

# The Ranch

# Report

VOLUME 12 ISSUE 10

OCTOBER 2018

## HALLOWEEN SAFETY TIPS

Fall celebrations like Halloween and Harvest Day are fun times for children, who can dress up in costumes, enjoy parties, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety.

Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests.

### Going trick-or-treating?

- Swords, knives, and other costume accessories should be short, soft, and flexible.
- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.
- Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- Look both ways before crossing the street. Use crosswalks wherever possible.
- Lower your risk for serious eye injury by not wearing decorative contact lenses.
- Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.
- Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

### Expecting trick-or-treaters or party guests??

Follow these tips to help make the festivities fun and safe for everyone:

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For guests, offer a variety of fruits and vegetables.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could cause someone to fall.
- Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.



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## Mom, GMA Meteorologist and Dancing with the Star's GINGER ZEE Takes the Stage for Hand to Hold's Annual Baby Shower on Nov. 2

Honorary Chair Camila Alves McConaughey to co-host Fifth Annual Baby Shower Luncheon, helping Hand to Hold care for families of premature and medically fragile infants



A beloved tradition for growing families, baby showers are celebrations to welcome new life. Yet when one out of eight Austin babies arrive too soon, families' dreams are replaced with painful realities: life in the hospital, continual anxiety, debilitating fears of loss and death, and the stress of life-or-death medical decisions. That's why Austin-born nonprofit Hand to Hold is leading the way to help families get the

support and best care when their fragile babies are born too soon.

Hand to Hold welcomes GINGER ZEE, a writer, dancer and Good Morning America Chief Meteorologist, as she headlines its fifth annual Baby Shower – Seasons of Life: Gathering Strength from the Storm in the Grand Ballroom of the JW Marriott in downtown Austin on Friday, November 2, 2018, from 11 a.m. to 1:30 p.m. The Hand to Hold Baby Shower raises funds to provide support and programs for families in Central Texas and beyond. Hand to Hold's resources and programs for families provide Peer Support, Psychological & Emotional Support, Whole Family Care and NICU & Beyond programs.

Two leading causes of disability or death among newborns are premature birth and birth defects. Premature birth – a baby born before 37 weeks of gestation -- affects 54 families each week in the Greater Austin Area - Travis, Williamson, Bastrop, Hays and Caldwell Counties (Texas Department of State Health Services, 2012.). Other babies may be referred to the NICU because of a defect or other health concern -- five percent (5%) of all Texas babies are born with one or more birth defects (Texas Birth Defects Registry, 2011).

ZEE will inspire guests with her message of resilience and self-care, leaving attendees feeling renewed, empowered, and intensely moved by her raw, poignant chronicle of life as a Natural Disaster.

"When babies need intensive care and an extended hospital stay,

*(Continued on Page 4)*

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# RANCH REPORT

(Continued from Page 3)

we are right there with parents and families to make sure their emotional needs are met, too,” says Kelli Kelley, Austin resident and co-founder and executive director of Hand to Hold. “When hospital care centers on the whole family, their babies also do better. We help parents cope with in person support, podcasts and online information so that they have hope, courage and wisdom to parent their medically fragile child.”

Baby Shower guests represent many families who have experienced life with a baby in neonatal intensive care and also, infant loss. With luxury prizes from jewelry and spa treatments to fine dining, Hand to Hold’s fanciful Baby Shower games will delight and surprise guests – some of whom didn’t have their own baby showers due to premature birth or loss -- as they gather to raise support NICU families and also honor their own birth and parenting experiences.

Seasons of Life: Gathering Strength from the Storm is hosted by neonatal ICU Parent Graduates Heather Nichols and Beth Cohen, Co-Chairs with Honorary Chair Camila Alves McConaughy; Hand to Hold Founder and Executive Director Kelli Kelley; and a committee of 25 Central Texas volunteers.

Guest speaker GINGER ZEE is an Emmy Award-winning chief meteorologist at ABC News and the face of our nation’s weather

headlines on Good Morning America and across all ABC News broadcasts and digital platforms. She is also the New York Times bestselling author of *Natural Disaster: I Cover Them; I Am One*. Since joining ABC News, Zee has covered almost every major weather event and dozens of historic storms. A mother of two, Zee lives in New York City with her husband.

Tickets for the Fifth Annual Baby Shower Luncheon are available at [www.handtohold.org/babyshower](http://www.handtohold.org/babyshower).

Hand to Hold is a national nonprofit that helps families before, during, and after NICU stays and infant loss by providing powerful resources for the whole family, and most importantly, one-on-one mentoring from someone who has been there. Hand to Hold resources include in-hospital programs, articles and blogs, social networks, trained peer mentors, and its popular podcast, NICU Now. All were designed with the emotional, physical, and social needs of the whole NICU family. Hand to Hold was the 2012 recipient of the Becky Hatfield Family Support Award, given by the National Perinatal Association. In 2015, Hand to Hold was ranked as one of the top 10 resources for NICU parents by About.com. All services are offered without charge.



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## Meet Team of Local Mystery Authors



*Sue Meredith Cleveland (left) Dixie Lee Evatt (right)*

Readers of mystery novels will have a chance to meet the authors of the latest Crispin Leads thriller on Saturday, October 20, 2018, from 6:00 to 8:00 p.m. at Book People.

*Digging up the Dead*, by Meredith Lee follows on the heels of the 2017 award-winning debut novel, *Shrouded*. Meredith Lee is the pen name for the Austin-based writing team of Sue Meredith Cleveland and Dixie Lee Evatt. *Digging Up the Dead* finds the young scholar, Crispin Leads, in Egypt where she dodges murderers and outwits con artists while tracking down the truth behind dark family secrets and ancient curses surrounding the tomb of King Tut.

Copies of the book will be on sale for \$16.99, plus tax. The authors will talk about the inspiration for their latest novel and sign copies of the book. The book is already receiving pre-publication praise. Jennifer Love Hewitt, New York Times best-selling author says of the heroine, "The authors had me rooting for her from the first heart stopping scene to the last heartbreaking moment." The mystery was a finalist in the 2018 Writers' League of Texas Manuscript Contest.

Book People is located 603 North Lamar, Austin 78703.

The book will go on sale on Amazon on October 15, 2018.

### About the Authors

Meredith Lee is the pen name for the Austin-based writing team of Sue Meredith Cleveland and Dixie Lee Evatt. Their process includes research trips to foreign countries to sample wine and food and, when required, the occasional dramatic performance of a scene to make sure it "works."

### SUE MEREDITH CLEVELAND, Author and Artist

Sue is an award-winning artist who has worked in multiple media including oil, watercolor and fiber. Her earliest publications include articles advocating childbirth education and humanizing hospital care. Two mysteries that Sue collaborated on with Dixie were finalists in the 2017 and 2018 Writers' League of Texas Manuscript contests. *One Slip Over the Line*, Sue's work-in-progress Young Adult novel, was a 2015 finalist in the Cynthia Leitich Smith Writing Mentor Award. Sue's essays, literary memoir pieces, and short stories have been featured in award winning literary journals, magazines, and blogs. Sue has written two pre-published Middle Grade novels: *A Shadow Over Silver* and *Blue Water Over Dark Secrets*.

### DIXIE LEE EVATT, Writer and Word-Wrangler

A former political writer for the Austin American-Statesman, Dixie later taught writing at the S.I. Newhouse School of Public

Communication at Syracuse University. While there she published a book, along with colleagues, on the communication practices of small organizations, *Thinking Big. Staying Small*. When she teamed up with Sue to write fiction, they sold a screenplay treatment to a Hollywood producer. Although the movie was never made, they used the seed money to found ThirtyNineStars, their publishing company. They also produced a second screenplay based on the life of a Waco schoolteacher who was imprisoned in World War I because of his German heritage and his work with early radio broadcasting. That screenplay, *Wireless*, was a finalist for the Chesterfield Writer's Film Project in 2003.

More information can be found at [www.meredithlee.net](http://www.meredithlee.net)



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## Tips for Packing a Healthy School Lunch

by Stephany Pando, *cooksmarkets.com*, edited for space

Packing lunches for your back-to-schoolers is no easy task. It takes time and planning. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it.

However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

### Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

### Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

### Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

### Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).
- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

### Tip #5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!
- If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up – and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!

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# RANCH REPORT



A touch of lemon, some chopped cranberries, and walnuts make this quick bread seem like coffee cake. Serve it warm for breakfast or dessert.

## Ingredients:

2 cups all-purpose flour  
1 cup chopped cored apple  
1/2 cup butter, softened  
1 cup granulated sugar

2 eggs  
1 tsp vanilla  
1 tsp baking soda  
1/2 tsp salt  
1/3 cup orange juice  
1/3 cup chopped cranberries  
2/3 cup chopped walnuts  
1/3 cup packed brown sugar  
2 Tbsp all-purpose flour  
1 tsp finely shredded lemon peel  
1 Tbsp butter, melted

## Directions:

1. Grease bottom and 1/2 inch up sides of a 9x5x3-inch loaf pan; set aside. In a small bowl toss 2 tablespoons of the 2 cups flour with the apple; set aside. In a large mixing bowl beat 1/2 cup butter with an electric mixer on medium speed for 30 seconds; gradually beat in granulated sugar until combined. Beat in eggs and vanilla. Combine remaining flour with baking soda and salt; add to beaten mixture alternately with milk or orange juice. Stir in apple mixture, cranberries and 1/3 cup of the walnuts. Spoon into prepared pan, spreading evenly.
2. In a medium bowl combine brown sugar, 2 tablespoons flour, lemon peel, 1 tablespoon melted butter and remaining nuts; sprinkle evenly over batter in pan. Bake, uncovered, in a 350 degree F oven for 55 to 60 minutes or until a toothpick inserted near the center comes out clean.
3. Cool in pan on wire rack 10 minutes. Remove from pan and cool completely on wire rack. Wrap and store overnight at room temperature before slicing. Makes 12 servings.

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## October is National Breast Cancer Awareness Month



### The First Event

In 1985, the first Breast Cancer Awareness Month (BCAM) was observed in the United States. In the US this event is referred to as National Breast Cancer Awareness Month (NBCAM).

Initially, the aim of this event was to

increase the early detection of breast cancer by encouraging women to have mammograms. As many women know, a mammogram is an x-ray of the breast used to detect abnormalities in breast tissue. Early detection means that cancer can be more effectively treated and prevented from spreading to other areas of the body.

### The Rise In Popularity

The US National Breast Cancer Awareness Month Website went online in 1998, and lists the organizations which are on the board

of sponsors for this event. Over the years, the focus of this event has widened. A number of organizations based in the US and in other countries now support this international health awareness event.

Given the large number of organizations involved, and the huge sums of money raised, breast cancer awareness has grown into an industry in its own right; this campaign can almost be described as a year long event.

Today, Breast Cancer Awareness Month is as much about raising funds for breast cancer research and support, as it is about raising awareness.

### The Color Pink & The Pink Ribbon

With the founding of The Breast Cancer Research Foundation in 1993, the pink ribbon, which had previously been used to symbolize breast cancer, was chosen as the symbol for breast cancer awareness.

The color pink itself, at times, has been used to striking effect in raising breast cancer awareness. Many famous buildings and landmarks across the globe have been illuminated in pink light during this event; Sydney's Harbour Bridge, Japan's Tokyo Tower and Canada's Niagara Falls to name a few.

*(Continued on Page 10)*

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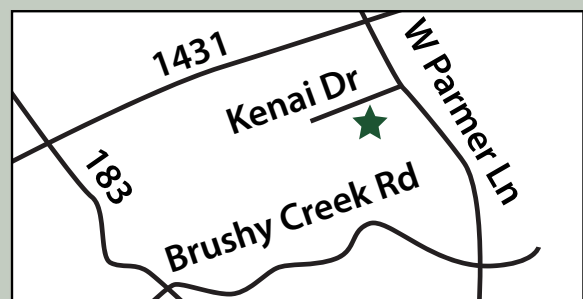


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*(Continued from Page 9)*

Due to the success of this awareness event, for many people, the color pink and breast cancer awareness ribbons are now associated with breast cancer awareness.

## Activities

To sustain momentum of this awareness campaign & gather maximum support, daily events and activities are often held throughout the month of October. For example, a company may designate a day as 'Pink Day' in which employees wear pink at work.

The numerous awareness activities which take place may include sponsored walks, golf events, seminars and breast cancer screening days.

## Background To This Event

Breast cancer is a disease which begins in the breast tissue; it's the second most common type of cancer and mainly affects women (breast cancer is rare in men).

During 2005, over 185 000 women were diagnosed with breast cancer (see incidence of breast cancer). Left undetected and untreated, breast cancer can spread to other areas of the body. Where breast cancer has to spread to other areas, it is referred to as metastatic breast cancer and classed as stage 4.

The prognosis for stage 4 breast cancer is not good; the 5 year survival rate is only 16 percent. Given the high incidence and destructive nature of breast cancer, early prevention and treatment of this disease is a high priority.

To find more about breast cancer, you may visit [www.whathealth.com/breastcancer](http://www.whathealth.com/breastcancer) or the World Health Organization (WHO)'s website <http://www.who.int/cancer/prevention/diagnosis-screening/breast-cancer/en/>



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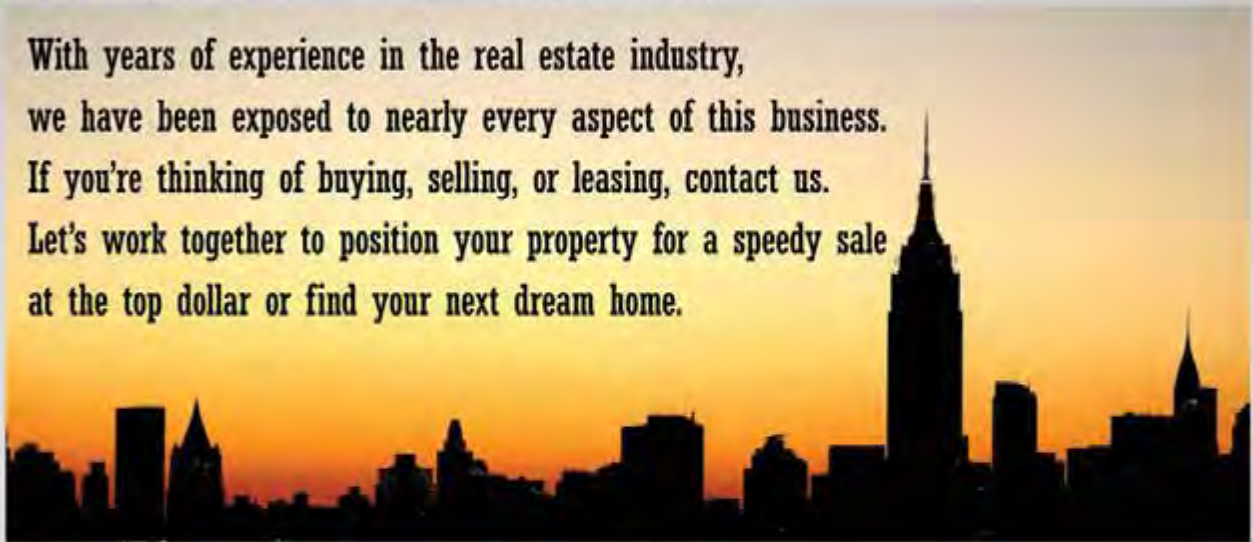
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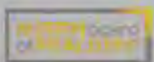


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