired massage therapist from Portland, admits she was initially skeptical about whether real progress could be made through the Community Oregon program, but that changed after the trip to Sherman County.

“Given there is so much division in the political climate, I am so impressed with Mike and Jeanney’s willingness to talk with us,” Teri says. “There are a lot of things about where they live that I value. The community’s volunteers refurbished the courthouse and added on to the museum. They built the sports fields. In Portland, people are more transient. They move across town to another apartment or relocate to be closer to work. It made me want to become more connected with my own community.

“I’ve talked a lot with other people since then about how much I enjoyed this experience. I really do feel it works.”

Robin says the program “creates openings for small agreements, shared concerns and, most importantly, underscores our common humanity, even if we don’t agree on everything.

“Once you create the container for these relationships to deepen and trust to develop, you literally create new pathways for information to flow between previously segregated communities, which create the opportunity for learning, growth and change to happen,” Robin adds. “The goal is for people to know Oregon differently after the program than they did before.”
**Parmesan Meatball Sliders**

- 1 pound ground beef (85% lean)
- ½ cup grated Parmesan cheese
- ¼ cup chopped fresh Italian parsley
- 1 egg, slightly beaten
- 3 teaspoons finely chopped garlic, divided
- 1 tablespoon olive oil

Heat oven to 375 F.

Combine beef, Parmesan cheese, parsley, egg and 1 teaspoon garlic in a medium bowl. Divide mixture into 12 portions. Shape into meatballs and place on a shallow baking pan lined with aluminum foil. Bake for 15 minutes or until meat reaches 160 F.

Meanwhile, heat oil in a large skillet over medium-high heat. Add onion. Cook for 3 minutes or until tender, stirring occasionally.

Add the remaining 2 teaspoons garlic. Cook for 1 minute more or until fragrant. Stir in undrained tomatoes, tomato sauce, oregano and salt. Bring to a boil. Reduce heat and simmer for 10 minutes or until sauce has thickened, stirring occasionally.

Place open buns on the baking sheet. Spoon sauce on bottom of each bun. Place one meatball on each bun and more sauce, if desired. Top each with mozzarella cheese. Bake for 5 minutes, or until cheese melts and bun tops are lightly crisped.

*Courtesy of Ready Set Eat*

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**Ham and Avocado Biscuit Sliders**

- 2 cups plus 1 tablespoon all-purpose flour, divided
- 1 tablespoon baking powder
- 1 teaspoon salt
- ¼ teaspoon sage
- ¼ teaspoon smoked paprika
- ½ cup cold butter, cut into

Heat oven to 425 F. Line a baking sheet with parchment paper.

In large bowl, whisk 2 cups of flour, baking powder, salt, sage and paprika. With a pastry blender, cut in cold butter until mixture resembles coarse crumbs.

In a medium bowl, whisk ¼ cup buttermilk and mashed sweet potato. Stir into the flour mixture.

Use the remaining flour to prepare a work surface. Knead until dough forms. Roll dough to ¼-inch thickness. Using a 2-inch round cutter, cut dough into 18 biscuits. Re-roll and cut out dough until all is used.

Place biscuits on the prepared baking sheet. Brush each biscuit with remaining buttermilk. Bake for 11 to 13 minutes, or until golden brown. Cool completely.

Split biscuits in half. Top bottom half of biscuit with spinach leaves, deli ham and an avocado slice. Replace biscuit top and serve immediately.

*Courtesy of Culinary.net*
Big Flavors

Pepperoni Pizza Sliders

1 package slider rolls
½ cup pizza sauce
½ cup mini pepperoni
1½ cups shredded, low-moisture, part-skim mozzarella cheese
¼ cup butter, melted
1 teaspoon parsley flakes
½ teaspoon dried oregano
½ teaspoon garlic powder
½ cup shredded Parmesan cheese
Nonstick cooking spray

Heat oven to 350 F.

Keeping rolls connected, cut sheet of rolls horizontally, separating tops from bottoms. Place bottom halves of rolls in a baking dish. Spread pizza sauce evenly over the bottom halves. Sprinkle pepperoni over the sauce. Sprinkle mozzarella over the pepperoni, and cover with top halves of rolls.

Mix melted butter with parsley flakes, dried oregano, garlic powder and Parmesan cheese. Spoon evenly over sliders.

Cover baking dish with aluminum foil sprayed with nonstick cooking spray to keep the cheese from sticking. Bake for 20 minutes. Remove foil and bake an additional 5 to 10 minutes, or until Parmesan is melted and golden brown. Cut sliders and serve immediately.

Recipe and photo courtesy of culinary.net
Books/Magazines
Tom Kovalicky
P.O. Box 48
Grangeville, ID 83530

Crafts/Hobbies
I make lap quilts for nursing homes. I’m looking for orphan single or multiple blocks or panels of any size, and any coordinating fabric you might like to part with. Happy to pay postage. Thank you.
Carley Schriever
74731 Montana Lane
Irrigon, OR 97844

I am a veteran and love working with wood. I am looking for a pattern of a train engine glass gallon jar bird feeder. Even a picture would help. Thank you.
Troy Asbury
56069 Wheeler Road
Bandon, OR 97411

Latch hook supplies, 100+ precut yarn bundles, 5 completed rugs that need edging, 6 empty canvas. Free to a good home. Free shipping.
Rosanne Smith
P.O. Box 408
Moyie Springs, ID 83845
r.smith111@aol.com

I need Red Heart 4-ply knit and crochet 100% virgin acrylic yarn. ART E267, color 807 blue grey, dye lot 0287 04921, 3.5 ounce to finish a baby outfit. Any help would be appreciated.
Phyllis Hart
1606 2nd St.
Tillamook, OR 97141-2106

I am in search of metal round bobbins with holes in them for a project I want to learn. I would appreciate any and all you could send. If needed, I can reimburse postage. Thank you all so much.
Reno Metzler
29420 47th Ave. E.
Graham, WA 98338
whosacree69@gmail.com

I am looking for yarn or cloth to make blankets and to help out with the annual potlatch and other organizations fundraisers. Thank you much.
Lucy Akaran
P.O. Box 20022
Kotlik, AK 99620

My granddaughter, Azia, loves making friendship bracelets to give to friends and church mission boxes. If anyone has leftover thread or mismatched jewelry pieces they no longer want, she would put them to good use. Thank you in advance.
Joy Gee
420 N. Main St.
Malta, ID 83342

I am looking for the quilt pattern for Northern Sights by Sue Gross, sold by the Material Girls. If anyone has the instructions, please email me. I would like to buy the instructions. Thank you.
Wanda Byerly
788 Wanda Drive
North Pole, AK 99705
wanda1958@geci.net

My grandchildren in Minnesota raise funds for missionary families by creating and selling art projects. They need empty rectangular Altoid tins (1.76 oz) 2.25”x3.5”of any color for making their most popular item, tiny stitched kitty beds. Please send to: Andersons, 3250 North Shore Dr., Wayzata, MN 55391 with our thanks for your assistance.
Shirley Lyons
Veneta, Oregon

Odds
I am looking for the fruit bar that was sold at Grandpa’s Bakery on Main Street in Puyallup, Washington. It had fruit like the fruit used in fruit cake. Thank you.
M. Penalver
205 5th Ave. S.W.
Puyallup, WA 98371

I refurbish cellphones to give to battered women shelters. Need chargers too. Gracias.
Estaben Grande
P.O. Box 731
Reedsport, OR 97467

Thanks
Thanks to all the gracious and generous people who responded to my request for Kokopelli collectibles. There are so many super people out there. To those to whom I was not able to respond by mail, my daughter, Roberta, and I thank you so very much. I especially wish to thank the gentleman who hand-delivered the items from Walla Walla, Washington. Unfortunately, I did not get his name. To all, a big thank you for your kindness and thoughtfulness.
Janet Severson
Hermiston, Oregon

Thanks to everyone who sent me puzzles. I have plenty to keep me busy. I am amazed at the generosity of people.
Rosalie Ferry
Careywood, Idaho

Submitting Requests to Reader Exchange Is Free
Please send your request to Reader Exchange, 5625 NE Elam Young Parkway, Ste 400, Hillsboro, OR 97124, or email it—with no attachments—to readerexchange@ruralite.org. Please fill in the subject line with Reader Exchange. Acceptance, scheduling and editing are at the editor’s discretion. Single requests only, please. No duplicates. Submissions are handled on a first-come basis. Phone numbers will not be published. Email addresses will be published if part of the ad, but the request must include a postal address. Request must include the name, address and name of the electric utility that provides your magazine.

I am looking for yarn or cloth to make blankets and to help out with the annual potlatch and other organizations fundraisers. Thank you much.
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Janet Severson
Hermiston, Oregon

Thanks to everyone who sent me puzzles. I have plenty to keep me busy. I am amazed at the generosity of people.
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You may have been putting off purchasing life insurance, but you don’t have to wait another day. This offer is a great opportunity to help start protecting your family today.

Your affordable monthly rate will “lock-in” at your application age*

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The rates above include a $12 annual policy fee.

*These policies contain benefits, reductions, limitations, and exclusions to include a reduction in death benefits during the first two years of policy ownership. In NY, during the first two years, 110% of premiums will be paid. Whole Life Insurance is underwritten by United of Omaha Life Insurance Company, 3300 Mutual of Omaha Plaza, Omaha, NE 68175 which is licensed nationwide except NY. Life insurance policies issued in NY are underwritten by Companion Life Insurance Company, Hauppauge, NY 11788. Each company is responsible for its own financial and contractual obligations. Not available in all states. Benefit amounts vary by state. Policy Form ICC11L059P or state equivalent (7780L-0505 in FL, 828Y-0505 in NY).

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***Ages 50 to 75 in NY.

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WHERE THERE IS LIGHT there is hope.

Sometimes the light in a photograph is the star of the photograph, drawing and engaging us, and everything else in the frame supports the light. The absence of a person or dominant object also gives us the viewer space to dream, to imagine what is beyond.

I wanted to use the dark canopy in a horizontal composition to frame the light tunnel. The photograph was made in the late afternoon as the crisp winter light faded on the last day of the year. It is the light and color of my youth, where I ran barefoot, hunted raccoons, foxes and squirrels, and caught small fish and crawfish in the nearby creek, as in a Thomas Kinkade painting.

The magical shaft of light faded before I could get a tripod from my trunk so I could use a smaller aperture, like f/8, to carry more focus and depth of field. I could have increased the ISO to 400, which would have given me two more aperture stops, but when using older cameras like the D200, I always use the lowest ISO possible for maximum quality.

Reader Challenge: Head Out In Search of Light

Find a scene where dramatic light is the focal point of the picture—a scene that would be bland and uninteresting without it. Your picture can include a person or animal if they don’t steal the show from the light. Watch for early morning or late afternoon rays peeking through hallways, windows and corridors.

To respond to this challenge, and share your work, email your best image to social@pur.coop to be considered for use on our website or social media.
Recipes for the New Year

POULTRY: Ruralite reader submissions from this cook booklet features such recipes as Pollo Dorado, Southern Scalloped Chicken, Hawaiian Meatballs, Texas-Style Turkey Salad and Sweet and Sour Chicken.

The cookbook is spiral-bound with covers, indexed and costs $6 (includes postage).

COOKING FOR TWO: This cookbook contains more than 180 recipes. Most include a side dish as well as dessert. Included are the heartfelt and entertaining stories that accompany the recipes.

Some of the recipes featured are Fabulous Fish Tacos, Peach Cobbler, Cheddar Cheese Scones, Black Bean and Tomato Soup, Crunchy Peanut Bars, India Butter Chicken and Marmalade Salmon. The cookbook is spiral-bound with covers, indexed and costs $6 (includes postage).

To order by mail, submit with proper payment, include the cookbook title, name, address and number of cookbooks wanted to Ruralite Cookbooks, 5625 NE Elam Young Pkwy Ste 400, Hillsboro, OR 97124.

To pay with Visa, MasterCard, Discover card or American Express, call 503-357-2105. To order online, visit www.ruralite.org.

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Where the sun spends the winter. 7.5ac. Ajo, Arizona. 2 parcels, desert/mtn vistas, BLM 3 sides. Dark sky, artist community. $147,000. Info: harmonypictures777@gmail.com. 0220

Buildable residential lot. 17,252sqft. Tierra del Mar, 2 miles north of Pacific City, Oregon. Septic approved, road access, power surveyed. Walk one block to ocean. $57,500. 503-366-4424. 0220

Western Washington. 2 lots in foothills of Cascades at Pilquuamish Community Club. 7,000sqft in cul-de-sac w/full service. $30,000. 425-306-0588 0220


Recreational Rentals

Wavecatcher: Oceanfront, central Oregon Coast. Easy beach access. $145/night summer, $110/night winter; seventh night free. Two bedrooms w/double beds, sleeping loft w/double beds. Full kitchen/bath, linens. Pet friendly. Check wavecatcherbeachrentals.com for availability. 541-740-9953. 0120

Sun City West, Arizona, 2bd, 2ba condo in 55+ community. Golf, pickleball, bowling, tennis & near baseball spring training. No pets/non-smoking. Average rate is $80/night. 541-906-9064. 0120

Lincoln City, Oregon. Beautiful ocean views. Sips 1.4bd (2 w/king), 3 full baths, Wi-Fi, cable, frplc, W/D, dishwasher, 2nd kitchen upstairs. Info/pics: VRBO.com/693193. Call for winter prices. fbeckwithfamily@gmail.com; 503-720-6144. 0220

Tierra del Mar, Oregon. Spectacular oceanfront vacation rental on a 7mi beach. Sleeps 2-14. Beautiful ocean & cape views, clean, bright, huge deck, 3 fireplaces, pet friendly. Info, pics, reviews: VRBO.com/507883. 541-921-2016; sandcastle.oregoncoast@gmail.com. 0320

Amazing Kauai condo at Waipouli Beach Resort, 1,465sqft plus 3 lanais. Sleeps 8. Beautiful décor, spectacular pools, hot tubs, koi pond, private beach, gym, spa, award-winning restaurant. VRBO.com/7534581ha. Call 888-822-2403 and mention unit D104. 0220

Quick, affordable: How to Place an Ad

- Ads 25 words or fewer are $35 per month. An extended ad of up to 35 words is $50 per month. Contact information is included in the word count.
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- Ads are for customers of member co-ops, PUDs and municipalities only. Subscribers and nonmembers may inquire for pricing at 503-718-3717 or lwiseman@pur.coop.
- Ads must be direct and in first person, and are subject to approval and editing.

Submissions are accepted by mail or email only; no phone orders.

- If submitting ad by mail, send appropriate payment (per month) with your name, address, email, phone number and the name of the electric utility that provides your magazine to: Marketplace, 5625 NE Elam Young Pkwy Ste 400, Hillsboro, OR 97124. Make check or money order payable to Ruralite.
- We accept credit card payments for ads submitted by email. Send ad to lwiseman@pur.coop.

Call 503-718-3717 to pay by credit card.
Cool Weather Recipes
Readers share their homemade recipes

Soups, Stews and Chowder: With more than 220 recipes, this book has something for every taste: Scandinavian Cabbage Soup, Venison Barley Soup, Alaskan Stew, Italian Dumpling Stew, Fireside Chowder, Crab Chowder and so much more. Garden-fresh soups or warm winter meals can all be found here. The cookbook is 8½x11-inch spiral bound, indexed and only $6 (includes postage).

Chili: This winter, enjoy a collection of chili recipes from previous Ruralite contests. This booklet features recipes such as Hunter Chili and Chili Verde; there is beanless chili, meatless chili, hot-beyond-belief chili and mild to medium chili. Recipes include comments and stories from the entrants. Also included at the back of the cookbook are pages featuring recipes submitted from the 2000 Slow Cooker contest. The chili cookbooks are $6 each, which includes postage.

Casseroles: Vegetable Casserole, Pork Tamale Casserole and breakfast casseroles are just a few of the 179 mouth-watering recipes available in Ruralite’s Casseroles booklet. Price is $6, shipping included.

To order by mail, submit with proper payment, cookbook title, name, address, and number of cookbooks wanted to Ruralite Cookbooks, 5625 NE Elam Young Pkwy, Ste 400, Hillsboro, OR 97124.

To pay with Visa, MasterCard, Discover card or American Express, call 503-357-2105. To order online, visit www.ruralite.com.

Allow 2-3 weeks for delivery.
Every year, the Emergency Response Team at Apache Generating Station spends a week practicing for potential emergencies. But in 2019, the team added a big, new team member to its exercises.

The fire truck, a 1991 International E-One pumper response truck, is new to the Apache team and replaces an older truck. The training helped the team get familiar with the truck’s features.

Tyler Clemson, maintenance planner for Arizona Generation and Transmission Cooperatives, says the new fire truck is awesome.

“It brings a lot to the table,” he says. “We can have the deck gun up top to put a lot more water on for cooling, and then we even use it on the fire to put it out.”

“They had spent the past 24 hours with their new fire truck,” says Arnold Peña, fire rescue instructor with American Emergency Response Training, which provides AzGT with annual training. “A lot of apparatus training, basically learning how to get hydraulic function out of it, how to get water flowing on the fire.”

In one practice situation, the ERT had to extinguish a fire while preventing a neighboring propane tank from heating up and exploding. The drill used a stack of wood pallets ignited by gas burners and a propane tank on wheels that sat approximately 25 yards from the flames.

“I was running the attack line hose,” says Dustin Meza, a chemistry technician for AzGT. “That’s the one where
I’m walking into the fire. First of all, you have to know what you’re fighting, whether it’s just a fire, whether it’s propane, gas, oil. We knew what we were burning, which is basically wood and propane, so we were able to go in there with water.”

“The main fire was obviously the problem. The exposure was the propane tank,” Arnold says. “So they don’t want the radiant heat to sit there and let it overheat. So that’s their second priority. They ideally want to try to get them both at the same time, but (they’re) kind of working for time on how fast they can advance on it. They’re doing really good work.”

ERT members appreciate their new truck and the support they say it represents from the cooperatives. Because of Apache’s location, they are constantly reminded they would likely be the first responders to an emergency. They could be the only ones to handle the situation until an outside fire department responds from a farther distance than in urban areas.

“It means a lot to us that they bought us a new truck,” Tyler says. “It shows the importance that they feel we are as an ERT team out here and we feel it’s important, too.”

“Since we’re here on site all the time, it makes us feel better that we’re able to help out, maybe, somebody else in here before the other fire department can show up,” Dustin says. “I want to thank (AzGT) for the help and support that you guys give us here because this makes us feel better at work.”

The Apache Emergency Response Team practices fighting fire with its new fire truck while members of American Emergency Response Training watch and evaluate.
BEFORE YOU GO

Meet Mason, Rodeo’s Newest Champ: Mason Stuller, a humble 16-year-old cowboy from Veneta, Oregon, continues to take the rodeo world by storm.

Victories keep mounting: Before saddling up in Las Vegas for the Junior World Finals in December, Mason had already earned National High School Rodeo All-Around Rookie of the Year honors. In Vegas, competing for the first time in the highest age bracket, he ended an “amazing” week by notching the title of All-Around Champion. He competed in saddle bronc and bareback events, finishing as Reserve Saddle Bronc Champion and ninth in the world in bareback.

His Reaction? “It is more than I imagined I would accomplish at this point,” said Mason, fresh off the stellar showing. True to form, Mason expressed thanks for all the support he’s received along the way.

Not Done Yet: Mason, still a young buck in rodeo, dreams of going pro when he turns 18 and then earning a trip to the National Finals Rodeo—the Super Bowl of Pro Rodeo. He ultimately hopes to accomplish the rare feat of competing in two events at NFR: saddle bronc and bareback. Learn more about Mason at lanelectric.com/a-young-man-with-grit.

REACHING OUT TO OUR VETERANS IN NEED

One in four Veterans lives in rural areas. Every day, we strive to extend our reach, to make sure they have access to the compassionate care and attention they need—from advanced telehealth services to community-based outpatient clinics. Because all our Veterans deserve it, no matter where they are. We believe it’s up to us to ensure they lead healthier, happier lives.

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A Message from the Manager

Always Faithful

It seems as if I’m writing this type of message too often these days. On November 13, 2019, Billy Adams passed away. Our community has lost one of its most respected and beloved residents, one whose contributions and dedication have made this a better place for all of us.

Billy most recently served several terms as our board president, but began his employment with us in 1981 as a meter technician. Since then, he has witnessed and been an integral part of some of the most dynamic improvements to our system in our nearly 70-year history. He presided over the dedication of our SunAnza solar project, the ConnectAnza internet service project, and several operating and structural improvements for reliability and cost-saving measures. Additionally, Billy represented us for several years on the board of our generation and transmission provider, Arizona Electric Power Cooperative Inc.

Prior to his time with us, Billy owned and operated his own glazing business in Anza. He served with the United States Marines during the Korean War, and was a local resident and member of Anza Electric for many years.

As a tribute to his faithful and unwavering loyalty to Anza Electric, our new substation on Bautista Road will be dedicated next year as the Billy Adams Substation. We hope this small gesture of our appreciation will serve as a lasting tribute to Billy’s contributions to our community.

All the team at the cooperative has been honored and proud to serve our community with Billy at the helm. We will miss his firm hand at the wheel, but look to the future with confidence, thankful for his service.

For myself, I have lost a good friend and mentor—a man I looked up to and respected for his steadfast commitment to our cooperative. He is already sorely missed.

Semper Fi, Billy.