

**MARCH 2013** 

Official Publication of Legends Ranch Property Owners Association

VOL 7, ISSUE 3

# NOTES FROM YOUR BOARD OF DIRECTORS

As you know, the new governing of Legends Ranch is by US! You and me! Now we are responsible for what we can do and everything connected with our neighborhood, with help from Real Manage. It will take a lot of work, cooperation by all of us, and some time to get things learned and started. Your elected Board has begun planning and working. We may make mistakes along the way, but we will work hard to listen to you, our neighbors, about what we need to change so we are all glad to live in this great neighborhood. We can't fix everything at one time, so we depend on you to help where needed, join a committee to help with the areas you are interested in (children's areas, landscaping, financial issues, restriction issues, etc.) Please contact us if you want to join us in helping us work toward a more vivid and responsive place to live, with activities you can join and our children can enjoy, and our families can thrive.

The following are your newly elected Board members, with an email address where they can be contacted:

Sebastien Moulin, Chairman Eric Garrington Eric Green Greg Fleischman Carol Ayre ilovelegendsranch@yahoo.com ericlrhoa@gmail.com lrspringtx@gmail.com gregfleischman@gmail.com carol.ayre40@yahoo.com

# NEIGHBORHOOD EVENTS



Volunteers are needed immediately to plan for and coordinate the events we want to have in our neighborhood. Those could include: the Easter Bunny for pictures with our children, and perhaps an egg hunt, and events for various holidays. Other events might include a 1-mile walk/run inside the neighborhood to raise money for things we want to have here that maybe our budget can't afford to do, or for charity donations, or just for fun and exercise.

Perhaps a parade around the clubhouse parking lot for children on their bikes, tricycles, skates, or being "towed" in their wagons (maybe for 4th of July or Labor Day with appropriate colors & flags), blood drives, etc. There are many things we can do here that are fun for us and our children. We need your ideas and assistance to make this happen.

Please contact Debbie at the office at 281-681-9750 to lead or help with event planning.

### **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
Police & Fire	
Emergency	911
Emergency 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)	
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
Street Light OutagesCable/Internet/PhoneCOMCAST	713-341-1000
Public Services	
Local US Post Office	281-419-7948
Toll Road EZ Tag	
Voters Registration	
Vehicle Registration	281-292-3325
Drivers License Information	
Montgomery County Animal Control	
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	
Birnham Woods Elementary	
Cox Intermediate	
York Junior High	
Oak Ridge High	
Private/Parochial	032
	036 756 6622
First Baptist Church	
Sacred Heart Catholic ChurchSt. Edward Catholic	
St. James Episcopal Day	
от јашез Ерізсораі Бау	/ 50-/ 50-4704

# BOARD & MANAGEMENT CO.

Management Co.: Real Manage

**Board Members:** 

Sebastien Moulin......ilovelegendsranch@yahoo.com
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Carol Ayre..........carol.ayre40@yahoo.com
Eric Green...........lrspringtx@gmail.com
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### THE LIVING LEGENDS

January 2013 started off for the Seniors as a slow month. December was extremely busy, what with the holidays, vacations, school out, and all the celebrations that season brings. Some of us got a year older, some of us had medical problems, and some just gave up and enjoyed the season! Even with all of that, the Seniors raised over \$800 for our donation to two schools that our children attend. We gave \$400 each to York and Cox schools to make sure that students whose families were struggling had a good Christmas. This is our 4th year to raise money to donate to our community.

January started with our change over from management by Land Tejas to self-management, which means we have some big changes ahead and major adjustments. We have a new Board, and we are looking forward to working with them to make this neighborhood the best place to live in the area.

I look forward to bringing you continued news of Living Legends activities in 2013 via our newsletter, provided to you completely by your Board and your neighbors.

-Jerrie Sanders

# Notes & Thoughts

#### **TAXES**

It's Tax Time in the Hood: Don't forget that changes are being made to the tax code, a few for this year but even more for 2014. Know what you need to save in 2013 for your return in 2014.

# THOUGHT FOR THE MONTH:

Even if you're on the right track, you'll get run over if you just sit there.

-Will Rogers



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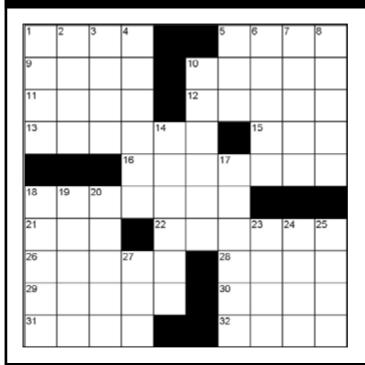
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# NOT AVAILABLE ONLINE





## **CROSSWORD PUZZLE**



#### ACROSS

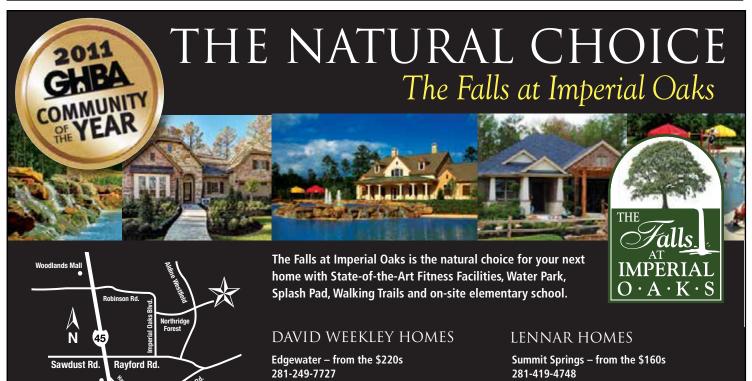
- 1. Tails
- 5. Tableland
- 9. Billy or nanny
- 10. Expressing dislike word
- 11. Capital of Norway
- 12. Dote
- 13. Eludes
- 15. Beverage
- 16. Crime
- 18. Cravon name
- 21. Cause of sickness
- 22. Merchant
- 26. Arc
- 28. Dwell
- 29. Ballerina skirts
- 30. Among
- 31. Dueling sword
- 32. Fly alone

#### DOWN

- 1. Id's counterparts
- 2. Eat
- 3. Painter of melting clocks
- 4. Breezy
- 5. Soil
- 6. Show emotions
- 7. Lark
- 8. In the lead
- 10. Fuss
- 14. Booths
- 17. City
- 18. Social position
- 19. Shred (2 wds.)
- 20. Having wings
- 23. Fancy car
- 24. Vile
- 25. Do it again
- 27. Regret

View answers online at www.peelinc.com

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#### LOCATION:

- 6 minutes to Woodlands Mall
- 15 minutes to IAH
- 30 minutes to Downtown

Holly Creek - from the \$290s 281-249-7725

Windsong Manor - from the \$260s 281-249-7812



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# CRIME PREVENTION FOR YOUR HOME

#### **DOORS & WINDOWS**

- All exterior doors should be solid core or of metal construction.
- All entry doors should be equipped with a good quality deadbolt lock having a minimum of a one inch throw.
- A good quality double cylinder deadbolt lock should be used
  if there is glass within 40 inches of the lock. If using such a
  lock, be certain a key is readily available in case of emergency.
  In all cases, use a heavy duty strike plate with Number 12
  gauge 3" woodscrews.
- All exit doors without side hinges should have their hinges pinned. Install a peephole with at least a 180 degree viewing area.
- Secure all sliding doors with an anti-lifting device and a secondary locking device, and install secondary locking devices on all windows.

#### **EXTERIOR & LANDSCAPE**

- Install lighting in areas around doors, walkway, and driveways.
- Use inexpensive timers to automatically turn the lights on and off at dusk and dawn. Do not leave ladders or tools outside. They can ssist someone in gaining entry.
- Be certain your shrubs/trees do not hide your address & it is visible so if necessary, emergency personnel can find

your home quickly.

#### **ALARM SYSTEMS**

- Chose ar eputable, well established company.
- Learn how to use your alarms system properly to reduce false alarms (fines can be assessed for false alarms).
- Do not write your alarm code/password on or near the alarm keypad. Put a warning sign on windows and entrances.
- Be certain your alarm call-back list is up-to-date.
- Additional Information
- Acknowledge all callers through locked doors and/or your peephole.
- Keep doors, windows and garage doors closed and locked, even when you're at home. Draw all curtains and shades at night to prevent viewing from the street.
- When traveling, keep your home looking lived-in by having the grass cut, mail and newspapers picked up and lights turned on and off with at imer.
- Before moving into a new house, re-key or change all exterior locks and also change the code to your garage opener.
- Engrave valuables with your Texas driver license (preceded by the letters "TX"). Engravers are inexpensive and are available in hardware departments.



# - Kids Stuff-

Section for Kids with news, puzzles, games and more!



Eleven-year-old Cait was trying to fall asleep when her 8-year-old brother, Doug, came into her room. He looked around a bit, but seemed really out of it. Then Doug went back into the hallway and stood there staring up at the hall light. Little brothers can be weird, but this was really strange. Cait didn't know what to do. Just then, Cait's father appeared and explained that Doug was sleepwalking.

#### WHAT IS SLEEPWALKING?

Not all sleep is the same every night. We experience some deep, quiet sleep and some active sleep, which is when dreams happen. You might think sleepwalking would happen during active sleep, but a person isn't physically active during active sleep. Sleepwalking usually happens in the first few hours of sleep in the stage called slow-wave or deep sleep. Not all sleepwalkers actually walk. Some simply sit up or stand in bed or act like they're awake (but dazed) when, in fact, they're asleep! Most, however, do get up and move around for a few seconds or for as long as half an hour.

Sleepwalkers' eyes are open, but they don't see the same way they do when they're awake and often think they're in different rooms of the house or different places altogether. Sleepwalkers tend to go back to bed on their own and they won't remember it in the morning. Researchers estimate that up to 15% of kids sleepwalk regularly. Sleepwalking may run in families and sometimes occurs when a person is sick, has a fever, is not getting enough sleep, or is stressed.

#### IS SLEEPWALKING A SERIOUS PROBLEM?

If sleepwalking occurs frequently, every night or so, it's a good idea for your mom or dad to take you to see your doctor. But occasional sleepwalking generally isn't something to worry about, although it may look funny or even scary for the people who see a sleepwalker in action. Although occasional sleepwalking isn't a big deal, it's important, of course, that the person is kept safe. Precautions should be taken so the person is less likely to fall down, run into something, or walk out the front door while sleepwalking.

#### WHAT WILL THE DOCTOR DO?

There's no cure for sleepwalking, but the doctor can talk to you about what's happening and try to find ways to help you sleep more soundly. Most kids just grow out of sleepwalking.

For kids who sleepwalk often, doctors may recommend a treatment called scheduled awakening. This disrupts the sleep cycle enough to help stop sleepwalking. In rare cases, a doctor may prescribe medication to help someone sleep.

# HERE ARE SOME TIPS TO HELP PREVENT SLEEPWALKING:

- Relax at bedtime by listening to soft music or relaxation tapes.
- Have a regular sleep schedule and stick to it.
- Keep noise and lights to a minimum while you're trying to sleep.
- Avoid drinking a lot in the evening and be sure to go to the bathroom before going to bed. (A full bladder can contribute to sleepwalking.)

#### HOW DO I TAKE CARE OF A SLEEPWALKER?

One thing you can do to help is to clear rooms and hallways of furniture or obstacles a sleepwalker might encounter during the night. If there are stairs or dangerous areas, a grown-up should close doors and windows or install safety gates.

You also might have heard that sleepwalkers can get confused and scared if you startle them into being awake. That's true, so what do you do if you see someone sleepwalking? You should call for a grown-up who can gently steer the person back to bed. And once the sleepwalker is tucked back in bed, it's time for you to get some shut-eye, too!

Reviewed by: Larissa Hirsch, MD Date reviewed: February 2008 Originally reviewed by: Michael H. Goodman, MD

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

# A Focus on Healthy Snack Ideas

By: Concentra Urgent Care

March is National Nutrition Month. Celebrate by trying out some of these healthy snack ideas:

- · Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts
- · Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat fruit, such as apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- · Bean burritos or burrito bites containing canned, fat-free refried beans, low-fat cheese, and salsa on a tortilla - roll up and cut into bite-sized pieces
- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce
- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- Turkey sandwich on wheat bread
- Granola or cereal bar

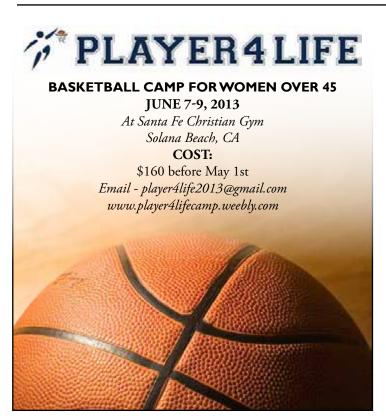


For more information about healthy snacks and diets, contact your health care provider, your Concentra health specialist, or visit the Department of Health and Human Services at: http://www.health. gov/dietaryguidelines/dga2005/recommendations.htm



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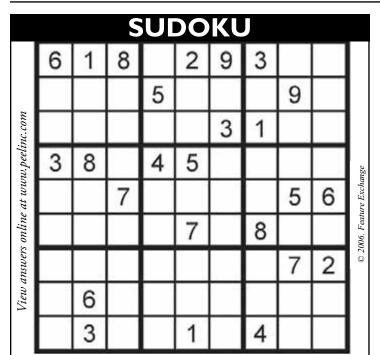
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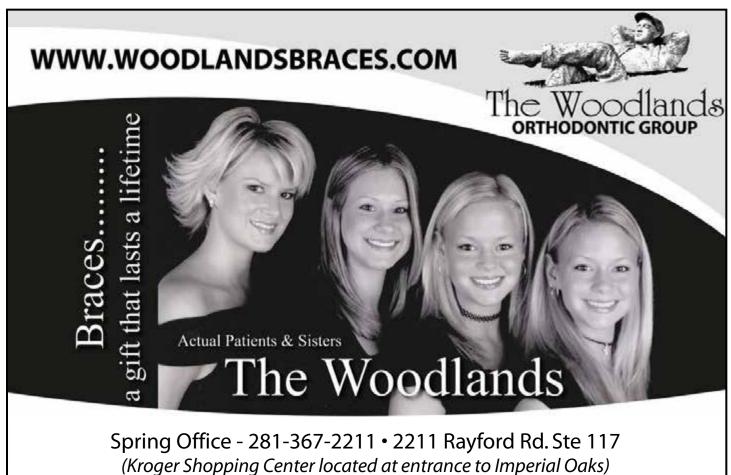
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Worship & Communion Service Children's Church (For children 4 yrs. old - 6th grade) Nursery Available (For children 3 and younger)

#### Saturday, March 30 at 5 p.m.

Big Easter Egg Hunt Children up to 6th grade Bring your lawn chairs (Back Sports Field)

#### Sunday, March 31

Easter Worship Services 9:30 & 11 a.m. Easter Egg Hunts 10:30 a.m. & 12 noon Children's Church 9:30 & 11 a.m. (For children 4 yrs. old - 6th grade) Nursery Available (For children 3 and younger)

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