

DECEMBER 2011

Official Publication of Legends Ranch Property Owners Association

VOL 5, ISSUE 12

HOLIDAY YARD **DECORATING CONTEST**

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

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

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 event. Don't forget your camera!

Take your photo with Jolly

THE LEGENDS RANCH FALL FESTIVAL

The Legends Ranch Fall Festival was a great event with lots of fun! A Very Special Thank You to our resident volunteers that made the Fall Festival games possible!





PLEASE SUPPORT YOUR EVENT MOONWALK SPONSOR! SHANNON TIDWELL ~ INDEPENDENT SCENTSY CONSULTANT



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Conroe ISD	936-709-7751
Montgomery MUD #89	713-932-9011
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
Emergency Montgomery Sheriff	936-760-5800
Pct. 3 Constable Office	281-364-4211
S. Montgomery Co. Fire Dept. Non-Emergency.	
Montgomery County EMS Non-Emergency	936-441-6243
Crime Stoppers	
Poison Control	
Texas DPS	713-681-1761
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Electricity (TXU New Service)	
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Cox Intermediate	
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Oak Ridge High	832-592-5300
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First Baptist Church	936-756-6622
Sacred Ĥeart Catholic Church	
St. Edward Catholic	
St. James Episcopal Day	730-/36-4984

BOARD & MANAGEMENT CO.

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NEWSLETTER INFORMATION

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Legends Ranch Adopt-A-School Fund

\$2,500.00 CONTRIBUTION TO BIRNAMWOOD'S ELEMENTARY.



For more information on the Adopt-A-School Fund, please contact Jennifer Henrie at jenniferhenrie@canyongate.com

CLUBHOUSE ONSITE WINTER OFFICE HOURS

Tuesday through Saturday 9:00AM until 5:00PM
Onsite Community Director: Denise Saxton
Phone: 281-681-9750
Email: lrreccenter@comcast.net

SPLASHPAD TEXAS ONSITE WINTER OFFICE HOURS

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

ONSITE OFFICE HOLIDAY SCHEDULE

Closed - Dec. 23, 24, & 25 - Christmas Holiday 9am-3pm - Dec. 31 - New Year's Eve Closed - Jan. 1, 2012 - New

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.

Community Event Calendar

Holiday Yard Contest December 4-10 Cookies with Santa Saturday, 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.

INTERESTED IN SPONSORSHIP OPPORTUNITIES AT LEGENDS RANCH 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!

Thinking of planning an event or party?

Don't want the hassle of getting your house ready to entertain?

Don't want the hassle of post party clean up?

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- · Trash Removal
- · Ceiling Fan/Light Fixtures

References Available • Fully Insured NO PAYMENT UNTIL COMPLETION

bashanspainting@earthlink.net

THE LIVING LEGENDS Of Legends Ranch

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!



COMMUNITY INVITED TO "NIGHT IN BETHLEHEM"

Messiah Lutheran Church is hosting "A Night in Bethlehem" on Saturday and Sunday evenings, December 3 and 4, 5-8 pm. The event is free, Messiah's gift to the community. All are invited to kickoff the Christmas season by experiencing Bethlehem on the night Jesus was born, including livestock, wisemen, shepherds, Mary, Joseph, and Baby Jesus. Free activities for the children.

Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular worship times are at 8 and 10:30 AM on Sundays. The Education Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or www.messiahlc.org . All people are welcome at Messiah.

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.

WASHYOUR HANDS

REDUCING SPREAD OF DISEASE WHILE AT HOME & WORK

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease-many could be avoided if everyone properly washed their hands. From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple factholds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom

- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change diaper or clean up after children
- Handle an animal or animal waste

HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- · Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing "Happy Birthday" twice
- · Be sure to wash palms, back of hands,

fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)

• Rinse off soap under a stream of water

WHAT ELSE CANYOU DO?

- Focus on hand washing in the lunch and/ or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands. 6



HEALTH BRIEFS - DECEMBER 2011

ALLERGIES: KNOW YOUR TREATMENT OPTIONS

Allergies got you down? Dr. Madhu Narra, assistant professor of medicine in the section of allergy, immunology and rheumatology at BaylornCollege of Medicine offers some tips to help manage. Fall is the blooming season for weeds such as ragweed while spring allergies are from blooming trees and grasses. Indoor allergens such as dust mites can cause symptoms all year round. it is important to be aware of what you are allergic to so that you know when to look out for these allergens, said Narra.

Symptoms include runny and itchy eyes and nose, sneezing, congestion, drainage and cough. Some people may experience wheezing and trouble breathing.

- For mild allergies, consider over-the-counter medications like loratadine or cetirizine that usually do not cause drowsiness
- Keep your windows closed during peak pollen season. You can track pollen counts online.
- Clean pets before they enter the house so that they don't carry pollen into the home
- · Do not dry clothes outside where they can pick up pollen
- Wear a mask or nasal filters when mowing the lawn to prevent allergens from getting into the nose
- · If prescription medications and nasal sprays do not help much or if long-term relief from severe allergies is desired, consider getting allergy shots, which can provide long lasting relief with four to five years of treatment

WINTER WEATHER & SKIN CARE

Summer may be over, but protecting your skin should remain a priority. "Colder temperatures, wind and sunlight work together to cause irritation to your skin," said Dr. John Wolf, professor and chair of dermatology at BCM. "It is difficult to distinguish between windburn and sunburn, so it is a good idea to focus on overall skin care." Wolf suggests using extra moisturizer as well as moisturizing sun block with an SPF of 30 or higher, especially if planning a winter trip to a higher altitude where ultraviolet rays from the sun are more intense.

Chapped lips and fever blisters also can be provoked by the cold, wind and sun. People who suffer from severe outbreaks of fever blisters may want to talk to their doctor to

(Continued on Page 7)





(Continued from Page 6)

see if there are prescriptions to prevent such outbreaks Wolf says. Chapped lips are more prevalent during colder months as well, but using a lip balm with an SPF factor of 30 or even a thick coat of zinc oxide may help keep them at bay.

During colder weather many people will take hot showers, sit in a sauna or even enjoy a hot tub. Wolf said this can actually increase dry and itchy skin. He suggests using moisturizer while still damp, before completely drying off.

TEACH KIDS TO ENJOY TREATS IN MODERATION

From Halloween to the new year, kids are tempted by pies, cakes and other treats. However, according to experts at Baylor College of Medicine, the holidays are no excuse for parents to let kids overeat and divert from their normal eating routine.

"You have to keep meals and snacks under some control no matter what day of the year it is," said Dr. Karen Cullen, associate professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at BCM. Cullen says a good plan is to save holiday treats for snacks, and be sure that they are an appropriate portion size for that snack. Consider freezing treats to save for later use. Parents should be serve as positive role models by continuing to serve and eat regular balanced meals. In addition, they should encourage children to try fruits and veggies that are offered at holiday parties.

OLDER ADULTS CAN FIGHT FRAILTY THROUGH RESISTANCE WEIGHT TRAINING

Imagine not being able to stand up because you can't carry your own body weight. To prevent this, incorporate resistance weight training into your routine, said an expert at Baylor College of Medicine. "As we age, we slowly start to lose lean muscle mass, and resistance weight training is the only way to slow this down," said Dr. Robert Roush, associate professor of medicine - geriatrics at BCM. "It's never too late to start."

Resistance weight training can consist of weight lifting, using weight machines or any other exercise activity that creates some sort of resistance. This should go along with a regular cardiovascular exercise plan, said Roush, who is also with the Huffington Center on Aging at BCM.

Always check with a qualified health care provider before starting any exercise routine. Try to find a gym with senior benefits or share a personal trainer with friends to learn proper technique. If a gym is not an option, try using stretch bands and dumbbells at home. Activities such as swimming, climbing stairs and walking at an incline can also provide resistance. Regardless of whether one goes to a health club or exercises at home, the key is to follow recommended regimens and proper technique.



- Kids Stuff-

Section for Kids with news, puzzles, games and more!

You lean over to whisper something to your friend and you can tell by the look on your friend's face that something is up. Could it be your breath? Maybe you shouldn't have put extra onions on your hamburger at lunch. What's a kid with smelly breath to do?

The good news is that bad breath happens to everyone once in a while. Let's find out how to detect it, prevent it, and even treat it.

WHAT'S THAT SMELL?

Bad breath is the common name for the medical condition known as halitosis (say: hal-uh-toe-sis). Many different things can cause halitosis - from not brushing your teeth to certain medical conditions. Sometimes, a person's bad breath can blow you away — and he or she may not realize there's a problem. There are tactful (nice) ways of letting someone know about bad breath. You could offer mints or sugarless gum without having to say anything.

If you need to tell a friend he or she has bad breath, you could say that you understand foods can cause bad breath because you've had it before yourself. By letting someone know that bad breath isn't something unusual, you'll make the person feel more comfortable and less embarrassed about accepting your piece of chewing gum. If you suspect your own breath is foul, ask someone who will give you an honest answer without making fun of you. (Just don't ask your brother or sister — they just might tell you your breath stinks even when it doesn't!) Although everyone gets bad breath sometimes, if you have bad breath a lot, you may need to visit your dentist or doctor.



WHAT CAUSES BAD BREATH?

Here are 3 common causes of bad breath:

- foods and drinks, such as garlic, onions, cheese, orange juice, and soda
- poor dental hygiene (say: hi-jeen), meaning you don't brush and floss as you should
- smoking and other tobacco use

Poor oral hygiene leads to bad breath because when you leave food particles in your mouth, these pieces of food can rot and start to smell. The food particles may begin to collect bacteria, which can be smelly, too. Plus, by not brushing your teeth regularly, plaque (a sticky, colorless film) builds up on your teeth. Plaque is a great place for bacteria to live and yet another reason why breath can turn foul.

PREVENTING SMELLY BREATH

So what's a kid to do? Don't smoke or use tobacco products, of course. And take care of your mouth by brushing your teeth at least twice a day and flossing once a day. Brush your tongue, too, because bacteria can grow there. Flossing once a day helps get rid of particles wedged between your teeth. Also, visit your dentist twice a year for regular checkups and cleanings. Not only will you get a thorough cleaning, the dentist will look around your mouth for any potential problems, including those that can affect breath. For example, gum

disease, also known as periodontal (say: per-eeuh-don-tul) disease, can cause bad breath and damage your teeth.

If you're concerned about bad breath, tell your doctor or dentist. But don't be surprised if he or she leans in and take a big whiff! Smell is one way doctors and dentists can help figure out what's causing the problem. The way a person's breath smells can be a clue to what's wrong. For instance, if someone has uncontrolled diabetes, his or her breath might smell like acetone (the same stuff that's in nail polish remover).

If you have bad breath all the time and the reason can't be determined by your dentist, he or she may refer you to a doctor to make sure there is no other medical condition that could be causing it. Sometimes sinus problems, and rarely liver or kidney problems, can cause bad breath. Usually, there's a less complicated reason for a kid's bad breath — like what you had for lunch. So keep up with your brushing and flossing and you should be breathing easy — and odor free!

Reviewed by: Lisa A. Goss, RDH, BS, and Charlie J. Inga, DDS Date reviewed: September 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006.The Nemours Foundation



Join us as we celebrate the birth of our Savior, Jesus Christ.

Gateway to Christmas

12TH ANNUAL CHRISTMAS EVE SERVICE

Saturday, December 24 at 5:00 p.m.



Sunday, December 25 at 10:30 a.m.

Gateway Baptist Church

281.363.4500 2930 RAYFORD ROAD | SPRING TX 77386 WWW.DISCOVERGATEWAY.COM

ADOPTION COALITION

Conner is a 10 year old energetic child who enjoys skateboarding, karate and playing basketball. He also likes to play with puzzles, action figures and lego's. Conner is very creative and loves to draw and paint. Conner needs a patient, committed adoptive family that will provide him with unconditional love and support. He will benefit most by being the youngest child in the home or the only child.

For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter at Adoption Coalition of Texas 512-450-8750 or stephanieberka@adopttexas.org



ADOPTIONCOALITIONTX.



Sour Cream Apple Bars

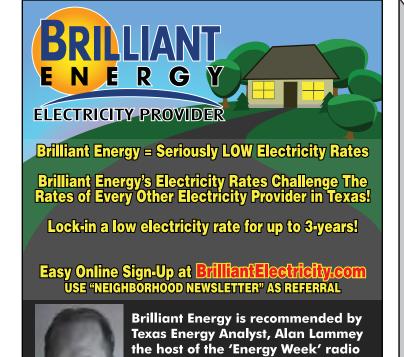
- 2 C flour
- ½ tsp. salt
- 2 C brown sugar, firmly packed
- 1 C sour cream
- ½ C oleo, softened
- 1 tsp. vanilla
- 1 C chopped pecans
- 1 egg
- 1 tsp. cinnamon
- 2 C peeled, finely
- 1 tsp. soda
- · chopped apples

Preheat oven to 350°. In large bowl, blend flour, brown sugar, and oleo until crumbly. Stir in pecans. Press 2-3/4 C of the crumbs into an ungreased 9x13 pan. To the remaining mixture, add cinnamon, soda, salt, sour cream, vanilla, and egg, blending well. Stir in apples. Spoon evenly over first layer. Bake 25 - 35 minutes or until toothpick comes out clean. Cut into squares and serve with whipped cream if desired.

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