



# *The* HOME FRONT

JUNE 2012

Official Publication of Legends Ranch Property Owners Association

VOL 6, ISSUE 6

## *Splish Splash*

### **WE'LL HAVE A BLAST!**

*Join in the Fun & Celebrate Summer  
at the Legends Ranch Pool Party*

**Saturday, July 7 | 11am-1pm at the SplashPad**

For more information, contact Jennifer Henrie,  
Director of Community Events at  
jenniferhenrie@canyongate.com



## **2012 LEGENDS RANCH COMMUNITY EVENTS**

- Summer Fun Pool Party ..... Saturday, July 7
- Fall Community Garage Sale Saturday, September 8
- Night at the Astros.....Saturday, September 22
- National Night Out .....Tuesday, October 2
- Fall Festival..... Saturday, October 27
- Holiday Yard Contest .....December
- 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*

## **THE LIVING LEGENDS**

*of Legends Ranch May, 2012*

April wasn't as busy for us as March, but we enjoyed a few get-togethers that were nice. Of course, we seldom miss a Game Night, and several enjoyed the hospitality of Linda Holden. I believe the men in the group are becoming more vocal and expressing their thoughts on Tripoli just a little (!) louder each month! Of course, the women in the group do their share of noise-making playing Pokeno. All in all, we are a noisy group some nights!

We gave a grandmother's baby shower for Cheryl Sumstad this month. First one I have ever been to, but I guess we are old enough to enjoy making new rules. Cheryl's daughter lives in California, so Cheryl wasn't going to see her or the new baby for several weeks after the birth. Since she couldn't be there to enjoy any "pre-birth" festivities, we decided to do it here. She received a Grandmother's photo album, and brought back many pictures to share with us, and took some very cute baby things to her daughter.

We have enjoyed some new members lately, and we look forward to getting to know them during upcoming events. We welcome any others who would like to join us. We haven't planned too much for the upcoming few months because of graduations, weddings, vacations, etc that take place at this time of year, and because of the heat that's also coming. But we will continue to go to plays, eat dinners out, have Game Nights, and anything else we can think of, where it's cool. Come join us! Call Jerrie Sanders at 281-651-2593 and leave a message, please!

## **DEED RESTRICTIONS PROHIBIT FIREWORKS**

The Board asks that residents refrain from celebrating the holidays with the use of fireworks and firework displays. This not only poses a nuisance and disturbance to your neighbors, it also leaves a messy aftermath to be cleaned up. Thank you for helping to keep Legends Ranch community firework free!

# 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/Municipal Oper. & Consulting .....	281-367-5511
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

## BOARD & MANAGEMENT CO.

### Management Co.: Real Manage

Customer Service ... (866)473-2573/service@realmanage.com

### Board Members:

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Craig Lobel .....	
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Peel, Inc. .... www.PEELinc.com, 888-687-6444  
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# 2012 Legends Ranch Pool Schedule

## Clubhouse Pool Summer Pool Hours

### MAY 5 – JUNE 1 WEEKENDS ONLY

Saturday & Sunday..... 12 PM – 8 PM

### MEMORIAL DAY - MAY 28

12 PM – 8 PM

### JUNE 2 – AUGUST 26

Monday..... CLOSED

Tuesday - Sunday..... 12 PM – 8 PM

### AUGUST 27 – SEPTEMBER 23 (WEEKENDS ONLY)

Saturday & Sunday..... 12 PM – 8 PM

### LABOR DAY - SEPTEMBER 3

12 PM – 8 PM

**CLUBHOUSE POOL SEASON  
CLOSES SEPTEMBER 24**

## Splashpad Pool Summer Hours

### MAY 5 – JUNE 1 WEEKENDS ONLY

Saturday & Sunday..... 10 AM – 8 PM

### MEMORIAL DAY - MAY 28

10 AM – 8 PM

### JUNE 2 – AUGUST 26

Tuesday ..... CLOSED

Wednesday-Monday..... 10 AM – 8 PM

### AUGUST 27 – SEPTEMBER 2 (WEEKENDS ONLY)

Saturday & Sunday..... 10 AM – 8 PM

### LABOR DAY ~ SEPTEMBER 3

10 AM – 8 PM

**SPLASHPAD POOL SEASON  
CLOSES SEPTEMBER 24**

*\*\*\*Schedule subject to change, weather and other factors could cause changes to this schedule without notice. Please check with the onsite office for further information.*



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## GARDENING TIPS FOR JUNE

Summer is gearing up for our typical scorching days, so while the days are somewhat bearable, Let's finish those tasks in the lawn and garden that we didn't get to in May.

If you didn't apply a fertilizer to the lawn in May ,then apply during the first two weeks of June. Continue to Check your lawn for brown patch fungus. If you start to see signs of it (small circular patches of Yellowing or brown grass) apply a fungicide quickly. Remember that fungicides



applied at Curative rates is double the amount of prevention. So if a bag says that it covers 5,000 square feet At curative rate it will only cover 2,500 square feet. Apply a grub control if you haven't already. There are several good controls on the market Including, Season Long Grub Control (this is a systemic so make sure this one does not get in Your veggie garden) Once and Done and Ortho Max (this one is pet friendly).

Speaking of veggies keep a watch on your tomatoes for tomato horn worm eating the leaves And brown soft spots on the bottom of the fruit. This is called blossom end rot and is caused By a lack of calcium. For tomato horn worm apply Dipel Dust or Bt Worm Killer. These products Contain Bacillus Thurengiensis which acts as a stomach poison to caterpillars, but is non-toxic To anything else.

Your early spring flowers are more than likely showing signs of age and heat stress. Here are some good heat tolerant plants! Pentas-- Clusters of star shaped flowers in a good range of colors Gazania--Large multi-colored daisy, plant grows as a low mound Moss Rose--Old fashion standby for sun & heat. Do not over water or over fertilize Esperanza--large(5to 6 ft) semi-tropical shrub, bright yellow flowers all summer. Those were some of my favorites, but there are many more.

If you have a lawn & garden problem come see me a Lone Star Ace. If you need An insect, weed or disease you want me to look at please place it in a plastic bag and Seal it. If I am not at work that day someone will take the sample with your name & Telephone number and see that I get it within the next 2 days, and I will call you as soon As I receive it.

*Until next month, Troy from Lone Star Ace Hardware*

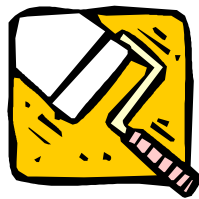
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## CLUBHOUSE ONSITE OFFICE HOURS

*Closed Sunday & Monday*

Tuesday through Wednesday 10:00AM until 2:00PM  
Thursday through Saturday 10:00AM until 6:00PM

Onsite Community Director: **Debbi Silverstein**  
Phone: 281-681-9750  
Email: [debbi.silverstein@realmanage.com](mailto:debbi.silverstein@realmanage.com)

## SPLASHPAD TEXAS ONSITE OFFICE HOURS

*Closed Sunday & Monday*

Tuesday through Wednesday 2:00PM until 6:00PM  
Thursday through Saturday: 10:00AM until 6:00PM  
Phone: 281-419-2130

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## Health Briefs - June 2012

### TRAMPOLINES PUT KIDS AT RISK FOR SERIOUS INJURIES

"About 100,000 children between 5 and 10 years old are injured annually on trampolines," said Dr. William Phillips, professor of orthopedics and pediatrics at Baylor College of Medicine and chief of pediatric orthopedics and scoliosis at Texas Children's Hospital. "Younger children and teens are also at risk."

Common causes of injury on trampolines can be from colliding with another person, landing improperly, falling or jumping off the trampoline and falling on the trampoline springs or frame. Younger children are at greater risk for fractures, while older children often suffer sprains and strains.

"Kids don't have to fall off a trampoline to get hurt, so using a net around a trampoline does not mean they are safe," explains Phillips. "I've seen many children break bones landing on the trampoline itself."

### LOSE WEIGHT TO SLEEP BETTER

Expanding waistlines are causing many Americans to lose sleep. Chronic obstructive sleep apnea, not visions of doughnuts, is keeping us awake. Obesity in the upper body, especially in the neck, can narrow the airways leading to the lungs, resulting in heavy snoring, pauses in breathing and frequent interruptions of sleep. "Most of our overweight patients say they snore excessively and don't sleep well," said Dr. Peter Jones, an associate professor of medicine at Baylor College of Medicine and medical director of weight management at Methodist Wellness Services at Methodist Healthcare Systems.

Patients in Methodist's weight management programs need to lose 50 or more pounds. After losing weight, many report that their sleep improves. "Losing weight can be an important part of treatment for patients who have sleep apnea," said Dr. Max Hirshkowitz, associate professor of psychiatry and director of the Baylor Sleep Disorders Center at the Houston Veterans Affairs Medical Center. "Even a 10 percent weight loss can reduce the number of times most patients stop breathing during the night."

### THERAPY IS 'NO SWEAT' FOR EXCESSIVE PERSPIRERS

A little-known procedure at Baylor College of Medicine provides an alternative antiperspirant for those who sweat uncontrollably. Iontophoresis involves passing a mild electrical current through tap water to shut off the sweat glands temporarily. The hands and feet are soaked in a basin of water for 40 minutes in the comfort of the patient's home.

"The technology has been around since the 1950s, but it never gained widespread fame, in part because most doctors don't know it is an option," said Dr. Ramsey Markus, an assistant professor of dermatology at BCM. "It is a very safe and effective way to decrease sweating, especially in the hands and feet." Markus said he prefers iontophoresis for his patients with sweating in the hands and feet because it is less expensive and less painful than Botox

injections, and it can be done regularly as needed in the home. Most patients only require the therapy twice a month to keep the sweat glands from producing excessive sweat.

### MANAGING FOOD ALLERGIES

Food packages often come with the caution, "Warning: may contain peanuts," and for good reason. It's estimated that more than 1 million Americans suffer from peanut allergies and their reaction if exposed can be life-threatening.

Other common food allergies are to cow's milk, tree nuts, fish and shell fish, egg and even some fruits and veggies, said Dr. Celine Hanson, professor of pediatrics at Baylor College of Medicine in Houston and chief of the allergy/immunology clinic at Texas Children's Hospital. Symptoms of food allergies can range from mild to severe and can affect various parts of the body, including the digestive system, the respiratory system and the skin.

Hanson offers several ways that patients can manage their food allergies. The best tactic is to avoid foods that cause allergies altogether, Hanson said. But in addition, medications such as antihistamines and corticosteroids are available to help manage symptoms. Patients who suffer severe reactions, should keep a device such as an EpiPenR on hand so that they can administer an epinephrine shot. Allergy sufferers should wear a medical bracelet or necklace with information about their allergy, and schools, caregivers and even the parents of children's friends should be notified of food allergies.



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