

The RANCH REVIEW

September 2018 Volume 12, Issue 9

News for the Residents of Legends Ranch

Newly Expanded VA Clinic in Conroe to Open in October

By Office of U.S. Congressman Kevin Brady

Congressman Kevin Brady (TX-08) announced that the Veterans Clinic in Conroe is nearing the end of construction for a much-needed expansion. The fourth floor of the building will soon host a 3,850 square foot dental facility that will include eight chairs, a lab and x-ray capabilities. This is in addition to the other lab services and radiology offered on the fourth floor, as well as occupational and physical therapy.

"This is exciting news for our area veterans," said Brady, who was instrumental in appropriating funds for expansion. "For those eligible veterans, receiving quality dental care will be more convenient. These heroes have sacrificed so much for us, and I'm proud to work hard to ensure they get the care they have earned."

"We are thrilled to be able to bring dental services out to our Veterans in the Conroe area," said Francisco Vazquez, Director of the Michael E. DeBakey VA Medical Center in Houston, which manages the Conroe VA Clinic. "Since our new clinic in Conroe opened just a few years ago, we have seen a big increase in the number of Veterans we serve. We are honored by the opportunity to serve our Veterans and are committed to providing world-class health care at our convenient Conroe location."

Construction is anticipated to be completed in mid-August and the new dental expansion should be open for business in October.



History of Labor Day

Labor Day: What it Means

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Labor Day Legislation

The first governmental recognition came through municipal ordinances passed in 1885 and 1886. From these, a movement developed to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During 1887 four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 more states had adopted the holiday, and on June 28, 1884, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

Founder of Labor Day

More than a century after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers.

Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and carved all the grandeur we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

(Continued on Page 2)

IMPORTANT NUMBERS

Property Tax

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

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
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

Conroe ISD

.....	936-709-7751
Birnam Woods Elementary	281-863-4200
Cox Intermediate	281-465-3200
York Junior High	832-592-8600
Oak Ridge High	832-592-5300

NEWSLETTER INFO

Editor

Submit Articles..... legendsranch@peelinc.com

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(Continued from Cover)



The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

A Nationwide Holiday

The form that the observance and celebration of Labor Day should take was outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of the Labor Day celebration has undergone a change in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics and government officials are given wide coverage in newspapers, radio, and television.

The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pays tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker.

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2018 - 2019 School Calendar

4/11/18

Days of Instruction

	Students	Teachers
1st Semester	84	91
2nd Semester	93	96
Total Days	177	187

Grading Periods

1st Semester

Grading period	Ends
1st	October 5
2nd	December 19

2nd Semester

Grading period	Ends
1st	March 8
2nd	May 30

Students

Starting date August 15
Ending date..... May 30

Staff

Starting date August 6
Ending date..... May 31

Student Holidays

Labor Day September 3
Holiday..... October 8
Thanksgiving November 19-23
Winter Break..... Dec. 20 - Jan. 7
Martin Luther King, Jr. Day..... Jan. 21
Presidents' Day..... February 18
Spring Break..... March 11-15
Holiday..... April 19 and 22
Memorial Day..... May 27

Teacher Work Days

August 14
January 7
May 31

Staff Development

August 6-14
February 18

Student Early Release

October 5
December 19
March 8
May 30

Staff Make-up Days

Make-up days for inclement weather (if needed), are:
Staff: June 1
Flex

August 2018						
S	M	TU	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September 2018						
S	M	TU	W	TH	F	S
						1
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9	10	11	12	13	14	15
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30						

October 2018						
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21	22	23	24	25	26	27
28	29	30	31			

November 2018						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2018						
S	M	TU	W	TH	F	S
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23	24	25	26	27	28	29
30	31					

January 2019						
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27	28	29	30	31		

February 2019						
S	M	TU	W	TH	F	S
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24	25	26	27	28		

March 2019						
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31						

April 2019						
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May 2019						
S	M	TU	W	TH	F	S
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June 2019						
S	M	TU	W	TH	F	S
						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2019						
S	M	TU	W	TH	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Report Cards Individual campuses will report distribution date for report cards after each grading period.

Holiday	Workday for staff (No students)	Staff development (No students)	Inclement weather day (Staff)	Early release (Students)

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How to Make a Simple Yet Adorable Fairy Door

By: Mr. Handyman of The Woodlands

Fairy doors are thought to be portals to a magical realm through which only fairies may cross. If your children love the idea of pixies, leprechauns, and elves, invite one to live on your property by making a fairy door. The project will spark your child's imagination and bring a little magic into your everyday life.

While fairy door kits are available for purchase, you can learn how to make a fairy door without spending any money.

Tools & Supplies

You can use whatever you have on hand to make a simple yet adorable fairy door. Some suggested building materials and embellishments include:

- Seven Popsicle sticks or craft wood about the size of an adult's hand
- Hot glue or Gorilla wood glue
- Paint, wood stain, or markers
- Scrapbooking stickers
- Adhesive jewels
- Buttons, flat-backed faux pearls, or thumbtacks
- Sticks and artificial moss
- String, wire, or hemp twine
- Jewelry box hinges

How to Make a Fairy Door

Traditionally, fairies like to live within the knotted roots of ancient trees, or even inside old stumps. If you have a suitable tree in your yard, this could be the perfect place to install your fairy door. If not, don't fret—in this modern age, fairies often like to live inside the walls of your house so they can keep a watchful eye on the comings and goings of humans.

Once you have selected a knotty old tree or a wall inside your home where you will mount your DIY fairy door, it's time to get to work.

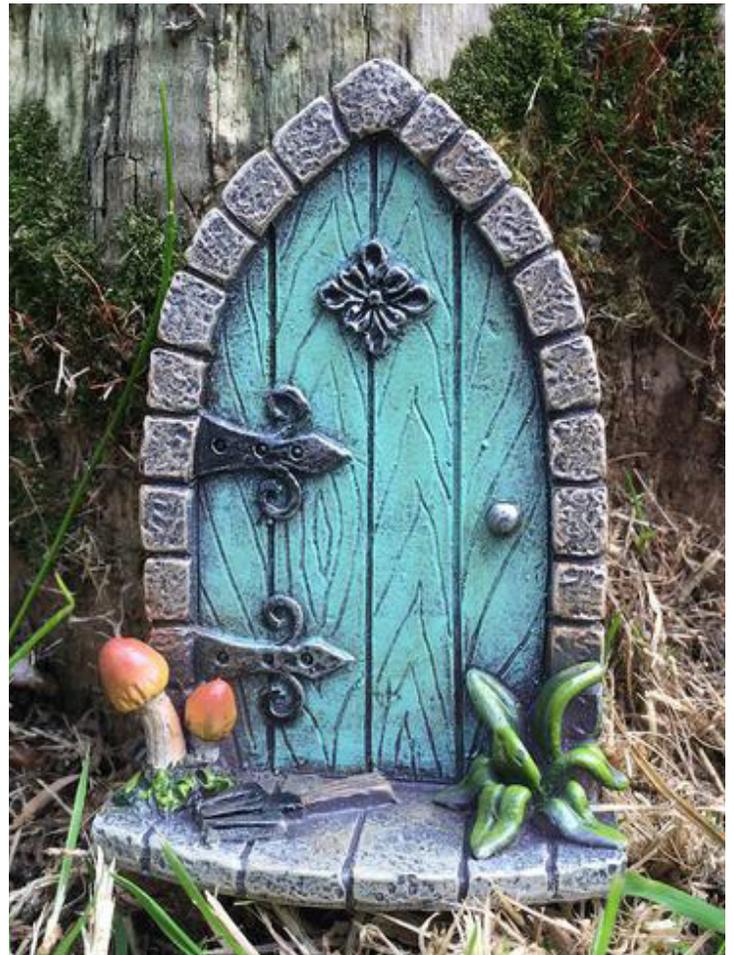
- If you're building your fairy door out of Popsicle sticks, lay six of them side by side and cut the seventh one in half to act as horizontal rails. Apply glue to these rail pieces to hold the other six Popsicle sticks together. If you have ready-made craft wood, you can begin decorating right away.
- Paint, stain, or color the fairy door with markers. Let your kids get creative with the designs they use. Let the paint or stain dry, if necessary.
- Dig in your jewelry box, sewing kit, scrapping center, or junk drawer for decorative items to embellish the fairy door. Buttons, flat-backed faux pearls, and thumbtacks make perfect doorknobs.

- Consider creating a doorframe with sticks from the backyard. Attach them with glue, string, wire, or hemp twine. This gives you the ability to make the door operable if you want by installing tiny jewelry box hinges on one side.
- If you need inspiration, search online for images of DIY fairy doors.

Keep the Magic Alive

With the door installed, it's time to invite the fairies to move in. Leave a small welcome present and a tiny hand-written note at the threshold and wait until the next morning. If the gift and letter are gone, you can be certain a fairy has moved in!

Encourage your children to spin tales or draw pictures of the tiny people who live inside the roots or walls on the other side of the door. Continue to leave small presents to let the fairies know they're your friends. When your kids act up, remind them the fairies are watching. They might get upset and move out if the children in the house don't behave.



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Healthy Highlights

September, Healthy Aging Month

By Matt McMillen

1. Get moving. Exercise regularly to maintain a healthy body and brain.
2. Stay social. Take a class, volunteer, play games, see old friends, and make new ones.
3. Bulk up. Eat beans and other high-fiber foods for digestive and heart health.
4. Add some spice. Add herbs and spices to your meals if medications dull your taste buds.
5. Stay balanced. Practice yoga or tai chi to improve agility and prevent falls.
6. Take a hike. Brisk daily walks this September can bolster both your heart and lungs.
7. Sleep well. Talk to a sleep specialist if you don't sleep soundly through the night.
8. Beat the blues. If you've been down for a while, see a doctor. Depression can be treated.
9. Don't forget. To aid your memory, make lists, follow routines, slow down, and organize.

Expert Tips on Healthy Aging

Tips from Gary W. Small, MD, professor of psychiatry and biobehavioral sciences, David Geffen School of Medicine at UCLA, and director, UCLA Longevity Center

- Take a daily brisk walk with a friend -- you'll get an aerobic workout, and the conversation will exercise your brain and reduce stress.
- To help control the urge to overindulge, just imagine eating that sweet treat. Research shows the fantasy dessert will satisfy you, and you'll actually eat less.

Tips from Carla Perissinotto, MD, MHS, assistant professor of medicine, division of geriatrics, department of medicine, University of California, San Francisco

- Every few months, review your over-the-counter drugs with your doctor for any potentially unsafe ingredients. I do this for my parents whenever I visit their home.
- Try yoga. All types help maintain physical and emotional health. My favorite is Kundalini yoga, which focuses on meditation and strengthening.

Tips from Elizabeth Eckstrom, MD, MPH, director of geriatrics, Oregon Health & Science University, Portland, Ore.

- Follow a Mediterranean diet to help prevent memory impairment and heart problems. I love salmon covered with fresh thyme and lemon slices and grilled on a plank.
- I do tai chi three days a week, and it dramatically improves my balance. Seniors can do it, too, and cut their risk of falls by almost half.

Texas Wine and Art Festival

Saturday, October 6 at 10:00AM
435 Spring Cypress Rd, Spring, TX 77373

Celebrate Wine and Art! The Annual Texas Wine and Art Festival will take place in Historic Old Town Spring featuring two days of Texas-based wineries showcasing local white, red & sweet wines and southern-style blends along with local art and artisans. October 6 & 7 2018. Wine and art enthusiasts are invited to attend this Texas-style event featuring more than 10 local wineries showcasing top award winning Texas wines and original art work and exhibitions from local artists, local food products from various vendors.



The event is open to all ages and is family-friendly event; Rain or Shine with the exception that weather is not life threatening!

General admission to the festival is FREE on Saturday and Sunday and provides access to viewing of the art vendors.

\$35 Wine tasting admission tickets include one commemorative wine glass and 10 tasting tickets. Additional tasting tickets are available at the event for \$1.00 each.

This event is being put on by Texas Wine & Art Festival






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