

NOVEMBER 2011

Official Publication of Legends Ranch Property Owners Association

CALLING ALL VOLUNTEERS!

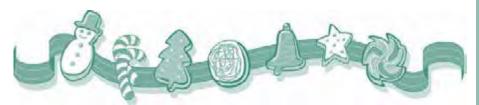
JUDGES NEEDED FOR HOLIDAY YARD JUDGING CONTEST **DECEMBER 4TH-10TH**

We need volunteers to drive the community and help nominate homes! This is a great way to volunteer and give back to our great community. It only takes an hour in the evening! To sign up or for additional information or to sign up as a judge, please contact jenniferhenrie@canyongate.com Volunteer judges are needed for the event to be a success.

HOLIDAY YARD DECORATING CONTEST

START PLANNING YOUR HOLIDAY DECORATIONS! **DECEMBER 4TH - 10TH**

Legends Ranch favorite Annual Holiday Decorating Contest returns. Each section in Legends Ranch will have one winner, awarded a special prize. Most importantly, they'll get to display their winning yard sign during the holiday season! Make sure your lights are on from Sunday, December 4th to Saturday, December 10th as our volunteer judges will be driving the community to chose a winner!



COOKIES WITH SANTA Toys for Tots Toy Drive

SATURDAY, DECEMBER 10TH 10AM-12PM AT THE CLUBHOUSE

Take your photo with Jolly St. Nick as we welcome in the Holiday Season! We'll be serving holiday treats & entertainment for children young & old! We're hosting a Toys for Tots Toy Drive again this year! If you'd like to contribute, please bring a New Unwrapped toy to the Clubhouse. Don't forget your camera!

LEGENDS

OF LEGENDS RANCH

Yea! Some cool weather! Which leads our minds to some outdoor cooking, picnics and maybe getting back into our walking routines. The pumpkins are beginning to show up in yards, decorations are hanging from the trees, and Fall is teasing us.

Now that it's cooler, the Legends hope to get more into some outdoor events and tours, continue our game nights, and eat out some more! We always like to try new restaurants. We hope you will join us during our Fall Fun season. This month's Game Night will be at the home of Herman & Trudy Falterman, and we always have fun at this home.

The Living Legends invite any seniors over the age of 50 to come share lots of laughter with us. Our game nights are filled with good friends, good food, and a little bit of playing easy but fun games. Our regular "business" meetings are on the 3rd Friday of every month at 1:30pm in the clubhouse. Please join us, or call Jerrie Sanders at 281-651-2593. Please leave a message if I am not home. We don't want to miss your call!

IMPORTANT NUMBERS

Property Tax	
Montgomery County Tax	.936-539-7897
Conroe ISD	.936-709-7751
Montgomery MUD #89	
Your Community Homeowners Association	
PCMI Management	
Legends Ranch Info Center	.281-681-9750
Legends Ranch SplashPad	.281-419-2130
Gate Attendant Office	.281-296-0433
Houston National Golf Club	.281-304-1400
Police & Fire	
Emergency	911
Montgomery Sheriff	.936-760-5800
Pct. 3 Constable Office	
S. Montgomery Co. Fire Dept. Non-Emergency.	
Montgomery County EMS Non-Emergency	
Crime Stoppers	
Poison Control	
Texas DPS	./13-681-1/61
Utilities	
Electricity (TXU)	
Electricity (TXU New Service)	
Electricity (Centerpoint)	
Gas (Centerpoint)	./13-659-2111
Water & Sewer	
Canyon Gate Connect	
Waste Management	
Street Light Outages	712 2/1 1000
	./13-341-1000
Public Services	201 /10 70/0
Local US Post Office	
Toll Road EZ Tag	
Voters Registration	.930-339-/843
Vehicle Registration	
Montgomery County Animal Control	
Montgomery Chamber	
	.201-30/-3///
Area Hospitals Memorial Hermann	201 26/ 2200
St. Luke's	
Conroe Medical Center	
Conroe ISD	
Birnham Woods Elementary	
Cox Intermediate	
York Junior High	
Oak Ridge High	.032-332-3300
Private/Parochial	026 756 6622
First Baptist Church	.936-/56-6622
Sacred Heart Catholic Church	
St. Edward Catholic St. James Episcopal Day	
ot. James Episcopai Day	./30-/30-4704

BOARD & MANAGEMENT CO.

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NEWSLETTER INFORMATION

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Publisher

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TIMELY TIP FOR NOVEMBER GARDENERS

FROM CORNELIUS NURSERY

Transform your landscape with the addition of fresh, colorful blooms. Pansies are by far the most popular Winter color. The 'Matrix' Pansy has been outstanding for our Texas weather. It will not "stretch" during bouts



of warm temperatures and is bred to grow out, not up. This compact grower offers shorter, sturdier stems to support large, colorful blooms. Dianthus (also known as "Pinks"), Snapdragons, Cyclamen, Violas and the fragrant Alyssum are also good choices for cold tolerant annuals. Ornamental Cabbage and Kale provide interesting texture in the landscape as well as color. For best effect, limit your planting to two or three colors per bed.

The key to growing beautiful annual flowers is soil preparation. Select a well drained flower bed and add plenty of organic matter. Calloway's Flower Bed Mix contains compost plus a boost of fertilizer, watermanagement crystals and a wetting agent. Adding Calloway's Flower Food to the soil at the time of planting will provide the extra nutrients for growth and blooms. Remember to add 2 to 3 inches of mulch to all beds to

reduce moisture loss, prevent weeds from germinating and to insulate the soil from the cold.

These same annuals can be used in patio containers. Fill your containers with fresh potting soil and plant food. Keep them watered as necessary and remove faded flowers to encourage repeat blooming.

Drop by any of our garden centers and visit with a Texas Certified Nursery Professional. These individuals are experts in their field and continuously receive training to keep their certification current. Or, email The PlantMaster with questions at...

www.calloways.com/plantmaster

OLD TOWN SPRING

Home for the Holidays annual festival that has been a part of Old Town Spring since 1980. It runs every weekend from the 2nd weekend in November to the Last weekend before Christmas. Opening Weekend features annual tree lighting at the Spring Historical Museum with live entertainers and the official lighting of the 30ft decorated Christmas tree and the shops in town.

The event features live staged entertainment at several locations in town, as well as strolling performers and complimentary balloons and candy canes. A Santa Village with photo opportunity is featured every weekend. Horse drawn Carriage rides circle the streets lined with shops that are dressed in white lights, red bows and greenery. Street venders selling kettle corn, cotton candy, roasted nuts, and hot chocolate send wonderful scents of the season into the air, as shops entice people in with Christmas specials. For more information, visit: www.oldtownspring.com.





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YARD OF THE MONTH

Do you have a neighbor or friend in the community who has an outstanding front yard? Nominate them for the Yard of the Month! Please forward your nomination and e-mail a picture of their front

yard to jenniferhenrie@canyongate.com.

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Interested in Sponsorship Opportunities at LR Community Events?

There are exciting sponsorship opportunities available for your business. There are also opportunities to showcase your business or organization! Contact Jennifer Henrie, Director of Community Events at jenniferhenrie@canyongate.com to showcase your business to the community!

LEGENDS RANCH 2011

COMMUNITY EVENT CALENDAR

Holiday Yard Contest......December 4-10

Cookies with SantaSaturday, December 10

Please contact Jennifer Henrie, Director of Community Events at jenniferhenrie@canyongate.com if you would like to help with any of our events! Events are subject to change.

DID YOU KNOW?

There is a Lost Pet Feature to Community Intranet

- Log into www.canyongate.com/residents/sg
- Click on "classifieds" located on left side of menu
- Click on "lost & found pets"

You can create a description of the lost or found pet as well as add photos. Please include your contact information to speed up communications!



CLUBHOUSE ONSITE OFFICE HOURS

Tuesday through Saturday 10:00AM until 6:00PM Onsite Community Director: Denise Saxton Phone: 281-681-9750

Email: lrreccenter@comcast.net

SPLASHPAD TEXAS ONSITE OFFICE HOURS

Thursday through Saturday: 9:00AM until 5:00PM Onsite Manager: Debbi Silverstein Phone: 281-419-2130



HEALTH BRIEFS - NOVEMBER 2011

POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM.

When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

SYMPTOMS POINT TO DIABETES

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
- Sedentary lifestyle
- Unhealthy eating habits
- Family history and genetics
- Increased age
- High blood pressure and high cholesterol A fasting glucose level of 70 to 100 mg/ dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- · Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain



ADOPTION COALITION Jaquevius (Nov 2003) & Ny'Asia (Aug 2005)

Jaquevius is a loveable, warm spirited child. Ny'Asia is an endearing child who enjoys being hugged and treated like a princess. Jaquevius enjoys watching cartoons, playing with cars, trucks and things he can "tinker" with. He absolutely loves going to movies. Ny'Asia's favorite things to do are coloring and playing with dolls. Jaquevius and Ny'Asia need a loving, nurturing family who is highly structured and experienced in working with children.

To find out more about Jaquevius and Ny'Asia, Please contact Grace Lindgren, LMSW, at the Adoption Coalition of Texas, (512) 810-0813 or gracelindgren@adopttexas.org.

To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email info@ adopttexas.org and visit our website at www.adoptioncoalitiontx.org.

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.



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