

# PANHANDLE PATH TO HEALTHY LIVING

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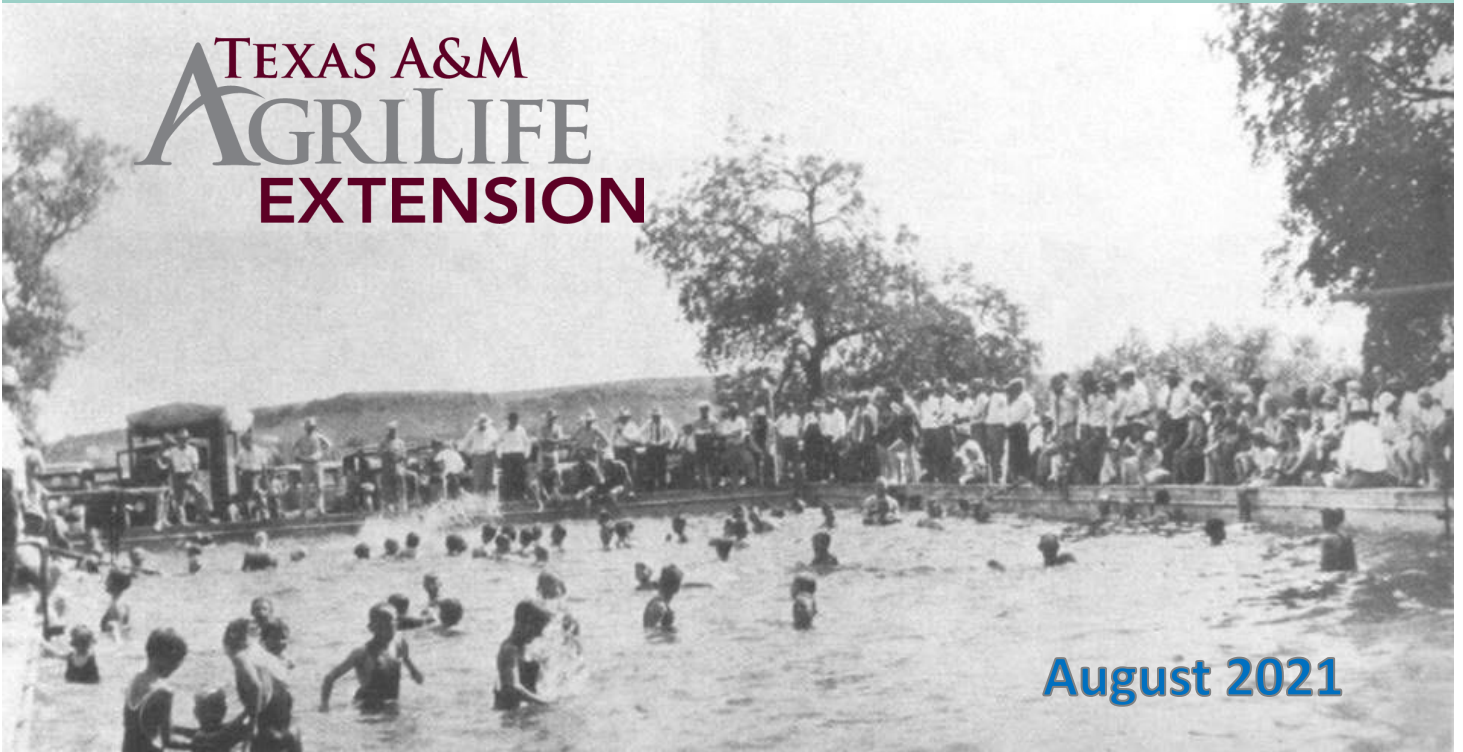


Photo: Roaring Springs swimming pool in the old days, undated

August 2021

## *Roaring Springs, Texas*

### History of the Roaring Springs Falls

Roaring Springs Falls is a great place to stir the imagination! It was a favorite Campsite and picnic spot for both Indian and Pioneers of long ago and is still a favorite for modern day campers!

The Comanche Indians spent a lot of time at Roaring Springs Falls. It was a good campsite for them not only because of the water but because of the abundance of the wild grapes, berries and plums that are still found in this location. The Comanche's' huge horse herds required lots of water and fresh meadows with good grazing and the Comanche found all of these things here at the falls! Large herds of Buffalo wintered in the area nearby which provided the Indians with their own walking meat market and general store as the Indian utilized every part of the Buffalo. When the buffalo followed the spring grass north, the Indians followed the herds.

The Comanche Indians were bad house keepers. When they trashed out a place, they moved over or moved on. Many discarded Indian artifacts have been found in this area. During the winter, the Comanche camped under the protection of the bluffs and in the summer, they camped on the ridges

where it was cool and out of the range of mosquitoes, but close enough

to the water so the children wouldn't have to carry it far. Indians favored camping in the sand or grassy areas because they work soft soles moccasins.



*Kelli Behman*



During the day, women would grind corn in the soft sandstone rocks near the top of the Falls where you can still see the deep holes today. High upon a look out point, the tool maker staked out a hill and there he would sit, chipping away, ever discarding flakes and a few rejected arrowheads in one spot

overlooking the camp. No doubt, many Comanche artifacts still lay un-claimed and hidden by years of dust in this modern day campground. Experts claim the best time to look for these treasures

are after a good rain or a "bad blow". The difficult thing is being there at the right time--it's a lot of luck!

After the Comanche Indians moved on, the Springs or Falls were owned by the Matador Land & Cattle Co., Ltd. This company was owned by stockholders in Dundee, Scotland. Local management allowed people to use the Falls as a picnic spot, to cut wood and to pick the wild plums and grapes. It be-

came such a popular spot, there was talk of the Falls becoming a state park and the water source appropriated. That threat prompted the tight-fisted ranch management to spend \$12,000 to build an Olympic sized swimming pool "to share" with the public in 1929. A bathhouse, a watch-

man's house and a fence around the area were added as well. The Scotchmen sold their interest in the ranch in 1951.

In 1961, the property was purchased by the Rock Island Oil & Refinery, Co., owned by Koch Industries of Wichita, Kansas.

Charles Siewert

purchased the Springs, pool and surrounding land, but sold it in 1974 to Marian Alice Jones (a former resident) and Jeanie Bassett of California who invested a great deal of money into the Springs Ranch Recreational Center. In 1978, developer Jerrell Jennings, bought the property and turned it into a private club with 1500 memberships. He offered: fishing, 230 campsites, a golf course and community center. Jennings went bankrupt in 1986, however, and the Springs Ranch Members fought for ownership of the pool and 761 acres of developed campsites. The Ranch Members won the battle and run the Roaring Springs Ranch Club, Inc., with the help of a Board of Directors. The Ranch continually strives for improvement and continued recreational pleasure for all who have the pleasure of its facilities!

Information from the Roaring Springs Ranch Club web site.



# 4 Reasons Why Swimming is Great for Mental Health

**If you've ever felt refreshed, relaxed, and ready to tackle the day after a swim, you're not alone.**

A 2012 survey of nearly 1,200 swimmers aged 16 to 45 around the world conducted by swimwear manufacturer Speedo investigated how swimmers felt about their sport. According to the survey:

- *74 percent of respondents said swimming helps release stress and tension.*
- *68 percent of respondents said being in the water helps them feel good about themselves.*
- *70 percent of respondents said swimming helps them feel mentally refreshed.*

But there's more to these findings than just a self-reported sense of relaxation or calm.

**Indeed, science is beginning to unravel some of the mental health benefits of swimming, and some researchers are investigating whether swimming could eventually become an actual treatment protocol for depression and anxiety.**

Take, for example, a recent case study published in *British Medical Journal Case Reports* about a 24-year-old British woman named Sarah who has major depressive disorder and anxiety. Medications made her feel "off" and groggy, so with the encouragement and supervision of Chris van Tulleken at the University College London, Sarah began exploring cold water swimming as a form of hydrotherapy.

After the first session, Sarah noted symptom improvement, and over the next several weeks, she continued swimming regularly in open water. Before long, she was able to taper off her medications and two years later she was still drug-free and managing well with her swimming-as-medicine protocol.

Although investigation is still ongoing as to whether pool swimming can offer the same benefits as open water swimming, the fact remains that humans want to be close to water.

In his bestselling 2014 book "Blue Mind: How Water Makes You Happier, More Connected and Better at What You Do," Wallace J. Nichols, a marine biologist, detailed the psychological effect being in or near water can have. In short, he wrote that water soothes the human psyche and provides cognitive and emotional benefits that may be difficult to quantify exactly but are nevertheless very real.

Researchers at the University of Exeter in the U.K. are continuing to investigate exactly how water helps boost mental health and recently found that something as simple as watching a video of the ocean while exercising on a stationary bicycle might elevate your mood. It seems logical then to suggest that swimmers who get their workout in the water are cutting right to the chase on this benefit.

But why and how can some people find such powerful benefits from swimming? Here's what we know so far about how swimming supports good mental health.

## **A Boost in "Feel-Good" Brain Chemicals**

Exercise boosts production of beneficial chemicals in the brain and body that can significantly alter how you feel. Endorphins, in particular, are a group of hormones in the brain and nervous system that stimulate cells' opiate receptors, which can cause an analgesic, or painkilling, effect. That's right—runner's (or in this case swimmer's) high is your body's own built-in painkiller.

In addition, swimming seems especially adept at influencing mood by increasing the number of certain neurotransmitters in your brain, namely serotonin, norepinephrine, and dopamine. These "feel-good" brain chemicals are boosted by vigorous physical activity and also increase steroid reserves, which allows you to become more resilient to stress.



## A Boost in Brain Cells

In addition to hormones and brain chemicals that can help you better regulate mood, aerobic exercise has also been shown to increase the levels of brain-derived neurotrophic factor, a protein in your brain and spinal cord that promotes the survival, growth, and maintenance of neurons. John Ratey, a Harvard psychiatrist and author of “Spark: The Revolutionary New Science of Exercise and the Brain,” has described BDNF as being like “Miracle-Gro for your brain.”

Exercise, and swimming specifically, helps your brain increase its levels of BDNF. A number of studies in animals—rats and fish, specifically—have shown a clear correlation between swimming as exercise and increased levels of BDNF in your brain. These higher levels can have wide-ranging effects on cognition, memory, and mood regulation.

Boosting BDNF levels via exercise is also being investigated as a potential means of preventing or slowing the development of Alzheimer’s disease and other forms of dementia and age-related cognitive decline, all of which have depression as a symptom.

## A Boost in Social Contact

For many swimmers, there’s a very important social element to swimming as well. Humans are an innately social species, and interacting with friends and loved ones is a key means of combating loneliness. Social contact is also being investigated as a means of combating age-related cognitive decline, depression, anxiety, and a host of other brain-based problems.

What’s more, swimming with a group, such as a Masters club, builds in accountability that can make sticking to your training regimen a little easier and more enjoyable.

## A Boost in Sleep Quality

Sleep is one of the most important things you can do for your overall health and wellness every day. But according to a survey conducted by the American Psychological Association, stress may interfere with

sleep. That 2013 survey found that on average, American adults report sleeping 6.7 hours per night, which is less than the minimum recommendation of seven to nine hours of sleep per night.

“In addition, 42 percent of adults report that their sleep quality is fair or poor, and 43 percent report that stress has caused them to lie awake at night in the past month,” the APA noted. Adults who sleep fewer than eight hours a night reported having higher stress levels and symptoms of stress in the preceding month.

But one of exercise’s most amazing benefits is how it can help you get better rest at night. Exercise helps you fall asleep more quickly and stay asleep longer, according to an article on Johns Hopkins Medicine’s website.

It’s not entirely understood exactly how exercise boosts sleep quality, but “moderate aerobic exercise increases the amount of slow wave sleep you get. Slow-wave sleep refers to deep sleep, during which the brain and body have a chance to rejuvenate. Exercise can also help to stabilize your mood and decompress the mind,” both of which can help make you feel more ready for sleep when the time comes to go to bed, Charlene Gamaldo, medical director of Johns Hopkins Center for Sleep at the Howard County General Hospital, is quoted as saying in the article.

Swimming is a great way to increase your body’s capacity for high-quality sleep, which in turn can help you feel less stressed out. When you work hard during the day and expend a lot of energy, naturally you’ll probably feel more tired later than if you just sat around all day.

And we’re not talking about hours on end of exercise, either. The Johns Hopkins Medicine article notes that “people who engage in at least 30 minutes of moderate aerobic exercise may see a difference in sleep quality that same night.”

**Bottom line: When you exercise more, you sleep better, and that can help alleviate stress and anxiety.**



# FDR's Swimming Pool

There's an old indoor swimming pool hidden directly underneath the White House Press Briefing Room.

THE WHITE HOUSE PRESS BRIEFING Room, where the U.S. press secretary stands behind a podium and fields questions from a pack of reporters, is an iconic place. What most people probably don't know, however, is that everyone in that room is standing on top of a boarded-up old swimming pool.



The 50-foot-long pool underneath the briefing room was built in the 1930s for Franklin Delano Roosevelt, the wheelchair-bound president

who liked to swim for exercise. According to [WhiteHouseMuseum.org](http://WhiteHouseMuseum.org), "the president's pool was a modern-day showcase of technology, featuring underwater lighting, sterilizers and the latest gadgets." Roosevelt swam in it almost daily, as did President Truman and President Kennedy.



The pool area The pool was built into the old laundry rooms in the west gallery between the White House and the

West Wing. It featured arched ceilings and high rows of half-mooned windows surrounded the rectangular pool. French doors opened into the Rose Garden.

When JFK took office, the White House swimming pool was decorated with a huge mural by Bernard Lamotte of a Caribbean scene featuring a calm sea and sailboats.



But President Nixon was a fan of bowling, not



swimming, and he drained the pool in 1970 to make way for modern press offices. Up until this point there was no space officially designed for press briefings; interviews used to occur throughout the hallways and working offices of the White House.



The pool may be empty of water, but it is still there under the floorboards. And until a renovation in 2006, it was accessible via a trap door near the podium. Now there's a small stairway down that's both more convenient and discreet.

FDR's grand old tub has come in useful over the years to house a variety of communications equipment for the press shop above.



Today the empty abandoned pool houses a computer server for the press. While it's currently packed with modern computer servers, the pool's interesting history isn't going away. After decades, it still smells like chlorine.

**PETER PIPER PICKED A PECK OF  
PICKLED PEPPERS. How many  
PICKLED PEPPERS DID PETER  
PIPER PICK?**



**Well, that depends...  
What did the peppers  
Peter picked weigh?**

### **A Peck**

A peck is also a measure of dry volume and is smaller than a bushel. To be specific, it is a quarter of the volume of a bushel. So seeing as a bushel is 32 dry quarts, a peck is 8 dry quarts. Again, the weight of the fruit or vegetable in a peck varies depending on what it is.

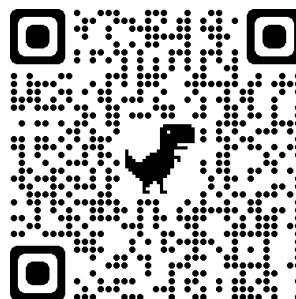
### **A Bushel**

A bushel is a measure of dry volume that is equal to 32 quarts. Since it measures volume instead of weight, the weight of the fruit in a bushel

varies depending on the fruit. For instance, a bushel of peaches weighs about 48 pounds, a bushel of corn weighs about 35 pounds, and a bushel of tomatoes weighs about 53 pounds.

Both are a dry volume measure of quarts. A bushel is equal to 32 quarts, while a peck is equal to 8 quarts, or a quarter of a bushel.

1 bushel = 4 pecks

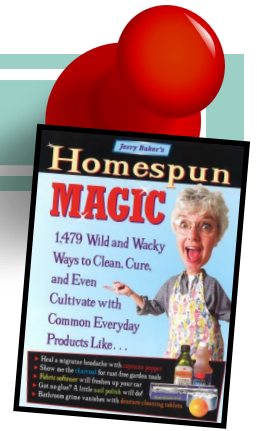


Scan QR Code to learn more measurements.



# Path to Randall County

The man who invented the rotary lawn mower was inspired by a shearing machine that was used to trim the nap from cotton cloth. Edward Budding of Thrupp, just outside Stroud, in Gloucestershire, England, was a foreman in an English textile factory and wondered if the same principle could be applied to cutting the grass. Budding's mower was designed primarily to cut the grass on sports grounds and extensive gardens, as a superior alternative to the scythe, and was granted a British patent on August 31, 1830.



## Cooking and Peeling Eggs

According to the Georgia Egg Commission, the following method of hard-cooking facilitates peeling of ultra fresh eggs.

- Make a pinhole in the large end of the egg, place the eggs in a single layer in a saucepan, and cover with cold water to an inch above the layer of eggs. Place a lid on the pan and bring eggs to a boil. Remove the pan of eggs from the burner, leaving the cover in place, and allow to sit for 15-18 minutes, adjusting time up or down 3 minutes for larger or smaller eggs. Immediately remove eggs from the pan of hot water with a slotted spoon to a bowl of ice water for one minute. In the meantime, bring hot water to simmering. After one minute in ice water remove eggs back to the simmering water for ten seconds. The ten second interval is important because this al-
- lows the shell to expand without expanding the rest of the egg. Peel immediately by cracking the shells of the egg all over. Roll each egg gently between hands to loosen the shell. Peel, starting at the large end of the egg. The peeling may take place under cold running water to help wash the shell off the egg and to minimize the shell breaking into the white.
- Another cooking method when you are less concerned about peeling of ultra-fresh eggs is to make a pinhole in the large end of the egg, place the eggs in a single layer in a saucepan, and cover with cold water to an inch above the layer of eggs. Place a lid on the pan and bring eggs to a boil. Turn down the heat and simmer for 15 minutes. Place the eggs in cold water and when cool, remove shells. Crack the shell of the egg all over. Peel, starting at the large end of the egg. The peeling may take place under cold running water to help wash the shell off the egg.



# Home Canning Season

## Tips for Success

- Just because a recipe is in print, doesn't mean it's safe for you and your family. Start with a recipe that has been tested to make sure that the product is safe and high quality. Visit The National Center for Home Preservation for safe canning.
- Canning recommendations have changed dramatically over the last 15 years. If you are using recipes that date before 1994, then it's a good idea to set those aside and find an up-to-date recipe that has been tested for safety.
- Boiling water canner should have a flat bottom, so that it fits nicely on the stove top, and a tight-fitting lid.
- A pressure canner will have either a dial- gauge or a weighted gauge.
- Dial gauge canners should be tested every year
- Replace canner gaskets every 2-3 years or as needed.
- Use only standard home canning jars, not old mayonnaise jars, and check these to make sure they are not chipped or cracked. It's fine to reuse canning jars, as long as they are not chipped or cracked.
- Always use 2-piece lids; purchase lids new each year (the sealing compound will break down on storage) and sort through screw bands to make sure they are not rusted.
- Home canning is one area where being creative can lead to food safety disasters. So begin with an up-to-date, research-tested recipe and carefully follow the Don't make ingredient substitutions, unless they are allowed, and follow the recipe directions through all the steps.
- And remember, at the end of the day, a sealed canning jar does not indicate that the food inside is safe. A sealed jar simply means that the jar is sealed. You can do a lot of things wrong and still get a jar to seal! As a safety precaution for properly canned foods, boil low-acid foods (i.e. vegetables, meats, fish) 10-11 minutes before eating to destroy any botulism toxin that might be present. If food looks spoiled, foams, or has a strange odor during heating, throw it out.

**The National Center for Home Food Preservation is your source for current research-based recommendations for most methods of home food preservation.**



# PRESSURE CANNER GAUGE TESTING

Tuesday, August 10, 2021

1:30 PM - 4:00 PM

**RANDALL COUNTY EXTENSION OFFICE**

200 N Brown Rd. Canyon, Texas 79015

Please call 806.468.5543  
to make your appointment

Pressure canner gauges need to be tested each year for accuracy. If your canner is off two lbs. in pressure you could be canning incorrectly and could possibly have botulism growing in your pantry in your home canned goods.





## HealthTalk Express

HealthTalk Express is a fun and free weekly 30 minute or less informational health presentation on Mondays in August.



**RSVP by August 6<sup>th</sup> FREE**

2:00 PM – 2:30 PM

August 9<sup>th</sup> - Get Screened, No Excuses

August 16<sup>th</sup> - Power to Prevent Diabetes

August 23<sup>rd</sup> - Pressure Down: Controlling Your Blood Pressure

August 30<sup>th</sup> - Stress: Friend or Foe



## Master of Memory

This six-lesson class series will help you understand how your memory works and what may affect your memory, identify, and use strategies to improve your memory function, and learn how medical conditions, medications, diet, and exercise, among other things, may all play a role in how your memory works.

**RSVP by September 9<sup>th</sup> FREE**

2:00 PM – 3:00 PM

September 13<sup>th</sup> - Am I Losing My Mind?

September 20<sup>th</sup> - Memory Strategies

September 27<sup>th</sup> - Nutrition & Memory Function

October 4<sup>th</sup> - Medications & Memory Function



## Cooking Well with Diabetes

Cooking Well with Diabetes is a 3-week program series designed to help not only the person with diabetes, but also anyone who prepares food for those with diabetes. Participants will prepare recipes, taste their creations, and learn ways to better manage blood glucose levels and maintain overall health.

**RSVP By September 13<sup>th</sup> \$25 FEE**

5:30 PM – 7:30 PM

September 16<sup>th</sup> - Carbohydrate Foods / Sweeteners

September 23<sup>rd</sup> – Reducing Fat & Sodium w/out Reducing Flavor

September 30<sup>th</sup> – Celebrating Sensibly with Diabetes



A little  
**DASH**  
will do you.

## Cooking Well for Healthy Blood Pressure

Cooking Well for Healthy Blood Pressure 3-week program series designed to help not only the person with hypertension, but also anyone who prepares food for those with hypertension. Participants will explore new flavors of heart-healthy meals and discover food choices within the DASH eating plan that are consistently found beneficial in reducing high blood pressure.

**RSVP By October 11<sup>th</sup> \$25 FEE**

5:30 PM – 7:30 PM

October 14<sup>th</sup> – DASHING Your Way to Improved Health

October 21<sup>st</sup> – A Virtual Grocery Store Tour

October 28<sup>th</sup> - Cooking Well for Healthy Blood Pressure with Spices and Herbs

**All classes will be held at the Randall County Extension Office in the Dillehay Room.**

**200 N Brown Rd, Canyon, TX 79015-7300 Call (806) 468-5543 to RSVP**

# TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.



Kelli D. Lehman

Texas A&M AgriLife Extension Service –  
Randall County, Panhandle District 1

County Extension Agent –

Family & Community Health

<http://randall.agrilife.org/>

806.468.5543

TEXAS A&M AGRILIFE EXTENSION SERVICE  
Randall County  
Herbert F. & Jeannie Kuhlman Extension Center  
200 N. Brown Road  
Canyon, Texas 79015

Postage

*Return Service Requested*

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## Path to Plate.....

## DARK AND SPICY EGGS

### Ingredients

- 12 peeled, hard-cooked eggs
- 1½ cups cider vinegar
- ½ cup water
- 1 tablespoon dark brown sugar
- 2 teaspoons granulated sugar
- 1 teaspoon mixed pickling spice
- ¼ teaspoon liquid smoke or hickory smoke salt
- 2 teaspoons salt

### Instructions

Bring all the ingredients except the eggs to a boil, reduce the heat and simmer for 5 minutes. Pack no more than one dozen peeled, hard-cooked eggs loosely into a warm, pre-sterilized quart jar (or other similar size container which can be closed tightly). There needs to be plenty of pickling solution, and enough to completely cover the eggs. Pour the hot pickling solution over the eggs in the jar, cover, and refrigerate immediately. Egg whites tend to be more tender if a boiling solution is used instead of room temperature solutions.

### Storing Eggs

After making the eggs, the eggs require some time to season (i.e., pick up the flavors from the pickling brine). Keep them

refrigerated at all times. If small eggs are used, 1 to 2 weeks are usually allowed for seasoning to occur. Medium or large eggs may require 2 to 4 weeks to become well seasoned. Use the eggs within 3 to 4 months for best quality.

### Pickling Tips

There are no home canning directions for pickled eggs. All of the following pickled egg recipes are for storage in the refrigerator. Pickled eggs should never be at room temperature except for serving time, when they should be limited to no more than 2 hours in the temperature danger zone of 40 to 140 degrees F. Caution: Home pickled eggs stored at room temperature have caused botulism.

Eggs used for pickling should have clean, sound shells. Small or medium eggs are usually a good choice for pickling so the seasoning can penetrate into the egg. Fresh eggs are the best to use for pickling to ensure the highest quality possible since the eggs will be stored over a relatively long period of time. However, eggs at least a few days old will peel better after boiling.



National Center for  
Home Food Preservation

