



APRIL 2012

Official Publication of Legends Ranch Property Owners Association

VOL 6, ISSUE 4

REGISTER NOW!

**LEGENDS RANCH SPRING
COMMUNITY
GARAGE SALE**

**SATURDAY, APRIL 14
7:00AM – 12 NOON | RAIN OR SHINE**

It's time to clean out your closets, your trash could be someone else's treasure! The sale takes place in your own garage so be ready to open your garage at 7AM on April 14th!

We'll be creating a map of all the garage sales in the community. To be added to the map, please e-mail your address to jenniferhenrie@canyongate.com and include a short list (ONLY 5 to 6 words – example: Furniture, electronics, clothes, toys) to describe the types of items you are selling. Deadline for sign up to be included on the map is Friday, April 6th. The map will be handed out at the gatehouse on the day of the garage sale.

Banners will be posted outside the community and an advertisement will be placed in the local newsletter. You may place signs at the entrance to your section & in your yard to promote your garage sale. Signs must then be removed on Saturday, April 14th after the sale by 1pm. PLEASE REFRAIN from attaching your garage sale sign to community signs. Please do not move or remove any community banners or signs. To register and for questions, please contact Jennifer Henrie, Director of Community Events at jenniferhenrie@canyongate.com

LR SECURITY PATROL

The Legends Ranch Property Owners association recently contracted with Top Gun Security & Investigations to provide patrol services to the community. These officers are here to serve the community and assist you with your safety concerns. Of course, in any emergency (crime in progress, medical emergency, fire, etc.) you should always call 911. However, you may now report suspicious behavior or general concerns directly to Top Gun and they will respond if they are on duty. Concerns that do not require an immediate response may also be reported directly to RealManage. Contact information for the onsite patrol and RealManage is provided below.

Several homeowners have contacted the Association in regards to safety/traffic concerns. In response to these concerns, Top Gun has also been asked to assist the Association in enforcing traffic and parking violations as well as regulations against the use of fireworks and firearms within the community.

At this time, if you are stopped for a traffic violation there will be no fine issued to you but you will be requested to provide the patrol office with proper identification to prove that you live in the community and so that a report may be filed with the Association. The Board may consider a fining policy in the future if safety concerns continue. A community wide meet and greet with Top Gun will be held at the upcoming Town Hall Meeting (date and time to be determined).

Onsite Patrol Contact

832-891-8635

Legends@TopGunSecurityServices.Com

RealManage Contact

866-473-2573

Service@RealManage.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 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	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 & Sewer	281-353-9756
Canyon Gate Connect	281-296-9584
Waste Management.....	713-686-6666
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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Craig Lobel	
Rick Gadd.....	rgadd@LANDTEJAS.com
Kennth Brown	kennethbrown922@gmail.com
Sebastien Moulin.....	ilovelegendsranch@yahoo.com

NEWSLETTER INFORMATION

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LEGENDS RANCH

CLUBHOUSE ONSITE OFFICE HOURS

**TUESDAY THROUGH SATURDAY
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Onsite Community Director:

Debbi Silverstein

Phone: 281-681-9750

Email: debbi.silverstein@realmanage.com

SPLASHPAD TEXAS ONSITE OFFICE HOURS

**THURSDAY THROUGH SATURDAY
10:00AM UNTIL 6:00PM**

Phone: 281-419-2130

THE LIVING LEGENDS Of Legends Ranch

It looks like Mother Nature heard me moaning about wanting to get started with planting and working in my yard! The azaleas are blooming, and I've seen the spirea and red bud trees budding. Color is coming to our neighborhood! So the Living Legends are taking advantage of this early Spring and going to Bayou Bend to see the gardens and the museum. And as always, we will take the opportunity to eat lunch, "since we are out".

Our regular Mardi Gras party in February was fun, and crowded. We had family and friends there, did a little parade of our own, threw some beads, and ate the good food of New Orleans at Mardi Gras. Maybe we should start a celebratory, neighborhood wide parade of our own, for the 4th of July, Memorial Day, or another appropriate holiday. The children could ride their bikes, the adults could walk or drive, and enjoy a celebration. It could be a nice outing for an hour to meet our neighbors and feel like a community, instead of just the place where we live.

We have lots of things planned, as mentioned in the last newsletter. I hope you will join us. We will keep you entertained and you will meet some wonderful people. Call Jerrie Sanders at 281-651-2593 to get busy with us in 2012! Leave a message if I am gone with the Living Legends to some fun place.

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LEGENDS RANCH

April Gardening Tips

FROM TROY AT LONE STAR ACE

Spring is here and everything is growing. Unfortunately, so are all the pests that we have to watch out for. Aphids may already have a healthy population on the underside of your ornamental Plants. These are pale green or brown insects that suck the juice out of the leaves and When they find a good food source, the population explodes. Aphids love to feed on your Crepe Myrtles. You will know when you have a problem with them on Crepe Myrtles when you notice a sticky substance on the top side of the leaves or under the tree. Aphids extrude a sugary liquid from their backs called "honeydew". This is a protection against predators. Ants will "farm" the aphids and protect their herds. Most times you have a problem with aphids you will see a black substance on the top side of the leaves. This is called "Sooty Mold" and it grows on the honeydew of the aphids.

Controls for aphids are numerous, permethrin sprays, Ortho Max (contains Bifenthrin) or a systemic like Bayer Complete (contains Imidacloprid). Organic controls like Neem oil work very well too. If you grow tomatoes, keep a close watch out for tomato horn worm. This large, hungry caterpillar can strip the leaves off your plant quickly. One of the best controls is "Bt" (Bacillus thuringiensis), it comes in a powder (DiPel Dust) or a liquid (Bt Worm Killer). Keep an eye on your lawn for the signs of fungus and treat early to keep from having more damage to the grass. Treat with a granular fungicide like Scotts Fungus Control or Nitro-Phos Eagle Turf. If you prefer a liquid then spray with systemic fungicide like Infuse.

Let's talk about your flowerbeds. The nurseries are full of old standards and new varieties. Why not try something different this year. Pick a plant that you have not planted before and try it. You may find that it doesn't work in your conditions or you just don't like it. But, you never know, you may find a new favorite.

Here is one of my favorite plants. It is called "Cuphea ignea, David Verity". I have heard it called "cigarette plant" and "fire cracker bush". It is a 2 1/2 to 3 foot tall shrubby perennial with 1 inch orange, tubular blooms. It blooms all summer, is somewhat drought tolerant and best of all, the hummingbirds go crazy for it. Last summer the hummingbirds would feed on it and ignore the feeder I had placed not 4 feet away. If you have any questions, Please come in and see me at Lone Star Ace Hardware or contact me at troy@lonestarace.com

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!

Explore the World without Leaving Home!

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provide meals and provide a bedroom either shared or private. Students pay for all other personal expenses while in the U.S. All across the world, Ayusa students are eagerly awaiting their host family placement. Please call today and begin the adventure of a lifetime!

Call Ayusa International at 1-888-552-9872 or email at staff@Ayusa.org. Locally you can contact Vicki Odom at vickiAyusa@yahoo.com or call 832-455-7881 for more information as well.

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**VISIT US
ONLINE**

LEGENDS RANCH

RECIPE OF THE MONTH

Carrots au Gratin

Ingredients

- 2 lbs. carrot, sliced
- 1/8 tsp. pepper
- 1/2 Cup chopped onions
- 1 1/2 C milk
- 1/4 Cup oleo, divided
- 4 oz. processed
- 3 T. flour
- American cheese, cubed
- 1/2 tsp. salt
- 1 T. dried parsley

Cook carrots until tender crisp. Drain. In saucepan saute onions in 3 T butter. Stir in flour, salt, & pepper. Gradually add milk and bring to boil. Cook for 1 minute or until thickened. Stir in cheese until melted. Add carrots and parsley. Pour in greased 2 quart baking dish. Melt remaining butter and pour over carrots. Bake at 350° 20-25 minutes or until bubbly. (8-10 servings)

Enjoy!



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LEGENDS RANCH

2012 Legends Ranch COMMUNITY EVENTS

Spring Community Garage SaleApril 14
Summer Fun Pool Party Saturday, July 7
Fall Community Garage SaleSaturday, September 22
Night at the Astros..... Fall 2012
National Night OutTuesday, October 2
Fall Festival..... Saturday, October 27
Holiday Yard ContestDecember
Cookies with Santa..... Saturday, December 8

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

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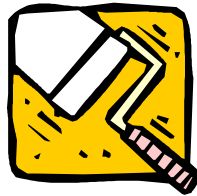
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LEGENDS RANCH

Tips for a Diet that Promotes Healthy Teeth

Of course we all know that a healthy diet is good for our bodies, but did you know that what you eat affects your teeth as well? Here is a list of simple ways you can improve your oral health by paying close attention to your diet. Brushing and flossing are vital to keeping your teeth healthy, but what you eat and drink in between your daily cleaning rituals also plays an important role in your oral health.

Plaque – an invisible, sticky layer of bacteria – regularly coats your teeth. When the starches and sugars present in many foods come into contact with this bacteria, acid is produced. This acid breaks down the enamel that protects the outside of your teeth, and over time can cause tooth decay. If you choose your foods wisely, you can decrease the amount of acid that attacks your teeth. Here are some diet tips for keeping your teeth healthy:

Limit foods and drinks that are high in sugar, like cookies, candies and sodas – remember even unsweetened fruit juices are high in sugar. **Read packaging labels** to find out how much sugar is included, and make educated choices in the products you purchase.

Limit dried fruits, which are sticky and cling to the teeth – instead, eat fresh fruit, especially apples, which serve as natural tooth cleaners.

Avoid snacks between meals – but if you must snack, replace sugary treats with crackers, cheese, yogurt, nuts, and celery or carrot sticks, which produce less acid. If you do drink sugary liquids (soda, sports drinks, juices), **avoid sipping slowly** over a long period of time as this extends the period that acid attacks your teeth.

If you're a regular coffee or tea drinker, **reduce or eliminate added sugar**. If your children snack at school, be sure they have **access to healthy snacks** (veggies, fresh fruits, cheese) instead of packaged foods that are high in sugar. If you occasionally treat yourself to a sugary snack, **brush your teeth afterwards** to reduce the acid effect – if you aren't near a toothbrush, **rinse with water or chew a piece of sugarless gum** to stimulate saliva, which helps clean your teeth.

Your diet also affects your overall health, which helps determine how well your body can fight off infection. If you aren't getting certain nutrients, the tissues in your mouth may not be as resistant, leaving you more prone to periodontal (gum) disease.

If you have any questions about your diet and its effect on your oral health, let us know. We'll be happy to guide you toward healthier eating habits. - Submitted by Dr. Flury

Auto Talk – Ask a Medic

Recently my mechanic said my catalytic converter is defective and has to be replaced. What is a catalytic converter and how does it become defective?

A catalytic converter is a device that converts three harmful compounds (hydrocarbons, carbon monoxide and nitrogen oxides) in car exhaust into harmless compounds. Carbon monoxide is a poison for any air-breathing animal. Nitrogen oxides lead to smog and acid rain, and hydrocarbons produce smog.

A catalytic converter becomes defective when too much raw fuel enters the exhaust system—causing the metals inside to start imploding. When this happens, severe black exhaust fumes (smells like raw fuel) and/or “bogging down” can happen and causes back pressure on the engine. Your check engine light will illuminate on your vehicle's dashboard when this occurs.

WHAT CAN I DO TO PREVENT CATALYTIC CONVERTER FAILURE? TWO SIMPLE THINGS:

- Make sure your vehicle is tuned up on time; every time. Why? Once the spark plugs become worn, they will not burn fuel optimally—this causes raw fuel to enter and/or collect in the vehicle's exhaust system.
- Service your cooling system every two years or 30,000 miles (contrary to the manufacturer's suggestion of five years or 100,000 miles. With wear and tear, your vehicle's cooling system thermostat may be sticking “open,” causing continuous flow of coolant—never allowing the engine to reach its full operating temperature the majority of the time. The driver will never see this issue on the gauge. It's a minute problem that will cause severe issues to the catalytic converter later down the road. If the vehicle continuously stays cool, the computer wants to dump more fuel in the engine than what is really needed. This again allows raw fuel to enter the exhaust thereby causing catalytic converter failure.

Tommy Bludworth is an ASE certified technician with more than 15 years experience. Advice and recommendations given are for your convenience. You should see a qualified, professional when having any automotive repairs made on your vehicle.

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Sunday Egg Hunts 10:30am & 12pm

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Early Packing List: When to Get Travel Vaccinations

**PLANNING AHEAD IS THE KEY TO
SAFE, HEALTHY GLOBE-TROTTING**

*Submitted by Laura Guerrero, M.D., medical director
for The Austin Diagnostic Clinic's Travel Clinic*

There are just a few days to go before your big trip overseas. You've triple checked your itinerary, memorized important maps, and maybe even practiced speaking a bit of the local language. But unless you have taken the proper vaccination measures well in advance, your health may be at risk.

One of the most overlooked to-dos on a busy pre-travel itinerary checklist is the need to get vaccines and other medical preparations taken care of weeks, sometimes even months, before a trip, says Laura Guerrero, M.D., an internal medicine physician and medical director of the Travel Clinic at The Austin Diagnostic Clinic (ADC).

"Depending on where in the world you are going, you may be exposed to diseases and other pathogens that your body just hasn't had to cope with here in the United States. Often, vaccines are the best preventative measure to protect your health," says Dr. Guerrero. "But what people sometimes forget is that many vaccines have to be taken over an extended period of time before they can effectively prevent an illness."

ROUTINE, RECOMMENDED, & REQUIRED VACCINATIONS

The Centers for Disease Control and Prevention (CDC) divides travel vaccines into three categories: routine, recommended, and required. Dr. Guerrero says the number and type of vaccines you should receive will vary depending on what part of the world you are traveling to.

"Your particular vaccination and health needs can be as different as the Amazon jungle is to the Sahara desert," says Dr. Guerrero. "The only way to know what vaccinations are recommended for you is by consulting with your doctor at least one month before you plan on traveling abroad."

THE RIGHT VACCINE AT THE RIGHT TIME

Routine vaccinations are designed to protect you from diseases that rarely occur in the United States, but are still common in many parts of the world. According to the CDC, routine vaccinations should be administered for things such as influenza, tetanus, hepatitis A and B, measles, chickenpox, and zoster (shingles).

Exactly what routine vaccinations travelers should get will also depend mainly on your age and gender. And if you are traveling with children, they will likely require different vaccinations than an adult. Infants may need to have their vaccines administered over a period of several days or weeks, explains Dr. Guerrero.

Recommended vaccinations will also depend on where you are traveling. The CDC lists vaccine information about specific

(Continued on Page 11)

Early Packing List - (Continued from Page 10)

destinations around the world on its website, <http://wwwnc.cdc.gov/travel/destinations/list.htm>. The site includes detailed health information about specific countries.

"We will update your shot record so we know what vaccines you should be receiving," says Dr. Guerrero. "And we will also counsel you about what diseases may be present in your destination, and how you can avoid exposure." As far as required vaccinations go, international health regulations currently only require a vaccination for yellow fever for travelers visiting certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is also required by the government of Saudi Arabia for annual travel during the Hajj—the term for the annual pilgrimage to Mecca, Saudi Arabia, which occurs sometime between November and January.

"Even if you do not get your travel vaccines in time, it's always a good idea to see your doctor before you travel abroad because you can still benefit from medications and other information about how to protect yourself from illness and injury while on vacation in another country," adds Dr. Guerrero.

HEALTHY TIPS WHILE ABROAD

Once you have followed the vaccination schedule exactly, there are many other health considerations to take into account, Dr. Guerrero says. If you are taking prescription medications, for example, make sure you bring enough to last your entire trip and that you keep them stowed in their original containers. It's also a good idea to bring medicine for diarrhea, and to be cautious about drinking from local water supplies or eating things like raw seafood or other uncooked items.

"Part of ensuring a memorable travel experience abroad is making sure you are prepared for any potential health situations," explains Dr. Guerrero. "For example, if you have a preexisting health condition, it's always a good idea to know what your emergency care options are if something were to happen abroad. By taking the proper health planning measures, your trip of a lifetime can be filled with good memories instead of bad ones."

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