



MAY 2013

Official Publication of Legends Ranch Property Owners Association

VOL 7, ISSUE 5

MESSAGE FROM THE BOARD

By now there are visible changes that have taken place in Legends Ranch. The Board has been busy repairing, replacing and updating many items.

Splash Pad - The Splash Pad was shut down in April to replace the perimeter and inside fencing and the balcony overlooking the Splash Pad. The underbrush was removed to increase the useable recreational area while promoting safety and visibility.

Pools - A Beautiful Pools will be providing the pool service, lifeguards and cleanliness that our community expects and deserves. Please notify Debbi in the front office if there are any concerns throughout our pool season.

Legends Ranch Perimeter Fencing - A rock fence replaced the broken wood fences at the end of Sullivan Oaks and the Drill Site. Also, a long term chain link fence with privacy netting replaced the broken and missing chain link fence on Buffalo Canyon. This is a perfect example of residents getting together and working with the board to resolve a serious issue.

Hand Readers - The Hand Readers at the front pool and the Splash Pad are being replaced with finger readers that will hold up to 9,000 numbers. Please note, due to the new finger readers being installed, everyone will need to reregister to use this new function. A notification will go out when this is in operation.

Gates - Always a source of discussions and frustration, the board has hired a new company that has replaced the hydraulics on the front iron gates with electrical parts. We are keeping the barrier arms in good working condition with help from the residents who are slowing down to allow the transponder to read the EZ Tag.

Legends Ranch is our community and we all need to work together to make this the best place for everyone.

Attention Residents Of *Legends Ranch*

The Board of Directors for Legends Ranch is recruiting volunteers to serve on the social committee for the neighborhood. Serving on a committee is an essential part of being involved in your community. This is how you can have a role in shaping the future of your neighborhood.

Committee members should possess the following attributes:

Enthusiasm, commitment, dedication

Good communication skills

Ability to plan in advance

**Ability to make good judgments based on
sound decision making practices**

Willingness to try new things

Work well in a team environment

Board Members and Management will be involved to provide guidance and assistance to the committee. You may choose how much time you can contribute and even if you are only able to volunteer a few hours, the Board will gladly accept your participation.

If you are interested in serving on the committee please contact RealManage via any of the following methods:

Via email to: LEGRANCH@realmanage.com

Contact Onsite manager, Debbi Silverstein at 281-681-9750

Contact Community Manager, Heidi Flores at 1-866-473-2573

The Board of Directors thanks you in advance for your consideration.

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

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
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

Area Hospitals

Memorial Hermann	281-364-2300
St. Luke's	832-266-2000
Conroe Medical Center	281-364-7900

Conroe ISD

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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
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BOARD & MANAGEMENT CO.

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Memorial Day-May 27: 12pm - 8pm

June 7 - August 25
Monday: Closed
Tuesday - Sunday: 12pm - 8pm

August 31 - September 29 (Weekends Only)
Saturday & Sunday: 12pm - 8pm
Labor Day - September 2: 12pm - 8pm

Splashpad Pool Summer Hours

May 4 - June 2 (Weekends Only)
Saturday & Sunday: 10am - 8pm
Memorial Day-May 27: 10am - 8pm

June 7 - August 25
Tuesday: Closed
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LEGENDS RANCH Easter Egg Hunt



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The Living Legends Of Legends Ranch

Submitted by: Jerrie Sanders

Wow! The Seniors have been rather busy on our own issues during March! We had to cancel our trip to Galveston on April 19th because so few could go. But this was the only date the comedian Joann Robertson was appearing. If you haven't heard her before, find her on the internet and listen to a few of her performances.

But we did have our regular game night at the home of Sally & Paul Axelsson for St. Patrick's Day. We had a great time: good food (as always), and we learned a new game. It was a little more difficult than our usual games for crowds, and we learned a lot – that we didn't know a lot of specific history! Guess we should all watch the history channel more often. A few of us went to see the play at the Owen Theater in Conroe, "The Fantastics" on April 6th. It is a musical and was a cute play.

The next Game Night will be on May 11th, 6:00 p.m., at the home of John & Tommie Garcia. And on June 7th, at 7p.m. Fernando and Yolanda Quinones will host Game Night. Please mark your calendars with these dates. We all thoroughly enjoy these nights and hope you join us. I will send reminders, but please make note of them now.

(Continued on Page 6)



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LEGENDS RANCH

(Continued from Page 4)

We also had our regular meeting on the 15th of March, and on April 19th. Our next planned meeting will be May 17th at the Clubhouse, 1:30 p.m. We hope as many as possible will join us. We will be planning more upcoming events for the summer and a little beyond, and we would love to have your input.

If you have any questions or would like to join us, please contact me at 281-651-2593, and PLEASE leave a message so I can get back to you. Or you may email me at jeriann5303@live.com.



New Columns For Newsletter

We will begin including information provided to us, such as graduations, awards received, etc. of students of our resident families. We will continue to provide a listing of those who wish to do babysitting, pet sitting, and/or pet walking.

We would also like to bring you pertinent information for our homes and families, such as tips on safety, yard and garden, and even recipes that may be unique to your family or heritage. We have several residents from other states and other countries who have unique food types we may enjoy.

We welcome any ideas of things you would enjoy seeing in our newsletter. After all, the newsletter is for you! Send any ideas you have, or information you would like to see in the newsletter to Carol Ayer at carol.ayre40@yahoo.com. Be advised that the newsletter is submitted to the printers by 5th of the month for distribution the following month. Please send any relevant photos you want included attached to your email.



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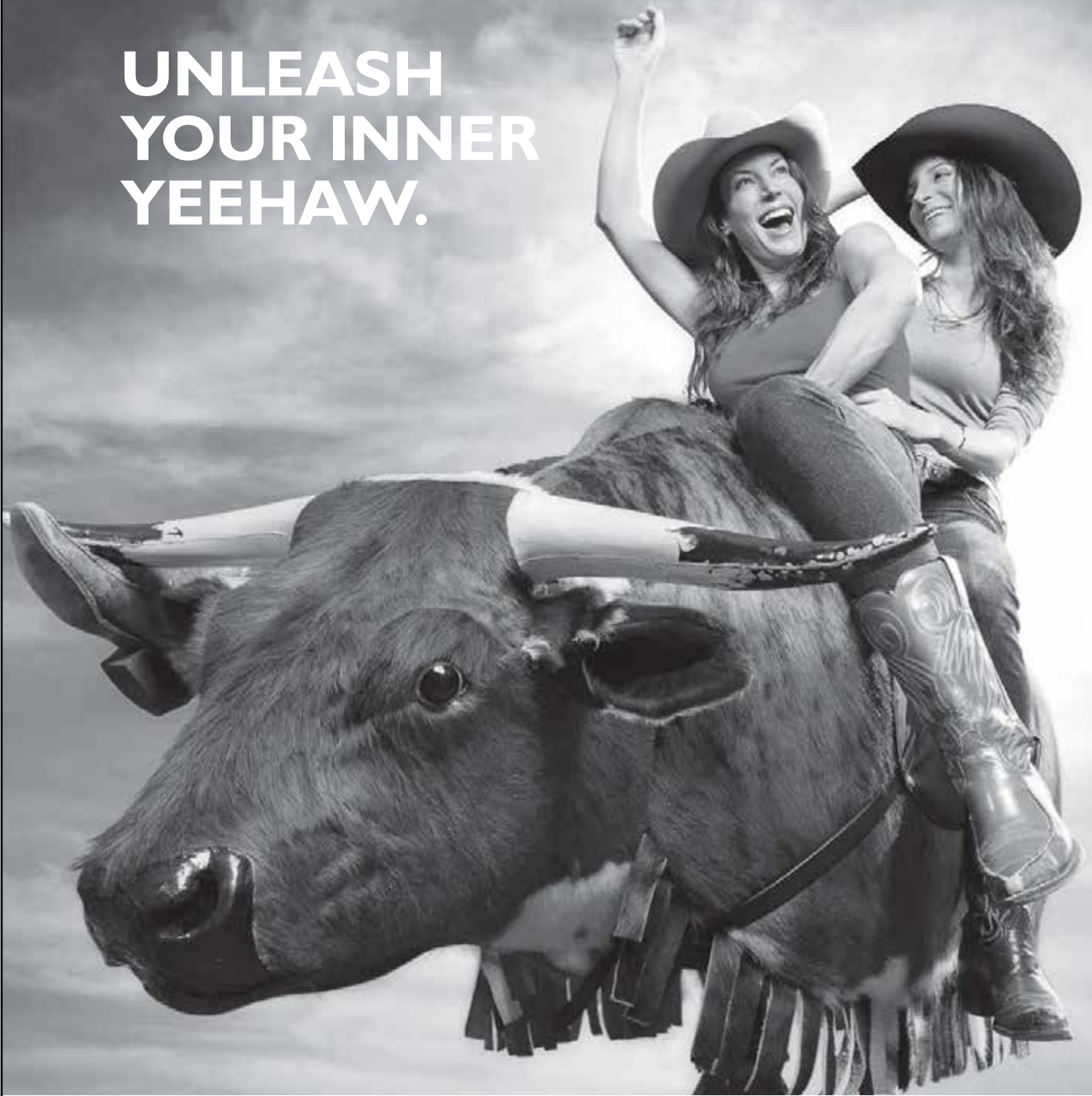
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LEGENDS RANCH

A Little Texas History...

I'm sure most of you have heard of the "Yellow Rose of Texas" by now, if not the story maybe just the old song. Just in case, here is a quick review. You may find a website for Mr. Neil Sperry at www.neilsperry.com with information about growing plants in Texas, suitable for our weather, and native Texas plants.

Most people think our state floral symbol is the yellow rose, but actually it is the lovely bluebonnet. People have long looked for the fabled "Yellow Rose of Texas" but it is elusive and hard to come by. But the true yellow rose of Texas was more than likely a woman, not a rose at all, as was the "San Antonio Rose" of song. Finally, horticulturists ran across a flashy yellow rose growing at a long-shuttered motel in Nacogdoches. Thus, it was named the "Nacogdoches Rose". After trials were done on type of growing conditions the roses needed, there were two cuttings that survived and thrived, and were propagated.

It was finally titled the "Nacogdoches Rose", and later named "Grandma's Yellow", and is classified a TexasSuperstar. It performs best in full sun and well-drained soil. It needs pruning twice a year along with a lawn or garden fertilizer. This is an antique shrub rose. If you are interested, you may have to look for it. Try the Antique Rose Emporium in Independence, Texas. You can find their information on the internet.

Famous Quotes

"If you cannot get rid of the family skeleton, you may as well make it dance."

-George Bernard Shaw

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SNAKE BITES A CONCERN AS WEATHER WARMS UP

Warmer weather coaxes snakes out of hiding, and it's important to know what to do after a snake bite, according to a medical toxicologist at Baylor College of Medicine (www.bcm.edu).

"Many people don't realize how much of an issue snake bites are in this area of the country," said Dr. Spencer Greene, director of medical toxicology and assistant professor of medicine – emergency medicine at BCM. "In fact, our regional poison center reported 235 snake bites – including 148 from known venomous snakes – in the Houston area in 2012, and I am sure many more are going unreported".

According to Greene, the first step is avoidance.

"Never reach into a hole or a bush blindly, a snake may be resting there," he said. "It is also important to maintain an appropriate distance from a snake. Most pit vipers, which include rattlesnakes, copperheads and water moccasins, can strike at a target up to two-thirds of their body length when provoked."

If you are bitten by a snake, Greene suggests the following important steps:

- Stay calm.
- Call 911 immediately to be evaluated.
- Take off anything that is constricting the affected area, such as a ring or watch.
- Position the affected area at or above heart level. This means that if you are bitten on the hand, bring it to heart level, and if you're bitten on the leg or foot, elevate it if possible. This minimizes the amount of local tissue damage and swelling, which is the most common finding in pit viper bites.

- Go to the emergency room – the sooner the better.

Greene also dispels several myths about treating snake bites and suggests heeding the following advice:

- Do not apply a tourniquet or a constriction band.
- Do not apply ice; it can cause local tissue damage.
- Do not apply heat.
- Don't cut the affected area and attempt to suck the venom out – this increases the amount of local tissue damage.

- Don't use a commercially-available extraction device. These have also shown to be ineffective in removing venom and actually increase the amount of tissue damage.
- Don't use electrical therapy.
- Don't apply any type of lotions or ointments.

The management of snake bites has changed over the years and the newer type of anti-venom has proven to be very effective in reducing pain, bleeding complications, swelling and tissue damage, Greene says. Although anti-venom has been shown to have the maximum effectiveness within the first 12 hours of the bite, it can still be effective a few days after the bite.

At the hospital, physicians will determine if anti-venom and hospital admission is necessary.

"Ideally, patients should be evaluated by a medical toxicologist with experience in managing snake bites," Greene says.

If a patient requires anti-venom, he or she usually spends one or two days in the hospital. After hospital discharge, patients will need to follow up twice a week for two weeks to watch for any signs of recurrent toxicity.



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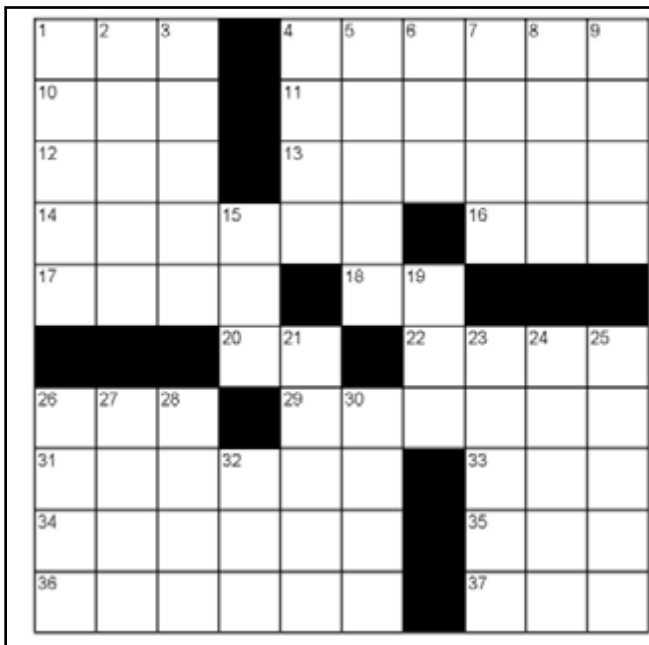
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14. More humble
16. Swab
17. Retired persons association (abbr.)
18. Education (abbr.)
20. Headquarters (abbr.)
22. Cool
26. Poisonous snake
29. African country
31. Penzance is this (2 wds.)
33. MD
34. Build
35. Kimono sash
36. Walk quietly
37. Misty

DOWN

1. Lava
2. Sleep disorder
3. Biblical outcast
4. Casing
5. Money
6. Tree
7. Detail
8. Business note
9. Metal fastener
15. Kilometers per hour
19. Cell stuff
21. Capital of Ecuador
23. Give
24. Mud brick
25. Inferred
26. Account (abbr.)
27. Dress
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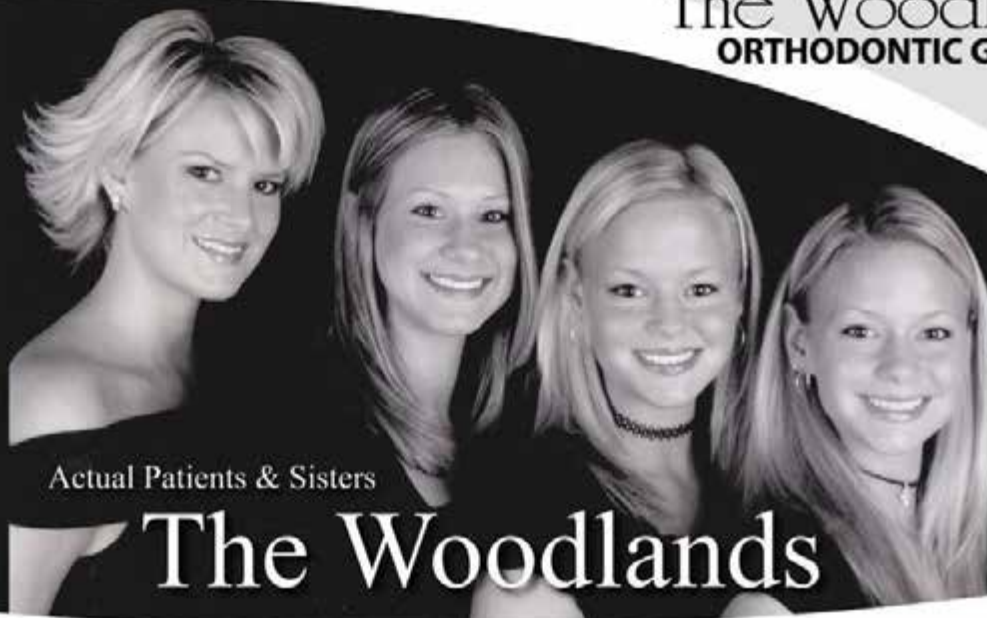
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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to Execute The Overhead “Smash”

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley and the one-handed backhand volley. In this issue, I will offer you instructions on how to execute the overhead “smash” when players get a high ball and they hit the ball above their head. In the illustrations, Matilda O’Connor, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Back Step: When Matilda realizes that a ball is high enough to hit the overhead, she takes a step back on the side to hit the ball. The upper body turns, the racket starts the back motion by keeping the elbow in 90 degree angle and the left hand is pointing to the ball. Notice that her head is looking at the ball and keeping the chin up.

Step 2: The Point of Contact: When Matilda is ready to hit

the ball, her racket starts accelerating from the back position. She is making perfect contact on the upper part of the racket and the right wrist is “snapping” to get on top of the ball. Her left arm is still pointing to the ball to assure a good hit on the “sweet spot”. Her weight has shifted from the back foot to the front foot.

Step 3: The Follow Through: After the ball has been struck by the racket, Matilda will continue the swing of the racket across the left side of her body. The eyes are now focused on the path of her stroke. The left arm is on her left side. Her right foot still kept her toes on the court to allow for maximum balance on the stroke.

Step 4: The Ready Position: Even though the overhead “smash” is a powerful weapon, many times the opponents will return it back to the players. Here Matilda is ready for the next ball coming back to her. By the looks of her smile, it seems that her overhead was successful and she has won the point.

Look for in the next Newsletter: The Forehand Service Return

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You're very excited — your mom and dad promised to take you on a fun camping trip this year. Or maybe your scout group is gearing up for an awesome canoe trip. Enjoying the beauty and nature of the woods is fun — if you are careful. Here are some tips to keep you safe.

PACKING BASICS

Before you leave, pack these few important things to make your trip more comfortable and safe:

- map of the area
- compass or GPS (learn how to use it beforehand)
- cell phone (though you can't be sure it will work in remote areas)
- whistle
- bottled water and food
- sleeping bag
- flashlight with extra batteries
- sunscreen and sunglasses
- waterproof matches (for an adult to bring)
- first-aid kit with gauze pads, adhesive bandages, tape, tweezers, and antiseptic
- waterproof tent (set it up beforehand to practice)
- warm clothing, clean socks, and rain gear

INTO THE WOODS

Staying safe in the woods means using common sense. That means being aware of your surroundings and always camping with an adult. Never go into the woods by yourself. Some things you need to be careful of while you're camping are insects, poison ivy, extreme hot or cold temperatures, rain or snow, and areas where you could trip or fall.

BUGS

If insects bug you, ask an adult to set up camp away from the water and build a small fire. The water attracts bugs, and the smoke from the fire will keep most of the bugs away. Another thing you can do is to remember to keep the tent door zipped at all times, even if you're just going in or out for a minute. Also, turn off your flashlight

before you enter your tent because insects such as moths are attracted to the light and will follow you.

Always check for ticks at the end of the day when you've been in the woods. Ticks can carry disease and germs. Some ticks are tiny, like the size of the head of a pin! You'll want an adult to help you inspect your body for ticks. Check behind your knees and ears, under your arms, and in your groin — that's where your legs meet your abdomen, or belly area. If you're camping with a pet, have an adult check your pet for ticks, too — dogs and cats can pick up ticks in their fur even more easily than humans. If you do find a tick, it needs to be removed. Get an adult to help you.

POISON IVY

Poison ivy is a plant that can cause an itchy skin rash in some people. Its leaves grow in groups of three, but the plant can still be hard to spot. If you accidentally touch poison ivy, wash the area with soap and water as soon as possible. The oil from the poison ivy plant can spread on clothes or even your dog. To try to prevent a poison ivy rash, there are products you can apply to your skin before going into the woods. Stores that sell outdoor equipment and sporting goods may carry them.

STAYING SAFE OUTDOORS

Your Campsite

Roasting marshmallows and singing songs by an open fire are favorite camping activities. Adults, not kids, should start campfires. Adults also need to watch the fires and make sure they are out when you're done. Never leave a fire without anyone to watch it. Don't forget to put out your fire by dumping water or shoveling dirt on it when you sleep or leave your campsite. Feel the ground around the area where the fire was to make sure it isn't warm.

Your Food and Water

When you're exploring outdoors, eat or drink something only if an adult says it is

safe. Even if streams or lakes look crystal clear, they could contain germs and the water may not be safe to drink. Bring bottled water to drink. Likewise, never eat wild berries. Some are poisonous and it may be tough to know which are safe. Good snacks for the outdoors include fruit, trail mix, crackers, granola bars, bread, and peanut butter.

Your Clothing

Wearing layers is a good idea when you're outdoors. That way, you can take off a layer or two if you get too warm. Wear comfortable boots when hiking so your ankles are supported and you don't get blisters. Keep your arms and legs covered while hiking to avoid ticks and insect bites and wear knee-high boots and long pants when you are in an area with snakes. Make sure to take rain gear, such as ponchos and waterproof jackets, to keep you dry if an unexpected shower occurs.

Watch Out for Wildlife

Although animals are cute to look at, wild animals are best enjoyed from far away. Don't go near or try to feed a strange animal. It's better to enjoy these animals at the zoo, in books, or on the Internet. To keep animals such as bears or wolves away from your campsite, keep it clean. Food and anything else an animal might smell must be packed away. In fact some campers put all their food, even candy bars, in a bag (called a "Bear Bag") and hang it from a tree branch away from the campsite. If they can smell it, the animals will be led away from where the campers are.

What if You Get Lost?

Stick with your group when you're in the woods. Carry a whistle and blow it if you get separated from the group. If you have a cell phone and it's working, use it to make contact with your group. If you do get lost, wait in a safe, sheltered place for an adult to find you. The sooner you're found, the sooner you can go back to having fun in the great outdoors!

Reviewed by: Steven Dowsen, MD Date reviewed: June 2011

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