

# The Ranch

# Report

VOLUME 12 ISSUE 12

DECEMBER 2018

## Holiday Wishes

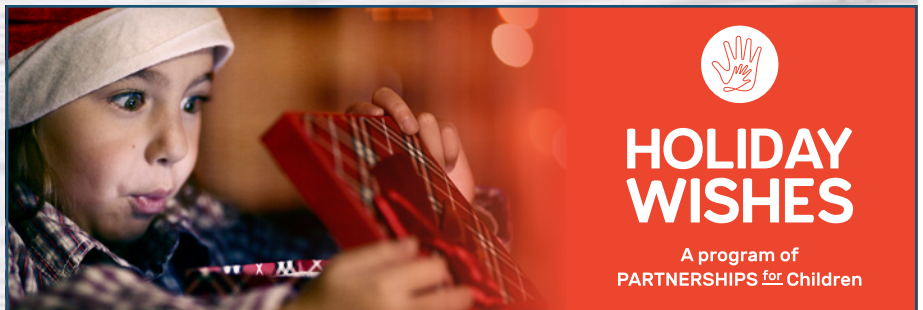
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### How you can help:

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Donate gifts  
Make a monetary donation

### Join us today!

More Information:  
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**Join us today!**

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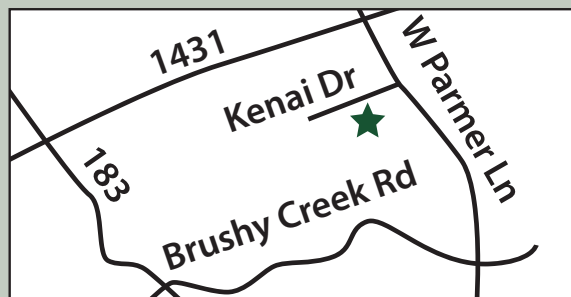


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**Sunday, December 2nd, 9 – 11 AM**

Breakfast With Santa Open House, Fellowship Hall

**Tuesday, December 4th, 6 – 8 PM**

PJ's & Popcorn In The Pews  
Elf, Church Sanctuary

**Sunday, December 9th, 10:30 AM**

Rockport Christmas Service Project, All ages, Fellowship Hall

**Tuesday, December 11th, 6 – 8 PM**

PJ's & Popcorn In The Pews  
How The Grinch Stole Christmas, Church Sanctuary

**Sunday, December 16th, 10:30 AM**

All Ages – Jesus' Birthday Party, Fellowship Hall

**Tuesday, December 18th, 6 – 8 PM**

PJ's & Popcorn In The Pews  
It's A Wonderful Life, Church Sanctuary

**Monday, December 24th**

Christmas Eve Services  
4 PM Children's Pageant & Service  
6 PM Contemporary Service  
10 PM Traditional Service

**Monday, December 25th, Christmas Day Service, 10 AM**

**Sunday, December 30th, Service, 10 AM**

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## NEWSLETTER INFO

### NEWS

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Advertising..... advertising@peelinc.com

# RANCH REPORT

## The Trail Foundation Receives \$1.1 Million Gift to Seed All Future Projects

CORGAN CANOPY FUND TO GREATLY IMPACT TTF'S ABILITY TO IMPROVE THE TRAIL

The Trail Foundation has received a major gift, \$1.1 million, to seed all of its new projects to protect, enhance, and connect the Ann and Roy Butler Hike and Bike Trail.

Colin Corgan, retired partner with Goldman Sachs, is the donor, and the Foundation's Canopy Fund will be named in his honor. The Fund will serve as a reserve of dollars for trail projects already in the pipeline, and will be replenished by community fundraising.

"This is a true legacy gift," says TTF Executive Director Heidi Anderson. "It will allow us to speed up the process of implementing our highest priority projects, and allow us to move multiple projects forward at the same time."

"I can think of no cause more central to Austin, literally and figuratively, than The Trail Foundation," Corgan says. "Coming from New York, where we have Central Park and the High Line, I'm interested in access to the outdoors in an urban environment. The Trail Foundation is all those projects rolled into one."

The Corgan Canopy Fund will provide seed funding, first for 15 charter projects ranging from new trailheads and bathrooms to new water access points and playgrounds in honor of TTF's 15th

anniversary, and later for even more new initiatives.

The news was announced at TTF's Twilight on the Trail gala on Sunday at the Four Seasons, the wrap-up to the Foundation's 15th anniversary year. More than \$285,000 was raised at the event, which honored members of the original Town Lake Beautification Committee, helmed by Lady Bird Johnson, who had the original vision for enhancing the area around what was then known as Town Lake.

For more information, visit <http://www.thetrailfoundation.org/>.

### About The Trail Foundation

Celebrating its 15th anniversary this year, The Trail Foundation's mission is to protect, enhance, and connect the Ann and Roy Butler Hike-and-Bike-Trail at Lady Bird Lake, the 10-mile lush, urban path in the heart of Austin that gets more than 2.6 million visits every year. Since its founding, The Trail Foundation has achieved restoration and beautification projects to the Trail's infrastructure and environment, while honoring the original vision of the Trail's founders and ensuring its vibrancy for generations to come.



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**Sherry Salkhordeh O.D.**



## Does Cold Weather Cause Colds? Health Myths You May Have Heard Around the Holidays

By Athena Hessong

It's the holiday season, but that also coincides with cold and flu season. These two times merge as temperatures plummet and people begin to travel. To keep yourself healthy this winter, you might need to unlearn some of the health myths you've heard around the holidays.

### Does Cold Weather Cause Colds?

The common cold, like the flu, is caused by a virus, not by cold temperatures as many health myths would have you believe. Just standing in a walk-in freezer or outside on a cold day will not give you a cold. Though, the cold weather has long had an association with this ailment. In most cases, being in a closed environment with people you haven't seen for a while, shaking hands, hugging, and kissing creates a prime place to pass germs. Most scientists attribute this to why more colds and cases of flu appear during the holidays than at other times of the year. However, recent studies have shown that cold air may make it easier for the cold virus to replicate in the nose, though the cold weather does not cause the cold. You have to pick up the virus first.

### You Lose Half Your Body Heat Through Your Head

As a child, you may have been reminded by a parent to wear a hat in cold weather because you lose half of your body heat through your head. But this is another of the many health myths that does not hold true. The head is such a small proportion of the entire body, and for most people, it's covered in hair. Can you really lose so much heat from your head to suffer cold illnesses? After some scientific study, experts showed that the heat lost through the head was proportionate to the percentage of the body's surface area taken by the head. Heat loss through the head accounted for only 7 to 10 percent of all heat lost, and the head is only about 7 percent of the body. While you won't lose the majority of heat through your head, if you stay more comfortable in the winter with a hat, keep it on.

### Hangovers Have a Cure

Sorry partiers, but hangovers don't have a cure, no matter how many nutrition drinks or pills are pushed for a miracle remedy. A hangover results from the body's reaction to processing excessive amounts of alcohol. Sadly, the only true cure for a hangover is time. You cannot

take a hair of the dog and sip on more alcohol the next morning, and no matter how tasty a plate of migas for breakfast is, it won't get rid of the hangover.

While you're waiting for your blood alcohol level to get back to zero, drink up on electrolyte-containing beverages since dehydration contributes to many hangover symptoms. If possible, sleep while you can, and get a good breakfast to get your system going. This is especially important if you experienced any nausea or vomiting, as low blood sugar can make you feel even sicker. To prevent a hangover, don't drink as much the night before, and only drink on a full stomach to slow the absorption of alcohol.

### Prevent Food Poisoning by Cooking Food Until It Looks Done

Many a home cook has foregone the meat thermometer and used the age-old test of "it just looks done," but this is one of the many health myths that could make you sick if you follow it. Since meat comes from different animals, sometimes cooking meat until all the pink is gone or until it looks fully cooked may not work. If the food has not been cooked thoroughly, you risk food poisoning, which can sideline you and your family for several days. Always use a meat thermometer to test the innermost portion of the meat, but don't allow the probe to touch the bone.

You should also use the thermometer with stuffing cooked inside a turkey and leftovers, both of which should reach 165F to kill off any bacteria. If you have leftovers, cool them to below 40F. Or keep it warm above 140F until you can cool and store it. By cooking food thoroughly and treating leftovers properly, you'll avoid getting sick.

### How to Stay Healthy

Avoid believing health myths during the winter, and keep yourself healthy this holiday season. Cook food thoroughly, and use a food thermometer to test for proper doneness. To prevent spreading or picking up germs, wash your hands frequently, and use hand sanitizer if you cannot wash. Cover your mouth and nose with your arm instead of your hands when you sneeze or cough, and get plenty of rest during this hectic time of year.

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## Gardening To Do List December in the Garden

*By Marie Iannotti*

Many of us do more shopping and planning for our gardens during the winter months than actual gardening but that doesn't mean there's nothing to do. In the warmer zones, December is the start of pleasant weather and a chance to enjoy planting cool season vegetables and flowers that don't tolerate your summers. Northern gardeners should use this period without leaves to scout for egg masses and other signs of trouble on trees and shrubs. Here are some more regional gardening tips for the beginning of winter.

### In General

- Keep watering your holiday plants and give them plenty of light.
- Check houseplants and any plants you brought indoors for the winter, for insects that may have hitched a ride. With the heat on, they can multiply quickly.
- Also check any bulbs, corms, tubers and bare root plants for dessication or rot.
- Start eating those stored vegetables and think about planting more winter squash next year.
- Feed the birds.

### In Southwest

- Be prepared for sudden swings in temperature and protect tender plants with row covers, newspaper or blankets.
- Start seeds of cool season vegetables and flowers.
- Cut back asparagus, as soon as it dies back or the ground freezes.



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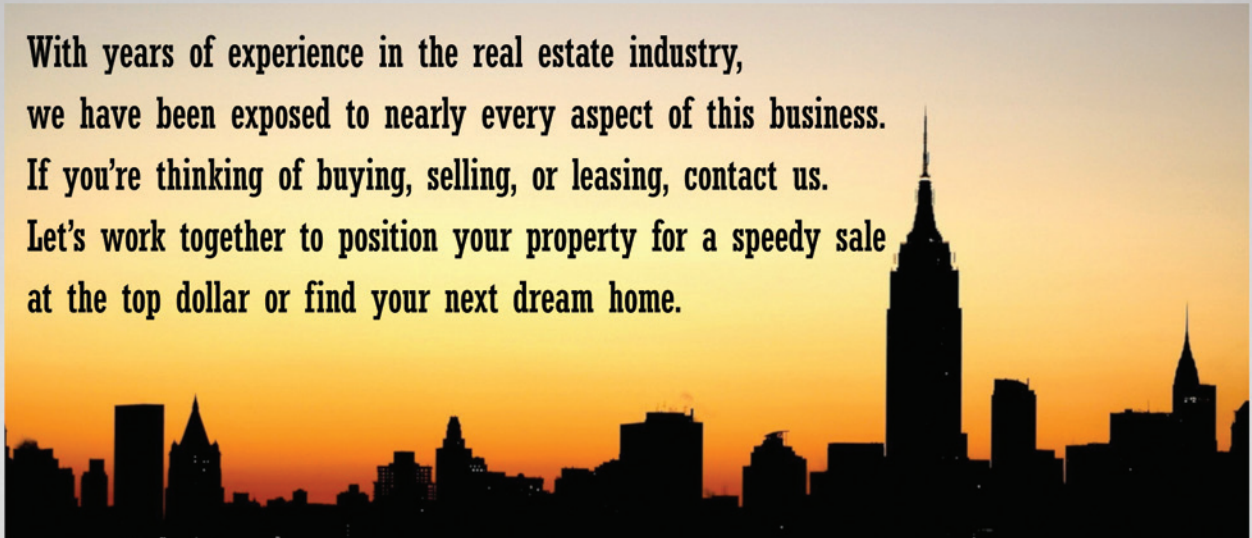
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