

The RANCH REVIEW

October 2018 Volume 12, Issue 10

News for the Residents of Legends Ranch

2018 Bayou City Art Festival

October 13, 2018 | 10AM-6PM

Join the Art Colony Association as it celebrated 47 years of fine art and giving back. Bayou City Art Festival Downtown will transform the streets of Downtown Houston into artistic avenues bursting with colors and culture. The weekend festival will provide guests with the opportunity to see and purchase unique, custom art under the iconic Houston skyline. Bayou City Art Festival Downtown will benefit local non-profits and feature live music in front of City Hall and throughout the festival along with entertainment, beverage stations, food trucks and much more for patrons to enjoy. In the Children's Creative Zone, the festival's non-profit partners will host art activities for all ages and include an interactive place to hang out.

This year's featured artist is Chris Vance, a Mixed Media 2D artist from Bondurant, IA. Vance along with 300 artists from around the world representing 19 different disciplines will showcase their art at Bayou City Art Festival Downtown.

3RD ANNUAL TRUCK OR TREAT



Town Green Park, The Woodlands

October 27 | 12-11PM

Food | Fright | Fun

A spooky good time!

Trick or treating at all vendors

Tons of candy

Costume Content

Food Trucks

Vendors

Live Music

Kids Zone

AN EXPERIENCE TO REMEMBER



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

Publisher

Peel, Inc. www.PEELinc.com, 888-687-6444
Advertising..... advertising@PEELinc.com, 888-687-6444



10 Tips for a Healthy Fall

by Laura McMullen

Seeya, summer.

Welcome back, short days, crisp air and colorful leaves. Think of the new season as a fresh start to your healthy habits. Stow away the swim suit and dust off the sweaters for apple picking. Enjoy the seasonal produce that makes this season so tasty. And celebrate the holidays like a health pro – by enjoying foods without overindulging. Here's how to enjoy your healthiest autumn yet.

Think beyond pies and jack-o-lanterns.

All hail The Great Pumpkin! The pulp of this fall favorite is dense with vitamins A and C, and its tasty seeds, called pepitas, are rich in phytosterols, which may help to lower cholesterol. With all the health benefits of pumpkins, don't they deserve to be more than a craft project that rots a few weeks later? Check out Eat + Run blogger Keri Glassman's recipes for roasted pepitas, pumpkin spread and roasted pumpkin, plum and pecan spinach salad.

Get your flu shot.

Want to spend a week of autumn cooped up at home, suffering from fever, fatigue and aches? Didn't think so. According to the U.S. Centers for Disease Control and Prevention, "The single best way to prevent the flu is to get a flu vaccine each season." And no, no, no, the flu vaccine cannot give you the flu.

And while you're at it, steer clear of the common cold, too.

Hydrate with tons of water throughout the day, and your immune system will thank you. The foods you eat can also help prevent the cold. Yogurt, with all its probiotic glory, has been shown to boost the immune system, and one serving of seaweed packs more vitamin C than an orange. Another immunity booster? The aforementioned autumn favorite: pumpkins.

Sign out of Facebook, ditch the fall lineup and head outside.

The leaves are bright on the trees and satisfyingly crunchy under your feet. The (usually) moderate temperature is a reprieve from the sweltering summer and a gift before the frigid winter. What better season to throw on a beanie and head outside? Plus, spending time outdoors increases your vitamin D levels, makes you happier and improves your concentration, according to Harvard Medical School.

And while you're outside, get a workout.

Take in the changing scenery on a run, hike or bike ride. Join an intramural fall sport, such as flag football, soccer or Ultimate Frisbee. Want a workout that's a little less intense? Consider this: For a 150-pound person, 30 minutes of raking leaves, 30 minutes

(Continued on Page 4)



Fall Festival

**OCTOBER 31ST
6 TO 9PM**

**Games, inflatables, petting zoo,
train rides, concessions, Raffles, etc.**



GATEWAY BAPTIST CHURCH
Discover the Joy of Belonging

DISCOVER THE JOY OF BELONGING

MONDAY - FRIDAY ~ 6:30AM - 6:00PM

6 WEEKS TO PRE-KINDERGARTEN

FULL TIME & PART TIME PROGRAMS

WEEKLY CHAPEL ~ MUSIC ~ SPANISH ~ COMPUTERS ~ DANCE/GYMNASTICS

KINDERGARTEN TO 4TH GRADE

AFTER-SCHOOL BUS PICK-UP ~ FULL TIME SUMMER CARE

2930 RAYFORD ROAD 281.363.4500 • www.DISCOVERGATEWAY.com

RANCH REVIEW

(Continued from Page 2)

of planting and weeding and 30 minutes of playing with the little ones each burn roughly 150 calories.

Scare off those Halloween candy cravings.

Maybe don't swear off every candy corn kernel – where's the fun in that? Just don't morph into a sugar zombie. If you buy candy for trick-or-treaters, buy only enough for the kids. And wait until Halloween day to buy the candy, so the in-house sweets aren't haunting you throughout October. If you buy the candy sooner, keep it out of sight in a cupboard.

Eat like an athlete – not a couch potato – on game day.

"My favorite football player outperformed another skilled athlete. I'll celebrate his fitness by eating five servings of greasy potato chips!" Not this season. Set out raw veggies and dip instead of chips, and you'll graze much more healthfully. Eat + Run blogger Keri Gans suggests other simple improvements to game day favorites, such as cutting pizza into smaller slices, doling chili into cups instead of bowl-sized portions and more.

Buy in-season veggies, such as beets, broccoli and Brussels sprouts.

Not to mention cabbage, carrots, cauliflower, eggplant, kale and squash. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more. Eat + Run blogger Rebecca Scritchfield believes the best way to enjoy fall veggies is by roasting them with just a little oil, salt and pepper.

Enjoy a healthier Thanksgiving.

Start Turkey Day with a protein- and fiber-packed breakfast, which will boost metabolism and help prevent sugar cravings, says Eat + Run blogger Heather Bauer. Then make a plan before the big meal, Glassman adds. Don't mindlessly grab heaps of every dish available. Think through which you could do without, and which you really want – and for the latter, practice portion control.

Give back.

Ideally, we're giving yearlong, but what better reminder to boost our good deeds than Thanksgiving? Giving takes many forms, big and small, so the possibilities are endless. Give your co-workers a sweet surprise by bringing treats to share. Give older people some attention by visiting them at the nursing home. Simply give your fellow driver a break by letting him merge into your lane.

WIRED

ELECTRICAL SERVICES

SERVICING ALL YOUR ELECTRICAL NEEDS

- Panel Upgrades
- Home Inspections
- TV Install/Mounting
- Troubleshooting
- Remodeling
- Landscaping Lighting
- Home Generators

RESIDENTIAL & COMMERCIAL 24-7 SERVICE
LICENSED & INSURED

Take \$25.00 Off Your
Next Service Call

FAMILY OWNED AND OPERATED
713.467.1125 or 281.897.0001
www.WiredES.com

TECL 22809 Master 100394



END OF SUMMER Amana BLOW OUT SALE



Aaron Childress

Air Conditioning & Heating
Since 1980

SERVICE • REPAIR • INSTALLATION



END OF SUMMER Amana BLOW OUT SALE

3 Ton 14 Seer	\$4995.00	4 Ton 14 Seer	\$6495.00
5 Ton 14 Seer	\$7995.00	Warranty	2 years labor 10 years all parts.
3 Ton 16 Seer	\$6995.00	4 Ton 16 Seer	\$8495.00
5 Ton 16 Seer	\$9995.00	Warranty	2 years labor 10 years all parts but with LIFETIME compressor warranty as long as you own the home.

281.351.1413

TACLA13854C





Saturday, October 13, 2018 • 7 a.m.
Northshore Park *NEW LOCATION*

The **Memorial Hermann 10 for Texas** 10-mile race, **3.1 Armadillo Run** 5K and **One 4 Texas Kids' Fun Run** through The Woodlands will be held Saturday, October 13, 2018. Produced by The Woodlands Township Parks and Recreation Department, Memorial Hermann 10 for Texas is a USA Track and Field (USATF) sanctioned event with a certified 10-mile course.

The Texas-sized Post-Race Party in Northshore Park will feature food and drinks for race participants with great live music. Plus great swag, smooth course, first-class volunteers and top-notch organization make for an unforgettable experience.

For more information, please email races@thewoodlandstownship-tx.gov or visit www.thewoodlandstownship-tx.gov/10fortexas.







2018 races generously sponsored by:





















October Gardening Tips

by Doug Jimerson, edited for space

1. Plant Trees, Shrubs, and Roses

October is an ideal time to plant deciduous trees, shrubs, and roses: The cool weather encourages plants to root quickly and the soil is generally easier to work since it's not as cold and mucky as it can be in the spring. Dig a hole slightly larger than the root ball of the plant, set the plant in the hole at the same height it was growing in its nursery pot, mulch, and water. It's that simple!

Tip: If you buy a plant that has already lost its leaves, don't worry. This means it is dormant and won't mind a change in venue.

2. Divide Perennials

Many perennials benefit from being divided every few years. Left to their own devices, some plants become overgrown and slowly die out from the center. Perennials that prefer being divided in October include Asiatic lily and Oriental lily, hosta, peony, daylily, bearded iris, Oriental poppy, and sedum. Dividing these plants is easy. Use a sharp spade to dig around the plant and lift it from the ground. Then, use your spade or sharp knife to divide the plant into smaller pieces. Replant them at the same depth they grew previously, but space them apart to give them room to grow.

Tip: Do a little research before you divide your plants. Some species such as peony only require dividing every four to six years, while faster-growing species such as hosta or bearded iris are best divided every two to three years.

3. Add Bulbs to Your Landscape

Spring-flowering bulbs such as tulips, daffodils, and crocus should be planted in October and November. Larger bulbs are best planted 8 inches deep; smaller bulbs 4 inches deep. For a natural, informal look toss your bulbs over the garden bed and plant them where they fall. If you want a more dramatic display, plant your bulbs in large drifts or clumps of the same color. And tuck bulbs in your existing perennial border: In spring, bulbs will pop into bloom just as your perennial flowers break dormancy.

Tip: If deer are a problem in your area, plant daffodils, scilla, snowdrops, fritillaria, allium or leucojum. Deer and rabbits both avoid these spring bloomers.

4. Store Pots in October

Clean ceramic and clay pots and store them over the winter. If you leave them outdoors in a cold climate they could crack due to the freezing and thawing temperatures over the winter. Remove the dead plants and dump the soil (you can spread used potting soil over your garden beds). Then, use a garden hose and scrub brush to remove any remaining soil or insect pests. To sterilize pots, use a dilute solution of bleach to clean them. Once the pots are dry, store them in a protected shed or garage until spring.

Tip: Store clay pots separately. If you stack them inside each other, they can expand and make it almost impossible to separate them later on.

5. Mulch in October

One of the best ways to keep young plants alive over the winter is to cover them with mulch, especially the first year after planting. Spread a 4- to 6-inch layer of shredded leaves, bark, or straw over the crown of the plant to protect it from freeze and thaw cycles. In the early spring, just as the plants break dormancy, gently rake the mulch away and spread it throughout your bed to keep weeds at bay during the summer.

Tip: If you are mulching newly planted trees, don't spread the mulch right up against the trunk. Leave a 6-inch gap around the base of the tree. Otherwise, the mulch might camouflage mice or voles gnawing on the bark over the winter.

6. Compost

If you don't have a compost pile, October is a great time to start one. Turn dead and dying foliage, weeds, and kitchen waste into a nutrient-rich soil amendment. If you have a small garden, buy a compost bin at your local garden center or mass merchant. For larger gardens, consider creating your own compost center with bins made of concrete block or lumber. Just remember to layer woody and green materials, keep the pile slightly moist, and turn it once in a while to mix the contents.

7. Weed

A lot of gardeners don't realize that weeding is even more important in the fall than it is the rest of the season. Weeds such as crabgrass, lamb's quarters, and thistle all develop seed heads in the late summer and fall. Never let any weeds remain in your garden, even if frost has killed your flowers and veggies. The more you weed now, the less you'll have to do next spring and summer.

8. Extend the Season

Enjoy fresh vegetables into the winter months by covering cool-season vegetables with a grow cloth or cloche. Crops such as spinach, lettuce, arugula, Swiss chard, carrots, and beets will continue to grow if they are protected from freezing temperatures. Grow cloth, which is a spun polyester fabric, can be laid over your crops and anchored to the soil with metal pins or bricks. The fabric allows sunshine and moisture to reach your plants and creates a snug environment for crops. Glass or plastic cloches can also be used to protect individual plants.

Tip: Salad greens, which love cool weather and grow quickly, are ideal for fall and winter gardens. When selecting varieties look for loose-leaf types that can be clipped easily at any age so you'll always have a harvest.

9. Improve Soil

Few gardeners have perfect soil. That's why it's important to improve your soil every chance you get. In autumn, after your garden has gone dormant, spread a fresh layer of compost, rotted manure, shredded leaves, or even fresh topsoil over the surface. The more organic matter you add, the better. Then, if the weather is dry, till it lightly into the

(Continued on Page 8)

IN A WORLD DOMINATED BY THE TYPICAL, ONE COMMUNITY DARES TO BE ANYTHING BUT.

MIND-BLOWING
NEW SECTIONS

NEW
ON-SITE SCHOOLS

2 MINUTES from the
GRAND PARKWAY

AWARD-WINNING
AMENITIES

NOW OPEN:
LAKE HOLCOMB

NONSTOP EVENTS and
EXCITEMENT

ACTION-PACKED!

YOU WON'T BELIEVE THE FUN

A **AWESOME FOR KIDS**
FUN FAMILIES ADMITTED

Falls
AT IMPERIAL OAKS

31220 Birnham Woods Drive | Spring, Texas 77386
fallsatimperialoaks.com/action



RANCH REVIEW

(Continued from Page 6)

top few inches of your beds so when spring arrives you can plant immediately without worrying about working the soil during wet weather.

10. Prune Perennials

After the first frost, most perennial flowers benefit from a good haircut. Plus, once the foliage is removed, it's easier to work around the plants, whether you want to tuck in spring-flowering bulbs nearby or improve the soil. Plants such as bearded iris, peony, lily, hosta, coneflower, black-eyed Susan, and catmint can be cut back to a height of 3 to 5 inches. Use a pair of sharp pruning shears to remove the dead and dying foliage -- don't snap it off with your bare hands as you might damage the roots.

Tip: Leave ornamental grasses alone so you can enjoy their feathery seed heads in the winter landscape. Prune them back in the early spring.

11. Plant Flowers and Vegetables

If you live in a frost-free region, October is a great time to plant cool-weather flowers and vegetables in your garden. Crops such as kale, cabbage, collards, lettuce, carrots, mustard, onions, Brussels sprouts, cauliflower, beets, and garlic can all be planted in early to late October. Flowers that can be planted now include statice,

stock, sweet peas, pansy, lupine, sweet William, dianthus, calendula, carnation, and snapdragon.

Tip: Strawberries can also be planted this month in frost-free regions. Mulch them right after planting and water every day for a week or so until they become established. Check them every few days for snails and slugs.

12. Save Tropical Plants

If you haven't done so already, move tender plants indoors before frost hits.

BUSINESS CLASSIFIEDS

RAINCO IRRIGATION SPECIALIST: Commercial & Residential. Backflow Testing, Irrigation (Sprinkler) System Service, Maintenance and Repair, Rainbird - Hunter. Fully Insured. License # 9004 & 9226. Call 713-824-5327.

HOKULIA SHAVE ICE AUTHENTIC HAWAIIAN: 50 flavors imported from Hawaii with 100% Pure Cane Sugar, sugar-free available. Now Serving Hawaiian Super Premium Ice Cream with Hawaiian ingredients. Bring this in for 1 FREE Scoop of Ice Cream! Exp 10/31/2018. Coupon must be presented. 3540 Rayford Rd Spring, 77386. www.facebook.com/hokuliaspringtx www.hokuliashaveice.com

AFFORDABLE SHADE PATIO COVERS

*Creating Comfort for Outdoor Living...
with Affordable Shade.*



*We obtain City Permits,
TDI Windstorm Certification,
and help with HOA Approvals.*

Call to schedule a free estimate.

713-574-4648

Visit our website to view more designs.
AffordableShade.com

Custom Patio Covers

Cedar & Treated Pine Shade Arbors

Aluminum Patio Covers & Arbors

Palapas & Tiki Huts & Screen Rooms

Decorative & Structural Concrete



Financing Available* with Payments as Low as \$250

**Subject to Credit Approval*





VOLUNTEER *with The Woodlands Township*

EVENT	DATE	OPPORTUNITIES
Arts in the Park	September 22, 2018	Event Set Up, Kid Zone, Photo Booth, Inflatable Monitor
Creekside Campout	October 6 – 7 & December 1 – 2, 2018	Breakfast Volunteer, Dinner Volunteer
The Haunted Trail – The Psycho Path	Friday & Saturdays October 12 – 27, 2018	Emergency Exit Assistant, Actor, Survey Taker, Tour Guide
Memorial Hermann 10 for Texas	October 13, 2018	5K Course Marshal, 10-Mile Course Marshal, Athlete Food Tent, Bag Drop, Cheer Zone, Green Team, Hydration Station, Packet Pickup, Parking, Results, Start/Finish Line
Trick or Treat Trail	October 28, 2018	Candy Runner/Restocker, Carnival Games, Costume Contest, Greeter, Inflatable Monitor, Kid Zone, Roamer
Monster Mash Trick- Or-Treat Stop	October 31, 2018	Event Volunteer
Lighting of the Doves	November 17, 2018	Greeter, Information/Survey Tent

For more information about volunteering with The Woodlands Township Parks and Recreation Department, please contact Jennifer Salazar at 281-210-3493 or go online to www.thewoodlandstownship-tx.gov/volunteer.



RANCH REVIEW

The Ranch Review is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Ranch Review contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

NOT AVAILABLE ONLINE

PATIO COVERS | PERGOLAS | CARPORTS | PORTE COCHÈRES
OUTDOOR KITCHENS | DECORATIVE OUTDOOR FLOORING



CUSTOM PATIO STRUCTURES

Committed to Quality, Value & Service



832.570.3990 www.custompatiostructures.com



FAMILY OWNED & OPERATED WITH OVER 20 YEARS EXPERIENCE
FREE ESTIMATES & DESIGN CONSULTATION • 100% FINANCING AVAILABLE



OAK RIDGE BAPTIST CHURCH

**500 East Oak Hill Dr.
Spring, TX 77386**

2

**DYNAMIC
WORSHIP SERVICES
9:30 & 11:00 AM**

3

**CONVENIENT
BIBLE STUDY TIMES
8:15, 9:30, & 11:00 AM**

Details at www.orbcfamily.org



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

LR

Advertising Exposure Tailored Just For Realtors



Advertising Helps Sell Your Listings & Promote Your Real Estate Company.

Contact A Sales Representative Today
to Make This Space Work For You!

1-888-687-6444 or www.peelinc.com



PEEL, INC.
community newsletters