



AUGUST 2013

Official Publication of Legends Ranch Property Owners Association

VOL 7, ISSUE 8

## A BIG 4TH OF JULY THANK YOU!!

To all of you who took time out from your busy holiday schedules to help with this year's first annual July 4th festivities, the Event Committee and the Legends Ranch Board thanks you. The tiny tots parade, the Legends Ranch July 4th Parade, and the party at the Splash Pad was enjoyed by everyone.

A special thanks to John Montgomery from Mud 89 Board, who donated the hotdogs, and volunteers to help cook and serve the hotdogs and hamburgers, along with LR residents fire fighter Jonny Riddle and Eric Garrington. Also, thank you to those who pitched in and helped serve, especially Alyssa Garrington 14, and ??????? who put on plastic gloves in the 100 degree Texas heat and help serve our residents and proved that our younger generation are truly amazing.

A big shout out to Peyo Rubio for securing donations, prizes and many behind the scenes efforts, along with Robert Maze and Bob and Carol Ayre, to ensure our event was a huge success.

A huge thanks to Paul Cote for donating the snow cones and music!

Because the residents of our community are as much a part of the team as POA board members and the social committee, your attendance and efforts is formally recognized. As you know, you helped our team accomplish the first ever Legends Ranch July 4th Event!

Once again, thanks for being such a great team and a truly outstanding community!

You all are the best!!



(Continued on Page 3)

# 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

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:

Sebastien Moulin..... ilovelegendsranch@yahoo.com  
Eric Garrington..... ericlrhoa@gmail.com  
Carol Ayre..... carol.ayre40@yahoo.com  
Eric Green..... lrspringtx@gmail.com

## NEWSLETTER INFORMATION

### Editor

Carol Ayre..... carol.ayre40@yahoo.com

### Publisher

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

Brilliant Energy Texas OUC #10140



Easy Online Sign-Up at  
**BrilliantElectricity.com**

USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL

BRILLIANT ENERGY = SERIOUSLY LOW RATES  
BRILLIANT ENERGY'S ELECTRICITY RATES CHALLENGE  
THE RATES OF EVERY OTHER PROVIDER IN TEXAS!  
LOCK-IN A LOW ELECTRICITY RATE FOR  
UP TO 3 YEARS

BRILLIANT ENERGY IS RECOMMENDED BY TEXAS ENERGY  
ANALYST, ALAN LAMMEY THE HOST OF THE "ENERGY  
WEEK" RADIO SHOW ON NEWSTALK 1070 KNTH!

Ask the "Energy Analyst"  
**281.658.0395**

**GREAT BUSINESS RATES TOO!**





# LEGENDS RANCH

*July 4th Photos (Continued from cover)*



## Falls in love...

There's no greater feeling than when the stars align and the meaningful parts of life fall together. Come home to that feeling time and time again. Experience a tranquil escape for your family, a brighter future for your children, and easy access to work and play.

Experience life at the Falls.

*Falls*  
AT IMPERIAL OAKS

To view available homes visit us online at  
[www.fallsatimperialoaks.com/fallsinlove](http://www.fallsatimperialoaks.com/fallsinlove)

HOMES FROM THE \$180's - \$450's  
DAVID WEEKLEY HOMES & LENNAR HOMES

31220 Birnham Woods Dr, Spring, TX 77386 | (832) 813-7170

Located close to The Woodlands and only  
3.5 miles from the future ExxonMobil campus.





# LEGENDS RANCH

## 4th of July Splash Pad Party



## Rayford Road Civic Association

Meeting on the 2nd Wednesday of Each Month at 6:30pm  
Imperial Oaks Clubhouse, at 1910 Havenhouse Drive, Spring, Texas 77386

### 5 reasons why you should join...

#### 1. Boost Your Community Pride

By bringing together 25 communities east of I-45, RRCA represents over 40,000 local residents. The time has come for us to join together and focus our community resources in achieving success.

#### 2. Strengthen your Community by Supporting Local Leaders

The Rayford Road Civic Association is a means of supporting current leaders, identifying potential leaders, expressing community concerns, problem solving, and providing community direction to help our community prosper.

#### 3. Raise Our Overall Community Presence

By joining forces, we can work together to express concerns with our officials at the County, State, and Federal levels.

#### 4. Be Involved with Effective Community Planning

Rayford Road Civic Association is committed to the continued overall development of effective community planning by working with all those involved to improve the quality of life for our residents. We will strive to protect the value and beauty of our homes and neighborhoods. We will work with government officials and public servants to protect and serve our residents.

#### 5. Be Connected to Your Community

Rayford Road Civic Association connects you with those that have answers to your questions and resources to get the issues addressed.

Join us on Facebook at [Rayford Road Civic Association](#) or email us at [JoinRRCA2Gmail.com](mailto:JoinRRCA2Gmail.com)



# LEGENDS RANCH

## Now Hiring! School Crossing Guards

***\$9.75/hour***

- 2 hours daily
- Also hiring substitute guards

Please complete an application online at:  
<https://jobs.conroeisd.net/jobs/>

In Job Categories, Choose: AUXILIARY

In Auxiliary Position Types, Choose: CISD POLICE PD

In CISD Police Dept Positions, Choose: Crossing Guards  
- Part Time

**CONTACT**  
**Officer Pete Vollmer**  
**(936) 672-0128**

2900 N. Loop 336 E., Conroe, Texas  
ce (936) 709-8900 metro (936) 441-662



## 2013 LEGENDS RANCH POOL SCHEDULES

### CLUBHOUSE POOL SUMMER HOURS

May 4 - June 2 (Weekends Only)  
Saturday & Sunday: 12pm - 8pm  
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  
Wednesday - Monday: 10am - 8pm

August 31-September 29 (Weekends Only)  
Saturday & Sunday: 10am - 8pm

## Special Meeting: Aug. 1st

The Grand Parkway / Toll Road Update

It's time to learn how the toll road construction  
on Riley Fuzzel Road will soon be affecting us.

Thursday, August 1st, 6:30 p.m.  
Kaufman Elementary School, 2760 Northridge Forest, Spring





# LEGENDS RANCH



Volunteers are needed 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 Shara Cote at [shara.cote@hotmail.com](mailto:shara.cote@hotmail.com) for guidance or assistance.



**Kathy J. Peery**  
K-Rox Fitness Services, LLC  
**Call me — I'll bring fitness to you!**

NASM - Certified Personal Trainer  
AFAA - Certified Group Fitness Instructor  
AHA - Heart Saver CPR/AED  
Cell: 832-287-7353  
[www.facebook.com/KRoxFitness](http://www.facebook.com/KRoxFitness)  
[Twitter.com/@kroxfitness](https://twitter.com/kroxfitness)  
[kroxfitness@gmail.com](mailto:kroxfitness@gmail.com)

## BUSINESS CLASSIFIEDS

**RAINCO IRRIGATION SPECIALIST:** Commercial & Residential. Backflow Testing, Drainage, Irrigation (Sprinkler) System, Design & Installation, Service & Repair, Rainbird – Hunter. Fully Insured. Lic. # 9004 & 9226. Call 713-824-5327.

### *Classified Ads*

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Legends Ranch residents, limit 30 words, please e-mail [legendsranch@peelinc.com](mailto:legendsranch@peelinc.com)



WANT A  
GREAT RIDE?

SELL US YOUR CAR!



TEXASDIRECTAUTO.COM



Scan and sell us your car  
or search our inventory



**99 PROBLEMS?  
A HOUSE  
SHOULDN'T BE ONE.**

**Call me about listing your home  
to sell with my innovative  
(out of the box marketing) techniques!**

Text, email or call me for a FREE Market analysis,  
to determine the market value of your home!!  
FREE Staging Service included on ALL listings for SALE!

**Peyo Rubio**  
832.638.9166

**PeyoRubio@REMAX.net**

**LEGENDS RANCH RESIDENT**

RE/MAX Northwest, Realtors



**GOT HOUSES?  
Buy/Sell/Lease**

What do previous clients think about Peyo Rubio?  
Read their feedback @ [www.har.com/peyorubio](http://www.har.com/peyorubio)

**4.99 out of 5.00 ★★★★★**

*Based on 170+ surveys*

Each office is individually owned and operated.



## Community: Ways to Be a Good Neighbor

Making a difference in your community can begin right in your own neighborhood—by being a good neighbor. Whether you're building relationships with or serving those who live closest to you, beautifying your neighborhood, or volunteering at the local school, you're contributing and helping make your neighborhood a safe, beautiful, and wonderful place to live—one act of kindness at a time.

### 1. Get to know your neighbors.

Getting to know your neighbors is the first step in making a difference. How can you serve others if you don't know their needs? Find ways to interact with them.

Common ways that neighbors get to know each other include going to the same church, volunteering at the same community centers, having kids that attend the same school or are on the same sports teams, carpooling together, or simply saying hello as you are walking your dog or otherwise out and about in the neighborhood. And remember: Nothing builds relationships faster than a simple smile, wave, or hello!

### 2. Organize or participate in a neighborhood activity group.

Our neighborhood has several different groups that I know of: a play-date group (for parents with non-school-aged children), seniors over 50's group, social committee, vendors group, garage sales group, bikers club most information can be found on the Facebook group called "residents of Legends Ranch and monthly meetings by the POA board. The majority of these groups have private Facebook pages which can be found on the Residents of legends ranch page on Facebook, where they announce their monthly activities. This helps keep participants in the know about upcoming events as well as provides a forum for neighbors to engage outside of the activity if they have questions or other activity information. As new people move into the neighborhood, they are invited to join the groups. It has proven a great way to both build and deepen relationships. Whether you start a group, participate in a club, take other neighbors with you, or go on your own, you are contributing to your neighborhood just by showing up!

### 3. Share information through a neighborhood email list.

Perhaps someone would like the opportunity to be well organized and walk door to door, offering people the opportunity to provide their names and email information. So we can create an email list and kept everyone up to date via email about community events, political or neighborhood issues that would impact the neighborhood, or any issues that we should be aware of (like break-ins or even opportunities, like in-home piano lessons for our children). We would strictly use the list to share information and BCC all neighbors who were on it instead of publicly sharing their information.

### 4. Serve those who are sick or struggling.

We should have a compassionate service group that organizes meals and other services for families welcoming new babies, for those who are sick, or those who are in need ... whatever that need may be. I was down and out after a surgery once for six weeks. During that time, we were the recipients of so many meals, play dates, babysitting, and even house cleaning from our neighbors. We would have been devastated without their help.

Everyone struggles at one time or another. Some people are private and others are more public (or their kids are!). Take every opportunity

to identify your neighbors' needs and to help. Consider organizing a compassionate service committee in your neighborhood if you don't already have one.

### 5. Stay informed on community issues and vote.

What issues are taking place in your community that may impact your neighborhood? We now also have the Rayford Road Civic Association which welcomes community members to come and weigh in on important decisions. Make sure to stay informed and weigh in by speaking out, signing a petition, or voting on important issues.

### 6. Lead or volunteer in Neighborhood watch program.

Having a safe neighborhood makes building relationships so much easier. A formal Neighborhood Watch program is an easy way to build in formal systems for keeping everyone safe. A great benefit of uniting about safety is that neighbors can bond over protecting their homes and families. For example, we have felt so safe heading out on extended vacations, knowing that our neighbors are watching after our house and recognize what is regular versus what would be suspicious behavior.

### 7. Plan or participate in neighborhood block parties.

I remember block parties as a favorite summer activity from my childhood. Our neighborhood was comprised of four short blocks and each block had a party on the same day and at the same time. Me and my friends would get our fill of the food and fun on our street and then quickly visit our friends on all the other blocks, tasting all the desserts as we went.

If your neighborhood doesn't have such a tradition, why not start one?

### 8. Deliver neighbor holiday or birthday gifts.

The holiday season is the perfect time to show a little neighborly love. Choose a family and do the 12 Days of Christmas for them, drop off treats as holiday gifts, find out if there are families in need in your neighborhood and anonymously provide holiday gifts for their children.

### 9. Plan or attend neighborhood holiday celebrations.

Our neighborhood has just founded the Social committee to celebrate the holidays. We've had Easter Egg hunts, 4th of July Parades and now just starting for the Fall, Halloween and possibly a Chile cook off and donuts for dessert, Christmas celebrations, and more.

### 10. Organize neighborhood service activities for your community.

Making a difference beyond your neighborhood is made easy when one person or a group of neighbors set the service activity up for the neighborhood to participate in. Recently, a friend and neighbor organized a clothing drive. She placed boxes on her front door step and all we had to do was drop off clothing we wanted to donate. Another gal encouraged the neighborhood to bypass neighbor gifts last year and give to the local food bank instead. She hosted her own food drive and set up several drop off places in the neighborhood, making it easy for people to donate.

### 11. Share and do random acts of kindness.

If you grow a garden or have fruit trees, take bags of your bounty around to your neighbors. If you have extra time, shovel their walks or rake their leaves. If your neighbor is in need of an extra ingredient, give more than they are asking for. If they need a ride, take them. If they need to borrow a few bucks, give it to them. If they don't have time to water

*(Continued on Page 10)*



# GATEWAY

# BAPTIST CHURCH

## WORSHIP

SUNDAYS AT 10:30 A.M.  
WEDNESDAYS AT 7 P.M.

BIBLE STUDY SUNDAYS AT 9:15 A.M.

### *Gateway To Learning Christian Childcare Centers*

4 Programs - 1 Location  
NOW ENROLLING ALL  
PROGRAMS

### *Full Time Program*

Monday - Friday  
6:30 a.m. - 6 p.m.  
6 weeks thru Pre-k

### *After School Care*

Monday - Friday  
Kindergarten thru 4th grade  
Bus Pickup Available For:  
Birnam Woods, Broadway,  
Ford, Kaufman & Snyder

## COME & EXPERIENCE

THE JOY OF BELONGING

### *Part Time Program \*New Days Offered for Fall\**

2, 3 & 5 Day Programs Offered  
9 a.m. - 2 p.m.  
Ages \*1 to 4 years old  
\*as of September 1st

### *Private Kindergarten \*New for Fall\**

Monday - Friday  
8 a.m. - 3 p.m.  
Before & After School Care  
Available  
6:30 a.m. - 6 p.m.

*Texas Education Agency Approved  
& Bible-Based Curriculum*

**Contact Us Today!**

**281-466-8080**  
**gatewaytlearning@yahoo.com**

**281.363.4500 • 2930 RAYFORD ROAD**  
**WWW.DISCOVERGATEWAY.COM**

# LEGENDS RANCH

(Continued from Page 8)

or mow their lawn, do it for them. Help them carry in their groceries, lug heavy items up stairways, take in their garbage cans, or collect their mail when they are out of town. Feed or walk their pets. Talk to them. And really listen.

## 12. Avoid judgment.

Not judging your neighbors seems so simple and yet sometimes what seems to be so unkind, insensitive, or just plain wrong can mean something so different than how you're interpreting it. You never know what is going on in people's lives ... what is REALLY going on.

## 13. Be an influence through leadership, mentoring, and more.

Being a model of a good neighbor is a great way to positively influence those around you, including the children in your neighborhood. Other ways to influence include volunteering at the local elementary school, mentoring people in your community, signing up to be a coach on a city sports' team, teaching the youth groups at church or your local recreation center, or just listening to the kids you carpool and helping them have a safe, positive space in between places they need to be.

## 14. Let others serve you.

This should probably be way closer to the top of the list. Service simply brings people closer together, whether you're the giver or the receiver. Often times, we're more than happy to give, but feel awkward about receiving. But allowing people into our lives to help when we really need it can often form a bond that exists way beyond the time of service. Let others in. Even if you feel you can or should do things all by yourself, don't!

## 15. Go outside your circle and include others.

Once you've lived in an area for a while, you will probably have a circle of friends. That's awesome! Just always keep in mind what it's like to be the new person and make sure to involve others, invite new people to your activities, sit next to someone who came alone or who doesn't know other people well at events, and take plates of cookies or other goodies to people when they move in. Being inclusive is a sign of a good neighbor.

## 16. Pay it forward—literally!

Go in to pay your utilities directly one month and while there, write a check to pay for one of your neighbors'. Or, while grocery shopping, pick up extra groceries for someone in your neighborhood you know is in need. Drop them off on their doorstep. During the holiday season, provide some gift cards for a family in need so they can provide gifts to their children. When in line at the coffee shop or other store in your neighborhood, if applicable, pay the cashier an extra \$10 (or other amount) to go toward the person behind you bill. Do all of this anonymously.

## 17. Be the Kool-Aid Mom ... inviting and friendly!

Do you remember the Kool-Aid commercial from the 80s? The one with the Kool-Aid mom? That was the same as my Mom. My friends used to come over just to talk to her. My mom created a safe and fun space and because of that, my friends (and all of my siblings' friends) wanted to play at my house. Regardless of how you interact with your kids' friends (especially the other neighborhood kids), create a similar environment for them—one where their friends feel safe, happy, and can have fun.

## 18. Show gratitude to your neighbors.

Write thank-you notes to your neighbors who do acts of kindness for you. Express gratitude when someone includes you, asks about your day, or shows love toward your children. Show appreciation by returning favors and giving public praise.

## 19. Say something nice or don't say anything at all.

Neighbors will be more likely to reach out, include others, want to get to know people, and reserve judgment in difficult situations when you spread positivity. While gossiping can tear down a group or a community, spreading kind words can build it up and strengthen it. If someone did something unkind or hurtful, work it out directly and don't involve the neighborhood in your individual disputes. Remember that people can change, so wherever possible, move forward with a spirit of forgiveness.

## 20. Organize small get togethers with a few neighbors.

Ideas for smaller get togethers that involve only a few neighbors (couples or families) can range from progressive dinners to date nights to themed events.

## 21. Organize random neighborhood get togethers.

My friend's neighborhood has Sunday Sundae parties each week in the summer. Everyone brings ice cream and lawn chairs and anyone and everyone are welcome to gather and chat. While this is open to the entire neighborhood and may seem like a big endeavor to take on, all it really requires is choosing a location, sending around a sign-up sheet for people to bring ice cream, and getting the word out.



## PROGRESSIVE MONTESSORI SCHOOL

**Traditional Montessori  
Curriculum with advanced  
Math & Reading Programs and  
Excellent Teacher Student Ratios**

- Ages 6 wks - 6 yrs
- Spanish & American Sign Language
- Music & Creative Movement
- Gymnastics & Art

**ASK ABOUT OUR FALL  
PRE-ENROLLMENT  
SPECIAL!**

**HOURS: 6:30AM - 6:30PM**

**281.355.6776**

**WWW.PROGRESSIVEMONTESSORI.COM**  
2050 LOUETTA ROAD





A woman wearing a brown cowboy hat, a green and white plaid shirt, and blue jeans is standing in a doorway. She is holding a brown leather lasso over her shoulder. The background is a bright, sunlit outdoor area with a wooden fence.

**GO FOR  
A ROLL IN  
THE HAY.  
REALLY.  
WE HAVE  
A FARM.**

*TripAdvisor* named Travaasa® Austin a Top 10 Destination Spa.  
This summer, enjoy true farm-to-table meals from the new Travaasa Farm.

1.877.594.3120 or visit [travaasa.com](http://travaasa.com)

ADVENTURE / **CULINARY** / CULTURE / FITNESS / SPA & WELLNESS



## Back to School Tips

Back-to-school anxiety is normal and understandable. Many kids may feel anxious about going back to school after a long summer break. Others may feel nervous about starting school for the first time. Whichever the case may be, parents can help ease the transition to back to school with these simple strategies.

Organize your home for back to school. A great way to ease some of your child's anxiety about going back to school is by getting your home ready for the transition. Strategies such as making school lunches the night before or establishing a comfortable homework area can help make kids feel more in control and relieve some of their anxious feelings.

Help your child feel more comfortable about his new school environment. One of the things that can cause back to school anxiety for kids is not knowing what to expect. Help your child become more acclimated to new routines and unfamiliar surroundings by doing the following:

- Take him for a visit to the school. If your child is starting kindergarten or first grade, he may be uneasy about going into a new building. Older grade-schoolers may be nervous about being in a new classroom or meeting a new teacher. To alleviate some of these concerns, ask your school about arranging a visit to school and meeting the teacher before school begins.
- Make a couple of drives back and forth from home to school. Whether your child will walk, take a school bus, or be driven to school by mom or dad, helping him become familiar with the route to and from school will make considerably ease back to school anxiety. Even if your child is already familiar with the route to school, making a pre first-day run will remind him where school is, and help him feel more connected to where he will go on the first day back to school.
- Go over the basics. Where will he hang his jacket? Where will he go to the bathroom? Where will he eat lunch? Knowing the answers to some of these questions will help make your child feel more comfortable in his new classroom.

Highlight the things that make school great. There are lots of attractive factors that can make school very appealing for kids. For starters, there's the swag -- fun new school supplies and clothes. There will also be friends she hasn't seen and things she may have missed about school -- or can look forward to if she's starting school -- such as the playground or making arts and crafts projects.

Arrange some playdates. Help your child re-connect with old friends or make new ones before school starts. Try to get a class list if possible and set up some playdates with familiar pals as well as kids he may not be familiar with. If he is anxious about not being in the same class with old friends, reassure him by letting him know that he can have regular playdates with his friends after school so that they can stay connected.

Remind her that she's not the only one who may be nervous. Let your child know that the other students are likely to be just as anxious as she is about the first day of school. Reassure her by

telling her that the teacher knows that the children are nervous, and will probably spend some time helping the students feel more comfortable as they settle into the classroom.

Try to be home more during back to school time. Right before school starts and during the first days back, try to make it a point to be present at home for your child and support him through this transition back to school. If you work away from home, try to arrange your hours so that you are able to drop your child off at school and are home in time for after school or an early dinner. If you stay at home, try to focus more on your child and put everything else on the back burner. Spend some time talking to your child about his day such as what he liked and what he might have questions about. By giving your child more attention, you will help him feel more secure about his connection to you and home, and help him navigate back to school time.

Make sure she gets enough sleep and eats a balanced diet. Getting adequate sleep and eating a healthy diet -- especially a protein-carbohydrate balanced breakfast -- is important for brain function, mood and the ability to focus and pay attention in school.

Keep an eye on his school anxiety. You know your child best. If you sense that his back to school anxiety may be rooted in something more serious, such as an anxiety disorder or a problem with a bully, talk with your child, your child's teacher, and the school counselor.

And remember to try to get yourself relaxed as much as possible. Back to school time can also be a hectic time for parents, so taking care of yourself by eating right and getting enough sleep and exercise is a good idea during this transitional phase back to school.

Try to remind yourself that any anxiety or stress you or your child may be feeling is only temporary. Before you know it, your family will be back in the back to school groove, and you'll be sailing smoothly into the fall semester.





## Easy School Lunch Recipes

### Frozen Peanut Butter Sandwich

My kids love uncrustables but I think they are too expensive. So I started making my own. I don't cut the crust off mine but it's the same concept. I make these in one session and the kids can always pull them out of the freezer for a quick snack or for their school lunch.

#### Directions

1. Apply peanut butter to one side of each slice of bread. Make sure you spread the peanut butter out to the edges of the bread.
2. Apply the jelly to one slice of the bread but keep jelly about a half an inch away from the edge of the bread on all sides. By doing this, the peanut butter will "seal" the sandwich and it will not get soggy.
3. Put the sandwich together.
4. Wrap and place in freezer bags.
5. When ready to eat, pull amount of sandwiches needed and let thaw in fridge or in lunch box.
6. You can use whatever type bread, peanut butter and jelly you like. The combinations can be endless.

### Easy Chicken Sandwich

#### Ingredients

- 1 cup shredded, cooked chicken
- 1/3 cup "something crunchy" (celery, apple, radish, sweet pickle slices or a combo) what ever your kids like!
- "Something oniony," like 1 scallion or 1/4 small red onion, chopped
- 1/4 cup mayonnaise or plain yogurt
- Kosher salt and freshly ground black pepper
- 2 whole-wheat hot dog buns

#### Directions

- Stir chicken, the "something crunchy," "something oniony," and mayonnaise or yogurt together until evenly coated. Season with salt and pepper, to taste. (This can be made the night before, and refrigerated.)
- Evenly fill the hot dog buns with the salad mix. Wrap in parchment or butcher paper. Pack in a lunch sack with an ice pack and send off to school.

**Cook's Note:** Roasted turkey is great in these as well. Or, for adventurous eaters, make it curried: Stir 2 teaspoons curry powder, 1/3 cup chopped fresh cilantro and 1/4 cup golden raisins into the mix.

## DROWNING IS PREVENTABLE



Volunteer - Donate  
[COLINSHOPE.ORG](http://COLINSHOPE.ORG)



**Ongoing:** Volunteers needed to distribute water safety packets, [info@colinshope.org](mailto:info@colinshope.org)  
**August 19:** Got2Skate for Colin's Hope Fundraiser, 6:30-8:30pm at Playland Skate Center  
**August 29:** Colin's Hope Got2Swim Lake Austin 10K/10 miler, <http://www.tinych.org/got2swim>  
**September 8:** 5th Annual Colin's Hope Kids Triathlon, <http://www.tinych.org/KidsTri>  
**October 19:** Sharkfest Austin Swim benefitting Colin's Hope, [www.sharkfestswim.com](http://www.sharkfestswim.com)



**ALERT:** 36 Texas children have lost their lives to a fatal drowning this year. Many more have survived non-fatal drowning incidents. Be a Water Guardian and Watch Kids around Water. Drownings are preventable!

## LAYERS OF PROTECTION



CONSTANT  
VISUAL  
SUPERVISION



LEARN  
TO  
SWIM



WEAR  
LIFE  
JACKETS



MULTIPLE  
BARRIERS ON  
POOLS & HOTTUBS



KEEP BACKYARDS  
& BATHROOMS  
SAFE



LEARN  
CPR



CHECK POOLS  
& HOTTUBS 1ST  
FOR MISSING CHILDREN



VISIT  
US  
ONLINE

# LEGENDS RANCH



## Gardening Tips for August

The extremes of August are here! Extreme heat and dry will be taking its toll on your lawn and garden. Most plant will be showing some signs of stress such as slowing of flowering, browning of leaves, and sometimes even going dormant.

Many trees, especially large leafed trees will start to drop leaves in an effort to conserve water (redbud and catalpa are the most noticeable.) To help with this problem on all trees, try deep watering. This can be done with a deep root watering implement. The most common used is the "ross root feeder" used without the fertilizer capsule. Also you can use a soaker hose with the water just dripping. The best time to do this method is at night with the water running until the next morning.

August is the month to apply a second treatment for grubs, unless you applied a season long grub control earlier in the year. Check plums, peaches and apples for borer damage this month. Look at the trunk and main branches of these trees for small holes, sawdust (a combination of sawdust, bug waste and sap called "frass"), or just sap running out of the bark. There are several controls on the market, but come see me and we will discuss the best one for you to use according to type of tree and harvest time.

Hot and dry weather is perfect conditions for spider mites (red spider). These tiny mites can ruin a garden quickly. The signs of spider mites is a "graying" of the foliage. If seen from a short distance or up close you may see small webs or look at a leaf and you will see individual cells destroyed in the leaf. To confirm that it is red spider take a sheet of white paper, place it under the affected leaves and give the leaf a good thump.

If you see "dust that crawls" you have spider mites. If nothing moves take your finger and rub it over the paper, if you leave a red-brown smear it is also spider mites. Spider mites will attack many plants but seem to have a preference for marigolds, verbena and junipers. There are a few good controls to be had, acephate (you may know it by the name orthonex) is a systemic that is a good control. Malathion will also control red spider but spraying on the underside of the leaf is required.

If you have any questions, please come see me at lone star ace or contact me at [Troy@lonestarace.Com](mailto:Troy@lonestarace.Com).

## SUDOKU

								7
6	7	2			1			
5				6			9	2
7		5						
	4							
	1	6		2			4	9
				4				6
		8		1	7			
		9	3	8		1		

View answers online at [www.peelinc.com](http://www.peelinc.com)

© 2006, Feature Exchange

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



## We solve all the pieces to the puzzle.



**PEEL, INC.**  
printing & publishing

**Call Today to Get Started  
On All Your Printing Needs.**

**1-888-687-6444  
Ext. 23**

EXPERIENCE MATTERS doing business for 30+



**At no time** will any source be allowed to use the Legends Ranch Community Newsletter 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 the Legends Ranch Property Owners Association and Peel, Inc. The information in the newsletter is exclusively for the private use of Legends Ranch residents only.

**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**

**WWW.WOODLANDSBRACES.COM**



**The Woodlands  
ORTHODONTIC GROUP**

**Braces.....  
a gift that lasts a lifetime**



**Actual Patients & Sisters**

**The Woodlands**

**Spring Office - 281-367-2211 • 2211 Rayford Rd. Ste 117  
(Kroger Shopping Center located at entrance to Imperial Oaks)**



**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

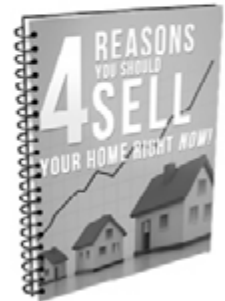
PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

LR

## *Free Home Seller Report Reveals...* **4 Reasons You Should Sell Your Home Right Now!**

*In this free report, you'll make 4 discoveries that will greatly influence when you choose to sell.*

- ☒ I have **outlined several compelling reasons** that you absolutely should put your home on the market as soon as possible.
- ☒ Selling your home right now is the **very best move you can make** if you want to get top dollar and move your property quickly.
- ☒ Learn how current interest rates are the very best that buyers are going to run into for years to come, and **how that can positively affect your selling position presently.**
- ☒ Lastly, and **most importantly**, become enlightened on how a seller's buying power works, and the reasons why buyers in today's market have a tremendous amount of it!



To get instant access and download your report for Free, go to [www.SoldInSpring.com](http://www.SoldInSpring.com)  
Or Call or Text this number 281-205-8300 and enter code: SELL (7355)

## Ellen Mangrum

Specializing in Gated Communities in Spring

### 281-761-1633



[ellen.mangrum@gmail.com](mailto:ellen.mangrum@gmail.com) • [www.SoldInSpring.com](http://www.SoldInSpring.com)

