



NOVEMBER 2015

Official Publication of Legends Ranch Property Owners Association

VOL 9, ISSUE 11

LEGENDS RANCH NOVEMBER EVENTS

8 NOV, SUN, 7PM

Social Committee Meets 1st Sunday of each month at the Clubhouse, unless otherwise noted (confirm with: Desireah Riley: desriley@sbcglobal.net). Details found at: <https://www.facebook.com/events/753611521417033/>

114 NOV, SAT

This is the new date after last canceled due to weather. Plan to Join us 3-7p for an afternoon of fun at our Carnival at the Ranch! Rockwall, moonwalks, face painters, gladiator joust, karaoke contest, BBQ dinner & much more! Fun for the entire family!! (date no longer 10/24, due to weather). For updates, visit: <https://www.facebook.com/events/385343808341635/>

24 NOV, TUE, 6PM

Property Owners Association Monthly Meetings, open to all Legends Ranch residents, planned for the last Tuesday of each month at the Clubhouse, unless otherwise noted (confirm with Property Manager: legranch@ciramail.com). Board contacts are on page-2 of this newsletter.

5 DEC, SUN

Social Committee Meets 1st Sunday of each month at the Clubhouse, unless otherwise noted (confirm with: Desireah Riley: desriley@sbcglobal.net).

12 DEC, SAT

Santa Claus visits the Ranch, photo opportunity. Details coming soon & will be updated at: www.facebook.com/events/888473764600895/

29 DEC, TUE, 6PM

Property Owners Association Monthly Meetings, open to all Legends Ranch residents, planned for the last Tuesday of each month at the Clubhouse, unless otherwise noted (confirm with Property Manager: legranch@ciramail.com). Board contacts are on page-2 of this newsletter.

Gardening Tips for November

Cooler temperatures are on their way and now is the time to finish your gardening chores. Early November is the last chance you will have to apply your lawn fertilizer if you have not already applied it. This is also the last chance to apply a pre-emergence herbicide. However, if you are going to over-seed your lawn with a winter grass, i.e. Fescue or Rye, do not use a pre-emergent as this will kill your sprouting grass.

If you haven't planted your winter color yet, now is the time to do it. Pansies, Viola, Ornamental Cabbage and Kale, and Bright Lights Swiss Chard need to go in the ground before temperatures drop. This will allow the plant to put on some growth before low temperatures slow growth.

If you are one who likes to have plants in containers, all of the above will survive cold temperatures in containers. Make sure your plants get plenty of sun as the light intensity drops in fall and winter.

You can change to look of your containers with the holiday season by adding a few items. Add some curly willow branches and some small gourds or pumpkins for Thanksgiving. For the Christmas season add some evergreen boughs and a few bright ornaments. The boughs will have to be replaced from time to time as they will dry out.

Many of you will be taking plants into the house for the winter. Remember to spray the plant and drench the soil with a good insecticide a week before so that you do not bring in any unwanted visitors. If you have any questions, stop by and see me at Lone Star Ace Hardware or contact me at troy@lonestarace.com.



LEGENDS RANCH

IMPORTANT NUMBERS

Property Tax

Montgomery County Tax	936-539-7897
Conroe ISD	936-709-7751
Montgomery MUD #89	713-932-9011

Your Community Homeowners Association

RealManage	866-473-2573
Legends Ranch Clubhouse.....	281-681-9750
Legends Ranch SplashPad	281-419-2130
Gate Attendant Office.....	281-296-0433

Police & Fire

Emergency	911
Montgomery Sheriff	936-760-5800
Pct. 3 Constable Office	281-364-4211
S. Montgomery Co. Fire Dept. Non-Emergency.....	281-363-3473
Montgomery County EMS Non-Emergency	936-441-6243
Crime Stoppers	713-222-TIPS
Poison Control.....	800-222-1222
Texas DPS	713-681-1761

Utilities

Electricity (TXU).....	800-368-1398
Electricity (TXU New Service)	281-441-3928
Electricity (Centerpoint)	713-207-2222
Gas (Centerpoint).....	713-659-2111
Water/Municipal Oper. & Consulting	281-367-5511
Canyon Gate Connect	281-296-9584
Best Trash	281-313-2378
Street Light Outages.....	713-207-2222
Cable/Internet/Phone...COMCAST	713-341-1000

Public Services

Local US Post Office.....	281-419-7948
Toll Road EZ Tag.....	281-875-3279
Voters Registration.....	936-539-7843
Vehicle Registration	281-292-3325
Drivers License Information	936-442-2810
Montgomery County Animal Control	936-442-7738
Montgomery Chamber	281-367-5777

Area Hospitals

Memorial Hermann	281-364-2300
St. Luke's	832-266-2000
Conroe Medical Center	281-364-7900

Conroe ISD.....

Birnam Woods Elementary	281-863-4200
Cox Intermediate	281-465-3200
York Junior High	832-592-8600
Oak Ridge High	832-592-5300

Private/Parochial

First Baptist Church	936-756-6622
Sacred Heart Catholic Church	936-756-3848
St. Edward Catholic.....	281-353-4570
St. James Episcopal Day	936-756-4984

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Romans 5:8 | But God shows his love for us in that while we were sinners, Christ died for us.

PUMPKIN SPICE LATTE FOR CROCKPOT

Serves 8

8 tablespoons of Pumpkin Puree

8 tablespoons of vanilla

2 teaspoons of cinnamon

8 cinnamon sticks

4 cups strongly brewed coffee

6 cups of milk

8 tablespoons of sugar

Optional: whipping cream for topping

Combine the milk and coffee, put into the crock pot. Whip together other ingredients (excluding the cinnamon sticks and whipping cream) and pour into crockpot. Mix together well. Cover crock pot and cook on HIGH for two hours. Serve in mugs with fresh whipped cream and a cinnamon stick.



Mealybugs

TEXAS A&M
AGRI LIFE
EXTENSION

Mealybugs are pests of landscape plants and houseplants. They are often active during times of warm, dry weather, but can also become a

problem indoors at any time of year. Infestations usually start at the base of stems and then spread from there as populations increase.

Mealybugs are a type of unarmored scale insect. They are sexually dimorphic (males & females look different). Males have wings while females remain wingless and nymph-like throughout their life. Females are oval, soft-bodied and covered with a white waxy powder.

These insects have piercing-sucking mouthparts which they use to penetrate plant tissue and suck out juices. This can lead to chlorosis (yellowing of the plant), wilting and distortion. With larger infestations, the insects may cause stunted growth, premature leaf drop or death of the plant. Mealybugs are also known for secreting honeydew, a sweet, sticky substance on which a fungus called *sooty mold may grow.

*Sooty mold is a fungus that grows on honeydew excretions. Sooty mold can indirectly harm the plant by covering plant surfaces and reducing the amount of sunlight that reaches plant tissues, resulting in reduction of photosynthesis.

Since all but male mealybugs are wingless, adult females have to be placed near a host plant for them to infest it. They can crawl short distances to plants. Immatures can be blown to new locations by the wind, move by water or be transported by animals.

Tips for mealybug management:

- Conserve beneficial insects; there are many insects that will feed on mealybugs or parasitize them
- **Use high pressure water sprays to dislodge the insects from the plant
- **Insecticidal soap
- **Horticultural oils
- **Insecticides labeled for mealybug control
- For severely infested plants, it may be best to throw the plant away and buy a new one

**If treating houseplants, move plants outside during treatment then move back inside once treatment has dried.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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WEEKLY SCHEDULE

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SUNDAY WORSHIP 10:30 A.M.

WEDNESDAY WORSHIP 6:45 P.M.

THE BRIDGE COLLEGE MINISTRY

SUNDAY BIBLE STUDY 9:15 A.M.

WEDNESDAY BIBLE STUDY 7 P.M.

REFLECTION 516

SUNDAY YOUTH DIVE 9:15 A.M.

MONDAY YOUTH EVENING BIBLE STUDY 6:30 P.M.

WEDNESDAY YOUTH UPLIFT 6-8 P.M.

CHILDREN'S MINISTRY

GATEWAY KIDS SUNDAY SCHOOL 9:15 A.M.

GATEWAY KIDS SUNDAY CHILDREN'S CHURCH 10:30 A.M.

AWANA WEDNESDAY 6:30 P.M.

PRESCHOOL MINISTRY

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SPANISH MINISTRY

SPANISH BIBLE STUDY 9:15 A.M.

SPANISH WORSHIP 10:30 A.M.

SPANISH WEDNESDAY WORSHIP 7 P.M.

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THINGS A BURGLAR WON'T TELL YOU:

_Sometimes I carry a clipboard. Sometimes I dress like a lawn guy and carry a rake. I do my best to never, ever look like a crook.

_The two things I hate most: loud dogs and noisy neighbors.

_I'll break a window to get in, even if it makes a little noise. If your neighbor hears one loud sound, he'll stop what he's doing and wait to hear it again. If he doesn't hear it again, he'll just go back to what he was doing. It's human nature.

_I'm not complaining, but why would you pay all that money for a fancy alarm system and leave your house without setting it?

_I love looking in your windows. I'm looking for signs that you're not home and for the flat screen TVs and gaming systems I'd like. I'll drive or walk through your neighborhood at night, before you close the blinds, just to pick my targets.

_Avoid announcing your vacation on your Facebook page or other social media. It's easier than you think to look up your address.

_To you, leaving the window open just a crack during the day is a way to let in a little fresh air. To me, it's an invitation.

_If you don't answer when I knock, I try the door. Occasionally I hit the jackpot and walk right in!

Please remember to report all suspicious people or vehicles to 9-1-1!



Happy Thanksgiving!



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Twelve Top Travel Tips When Traveling with Your Pet

Traveling with your pet can be fun and rewarding – especially when you're prepared. In addition to the pet travel "basics" (safely restraining your pet, allowing adequate time for potty breaks, bringing comforting items from home, and so on), several additional simple practices can help make every trip easier and more pleasant for both you and your pet.

1. Schedule a veterinarian visit to insure overall health and current vaccinations. Ask for a health certificate and vaccination records, especially if you're traveling out of state.

2. Make sure your pet's identification tags are up-to-date and legible. Also, be sure his rabies tag and vaccinations are current.

3. Include your destination address and/or phone number on your pet's tags and cage/crate (if applicable).

4. Remember to pack water to prevent dehydration. To help insure convenient feedings bring along a collapsible food bowl.

5. Pack all medications and supplements to avoid missed doses.

6. Pack a first aid kit to insure readiness in the event of an injury or medical emergency.

7. Exercise your pet prior to departure. A tired pet is typically much more amenable to travel. Also, bring a lead or harness to allow exercise during pit stops.

8. Feed your pet at least four hours prior to departure to prevent car sickness. If the trip is long, feed a smaller amount than normal at least two hours before you leave.

9. Use a travel remedy, if necessary. If your pet is extremely anxious about travel, try a soothing non-prescription calming product.

10. Trim toenails to prevent snags and injury, especially if your pet will travel in a cage or crate.

11. Cover your car seats to keep them clean and free of hair shed on your trip.

12. Know your travel rules and restrictions, especially if you will travel on an airplane.



TENNIS TIPS

*By USPTA/PTR Master Professional
Fernando Velasco
Owner, Manager and Director of Tennis
Grey Rock Tennis Club, Austin, TX*



Step 1



Step 2



Step 3



Step 4

HOW TO HIT A ONE-HANDED BACKHAND

In previous newsletters, I offered tips on how to hit a Forehand and a Two-Handed Backhand. In this issue, I will give you instructions on how to execute a one-handed backhand for a right hander. This stroke is still used by many league and tournament players since it gives players a wider range of reach and flexibility to hit slices and drop shots. In this illustration, Jake Stine from the Grey Rock Tennis Club in Austin, TX shows the proper form and technique to hit the one-handed backhand stroke.

Step 1: Ready position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is on the throat of the racket. The left hand is holding the racket slightly tighter than the right hand. Feet are shoulder width apart and the body is in good balance.

Step 2: Back swing: When the opponent's ball is headed to the backhand side, the left hand takes the racket back and the right hand changes the grip with one quarter turn placing the index knuckle

at the upper ridge of the handle. The body should start taking the racket back before the ball bounces. Notice the turn of the upper body and the right foot leading the left foot. Eyes are still focused on the incoming ball.

Step 3: Point of Contact: The eyes now shift toward the point of contact which should be about 12-18 inches in front of the right foot. The right hand is holding the racket tight. The racket has made contact with the ball and weight of the player has shifted toward the point of contact. It is important to keep the right shoulder closed and not open the left hip too early. Flexing the right knee will allow more flexibility and power on the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, both of the arms need to be extended for better balance. The right arm should be straight and the follow through upwards above the head.

Look for next Issue: The Forehand Volley.

BREAST CANCER

Importance of Early Detection

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>

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LEGENDS RANCH

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