

TEXAS CO-OP POWER

4 FUN TRIPS

Zippering,
Dipping
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FEATURES

Go Forth Whether it's serenity, culture or high-flying action you're looking for, we've got you covered with our staff travel picks. By Ashley Clary-Carpenter, Carol Moczygemba, Suzanne Haberman and Camille Wheeler **8**

Our Family Tree The Institute of Texan Cultures in San Antonio showcases Texas heritage, ethnicity, history, social issues and popular culture. By Clay Coppedge **14**

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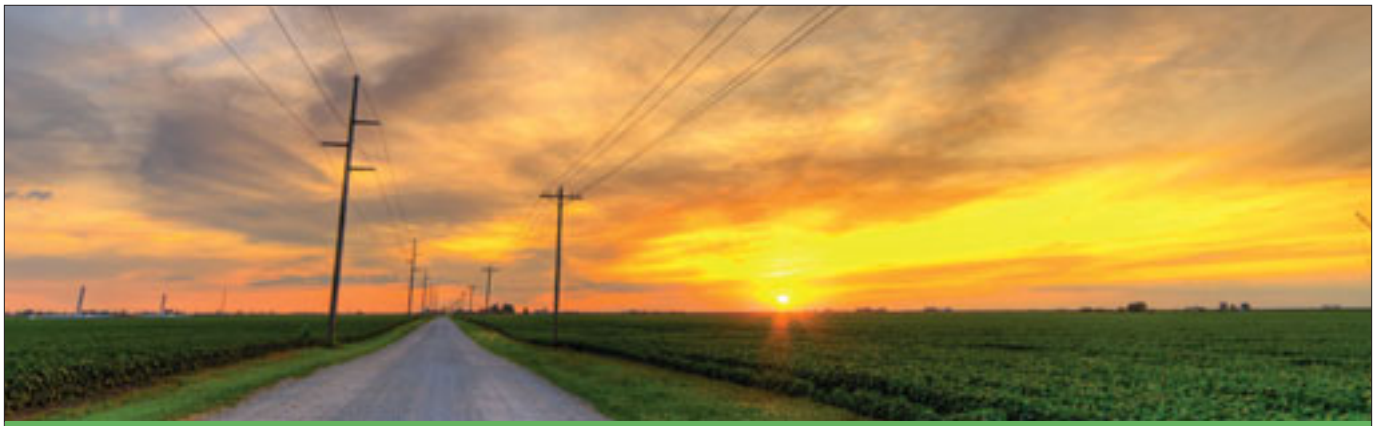
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by Lonny Taylor



COVER PHOTO Jalyn Stone glides over a pond at Adrenaline Rush Zip Line Tours. by Dave Shafer

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Hot Topic

We just read Suzanne Haberman's July article, "Cool, Daddy." We are very interested in this concept for saving energy. Could you please tell us what particular product the Halkos used on their roof and where we might find more information on that product? We plan to check the Cool Roof Ratings Council website for information but wondered if the Halkos would share their information.

NORMAN COULTER | PEDERNALES EC

You should have done a little more research for the story. The ceramic beads the gentleman added to his roof paint have been shown to be of almost no thermal value. A quick Internet search found several university and government studies showing that color and reflectivity are what's really important.

The roof on our home is white enameled sheet metal panels. The color makes solar reflectivity built in, and it's backed by the manufacturer. No special coatings needed for a really cool roof.

JAMES BARTON | CENTRAL TEXAS EC

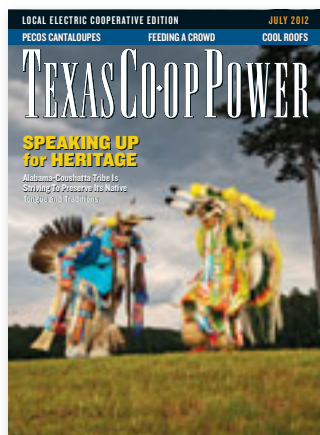
Editor's note: Many of you asked what specific product was described in "Cool, Daddy." Instead of naming one product, we encourage you to use the following resources to start your search for the product that best suits your own needs and goals:

• **ornl.gov:** Search for "cool roof calculators." Enter specs about your roof, location and product traits to find out how much a cool roof can save you.

• **energystar.gov:** Search for "cool roofs" and download a list of Energy Star-qualified roof products. These range from metal roofs to reflective coatings.

• **coolroofs.org:** Browse the Rated Products Directory, which allows you to search by criteria such as keyword, product type, color and reflective properties.

Finally, if you take on the challenge of giving your home a cool roof, it would be really cool if you would share the experience with our readers. Send us photos; pass along tips; and let us know what difference it made in the comfort of your home or the bottom line of your electric bill.



A Photo Is Worth ...

I found the July cover featuring the Alabama-Coushatta dancers to be one of the very best ever. Keep up the good work.

ROBERT NOWOTNY | PEDERNALES EC

The photographs submitted for the Focus on Texas "Yard Art" in July are awesome. I have never seen so many creative and different examples of yard art, and I looked at all of them—in the magazine and online. Just fantastic! Hats off to all those creative people.

CAREY COLLIER | PEDERNALES EC

About Custer

Thank you for the informative article on Elizabeth Bacon Custer [July]. It is well known that the

Pecos Passion

I am mentioned in "The Truth About Pecos Cantaloupes" [July] and am proud to be the grandson of Madison Todd. My parents, Neil and Zorene Thompson, took over the cantaloupe business from Granddad and grew the business for a number of years.

Your story brought me up to date on a number of points. The technical details about where the sweet taste comes from were especially interesting, as I've followed many theories about this in years past.

Once a reporter asked Granddad if he really thought his melons were better than those grown elsewhere. With a twinkle in the eyes of his ever-sober countenance, he replied, "Well, if they aren't, I've got enough people convinced that we can't fill all their orders, year after year!"

RAY MACK THOMPSON | RICHARDSON

Custers were very devoted to each other. Mrs. Custer was an amazing woman to literally endure the Army life alongside her husband. She saw a gentle side of Maj. Gen. George Armstrong Custer that probably few did.

His reputation was more than "headstrong," as you say. He was bloodthirsty in the Civil War and was racist toward Native Americans. I respect her but not him.

JIM SANDERS | BLUEBONNET EC

I was happy to see the Alabama-Coushatta cover. It is not very often that non-Native American magazines publish stories about Native Americans. So I thank you for that. However, in the same magazine, one of your articles speaks of a man who massacred Native Americans. I think it was very insensitive of your magazine to do this, especially with the Battle of Little Big Horn's anniversary falling on June 25. It is

this type of insensitivity that damages, yet again, a nation of people still struggling.

YOLONDA BLUEHORSE | VIA FACEBOOK

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TECH KNOWLEDGE

It's Time To Save Energy

If you're a smartphone owner, your device buzzes and rings myriad alerts: *Time to get up*, the alarm chirps. *Appointment today*, the calendar dings. *It's your turn to play*, a game chimes.

Now, your iPhone or Android can alert you at times when it's crucial to save electricity with the free ERCOT Energy Saver app (search for "ERCOT" in the Apple App Store or Android Market). The Electric Reliability Council of Texas, the grid operator for

most of the state, released the downloadable program for smartphones in June to share up-to-date energy information and tips on how to save energy. *It's time to save energy*, your smartphone reminds you.



INTERNATIONAL YEAR OF COOPERATIVES

ANECOOP

In 1975, a group of Spanish citrus fruit cooperatives joined forces to reach new markets and improve their bargaining power with large-scale distributors. Today, Anecoop—79 members and 90,000 growers strong—is the Mediterranean's leading fruit and vegetable producer; the Spanish leader in marketing fruit, vegetables and salad stuffs; the world's leading citrus fruit exporter and second largest marketer; and Europe's top watermelon and kaki (persimmon) supplier.

ENERGY NEWS

Fill'er Up

Firm in Austin offers SolarPump, a solar-powered recharge station for electronics



Over 48 hours, I've done just about everything I can with my smartphone except recharge it.

Not charging my phone was intentional for the first 24 hours, part of an experiment to test solar energy. But when my plan fails, the next 24 hours drain my battery down to about a third of its capacity.

Day 1: I plan to fill up my tummy and my cellphone battery at the corner of Austin's South First and West Live Oak streets, where trendy food trailers share an open lot with a free solar-powered electronics charging station: the South First SolarPump, set up in 2011 by Sol Design Lab, founded by University of Texas at Austin graduate Beth Ferguson.

The station's 350-watt solar array charges two batteries in a refurbished 1950s gas pump to power up gadgets, laptops and electric scooters. While Sol Design Lab has previously built similar temporary stations around the world, this is the city's first permanent SolarPump.

Armed with my cellphone charger, I insert the prongs into the outlet. *Ta-da!* Nothing happens. I jiggle the connections, press the reset button

and check the digital display. The batteries are full; they're just not sharing it with my phone. I retreat to a picnic table to eat lunch and see if someone else figures it out. When no one does, I leave with a full belly—but a hungry cellphone.

I call Ferguson and ask her what went wrong. Nothing, she sighs. The emergency shutoff button is right next to the outlet. Big, red and uncovered, it might as well say "Push me." And people do.

Day 2: I discover I fell asleep without plugging in my phone, and the battery level's at 32 percent. So I head to UT's Perry-Casteñeda Library plaza, where a SolarPump is set up through November. Newer and twice the capacity of the station on South First Street, this one works, Ferguson assures me.

I plug in. *Bzzzz!* The phone vibrates to life, and I smile with relief. Drawing off 1.8 to 1.9 watts, according to the pump's digital readout, my phone recharges at a rate of about 10 percent in 12 minutes, about like it would at home—but this time, off the grid.

Suzanne Haberman, staff writer



WHO KNEW

Everything Is Bigger in Texas?

WRONG. Acton State Historic Site—the state’s smallest historic site at 0.006 acres—is the gravesite of Elizabeth P. Crockett, Davy’s second wife. In 1911, 51 years after her death, the Legislature erected a monument in honor of the Tennessee lass, which features her statue shading her eyes and looking west, waiting for Davy to come home. (The site is about 261 square feet, not quite the size of a one-car garage.)

HAPPENINGS

Fetch a Friend

Someone missing from your life? Someone, perhaps, four-legged and fuzzy? Your new best friend just might be waiting for you September 8 in Tyler at Petapalooza.

This free event is a great way for responsible, pet-seeking people to meet with local animal rescue groups and help foster animals find loving “forever” homes. At least 15 rescue agencies will be on hand with adoptable animals (dogs, cats, rabbits—all kinds of critters) and their medical information. There also will be dog agility and obedience demonstrations, area veterinarians, low-cost spaying and neutering information, pet photography, and doggie accessories. If you’re serious about adoption, be sure to bring (or buy) a leash or kennel.

Petapalooza is 10 a.m. to 5 p.m. in Bergfeld Park. For more information, email texaspetapalooza@yahoo.com, call (903) 952-7075, or find Petapalooza on Facebook.



Find more happenings all across the state at TexasCoopPower.com

TOTALLY TEXAS

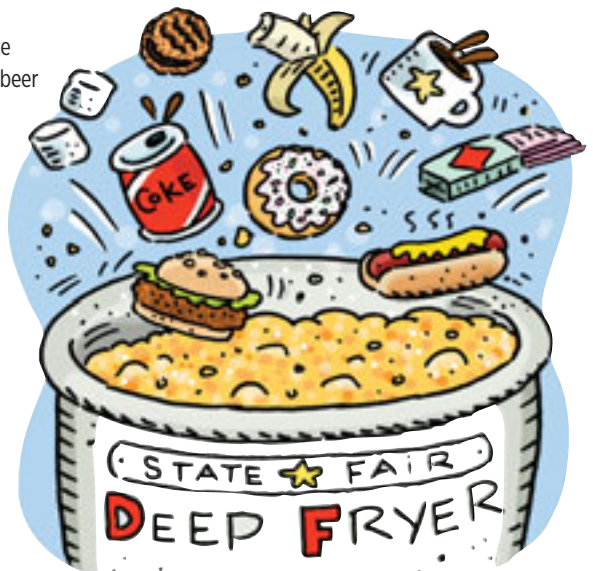
Where Every Day Is Fried Day

Starting September 28, when the State Fair of Texas begins its 24-day run in Dallas, the cuisine of choice will be something fried. Anything fried. Really, it’s getting difficult to think of new kinds of food to toss into a vat of boiling oil. And it’s not just entrées. Drinks, desserts and even bubblegum have undergone the ritual and come out prizewinners.

Last year, the most creative in the Big Tex Choice Awards was fried bubblegum. Fried Coke and fried beer have taken blue ribbons in the past. So have fried banana splits and fried lattes.

So what’s new on the menu this year? To celebrate the 100th birthday of the Girl Scouts of America, the Girl Scouts of Northeast Texas will be featuring fried Samoas. That’s right, the Samoa, a vanilla cookie coated in caramel, toasted coconut and chocolate stripes, gets dunked in oil.

The Samoa is the second-most popular Girl Scout cookie. So why not deep-fry the Thin Mint, the favorite of all Girl Scout cookies? Well, for one thing, that’s been tried, apparently. See, maybe they are running out of ideas.



2,500,000

That’s how many miles of electric distribution lines in the United States are owned and maintained by electric cooperatives, according to the National Rural Electric Cooperative Association. Put another way, those lines could follow the borders and coastline of Texas almost 880 times around.

TRAVEL

2012

Four Fun Trips:

Zipping, Dipping or Simply Gazing.

From the serenity of a cabin in the Chinati Mountains to the adrenaline rush of flying on a zip line through an East Texas forest, Texas Co-op Power staff members share some of their favorite places to go and things to do in the Lone Star State. Come along for the ride and find out why we love these special destinations.



Chinati Hot Springs **Land of Ahhhs**

Whether soaking in the stars or soaking in the water, Chinati Hot Springs can take your breath away

Sitting beside the dying embers of the small charcoal grill, I clear my dishes from the picnic table, scrape what's left of my dinner into a small plastic bag and tie it tight. I shut off my battery-powered lantern to take in remote West Texas' amazing stars on a crisp February night and immediately see it: my first satellite, whipping across the cobalt sky. "Ohhh," I sigh in wonder. I'm home.

It wasn't my first trip to Chinati Hot Springs, a lodge about 50 miles southwest of Marfa in the Chinati Mountains. Flowing from the ground at approximately 110 degrees, the springs contain lithium, arsenic and other minerals that have been said to help relieve arthritis, stomach ulcers and a variety of skin conditions. For centuries, humans have been taking advantage of these restorative waters.

In the morning, I don my polka-dotted swimsuit and trek over to the rock-lined community tub situated in a shady spot between the cabins. This is what I've been waiting for. I pull back the protective tarp and gingerly step into the warmth of the 750-gallon spring-fed pool. "Ahhh," I say as I settle in up to my neck. As the water works its magic, relaxing my muscles and my mind, I soak in the scenery: rugged mountains bathed in the early morning light, the rustle of fallen cottonwood leaves dancing across the ground and the chorus of nearby house finches and white-crowned sparrows.

I am staying in the El Presidente cabin for the next two nights—one of three that features a private tub and the only cabin with the tub indoors. And that is pretty nice in winter, when temperatures can drop to freezing at night. The geothermal water is hot as it flows from the tap, but eventually the cold temperatures win, and the water goes from hot to warm.

In all, there are seven cabins and seven

campsites that can comfortably house about 25 people, says Mattie Matthaei, who helps out at Chinati from time to time. A large common kitchen, built by former caretaker David Sines in 2005, features two refrigerators, two stoves, pots, pans and plates and an array of seasonings and dry groceries. There are also two large grills on the kitchen's porch and picnic tables guests can use to take in the desert wilderness. But bring your own groceries, warn managers Dan Burbach and Diana Hankins. The nearest store is 45 miles away.

So when is the best time to go? That depends on the person. The park is the most lush during the rainy season, September through October. During the warmer months, March through November, the park's 7,800-gallon cool tub is in operation. Holidays are busier—Thanksgiving is booked from here to eternity, Matthaei says—and folks should call well in advance to book their stay. About 5,000 make the pilgrimage to the park each year.

My last day in Chinati, I hike the one-mile trail that circles the 640-acre park. I could spend the rest of my life exploring West Texas. Lucky for me they encourage

exploring at Chinati, just heed Matthaei's warning: Mind the "No Trespassing" signs.

For more information on Chinati Hot Springs or to book a reservation, call (432) 229-4165 or go to chinatihotsprings.com.

If You Go ...

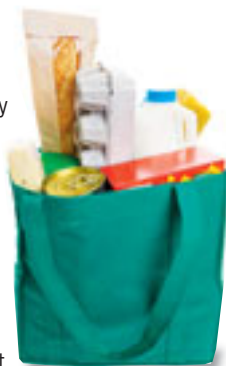
Stock up on groceries BEFORE you go. There are small grocery stores in Fort Stockton, Alpine and Marfa that certainly would suit your needs, but I suggest hitting up your H-E-B or United and filling up your ice chest. (This will also give you road snacks on your drive.)

Don't forget weather in West Texas can hit the top and the bottom of the thermometer in one day. Be prepared for all weather extremes.

It's a jungle out there: Don't forget lanterns, flashlights, bug spray, hiking boots, sunscreen, hand sanitizer, hats and a first-aid kit.

Like music in your car? Be sure to pack along CDs or your iPod. There's virtually no radio once you get out west, and unless you're content to listen to an Ojinaga, Mexico, radio station, you'll be craving your tunes.

Ashley Clary-Carpenter, field editor



Chinati Hot Springs is said to have medicinal value, what with the lithium, arsenic and other minerals simmering in the 110-degree water coursing up from the ground. That may be, but as Stephanie and Dave Coffman, geologists from Fort Worth, could observe from the cool tub, the serene setting can alleviate much of what ails you, too.

Laguna Atascosa Wildlife Refuge **Texas' Corner Lot**

Where so much nothingness gives way to such a wealth of wildlife



About as far south as you can go in Texas along the Gulf of Mexico, and hugging the shoreline of Laguna Madre, lie some of the last undeveloped coastal areas in the United States—thousands of acres of temperate, subtropical, coastal and desert habitat. To the naked eye, Laguna Atascosa National Wildlife Refuge, part of the nearly 180,000-acre South Texas Refuge Complex, is a forbidding landscape of low, tightly enmeshed, thorny brush broken by vast stretches of grassland, shallow ponds and sand flats.

But be still. Listen. Scan the sky, peer through the thicket and be alert for movement. Open your senses to the world of ospreys, ocelots, hawks, roseate spoonbills, coyotes, bobcats, cranes, redhead ducks and alligators.

The opportunity to spend time on foot, on a bicycle or even in a vehicle in the midst of this rare environment may not be everyone's idea of a getaway. But if

you find solace and inspiration in open spaces and long to get lost in the sheer wonder of a falcon taking flight from his perch on a yucca bloom or a bobcat sauntering across the road ahead of you, then come on down

The refuge, about 20 miles east of Harlingen, is home to nine endangered or threatened species, including the ocelot and Aplomado falcon, and 417 recorded bird species—a mix of wildlife found nowhere else.

In addition, the freshwater Laguna Atascosa has been recognized since the late 1800s as a major wintering area for migrating waterfowl, most notably the redhead duck. In 1946, the area became part of the National Wildlife Refuge System founded in 1903 by President Theodore Roosevelt. The lake's observation deck is the perfect spot for taking photographs of the myriad species of ducks as they deftly land feet-first on the water. Or capture the roseate spoonbill

using its long bill like an oar to thrash up some dinner.

Of all the wildlife on the refuge, ocelots are among the rarest and most elusive.

Primarily nocturnal, but occasionally sighted during the day, these wild cats are skittish. The U.S. Fish and Wildlife Service is actively monitoring their population, restoring their required thornscrub habitat and conducting outreach to make the public aware of their plight.

Stroll around the visitor center for a sense of some of the flora and fauna found throughout the refuge. A restful butterfly garden; lusciously colored green jays with their plumage of greens and midnight blue; the striking orange, gold and black Altamira oriole; wispy

Spanish dagger plants, known commonly as yuccas, tower above an arid landscape of coastal scrub brush overlooking the Lower Laguna Madre. But the endless expanse is bustling. More than 400 bird species reside here at the edge of Texas at least part of the year.

huishache with its frail yellow blossoms; fragrant Mexican olive trees. Spend some quiet time in observation from the photo blind. If you're lucky, the resident alligator—resplendent in his coat of luminous green duckweed—will be sunning himself near the trail.

Laguna Atascosa Wildlife Refuge is served by Magic Valley Electric Cooperative.

Laguna Atascosa Tips

Although the refuge is open to the public year-round, the most popular times to visit are during the migration seasons, when millions of waterfowl lay over for food and rest on their way south in the fall and north in the spring.

A variety of programs are offered seasonally, including tram, kayak and birding tours, but visitors may hike, bike or drive on their own at any time.

Some guided tours charge a nominal fee and require reservations. Call ahead to check schedules and availability, Laguna Atascosa Visitors Center, (956) 748-3607. For a complete listing of visitor activities and tours, go to friendsofsouthtexasrefuges.org.



The crested caracara is no stranger at Atascosa. In the U.S., it is found only in Texas, Arizona and Florida.



The primarily nocturnal ocelot is among the rarest and most elusive of the animals on the refuge.

The annual **Ocelot Conservation Festival** is the best time to see a live ocelot. To learn more about this beautiful cat, become a Facebook fan of Viva the Ocelot.

Restaurant tip: Eat at Joe's. Joe's Oyster Bar in Port Isabel features fresh seafood, prepared delectably and served with a smile.

Carol Moczygemba, executive editor

On TexasCoopPower.com

For more information about guided tours and volunteer opportunities at Laguna Atascosa Wildlife Refuge, go to TexasCoopPower.com.



Adrenaline Rush Zip Line Tours **Zip-A-Dee-Doo-Dah**

For a good time, all you have to do is go on line

Not every woman in her 60s thrills at the thought of whizzing through the air on a zip line. But my mom does.

So when I tell her I've booked a trip to Adrenaline Rush Zip Line Tours near Jacksonville in East Texas, she starts planning her own separate trip with Dad. Of course, I invite them both to tag along.

Despite her initial gusto, she calls me ahead of time with lots of questions: How fast do you go? How do you slow down? What if I can't climb the platforms? What are you going to wear? Are there alligators?

Her nerves calm in the deep quiet of the night before, watching shooting stars from the purple azalea and pine tree-lined shore of Lake Jacksonville at the Horseshoe Inn Bed and Breakfast, where hosts M.C. "Butch" Gragard III and wife Pamela welcome us like old friends.

The next morning at the zip line course, we suit up in harnesses for our first ride, a warm-up run dubbed Last Chance by owners Annette and Billy



Preparing to stick the landing is almost as exhilarating as leaping into the void on the other end of the zip line. Adrenaline Rush offers seven runs that traverse the East Texas countryside. The longest carries riders almost a quarter-mile at speeds that can exceed 40 mph.

Kimbrell. Our guide, the chipper Jalyn Stone, secures Mom's pulleys on two parallel cables strung between a tall tree and a landing platform. Mom's about to find out whether she's brave enough, strong enough and dressed appropriately.

With the all-clear signal from head guide Mark Halsey at the end of the line, Mom carefully steps off the platform into the nothingness of thin air and lets it zip. The line's downward angle propels her with a buzzing sound that gets louder as she speeds up. She leans back, stretches out her legs and fearlessly looks around—and down—taking in the forest, warm sunshine and iron-rich soil below.

The zipping sound fades as she slows at the end where Halsey brings her to a complete stop. As the name of the line suggests, it's her last chance to bow out, but she doesn't look back—and she doesn't stop smiling.

The six lines before the end run have names that can be hollered. Halsey, who always goes first so he can man the end platform and aid our landings, introduces each zip line and then flings himself into the air, bellowing out the corresponding cry.

There's Woo Whoo, a quick zip over a placid—and alligator-free—pond; Tarzan, accessible by suspension bridge; Yabba Dabba Doo—or Doo Dabba Yabba if you kick off backward, which we did; Geronimo, where you can plunge head first; Yee Haw; and Home Sweet Home, where you say wee, wee, wee all the way.

I don't hear Mom holler, but after a particularly swift passage, she can't help herself. "Ho, ho!" she says breathlessly. "Wow, was that wonderful!" Halsey smiles down at her with approval while he unclips her pulleys. "You ride like that on that big one, you gon' be smokin' down in there," he says with a thick East Texas drawl.

That big one is Adrenaline Rush, the grand finale, a nearly quarter-mile zip line on which Halsey says he's been clocked doing 48 mph. And sure enough, Mom is smokin'.

Tips To Zip in East Texas

Make reservations. Schedule your own zip line adventure at Adrenaline Rush Zip Line Tour in advance by calling (903) 683-6855. Prices range from \$50 to \$75 per person; group rates may be available. Visit daretozip.com for details.



Call for directions. The roads are windy and not always paved or marked in remote East Texas, so call ahead for turn-by-turn directions and descriptions of landmarks. Cellphone service can be spotty, and local county roads are not always marked on large maps.

Dress appropriately. Wear form-fitting clothes and closed-toed shoes and tie back long hair. Each person is provided with a harness, gloves and a helmet.

Be prepared: Zip liners must be at least 8 years old and weigh between 65 and 275 pounds. Don't zip line if you are pregnant.

Eat and sleep: Visit nearby Jacksonville for restaurants, such as Fratela's Italian Restaurant, where the menu ranges from Alfredo to ziti, and lodging, such as conventional hotels or the Horseshoe Inn Bed and Breakfast (horseshoeinnbedandbreakfast.com, (903) 541-2127), where you can float on Lake Jacksonville, fish and stargaze.

Suzanne Haberman, staff writer

Fort Worth's Kimbell Art Museum 'A Jewel Box'

Architecturally intimate Kimbell Art Museum cradles carefully selected treasures



Shuffling my feet, and wearing an audio player on a strap around my neck, I join the herd of humanity migrating from painting to painting during a French impressionist exhibition at Fort Worth's Kimbell Art Museum. Moving as one through the gallery, we politely rush to the next Monet, the next Renoir, the next Pissarro.

Judging by our furrowed brows and the phone-like receivers held to our ears, an observer might think we're trying to talk to these great 19th-century artists. Instead, we're listening—the next-best thing—to a recorded audio-tour narrator provide context for the masterpieces we're viewing.

Wedged in front of a Théodore Rousseau work, "Farm in Les Landes," we visitors learn that it took the celebrated landscape artist almost 25 years to com-



ABOVE The Kimbell, under the hand of famed American architect Louis Kahn, opened in 1972 as art cradling art, a sanctuary of soft natural light spilling into galleries through curved vaulted ceilings. The light, described by Kahn as having the ‘luminosity of silver,’ bounces off aluminum reflectors, creating a warm, intimate setting. **RIGHT** A terracotta head from the 12th to 14th century shows a man, possibly a king, from the Ife culture in southwestern Nigeria. **OPPOSITE** A quick glance at ‘The Cardsharps,’ a late 1500s masterpiece from Italian artist Caravaggio, shows dark, rich colors and youthful fun ... right? No. Look closer, and you’ll see a parable of innocence and corruption. At left in this game of primero, a fore-runner of poker, is the dupe: a boy about to be cheated. Behind him is the older cardsharp, whose two-fingered signal sets the drama in motion. The younger cardsharp prepares to pull a hidden card from his breeches—and a dagger, if needed.

plete this oil painting of a farm in southwestern France. Rousseau was never satisfied with the piece and spent years obsessively painting the trees’ leaves, finessing the play of late-afternoon light. “I am refining it absolutely just as a watchmaker fine-tunes a watch after having finished it,” Rousseau wrote to the client who commissioned the painting—but didn’t receive it until after the artist’s death in 1867.

If Rousseau took that long perfecting this magnificent work—which initially drew mixed reviews—the least I can do is study it for more than a few seconds. I soften my gaze as the narrator repeats a common theme: Rarely did these artists experience instant fame. Many knew poverty and rejection. But all are represented in this international touring exhibition because they persevered. They never gave up.

It’s a message easily missed if one dashes from gallery to gallery in Fort Worth’s cultural district. Don’t misunderstand: The district’s five internationally recognized museums are each well worth visiting—one at a time, and at a leisurely pace.

Americans, says Nancy Edwards, a European art curator for the Kimbell, tend to underestimate visual art. Certainly, great paintings convey emotion. But their complex storylines are easily missed if we hurry by. The deeper experi-

ence—the reason we go to art museums, Edwards says—is that artwork is a form of expression reflecting a series of conscious decisions. The artist is trying to tell us something, and those messages “are as broad as the things that make us human beings,” she says.

So slow down, treat each painting as though it were a book and look—really look—for the plot. Instead of zipping through an entire collection in one afternoon, spend an hour with one painting, remembering there’s no substitute for the real thing: Reproductions can’t convey the colors, scale and brush strokes of the original work.

And start by getting to know one art setting, such as the architecturally intimate Kimbell that’s oft described as America’s best small museum. The Kimbell, Edwards says, is a jewel box, with each carefully collected piece, from Picassos to the earliest known painting from Michelangelo, a treasure easily examined in the diffused natural light cascading over the galleries.

Architect Louis Kahn died two years after his Kimbell showpiece opened in 1972. He designed the building to “give the comforting feeling of knowing the time of day”—a boost of light as visitors move from space to space, learning to pace themselves with the movement of the sun.

Camille Wheeler, former associate editor

Kimbell at a Glance

Chief benefactors: Fort Worth businessman Kay Kimbell and his wife, Velma, both deceased, who started collecting paintings in 1935

Permanent collection: Comprising fewer than 350 works of art, the collection emphasizes quality over quantity. Its holdings range from the third millennium B.C. to the mid-20th century and showcase antiquities from ancient Assyria, Greece and Rome; Asian sculptures, paintings and ceramics; and pre-Columbian and African and Oceanic art.

Worth noting: The museum’s European painting collection features such luminaries as Picasso, Caravaggio, Rembrandt and Matisse. In 2009, the Kimbell purchased what is considered to be Michelangelo’s first painting: “The Torment of Saint Anthony,” an oil and tempera easel work completed around 1488.

Upcoming exhibition: “The Kimbell at 40: An Evolving Masterpiece,” scheduled from October 7 through December 30

Cowtown Culture

Fort Worth’s Cultural District is home to five internationally recognized museums (each offers free daily admission):

- **Kimbell Art Museum**, kimbellart.org
- **Amon Carter Museum of American Art**, cartermuseum.org
- **Fort Worth Museum of Science and History**, fwmuseum.org
- **Modern Art Museum of Fort Worth**, themodern.org
- **National Cowgirl Museum and Hall of Fame**, cowgirl.net

OUR FAMILY TREE

Institute of Texan Cultures documents the many peoples who put down roots across the state

TEJANO Settlers from Mexico lived in primitive huts—jacals—like this one.



RANCHING Docent Jim Ables demonstrates life in the chuck wagon days.



NATIVE AMERICAN Students can see a tepee and learn about the tribes of Plains Indians.

AFRICAN The interior of a full-size sharecropper's cabin is re-created in the museum.



GERMAN It is said that music was a 'secret passenger' with the immigrants from Deutschland.



FOLKLIFE FESTIVAL The institute's signature event showcases more than 40 cultures with ethnic cuisine and dancing.



They have come from all over the globe for centuries, the folks who find a vast world of opportunity within our borders. Exhibits at the Institute of Texan Cultures in San Antonio tell their stories.



JAPANESE With seeds from the emperor, newcomers from Japan essentially created the Gulf Coast rice industry.

HERE'S SOMETHING YOU MAY NOT KNOW ABOUT TEXAS:

Way back in 1719, the Marques de San Miguel de Aguayo proposed to the king of Spain that some 400 families be transported from the Canary Islands; Galicia, a region in Spain; or Havana to help populate the province of Texas, which was wide open for such a venture since hardly anyone lived here. The king thought this was a splendid idea and sent a number of Canary Islanders on their way, but, as kings are wont to do, he changed his mind.

By that time, 55 or so Canary Islanders already were well on their way to this wild and thinly populated province. Under the leadership of Juan Leal Goraz, they made their way to the presidio San Antonio de Bexar. They decided to settle near the fort, and their community, Villa de San Fernando, in 1731 became the first chartered civil settlement in Texas. Goraz became the first mayor, and San Fernando was on its way to becoming a city—San Antonio. Many present-day San Antonians trace their roots back to those original Canary Islanders. Who knew?

THE PEOPLE AT THE INSTITUTE OF TEXAN CULTURES DID. IT'S one of hundreds—thousands—of stories the institute is dedicated to tell. The Canary Islanders exhibits make up just a smidgen of the tributes and stories about what makes Texas what it is—a land settled by immigrants from nearly every country.

Aaron Parks, assistant executive director of the institute, said that a lot of visitors—out-of-staters and foreigners—expect to see a different Texas from what they see in downtown San Antonio. At the institute, he said, they can get a glimpse of the whole state in a single visit.

"We try to provide a real perspective about Texas," he said. "Most visitors know Texas is Anglo and Hispanic, but what they realize here is that Texas is incredibly diverse and was settled by people from everywhere. People migrated here and are still coming here, looking for opportunity, and they have helped turn Texas into the 15th-largest economy in the world. It's really a remarkable story."

Visitors who don't necessarily know what the institute is all about get an inkling when they drive up and see period flags from Germany, Mexico, the Czech Republic, Poland, Ireland, Switzerland, Sweden, Spain and other countries flying out front. There are a lot more than six flags over Texas here. Inside, some 40 cultures, including Native Americans and African-Americans, are represented, as are Aleutians, Wends, Belgians and Japanese.

Japanese immigrants were among the first rice farmers in the state. They settled along the Gulf Coast in the first decade of the 20th century, bearing with them seed as a gift from the emperor. Their rice produced considerably more barrels per acre than did native seed. They sold their first three years' harvest as seed to farmers in Texas and Louisiana, thus creating the Gulf Coast rice industry.

Who knew?

The ITC is in downtown San Antonio in HemisFair Park, at the corner of East Cesar Chavez Boulevard and Tower of the Americas Way. It's in a building that served as the Texas pavilion during HemisFair '68, in the same general area where the Canary Islanders set down their roots. The ITC was established by the Texas Legislature in 1965 as part of the state's participation in the world's fair, with exhibits devoted to the state's history, culture and resources. The ITC was put under The University of Texas System in 1969, and in 1973 UT San Antonio assumed the administrative functions of the museum. The ITC library, on the third floor, is operated and run by UTSA and features manuscripts, rare books, personal papers, more than 3 million historical photos, more than 700 oral histories and the university archives. "UTSA brings us a ton of expertise," Parks said.

The institute's signature event is still the Texas Folklife Festival, which celebrated its 41st anniversary earlier this year. R. Henderson Shuffler, first director of the ITC, saw the festival as a way to bring people to the institute and expose

them to the story it was built and designed to tell. "No matter how different or divergent our ancestry, we are all Texans," Shuffler told reporters at the time of the festival's founding. "This is all the Institute of Texan Cultures ever had to say, and the Texas Folklife Festival seems to be a good way to tell it."

Jo Ann Andera was at the first Texas Folklife Festival in 1972. She appeared with a group of Lebanese folk dancers who moved their feet and bodies and twirled their colorful skirts in the time-honored way—but in a country where belly dancing was less common. Andera was there partly because O.T. Baker, the festival's first director, helped represent Texas at the Smithsonian Institution's folklife festival in 1968.

The institute hired 18-year-old Andera as a multilingual tour guide. She helped Baker connect with the Lebanese community in San Antonio and cashed in some vacation days to perform at that first festival. For the past 30 years, she has served as its director. And why not? In many ways, the story that the ITC is dedicated to telling is Andera's own story. She grew up in a bilingual household where she learned to speak Lebanese and Spanish before she learned English. She said that working for the institute for 40 years and directing the festival for 30 has made her realize that the institute's stories are as ongoing and current as they are historical. In some very fundamental ways, little has changed since the early immigrants arrived.

"People are coming to Texas today for the same reason they have always come here—freedom," Andera said. "Whether it's freedom of religion or freedom from war or oppression, they come here to make a better life for their families, the same as people have always done. Today, we have a growing Afghan population and a growing Middle East community. In some ways, it's the same story but for a different time."

These are also different times for institutions like the ITC that have traditionally depended on state funding. In 2011, the Texas Legislature cut funding for the institute by 25 percent. Parks says that means the ITC will focus more on private donations and corporate sponsorships and less on state appropriations while creating exhibits that focus on the blending of cultures. After all, he said, these groups have interacted with one another to form the Texas we know today.

"The cultural contributions to the state from other countries didn't end in the '70s," he said. "We're focusing now on education and exhibits that help connect the past with the present."

With a resource like that, when people react to the news of the day by asking, "Who knew?" visitors to the Institute of Texan Cultures will be able to say they did.

Clay Coppedge, frequent contributor. His book *Texas Baseball: A Lone Star Diamond History from Town Teams to the Big Leagues* was recently published (The History Press, 2012).

For information on the Institute of Texan Cultures, including current exhibits and upcoming events, go to texancultures.com.



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What to look for in an HVAC Contractor

It's no secret that replacing your heating and cooling system can be a headache. When's the right time? What kind of system is best? Where can I find a reliable contractor?

Because the right contractor remains the critical cog in this process—for determining the type and size of the unit needed, explaining your options, and proper installation—consider these tips before making a selection.



Ask the HVAC contractor to provide detailed estimates on several different systems with varying efficiency ratings for you to compare.

Ask around

What are the contractor's credentials and qualifications? Is the contractor a member of state and national contractor associations, such as Air Conditioning Contractors of America? Is he or she adequately insured?

Almost 50 percent of a typical home's energy bill comes from an HVAC (heating, ventilation and air conditioning) system, so it is important to have the right person install and maintain the equipment.

Word of mouth provides a valuable

resource, so ask neighbors and friends if they can recommend a good contractor—or if there's someone you should avoid. And remember to check on what a prospective contractor guarantees and whether any follow-up services, such as a maintenance agreement, are offered. Nail down the details before work begins.

What the contractor and you should do

After you ask these questions, a good contractor should start by inspecting your home and old system and then explaining your options.

Be sure to get the estimated annual operating cost of the proposed HVAC system at different efficiency levels, as recommended by the government's Energy Star program. Air conditioners are measured by Seasonal Energy Efficiency Ratio and Energy Efficiency Ratio. SEER is calculated by dividing the amount of cooling provided during a normal year by energy used—the higher the SEER, the more efficient the unit. EER helps if you want to know how a system operates at a specific temperature. This will help you determine the total cost over its lifetime.

Be sure the estimate details what is being done, what equipment is being provided and when installation will begin and be completed.

NATE certification

Finally, consider looking for someone who is NATE (North American Technician Excellence) certified. Remember, though, because NATE is a voluntary process, a contractor isn't necessarily a bad installer if she or he doesn't have the credentials.

A NATE-certified contractor will have gone through the steps to prove he or she has the skills necessary for the job. Although it doesn't guarantee the contractor is good, it does provide some extra evidence to help consumers know that the person they're hiring has been tested.



Time To Bundle Up?

Your furry friends may not appreciate a new coat, but your water heater just might. Most water heaters have minimal insulation and are often located in unair-conditioned areas. Sound like yours?

If so, adding an insulation jacket can reduce standby heat losses by 25 to 45 percent, cutting your water-heating costs by 4 to 9 percent.

Take advantage of mild temperatures to dress up your water heater for winter. Insulating your water heater tank is fairly simple and inexpensive, and it will pay for itself in about a year. You can find precut jackets or blankets available from around \$10–\$20. Choose one with an insulating value of at least R-8.

You can probably install a precut insulating jacket or blanket on your electric water heater tank yourself. Read and follow the directions carefully and be sure to leave the thermostat access panel uncovered. Don't set the thermostat above 130 degrees on an electric water heater with an insulating jacket or blanket—the wiring may overheat.

You also might consider placing a piece of rigid insulation—a bottom board—under the tank of your electric water heater. This will help prevent heat loss into the floor, saving another 4 to 9 percent of water heating energy.

Picking the Right Heat Pump

BY BRIAN SLOBODA

Because heat pumps are the most efficient electric heating and cooling technology, they are an excellent choice if your home needs a heating, ventilation and air conditioning, or HVAC, upgrade. While electric resistance heaters are about 100 percent efficient—meaning all the electricity that goes into it is used to generate heat—heat pumps can claim efficiency of 200 percent to 400 percent.

But the proper heat pump for your home depends on a variety of factors. Here are some points to consider when deciding between air-source or ground-source heat pumps.

Air source

There are two main types of air-source heat pumps: ducted and ductless. Both provide heating and cooling, and they can also create hot water.

In cooling mode, these appliances function similarly to an air conditioner by moving heat from inside to outside your dwelling. In heating mode, the refrigerant flow is reversed, and warm air is delivered indoors.

When outdoor temperatures drop, the efficiency of air-source heat pumps decreases. As a result, these devices are more commonly used in areas of the country that do not experience extremely cold weather for extended periods. A good rule of thumb for air-source heat pumps is that they are effective until the thermometer hits 35 to 42 degrees.

For residents in the northern U.S., dual fuel setups—which combine an air-source heat pump with a natural gas-, propane-, or heating oil-fired furnace—are often employed. During fall and spring months, the heat pump warms the home. When a prolonged cold snap hits, the supplemental furnace takes over.

Ducted systems have been the traditional air-source heat pump route, but ductless systems are picking up steam

because they require an estimated 50 to 60 percent less electricity than electric resistance heating. In addition, air-source heat pumps that achieve Energy Star designation—meaning they meet or exceed federal energy efficiency standards—can be up to 9 percent more efficient than standard air-source heat pumps.

Ground source

Ground-source heat pumps, also called geothermal heat pumps, use relatively stable underground temperatures to heat and cool a home, and even to supply hot water. They come in two types: A groundwater (open-loop) heat pump uses well water, while an earth-coupled (closed-loop) model moves a water-and-antifreeze solution through underground pipes to disperse heat. The choice depends on local conditions.

Ground-source heat pumps tend to be the most efficient heating and cooling technology available, but the up-front

cost is significantly higher than air-source heat pumps. The final price tag depends on where you live and what kind of system you have. A typical residential consumer selecting a geothermal system will save 30 to 60 percent on an average heating and cooling bill, with a payback period varying from two to 10 years, according to the U.S. Department of Energy.

How to choose

Choosing a heating and cooling system for your home is a big decision with lots of variables. Be sure to call your electric cooperative for advice on what type of unit will work best for your area, and ask whether they offer any incentives for installing a heat pump. Then, contact a reputable and knowledgeable HVAC contractor to discuss your options.

Brian Sloboda is a senior program manager specializing in energy efficiency for the National Rural Electric Cooperative Association.

Geothermal systems use underground coils filled with water or a special solution that work with a heat pump unit to heat and cool a home or business.



Ballinger's New Friend



Statue again stands watch after students galvanize townspeople to replace long-lost member of community

BY CHARLES BOISSEAU

FOR MORE THAN HALF A CENTURY, A 5-foot-tall pile of rocks sat atop a hill in Ballinger City Park, just a scant and mysterious hint of its significance. Residents of this West Texas hamlet called the mound Indian Hill because in the late 1930s, city officials placed a statue named Friend on a limestone base after the park's dedication. The 7-foot-tall statue, proudly looking over the town with his right arm extended high, became a popular backdrop for wedding photos, family celebrations and children's games. It's said people told secrets to the regal Indian, knowing he would never violate their trust.

But sometime in the late 1950s—no one can say when for sure—the statue was yanked down, and all that remained was a pair of tin alloy feet and moccasins on a weathered limestone base. Local lore says high school kids, possibly students from nearby Winters, lassoed Friend and drowned him in Elm Creek, a stone's throw away. The statue was never found, and nobody fessed up.

Over time, the disappearance became local legend, and Friend became yet another vestige of bygone days when farming and ranching towns like Ballinger (population 3,800) were more populous and prosperous. The mound, partly covered with concrete, was continually defaced with graffiti.

In the fall of 2008, Cinnamon Carter, one of Ballinger's schoolteachers, became intrigued by the tales of Friend. She sparked an interest among her middle school students and challenged them to

research the history of Native Americans in Ballinger and discover their memorabilia. One student, Christin Garcia, brought in her grandmother's old black-and-white photograph of the statue.

The photograph inspired students to begin work on what started as a little book about Friend. They discovered that Ballinger's statue originally came from Ardmore, Oklahoma, the home of a defunct oil company that cast a number of the statues as a marketing ploy. In 1939, Ballinger city official Elmer Shepperd purchased one on a trip to Oklahoma and brought it back to Ballinger, where it was placed on its prominent perch—until it was stolen. Ballinger is in Runnels County, most of which is served by Coleman County Electric Cooperative.

Persistence by Carter and her students began to pay off, and as word of their research spread, clues about identical statues began to trickle in. The students tracked down four of the remaining Indians, but the owners, including an Oklahoma museum, declined to part with them. Eventually, they located one in a junk pile in Duncan, Oklahoma. It was buried up to its knees in concrete and was missing its left eye, possibly from being used as a shooting target.

The owner donated the statue to the students, whose focus shifted to restoring it so Ballinger could again have its Friend. The statue was placed in Higginbotham Brothers, the town hardware store, to galvanize public support for the restoration project. For help, the students contacted San Angelo sculptor and Western

artist Hugh Campbell, who grew up in Ballinger.

Campbell, 72, remembers the statue well. As a schoolboy in the 1950s, he and his friends hung out with Friend. "Sometimes at noon we'd run down there for the fun of it, eat under the Indian," he said. Campbell inspected the old statue and, noting its deteriorated condition and out-of-proportion dimensions, recommended that a new one be made of finer material. The students decided to commission a bronze statue more than 9 feet tall, but first they would have to raise \$48,000.

In December 2008, Carter received a letter from Nell Shepperd Hambrick, the daughter of the man who originally brought Friend to Ballinger. Hambrick, a former Ballinger middle school teacher now living in Waco, wrote about how much the statue meant to her father.

Plans for a new statue picked up steam as townspeople joined the cause. To advise the students, a three-member citizens group was appointed, including Tammi Virden, the Ballinger Chamber of Commerce executive vice president whose son is a member of the class. Virden and Mayor Sam Mallory, whose daughter is also in the class, were among many city leaders who rallied behind the project.

To raise money, students held bake sales, sold hot dogs, went door to door, sold pumpkins, ran concession stands, applied for grants, held movie nights in the park and organized the city's largest-ever garage sale. The cause continued even as students progressed through sixth, seventh and eighth grades.

In the fall of 2010, Campbell began sculpting the statue in a space made available by a local manufacturer. Stu-

dents made field trips to view the clay form taking shape and provided designs for his moccasins, headband and loin-cloth. The piece was transported to a foundry in Lubbock, which agreed to forge the 1,000-pound statue in phases as money trickled in.

On the last day of school in 2011, Carter received a call from the Dian Graves Owen Foundation in Abilene. It donated \$3,500, enough to reach the fundraising goal and pay for the remaining foundry work. In April 2012, Hambrick, 95, helped unveil Ballinger's new Friend.

Students say the statue is their legacy. A plaque listing the names of the class members is attached to its base. "It gives us all a lot of pride," said Alyssa Flanagan, 15. "It brings the community together."

Charles Boisseau is an Austin writer and frequent contributor.

HOMEcoming: Like the generations before them, schoolchildren in Ballinger grew attached to Friend, the statue that used to call the city park home. Under the tutelage of teacher Cinnamon Carter, clutching papers and standing just in front of the statue's left hand, and over the course of a few years, they revived the spirit of the icon and celebrated the unveiling of a new statue, more than 50 years after its ancestor went missing.



Fairly Bizarre Time in San Antonio

The circus acts started long before HemisFair '68 put San Antonio on the world stage

BY LONN TAYLOR

A RECENT VISIT TO SAN ANTONIO MADE me realize how much the city has changed for the better since I moved there in 1966 to work for a somewhat loony organization called the San Antonio World's Fair Inc., better known as HemisFair '68.

World's fairs are held every three or four years, and they bring a floating population of specialists together with a group of managers who usually have had absolutely no experience in producing a world's fair. The specialists are creative types who often move from fair to fair; the managers are hardheaded businesspeople who are determined to make their particular fair the first one in history to show a profit on closing day. Add in a group of promoters who produce the fair's entertainment, and you have a highly unstable mixture of deeply interesting people. Someone said that watching HemisFair take shape was like watching a bunch of cowboys trying to build an airplane.

My job title at the fair was theme development writer. Every world's fair has a theme, assigned by the International Expositions Bureau in Paris. HemisFair's theme was "Confluence of Civilizations in the Americas," and my job was to write proposals for commercial exhibits that would fit that theme.

Here is how it worked: The sales department would decide to approach, say, the Goodyear Tire & Rubber Company to buy exhibit space at the fair. The sales people would come to me and say, "We want a proposal for an exhibit for Goodyear tires." I would sit down and



write an eight-page concept statement about the history of rubber in the Americas; how the Mayas discovered it; how the Aztecs used it in their ceremonial ball game, etc. The sales department would take it to Goodyear, and Goodyear would say, "Fellows, we're not selling Aztecs, we're selling tires. We want an exhibit with tires in it." I would then have to rework the concept statement to get tires into it. It was a highly frustrating job.

The best part of the fair was the people who I met there. Bill Brammer, author of the 1961 prize-winning political novel *The Gay Place*, had an office just down the hall from mine. Brammer was a witty fellow, a small man with a beautiful smile and a gentle manner. At one point, someone in the fair's public relations office circulated a list of adjectives to be used in press releases describing the fair. Brammer drew up a counterlist, which I wish I had kept because it would be a priceless piece of Texas literary ephemera. The only word I can remember that was on it was "dithyrambic."

Our office got a lot of visitors, some of them clearly unbalanced, with schemes for promoting the fair, and Brammer and Hugh Lowe, another staff member, and I worked out a routine for dealing with them. Brammer would listen to them for half an hour and then take them to Lowe's office. Lowe would listen to them for 15 minutes and then escort them to my office. I would listen to them for 10 minutes and say, "Let's talk about this more over lunch," and take them down the street to the Nueva Street Cafe, buy





them lunch, and then suddenly remember that I had an appointment and leave them over their enchiladas.

One gentleman had a trained dog act and wanted the fair to hire him to take his dogs to Broadway openings, where they would walk in circles in front of the theater on their hind legs, holding little signs in their paws that said, "Visit HemisFair '68." When I left the restaurant, he was happily telling the people at the next table about his dogs.

There were a lot of Californians who came to work for the fair. I have fond memories of a graphic designer named Richard Wilson, a flower child from San Francisco who infused outlandish colors into the fair's advertising. Wilson was the quintessential Californian, happy to greet anyone with a smile. He liked to explore the back roads of the Hill Country in his Toyota FJ40.

On one occasion when I was with him, we were crossing a ranch on a one-lane dirt road, carefully closing unlocked gates behind us, when we saw a pickup truck coming toward us with the driver signaling us to stop. Wilson braked the Toyota, glanced at the door of the pickup, which had lettering on it that read "FJ Hereford Ranch, Boerne, Texas," and jumped out of the Toyota with his hand extended and a big smile on his face, saying, "How ya' doin', Mr. Hereford?" The driver gave us a long look and said, "You boys aren't from around here, are you?"

The summer of 1968, with its assassinations and political turmoil, was not a propitious time for a world's fair. The anticipated

crowds did not show up, and the fair ended up in the red. But the hotels that were built for it, the improvements and extensions to the River Walk, and the energy that it generated changed San Antonio forever and helped make it a major Texas convention city and tourist destination. Before the fair, the joke was that when Santa Anna left San Antonio after the Alamo, he said, "Don't do anything until I get back," and no one did. No one can ever say that about San Antonio again.

Lonn Taylor is a writer and historian who lives in Fort Davis.

A version of this article appeared in Lonn Taylor's *Rambling Boy* column in the *Big Bend Sentinel* in Marfa, March 19. Taylor's book of columns, *Texas, My Texas: Musings of the Rambling Boy*, was recently published by Texas Christian University Press.

NOSTALGIC NOVELTIES: Beyond fond memories of HemisFair '68 are the souvenirs that linger in garages, closets and attics. Of course there were key fobs, coins, spoons and plates, plus maps and visitors' guides. There were also 'official' cookbooks, license tags and stamps. Notice that postage hardly cost a lick back then.



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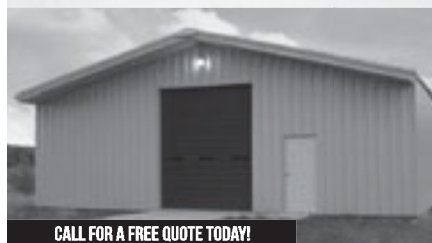
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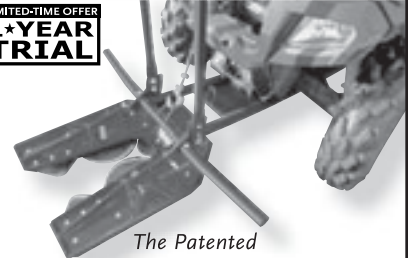
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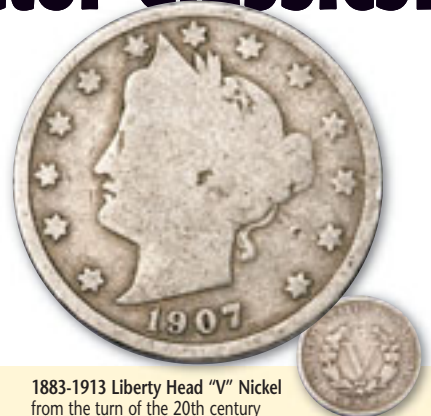
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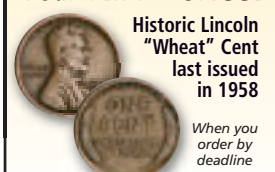
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Dining with the Harvey Girls

A train ride in the last half of the 19th century could be a gastrointestinal disaster, a risk right up there with train robbers, hostile tribes and obstacles on the track. It was not uncommon for passengers to suffer from food poisoning acquired at railroad cafés from Kansas to Texas and west, which often served the dreaded “railroad pie,” a combination of leathery meat and gluey potatoes sandwiched between two cardboard-hard crusts.

BY MARTHA DEERINGER

FRED HARVEY, A DAPPER BRITISH IMMIGRANT and traveling freight agent, witnessed firsthand the suffering of travelers who too often completed their journeys clutching their stomachs in misery. Harvey, a lover of fine cuisine, made up his mind to do something about the notoriously indigestible railroad fare. He dreamed of opening restaurants at depots furnished with fine Irish table linens, Belgian crystal and silver tableware where he would serve choice meats, seafood and fresh fruits and vegetables in an elegant, relaxed atmosphere.

In 1876, Harvey and the Atchison, Topeka and Santa Fe Railway agreed to an initial partnership on a single restaurant in Topeka, Kansas, laying the groundwork for a symbiotic relationship that would benefit Harvey and the railroad for half a century.

Harvey House Restaurants spread along the tracks like dandelions in a wet spring. Wearing black dresses topped with crisp white pinafores, Harvey Girls—they were never called waitresses—served elegant meals in restaurants all the way from Kansas to California and south through Texas. Fillet of whitefish with Madeira sauce vied for diners’ attention with sugar-cured ham, roast beef au jus and lobster salad. Homemade pies were carved into four generous slices, not six, and fresh foods arrived daily in ice-filled railroad cars.

One of those Harvey Girls was Elizabeth Hazelwood. Lesley Poling-Kempes, author of *The Harvey Girls: Women Who Opened the West*, writes that Hazelwood arrived in Texas from Oklahoma with her family at the turn of the century because they had heard “it was rich down there.” Unfortunately, her Russian immigrant father’s efforts at farming in the Panhandle proved to be a constant struggle.



So Hazelwood and her three sisters and one brother moved to Canadian in hopes of a better life. There, she married and bore two children before widowhood forced her to look for work. That’s when she landed a position as a Harvey Girl.

Although Harvey’s early employees were single women recruited from the East, by the 1920s many local women—married and single—tended the coffee urns at the Harvey House in Canadian. For Hazelwood, the job was a godsend, and the other Harvey House employees—a manager, 20 Harvey Girls, a baker, a chef and several busboys—were like extended family.

“We were treated like royalty,” Hazelwood’s daughter, Sis, told Poling-Kempes. “The manager and his wife took care of us just like we were their own.”

Harvey House jobs gave women from farms and ranches a chance for adventure and a way out of economic distress at a time when few respectable jobs for women were available.

Harvey Girls worked hard. Thirty days of training taught them that they would be eternally busy—serving meals, polishing silver, brewing fresh coffee every two hours and learning the strict code of behavior toward customers. By the end of

the day, they were usually too exhausted to do anything but fall into bed.

“It was just a good, clean job for a woman,” Elizabeth Hazelwood said in Poling-Kempes’ book. “It was very strenuous, but ... a woman who didn’t smoke, curse or drink could get a good job if she could keep up with the work.”

Even in Texas’ dusty, isolated cattle towns, as many as four passenger trains came through daily, carrying 50 to 80 people each. Harvey Girls hustled to serve them in the 30 minutes usually allowed at meal stops. But by the 1950s, when automobiles and airplanes had replaced railroads as the main mode of travel, the era when Harvey Girls served fine meals with elegance at dozens of restaurants was over. Still, Fred Harvey and his restaurants and hotels left behind a more civilized and cultured land.

In towns where rowdy cowboys and rustic conditions were the norm, Harvey House Restaurants created a safe, pleasant atmosphere where good food, clean surroundings and efficient service set new standards. Harvey Girls contributed to the taming of the frontier as surely as the roughshod, pistol-packin’ men who preceded them.

Martha Deeringer, frequent contributor

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How Salty and Sweet It Is

It used to be that I made pickles exclusively in the refrigerator, filling jars with the jalapeños, okra or cucumbers from the garden, adding salt, garlic, chile pequin and other spices, then topping them off with vinegar. That's a fairly simple procedure, and it makes decent pickles, but soon the refrigerator became crowded with containers.

I'd always thought of canning as a too-complicated, too-time-consuming procedure that I'd never figure out. That is, until I actually tried it.

It turned out to be much simpler than I thought. It is a bit time consuming, depending on what you're making. And it is a bit more work to sterilize jars and process them. The biggest complication—and danger—is working with a big pot of boiling water. But to put up veggies and fill the pantry has become a favorite hobby.

If you are not already a canny canner, do some homework before investing in the necessary equipment. You can find a complete home-canning guide from the U.S. Department of Agriculture as a free download from the National Center for Home Food Preservation (nchfp.uga.edu).

I got a lot of guidance from a how-to guide and cookbook called *Tart and Sweet, 101 Canning and Pickling Recipes for the Modern Kitchen* (Rodale, 2010) by Kelly Geary and Jessie Knadler. The authors offer to the beginning canner step-by-step instructions and advice that are informative and easy to follow. And among the 101 recipes listed in the book, I found one for pickles that was especially intriguing.

KEVIN HARGIS





Ginger Garlic Pickles

- 6 pounds pickling cucumbers
- 4 cups rice vinegar
- 3 tablespoons kosher or pickling salt
- 8 tablespoons minced garlic
- 8 tablespoons grated fresh ginger
- 4 habanero or serrano peppers

- Trim ends from the cucumbers and quarter into spears. Bring the vinegar, salt and 2 cups of water to a boil in a nonreactive saucepan, such as stainless steel, ceramic, glass or coated metal. Stir to dissolve the salt.
- Sterilize four quart-sized jars. Place 2 tablespoons garlic, 2 tablespoons ginger and 1 pepper in the bottom of each hot jar. Pack the cucumber spears in as tightly as possible without crushing. Pour in the boiling brine, leaving 1/2 inch of headspace. Make sure the cucumbers are submerged in the brine.
- Check for air bubbles (tapping jars lightly on countertop can release any trapped air), wipe the rims and seal. Process for 10 minutes. Cool on a rack. The lids should seal down onto the jars.

Servings: About 40. Serving size: 2 pickle spears. Per serving: 13 calories, 0.4 g protein, trace fat, 1.7 g carbohydrates, 0.5 g dietary fiber, 525 mg sodium, 1 g sugars

 **Cook's Tip:** Because the cucumbers are not peeled, try to use organic (straight from the garden if you have one). Store-bought varieties are often coated in wax. If that's all you have, you can scrub off the wax in hot water first.

 **Cook's Tip:** If your tap water is chlorinated or if you have a water softener, using distilled or purified water in the brine will give you better results.



Ginger Garlic Pickles

HAROLDINE FOX | NUECES ELECTRIC COOPERATIVE

Pickling is not a lost art, judging by the more than 100 entries we received for this month's In a Pickle contest. We sorted through a variety of recipes from classic bread and butter cucumber pickles to quick freezer-pickled veggies. But our tasters gave first place to a variation on a classic, Haroldine Fox's self-developed version of Bread and Butter Jalapeños.

Bread and Butter Jalapeños

- 1 cup vinegar
- 1 cup sugar
- 1 teaspoon celery seed
- ½ teaspoon mustard seed
- 1 teaspoon pickling salt
- 1 quart jalapeño peppers, sliced
- 2 medium onions, sliced



- Mix all ingredients except jalapeños and onions in a saucepan and heat. Add the jalapeños and onions and bring just to a boil. Remove immediately from heat.
- Place in hot, sterile jars and seal.
- Process 10 minutes in a hot water bath.

Servings: 32. Serving size: ¼ cup. Per serving: 38 calories, 0.4 g protein, 0.1 g fat, 9.1 g carbohydrates, 1 g dietary fiber, 74 mg sodium, 7.8 g sugars

\$100 Recipe Contest

January's recipe contest topic is **Delicious Diet Fare**. Send us your tasty low-calorie recipes that might help New Year's dieters stay on track. The deadline is September 10.

SPONSORED BY THE TEXAS PEANUT PRODUCERS BOARD.



There are three ways to enter: **ONLINE** at TexasCoopPower.com (under the Submit and Share tab); **MAIL** to 1122 Colorado St., 24th Floor, Austin, TX 78701; **FAX** to (512) 763-3408. Include your name, address and phone number, plus your co-op.

Crispy Pickled Sweet Peppers

- 2 cups white vinegar
- 1 cup cider vinegar
- 1¼ cups sugar
- 4 whole large garlic cloves
- 1 teaspoon mustard seed
- ½ teaspoon celery seed
- 4 bell peppers, seeded and cut into ½-inch thick half-moons
- 4 hot peppers (serrano, habanero, jalapeño, etc.) scored, but left whole

- Sterilize four pint jars.
- Bring vinegars, sugar, garlic cloves, mustard seed and celery seed to a rolling boil. Place the bell peppers in hot jars, insert one hot pepper into each jar and spoon one garlic clove into each jar.

- Pour in the hot pickling juice, bringing liquid to within a half-inch of the top. Wipe the rim of the jar with a damp cloth to ensure it is clean, then top with the lids and screw on the bands to "fingertip tightness."
- Allow the jars to cool at room temperature and place in the refrigerator for a minimum of 2 weeks for maximum flavor.

Servings: 32. Serving size: ¼ cup. Per serving: 39 calories, 0.2 g protein, 0.1 g fat, 9.1 g carbohydrates, 0.4 g dietary fiber, 2 mg sodium, 8.3 g sugars

SANDRA HALL | WISE ELECTRIC COOPERATIVE

Piney Woods Poached Pears

- 24 peeled, cored and halved cooking pears or unripe pears
- 1½ liters ginger ale
- 1 cup bourbon
- 1 cup sugar
- 1 cup honey
- 4 cinnamon sticks
- ⅓ nutmeg pod, grated
- 1 tablespoon salt
- Juice of 1 lemon

- Add all ingredients to a large stockpot and bring to a gentle boil. Cook for 1 hour or until fork tender.
- Sterilize the quart jars and lids in boiling water for 10 minutes. Fill each quart jar with 12 pear halves and enough of the liquid to cover, leaving ½ inch of head-space. Seal with lids.
- Place in hot water bath and process for 20 minutes.
- Serve warm over vanilla ice cream or pound cake.

Servings: 48. Serving size: 1 pear plus syrup. Per serving: 110 calories, 0.4 g protein, 0.1 g fat, 26.4 g carbohydrates, 2.8 g dietary fiber, 148 mg sodium, 21.3 g sugars

JENNIFER LECHMAN | SAM HOUSTON ELECTRIC COOPERATIVE

Pickled Red Onions

- 1 red onion, thinly sliced
- ½ cup sugar
- ½ cup white wine vinegar
- 1½ teaspoons kosher salt
- 1 teaspoon black pepper
- 1½ teaspoons cinnamon
- 1 large garlic clove, minced

- Put the onion in a heatproof bowl.
- Mix sugar, vinegar, salt, pepper, cinnamon and garlic in a saucepan. Bring to a boil.
- Pour the boiling mixture over the onions. Cover and allow to cool to room temperature.
- Chill overnight. Drain before serving.
- Will keep up to 3 weeks.

Servings: 8. Serving size: ¼ cup. Per serving: 66 calories, 0.4 g protein, trace fat, 16.4 g carbohydrates, 0.7 g dietary fiber, 440 mg sodium, 14.6 g sugars

DOYLE PARKER | PEDERNALES ELECTRIC COOPERATIVE



Pickled Peaches

- ½ cup cider vinegar
- ⅓ cup sugar
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- 3 large peaches, peeled and quartered

- Combine vinegar, sugar, cinnamon and cloves in a heavy pan. Bring to a boil. Reduce heat and simmer uncovered for 5 minutes.
- Add the peaches and return to a boil, then reduce heat and simmer for 10 minutes.
- Let stand for 30 minutes before serving or pack into hot sterilized jars and seal immediately.

Servings: 6. Serving size: ½ cup. Per serving: 81 calories, 0.8 g protein, 0.2 g fat, 19.8 g carbohydrates, 1.4 g dietary fiber, 18.5 g sugars

MELANIE BATTISTA | PEDERNALES ELECTRIC COOPERATIVE

Pickling (and canning) do's and don'ts

Do: Reuse clean, undamaged jars and rings.

Don't: Use lids more than once.

Do: Use kosher or pickling salt.

Don't: Use table salt in pickling. The impurities in the salt may make your brine cloudy.

Do: Use vinegar of at least 5 percent acidity. That information can be found on the label.

Don't: Use vinegars of unknown acidity.

Do: Sterilize jars by boiling at least 10 minutes. Keep jars hot as you are working to fill others. Pouring hot liquid in a cold jar can cause it to break.

Don't: Sterilize jars in dishwasher.

Do: Allow the proper amount of headspace, ¼ inch for liquid canning such as pickles; ½ inch for jams and jellies. This allows the food room to expand while it's being processed.

Don't: Fill jars to the rim if they are going to be processed after filling.

Do: Throw away anything that is too old or looks questionable. Better to waste a little food than to contract food poisoning.

Don't: Consume home-canned food more than a year old, or from a jar with a bulging lid.

See more pickling recipes along with winning recipes from years past at TexasCoopPower.com.

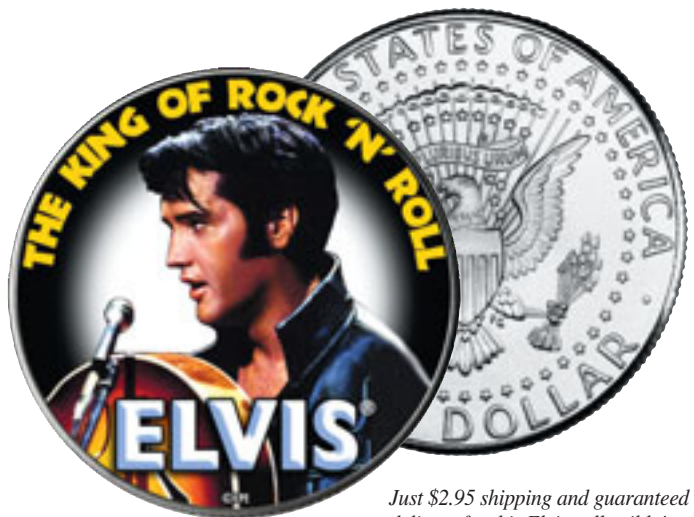


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Pet Tricks

Sit. Stay. Roll over. Use the toilet? Wave to a squirrel? Sure, why not? There are some pretty proficient pets out there, as our winners prove this month. So sit. Enjoy. And check out a few more talented, fuzzy friends on our website.

ASHLEY CLARY-CARPENTER

On TexasCoopPower.com

More Pet Tricks photos.

◀ This sure made us “paws.” A cat waving to a squirrel? The squirrel waving back? Khaki likes watching squirrels, says owner and Wood County Electric Cooperative member **Rhonda Thomas**.



▲ Sneijder lives for disc golf, say owners and Pedernales Electric Cooperative members **Jim** and **Sheri Telfer**.

Summer decided to follow owner and Bartlett Electric Cooperative member **Robert Hanna** up a tree one day, and the pooch has been climbing ever since. ▼



▲ Three-year-old Joey can balance a treat while sitting up. He belongs to Deep East Texas Electric Cooperative member **Ruth Heino**.



▲ Central Texas Electric Cooperative members **Dusty** and **Norma Bruns** call this snapshot of their 18-year-old cat “Pepe on the Potty.”

Upcoming Contests

November Issue: Water Towers Deadline: September 10

December: Night Photography **January: Naptime**

Send your photo for the November contest—along with your name, address, daytime phone, co-op affiliation and a brief description—to Water Towers, Focus on Texas, 1122 Colorado St., 24th Floor, Austin, TX 78701, before **September 10**. A stamped, self-addressed envelope must be included if you want your entry returned (approximately six weeks). **Please do not submit irreplaceable photographs—send a copy or duplicate.** If using a digital camera, submit your highest-resolution images at TexasCoopPower.com/contests. We regret that Texas Co-op Power cannot be responsible for photos that are lost in the mail or not received by the deadline.

Pick of the Month

Renewable Energy Roundup & Green Living Fair

Fredericksburg [29-30]
(830) 997-2350, theroundup.org

It's fun, environmentally friendly, and a great place to learn how you can make a difference!



SOLAR CAR © JEFF CAMPBELL PHOTOGRAPHY. COTTON BOLL: 2012 © MARCO MAYER | BIGSTOCK.COM.

September

06

Columbus [6-9] Colorado County Fair,
(979) 732-9266, coloradocountyfair.org

07

Gainesville [7-9] The Sky's the Limit Balloon Spectacular, (940) 612-8607, theskysthelimit.org

08

Cranfills Gap Septemberfest,
(937) 344-1794, gapseptemberfest.org

Jonestown Swift Fest, (512) 339-9432

Quitman Classics in the Park Car Show,
(903) 763-4437, lakecountryclassics.com

Cat Spring [8-9] Antiques & Garden Show,
(979) 865-5618, ruraltexasantiques.com

14

Bartlett [14-15] Old Town Festival,
(254) 527-0196, bartletttxas.net



September 15
RALLS
Cotton Boll
Festival

14

Brenham [14-22] Washington County Fair,
(979) 836-4112, washingtoncofair.com

15

Ralls Cotton Boll Festival, (806) 253-2342

Rosenberg Hispanic Heritage Day,
(832) 595-3525, rosenbergevents.com

Hondo [15-16] Medina County Fair,
(830) 426-5406, medinacountyfair.org

22

Bonham Autumn in Bonham,
(903) 583-4811, bonhamchamber.com

Clarendon Col. Charles Goodnight Chuckwagon Cookoff, (806) 874-3581, saintsroost.org

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Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

DEAR DORRIS: I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck. I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it!



I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that can truly help my loose neck skin?

Turkey Neck, Hidalgo County

DEAR TURKEY-NECK: In fact, there is a very potent cream on the market that firms, tightens and regenerates new skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream®**. This cream contains an instant lift

ingredient that tightens the skin naturally, as well as deep moisturizing ingredients to firm the skin and make it more supple. Amazingly, the **Dermagist Neck Restoration Cream®** also has Stem Cells taken from Malus Domesticus, a special apple from Switzerland.

These stem cells are actually unprogrammed cells that can mimic those of young skin that stays tight, firm and wrinkle free. As an alternative to the scary surgeries or face lifts that many people resort to, this cream really packs a big punch on the loose saggy skin of the neck.

The **Dermagist Neck Restoration Cream®** is available online at **Dermagist.com** or you can order or learn more by calling toll-free, **888-771-5355**. Oh, I almost forgot... I was given a promo code when I placed my order that gave me **11% off**. The code was "TXN7". It's worth a try to see if it still work.

and festivals around Texas. For a complete listing, please visit TexasCoopPower.com/events.

22

Dripping Springs Fall Fest Pioneer Day, (512) 858-2030, drpoundhistoricalfarmstead.com

New Braunfels [22-30] Comal County Fair & Rodeo, (830) 625-1505, comalcountyfair.org



September 15
ROSENBERG
Hispanic
Heritage Day

23

Serbin Wendish Fest, (979) 366-2441, texaswendish.org

27

Little Elm [27-30] Autumnfest in Little Elm Park, (469) 853-3846

29

Rockne Last Chance Chili/BBQ Cook-Off, (512) 284-4097

San Angelo [29-30] Flight of the Monarchs Trail Ride, (325) 656-4323, tpwd.state.tx.us/calendar/flight-of-the-monarchs-trail-ride

October

02

Kenney [2-6] Hodges Farm Antique Show & Sale, (979) 865-9077

03

Round Top [3-6] Fall Antiques Fair, (512) 237-4747

04

Lufkin TREEmendous Celebration, (936) 632-9535, treetexas.com

Center [4-6] East Texas Poultry Festival, (936) 598-3682, shelbycountychamber.com



Submit Your Event!

We pick events for the magazine directly from TexasCoopPower.com. Submit your event for November by September 10, and it just might be featured in this calendar!

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It's showtime when colorful curtain falls from park's thousands of bigtooth maples

BY KEVIN HARGIS



Bigtooth maple leaves in a palette of fall colors bring thousands of visitors to the park in October and November.

© LAURENCE PARENT

Plentiful water and the Sabinal River-carved canyon provide ideal habitat for the bigtooth maples that blaze with color in the fall at Lost Maples State Natural Area.

THE STAGE IS SET, AND ONE OF THE MOST spectacular outdoor shows in Texas is about to make its annual debut.

The setting for this show, Lost Maples State Natural Area, is as spectacular as the fall display it hosts. Cedar-topped limestone bluffs tower over the Sabinal River, forming a canyon that shelters the stars of this pageant: thousands of big-

tooth maples, whose bright red, yellow and orange couture emerges in midfall. If you want to get a good seat, arrive early at this park deep in the Hill Country, about 50 miles southwest of Kerrville.

Packed houses abound, especially on weekends in October and November, peak season for fall color. During this busy period, the parking lot's limit of 250

cars is often reached, and its 30 water-and-electricity campsites are spoken for almost a year in advance. Less popular are the primitive campsites, which require backpacking equipment and at least a mile hike-in. Weekday trips with no overnights may be your best bet if you don't have reservations. Call before you go: (830) 966-3413.

If you prefer solitude over throngs of fellow nature lovers, the park offers beauty, if not fall colors, the other 10 months of the year.

To enjoy it, take a walk and open your eyes and ears. In the spring, winds blowing through the canyon give voice to maples, sycamores and oaks crowned with verdant leaves. Accompanying the soothing rustle of their leaves is the gurgle of the water sliding over rocky waterfalls and the sweet songs of scores of birds that shelter in the park.

Three distinct habitats—grasslands, woodlands and floodplain—exist at the park, attracting a wide variety of species and making it a birding hotspot year-round. Ponds along part of the more than 10 miles of hiking trails offer a cool respite from summer heat.

While autumn provides the scenery that brings the lion's share of visitors, this Hill Country gem offers a good show anytime.

Kevin Hargis, *food editor*

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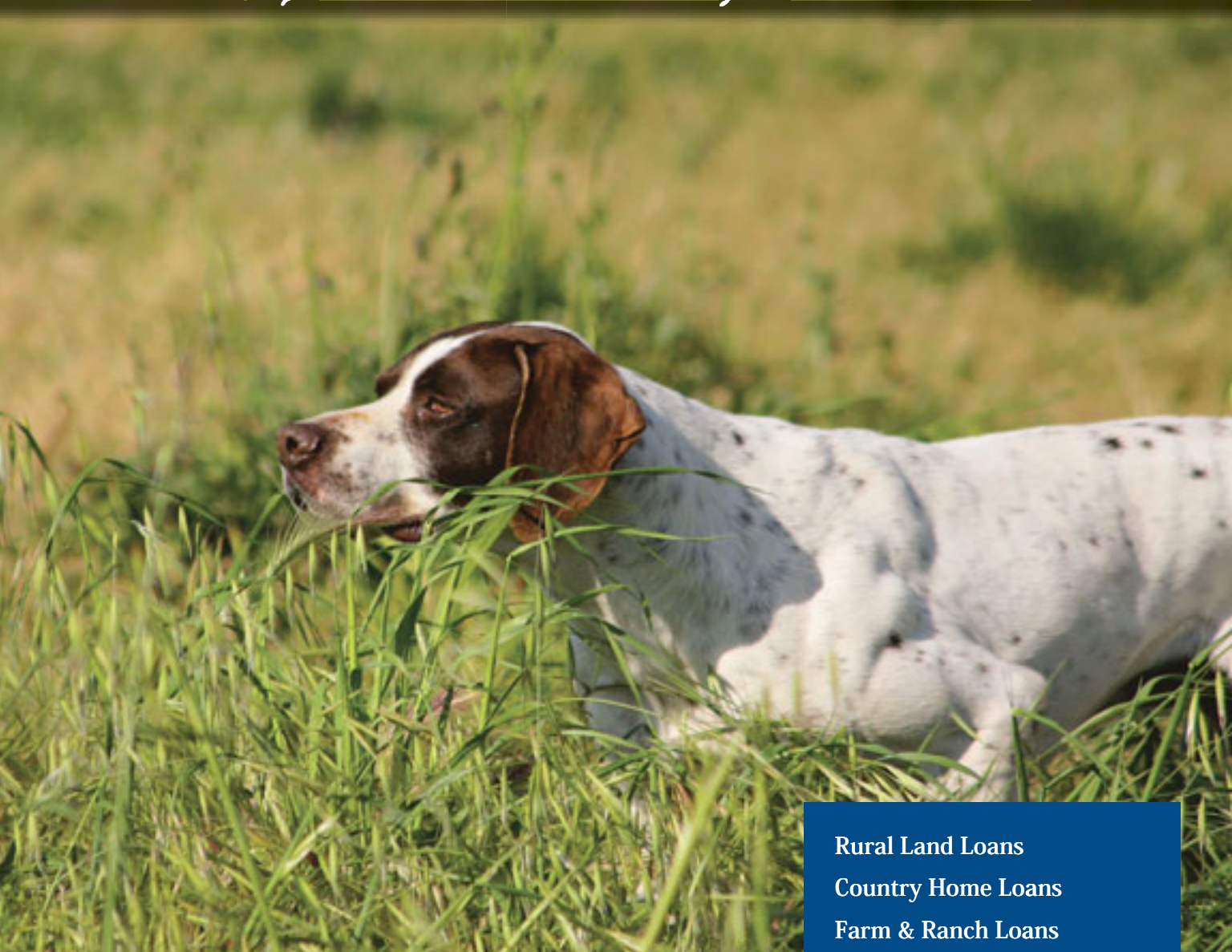
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