

A Legacy of Service



A NOTE FROM
CEO/GENERAL MANAGER DEBBIE ROBINSON

EVERY NOVEMBER, WE PAY HOMAGE TO THOSE WHO HAVE SERVED our country. Though we honor their bravery and selflessness throughout the year, we do so especially on Veterans Day.

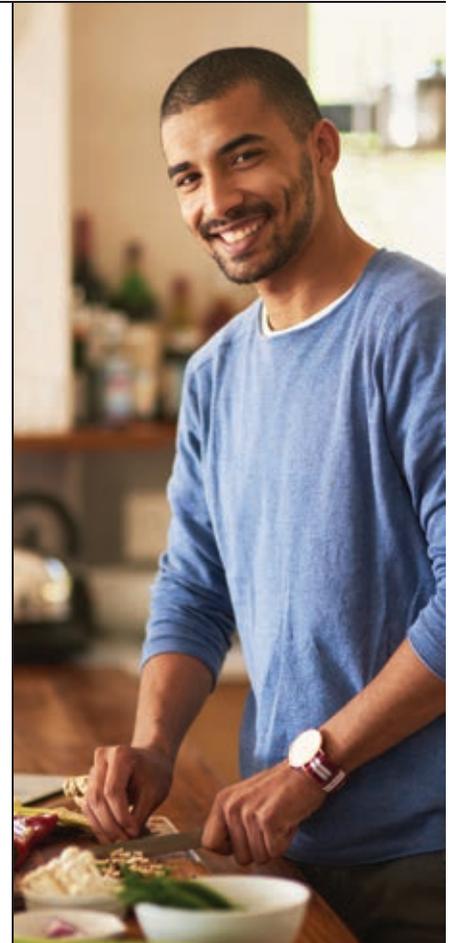
Electric cooperatives hold our current and former service members in particularly high regard, sharing with them a legacy of service and commitment to fulfilling a mission. Nothing can match a veteran's personal sacrifice—lengthy stints spent



away from loved ones and the potential physical and mental wounds inflicted by combat. We know the challenges we face in service to our membership at Wood County Electric Cooperative pale in comparison to those endured by members of our armed forces, yet our goals are rooted in a similar sense of duty.

A commitment to the greater good serves as a bedrock tenet of the cooperative business model, espoused in Cooperative Principle No. 7, Concern for Community. We satisfy our main objective of providing reliable power safely at a fair price while also taking part in initiatives that benefit our community.

This month, as we reflect on the debt of gratitude we owe to our nation's veterans, take a moment to consider how a legacy of service informs so much of what we do as a cooperative. Though we work to support and strengthen our community in less obvious ways, our motivation is the same: to band together in pursuit of a common goal and bolster the place we call home.



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Which Would You Rather Do Without: Lunch Out or Electricity for a Day?

For about the cost of lunch at your favorite restaurant, most of our members get a day's worth of the convenience and comfort electricity provides: heating, hot water, entertainment, clean clothes, lights and home-cooked meals.

Electricity—it's still a great value.



Maybe It's Cold Outside

A few simple tips to stave off high winter bills

WE NEVER REALLY KNOW WHAT FALL WEATHER WILL BRING, BUT YOU USUALLY CAN count on a few sudden chilly spells that sometimes result in shockingly high electric bills. Observe the following practices to avoid being jolted out of your cozy holiday reverie by an unexpectedly steep bill.

If you have a wood-burning fireplace, be sure the damper is closed while the fireplace is not in use. Keep in mind that a wood-burning fireplace is generally an inefficient method for heating your home. According to the Environmental Protection Agency, fireplace drafts pull warm air up the chimney, inadvertently cooling other rooms. So if you use central heat while burning wood in a fireplace, it forces your heater to work harder to maintain a consistent temperature throughout the house. Since it provides lovely ambiance, consider reserving fireplace use for special occasions.

Keep drapes and blinds open during the day to allow solar heat to warm your home all day for free. Close them at dusk to seal warmth in.

Rearrange furnishings to uncover any vents that may be blocked by sofas or rugs. Remember that the closer you are to an exterior wall, especially one with windows, the colder it is. Freshen up your living space with a new seating arrangement that doubles as an energy saver by moving furniture away from the room's perimeter.

Run ceiling fans clockwise to create an updraft that pulls cold air up and distributes warm air in the room more evenly, preventing cold pockets from forming.

Invest in a smart thermostat for your home's heating, ventilation and air conditioning system to further reduce power costs easily and conveniently. Lowering your home's temperature 10–15 degrees for eight hours a day can shave an equivalent percentage off your electric bill.

Lastly, use the popular low-tech solution employed effectively for generations: bundle up! Wool socks, flannel pajamas, and a warm quilt or throw reduce the need for excessive home heating and go perfectly with a mug of hot cocoa.

Enhance your home's coziness and decrease energy inefficiency with these tips, regardless of any sudden swings in temperature Mother Nature may deal us.



“There are so many people in the co-ops of Texas who do extraordinary things for other people.”

—NANCY JOHNSON, whose Little Hats, Big Hearts program builds awareness of congenital heart defects. *Texas Co-op Power*, February 2017

WATT MCGARDEN

POWER OF OUR PEOPLE

Let us know about your local hero! Nominate a co-op member in your area who improves the community's quality of life.

Email your nomination to people@texascooppower.com.

Include name, co-op affiliation and a short description of their work in the community.

We'll highlight select nominees in a future issue of *Texas Co-op Power*.

TEXAS CO-OP POWER

EVGENYA JARANENKO | ISTOCK.COM



The Cure for What Ails You May Be at Curly T's

DR. SAM TYULUMAN HAS REINVENTED HIMSELF SEVERAL TIMES, morphing from a pre-med student in Ohio into a U.S. Army infantryman and then an electrical engineer in telecommunications after earning his Master of Engineering degree. After more than a decade, he returned to school to earn his medical degree from the University of Texas Southwestern Medical School in Dallas. Then, in 1990, Tyuluman opened an obstetrics practice, where he delivered more than 8,000 babies during the next two decades. Then, in 2012, Tyuluman transitioned to focus his medical practice, Designs for Wellness, on lifestyle changes to reduce cancer risk, increase longevity and improve weight control—basically encouraging a healthy life. He practices in Dallas, Monday–Thursday.

But perhaps his biggest reinvention occurs each weekend, when he becomes the chef at his Winnsboro restaurant, Curly T's. The restaurant is situated on the doctor-chef's 180-acre Running Creek Ranch, which Tyuluman initially bought because, he says, "I wanted a country place for my kids to enjoy." As a condition of the sale, Tyuluman inherited an employee, Curly Talmage, the property's longtime caretaker and ranch hand. And that's how Tyuluman and Talmage, aka Curly T, became close friends over the course of the years.

In addition to being a well-known and revered cutting horse trainer, Curly T was a World War II veteran, having served at the Battle of Iwo Jima with the U.S. Marine Corps. "Curly showed me around," Tyuluman says. "I had no idea how to live in the country at all. We got along and got to be very quick friends." As their friendship grew, Tyuluman discovered one of Curly T's favorite foods was brisket. So, Tyuluman, who always enjoyed cooking for family and others, brought a brisket from Dallas, cooked it all day long and shared it with Curly T. This became something of a tradition until Curly T and his wife,

Pauline, retired and moved away to be closer to family.

About that time, Tyuluman's sons had become adults and started professional lives of their own in Dallas, so the doctor no longer had anyone to cook brisket for. So he filled his time in other ways.

"My brisket-making turned into sausage-making and then into dried meat-making," he says. Then, in 2010, Tyuluman took up sous vide cooking, which is low-temperature water oven cooking. Using his engineering skills, he made his own sous vide machine and began cooking brisket and other meat in this manner. In the sous vide method, meat is put into a vacuum-sealed packet and cooked in temperature-controlled water to reach a desired level of doneness and heat throughout. The meat can remain this way for up to 72 hours, never overcooking.

After perfecting sous vide, Tyuluman says, he wanted to regain the fulfillment he drew from cooking for others. "I derive great satisfaction from giving people pleasure by making and serving them a meal they will enjoy," he says. And that's how the idea was formed to turn Curly T's ranch house into a restaurant and to honor his friend by naming it after him.

Tyuluman considers his restaurant gig as a sort of vacation. After all, he works four days a week as a physician in Dallas, and then he spends his three-day weekends creating culinary delights. "This is something I enjoy," he says. "I like to give people something special and memorable. So, that's my focus." And having traveled the world, Tyuluman has sampled a lot of what there is to offer. "I try to bring the finest things I can find locally and around the world," he says.

At Curly T's, the stars of the plate are meats such as brisket, tomahawk steak, filet mignon, ribs, pork tenderloin and a range of cooked and salted meats and sausages. Tyuluman also serves some fish dishes and a pasta carbonara, in addition to a



CURLY T'S

Running Creek Ranch
4668 FM 2088,
Winnsboro, TX 75783

curlyts.com

(903) 629-3140

Friday: 11 a.m.–7:30 p.m.

Saturday: 11 a.m.–7:30 p.m.

Sunday: 11 a.m.–5 p.m.



variety of vegetables, he says, "and some unusual ones, actually." These come in the form of Curly's World Salad, which has become a signature dish.

During the week, the chef shops the markets in Dallas to source fresh and unusual items such as Asian lotus roots and sea coconut, Greek dolmas, South African Papedew, Peruvian peppers and Chinese radishes marinated in saffron. He complements these ingredients with meats such as chorizo and cheeses he acquires at market or directly from importers, including Midnight Moon from the Netherlands, rosemary-rubbed Rosey Goat from Spain and others from Switzerland. The World Salad also includes local, nutrient-dense aquaponic lettuce.

The restaurant is open Friday and Saturday for lunch and dinner, with menus for each. On Sundays, the lunch and dinner menus are offered 11 a.m.–5 p.m. The lunch menu consists of classic sandwiches, such as the Reuben, panini and brisket sandwiches. The dinner menu selection is broader and includes various cuts of meat, the World Salad and a selection of sides, including creamed spinach, macaroni and cheese, pinto beans, french fries and vanilla sweet potatoes. There also are several dessert items, including cheesecake, a pastry plate and red bean ice cream.

The restaurant has room to serve about 25 guests at a time. Reservations are highly recommended for dinner, as capacity is reached quickly. The best way to make reservations is through OpenTable, an online service through which patrons create an account then reserve a table via the OpenTable website or app.

Curly T's also uses the ChowNow app, which customers can use to place to-go orders for a wide array of deli items, including beef brisket, tongue, cured meats like salami and sausages, imported cheeses and artisan breads from a Dallas specialty bakery. Customers that have a ChowNow account can order their food, select a pick-up time and prepay via the app.

Tyuluman has plans to expand the restaurant by adding outside seating and a stage for performers. He hopes eventually to open the restaurant seven days a week. In the meantime, though, he says, "I like people to come and sit and visit European-style. When the chef is not rushed, the staff is not rushed, and the customer is not rushed. Not everything is or should be fast food."

Located on Running Creek Ranch on the outskirts of Winnsboro and Quitman, Curly T's offers a leisurely meal that just might be what the doctor ordered.

Wood County Electric Cooperative

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Quitman, TX 75783

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Debbie Robinson

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MOBILE CONVENIENCE CENTER

Monday, First Methodist Church, *Van*

Tuesday, Family Dollar, *Mount Vernon*

Wednesday, City National Bank, *Hawkins*

Thursday, Brookshire's, *Winnsboro*

Friday, Economy Drug, *Grand Saline*