



JULY 2014

Official Publication of Legends Ranch Property Owners Association

VOL 8, ISSUE 7

Legends Ranch July 4th Event

8:30 – 9:00 a.m. Kids Parade – bikes, scooters, wagons decorated. Please no motorized/battery operated vehicles in this parade. To take place at the front pool/clubhouse.

9:00 a.m. Line Up for Adult Parade Front Pool/Clubhouse

9:30 a.m. - Adult Parade – for cars, trucks, decorated floats, trailers, motorcycles, bicycle.

11:00 a.m. BBQ (Hamburger, Hot Dog, Drink) at the Basketball courts (Back Splash Pad)

Bouncy Houses and visiting at the Splash Pad area. Residents can put their canopies up in designated areas to enjoy the activities together with their neighbors in the parking lot at the splash pad.

This event will be looking for volunteers to work during parade, set up for lunch, and clean up if you are interested in helping out please contact Nilda_rubio@yahoo.com.

The parade will have an application form for the parade (for numbers) please communicate with Patty at Irscpattyp@gmail.com. Please contact Patty if you have any questions. Forms can also be picked up and dropped off at the office. Also maps of parade route can be picked up or emailed.

Get out enjoy the parades, have some lunch and visit with your neighbors. Happy 4th of July Legends Ranch Residents.



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 Clubhouse.....	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

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(866)473-2573

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VOLUNTEERS NEEDED SOCIAL COMMITTEE

The Social Committee is looking for volunteers to join them in helping on event days. The committee has confirmed five- (5) events for the upcoming year and needs volunteers who can commit to just a few hours. Residents who are interested please contact Nilda at nilda_rubio@yahoo.com. This is a great committee to join, meet your neighbors as well as help out your community events which will help make this the best place to live.



SAFE SWIMMING THIS SEASON!

By Sarah Bloch, LR Resident

Hurray, the Club House pool, the Splash Pad pool and the Splash Pad itself are open all summer long! As this signifies summer fun has officially begun, let's not overlook what dangers are present. If "it's all fun and games until someone gets hurt", then let's prevent drowning, injury and the spread of illness. Let's ensure our water recreational places remain fun, safe, clean places to be.

With A-Beautiful Pools in charge of pool management at Legends Ranch, their Senior Director of Aquatics, Marty Wadsworth, shared their vision statement: "Creating aquatic experiences resulting in happy people, safe and beautiful pools". In addition to providing pool maintenance, they also train and staff our lifeguards that are on-duty to ensure the safety of all of us. Exercising precautionary steps, they proactively look for ways to prevent accidents and emergency rescues.

"Lifeguards are trained to keep people safe, as rescue workers," said Mr. Wadsworth. "They open the pool, tell the kids to come in, even those who can't swim, some wearing floaties inappropriate for their age group. The child might have a very attentive parent or a parent that may treat the lifeguard as a babysitter." With all the variables of ages, swim levels, supervision levels, let's give it some thought...

DOING OUR PART - WHAT CAN I DO?

1. Respect all pool safety rules – they are in place for a reason
2. Respect the lifeguards implementing the pool safety rules
3. Education yourself: read up on water safety resources; take adult swim lessons, a CPR course
4. Use the Shower at the pool before getting into the water – rinses off germs & sweat

WHAT CAN YOU DO AS A PARENT?

1. Be an attentive parent within arm's reach – applies to any child who cannot swim the length and the width of the pool on their own without using a safety floatation device
2. Teach your child how to swim – lessons offered in LR for ages 3 & up, yet available for younger
3. Support the lifeguards, teaching children to stop horseplay or to safely continue the activity
4. Note: the 3 most dangerous areas are by the stairs, coming off the slide, & diving-related/ boards

"The teenage lifeguard has to go up to the parent and say excuse me, ma'am/sir, we have a policy that a parent has to be within arm's reach of a child", said Mr. Wadsworth. "This is the hardest rule for a lifeguard to reinforce."

Why have swim lessons? "Because the water is such a dangerous place to be," said Mr. Wadsworth. "As of last year, drowning in a body of water was the 2nd leading cause of accidental death in children 15 & younger. It was the #1 cause for children age 6 and under". Formal lessons can protect young children from drowning, yet careful supervision is still necessary when children are in or around the water.

Why do the kids have to get out once an hour for adult swim? "It has nothing to do with the parents. Everything to do with the kids," said Mr. Wadsworth. "Kids won't tell their parent they are tired. The child then becomes prone to becoming a distressed swimmer. It is also for

sanitary reasons. It encourages kids to go to the bathroom and not in the pool." It is a prime opportunity to drink water and rest in the shade.

Going to the bathroom in the water & not using infant swim diapers: "If you don't use a swim diaper, you risk fecal matter contaminating the water", said Mr. Wadsworth. In addition, the materials that regular, non-swim diapers, are made of could wreak havoc and result in thousands of dollars of repair to the pool system (note: POA dues would repair the system for such a preventable measure). "If your child has had diarrhea within the week, he/she should not get into the swimming pool." If urine gets in the water, as well as other bodily fluids like sweat or runny noses, it impacts the pH balance of the pool water, which in turn could cause eyes to get dried out and sting before the pH balance can be restored by lifeguards.

Not discussed during this interview is another important safety topic to be aware of, even if it is not common: People can drown even after they're out of the water. It's a rare phenomenon known as "dry drowning" or "secondary drowning."

What is Dry drowning? Dry drowning is basically drowning without water. With dry drowning, you are not drowning from an immediate immersion in water; it is more of a delayed effect of a small amount of water in the lungs. This can result in laryngospasms, which minimize the amount of water aspirated into the lungs. Respiratory arrest may follow, leading to an inadequate supply of oxygen in the blood, cardiac arrest, and eventually brain death.

Several other mechanisms can cause dry drowning, including acute respiratory distress syndrome (ARDS), which is an acute, severe injury to most or all of both lungs or electrolyte abnormalities resulting from a dilution of the blood after aspirated water is absorbed into the blood, leading to heart rhythm abnormalities.

Keep an eye on these symptoms to determine if a medical check is warranted for "better-safe-than-sorry": tiredness, coughing, paleness and trouble breathing.

SIGNS OF DROWNING:

1. The person's mouth bobs below the water's surface, with little time to come up for air
2. The person is unable to speak because breathing comes first
3. The person's arms push down against the water, yet appears unable to wave or grab on for safety
4. The person's body is upright with no kicking to help them surface
5. The person is struggling in 20-60 second intervals each before returning back under the water's surface

For LR swimming lessons, lifeguard training (ages 15 & up), junior lifeguard training (11-14), hiring a water aerobics instructor, etc.: www.a-beautifulpools.com. Other nearby options, many for year-round lessons or to join a Swim Team: www.oakridgenorthswim-team.us, <http://www.itwst.org>, www.aquatots-thewoodlands.com. Drowning is preventable: www.colinshope.org. Dry drowning basic info: www.en.wikipedia.org/wiki/Dry_drowning. Water hygiene safety: <http://www.cdc.gov/healthywater/swimming>. CPR training: www.redcross.org. Simple steps save lives/Pool & Spa Safety Act, visit: www.poolsafely.gov. ###

LEGENDS RANCH

Gardening Tips for July

July is here with its searing temperatures and high humidity. In these conditions it is hard to leave the comfort of air-conditioning and get out in the garden. However, there are some tasks that you need to do to get your lawn thru the summer months.

Continue to check your lawn for fungus, grub and chinch bug damage. Products that can control these problems are: for fungus Scots "Fungus Control" or Bonide's "Infuse" are both good choices. For grub and chinch bug damage, Spectracide's "Once and Done", Bayer's "Season Long Grub Control" and Ortho's "Bug-B-Gone Max" will take care of these damaging little pest.

On a side note, many of my customers are coming in looking for products that were made by the Greenlight Company. Greenlight has been purchased by Scots Corp. and production of all Greenlight Products has been halted. Wether Scots will reissue any of these products under another name is Unknown.

If you haven't already, be sure to set your lawn mower on its highest setting. The longer leaf blade will shade the ground and help conserve moisture by lowering the amount of evaporation.

Azaleas should be fed this month, also bougainvilleas, crepe myrtles, hibiscus and palms. Remember that Hibiscus and Bougainvilleas require a high Nitrogen, low Phosphorus fertilizer. The container of fertilizer will list the three Macro elements, Nitrogen, Phosphorus, and Potassium (NPK) in that order.

If you have any questions stop by and see me at Lone Star Ace or contact me at: troy@lonestarace.com.



HOME SELLING TIPS

Curb Appeal

Thinking of selling in 2014 ... Curb Appeal is the first impression of your home.

Repair any cracks in the driveway.
Clear toys from the lawn.
Upgrade your outside lighting.
Clean windows, inside & out.
Polish or replace your house numbers.

Trim bushes so they don't block windows or architectural details.
Buy a new doormat for the outside of your front door.
Put a pot of bright flowers on your porch.
Install new doorknobs on your front door.
Edge the grass around walkways and trees.
Keep your garden tools and hoses out of sight.

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9AM-12:30PM
K - 6TH GRADE

**DISCOVER
DECIDE
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LEGENDS RANCH



2014 Clubhouse Pool and Splashpad Schedule for Legends Ranch

Clubhouse Pool Summer Hours

May 3 – June 8 *WEEKENDS ONLY*
Saturday & Sunday 12 pm – 8 pm

Memorial Day – May 26 12 pm – 8 pm

June 8 – August 24
Monday – Closed
Tuesday – Sunday 12 pm – 8 pm

August 30 – September 28 *WEEKENDS ONLY*
Saturday & Sunday 12 pm – 8 pm

Labor Day – September 1 12 pm – 8 pm

Splashpad Pool Summer Hours

May 3 – June 8 *WEEKENDS ONLY*
Saturday & Sunday 10 am – 8 pm

Memorial Day – May 26 10 am – 8 pm

June 8 – August 24
Tuesday – Closed
Wednesday – Monday 10 am – 8 pm

August 30 – September 28 *WEEKENDS ONLY*
Saturday & Sunday 10 am – 8 pm

Labor Day – September 1 10 am – 8 pm



SAVE the DATE **LEGENDS RANCH** *Fall Festival* Saturday, October 11, 2014

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LEGENDS RANCH

THE LIVING LEGENDS

If you are 50+ and would like to join this wonderful group, give me a call at 281-651-2593 and leave a message if I'm not there. I will call you back as soon as I can.

NEW HOURS FOR THE CLUBHOUSE OFFICE

The clubhouse office hours of operation have changed. The hours are as follows:

9:00 am to 6:00 pm

Tuesday through Saturday
(1st, 3rd and 5th weeks of the month)

Monday through Friday
(2nd and 4th weeks of the month)

If you are unable to visit the office during these hours, you may leave a message for Cathy Winfield, on-site manager, at 281-681-9750 or email her at lrclubhouse@yahoo.com. She will get back with you at her earliest convenience.

Mailboxes in the Community

The association is not responsible for the mailboxes in the community. If you have lost your key or having issues opening your particular mailbox, you will need to contact the post office directly to get a replacement key or have the mailbox repaired. The post office that services the Legends Ranch community is the Woodlands Branch. Their information is as follows:

9450 Pinecroft Dr.
Spring, TX 77380
281-419-7948

Business Hours: Monday – Friday 8:30 am – 4:30 pm

If you are a new resident and need a key to the mailbox assigned to your property, you will need to bring your ID and a copy of your closing papers or lease agreement to be able to get a key.



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MEME2514

Fit and Fun: Health Tips for You and Your Children

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at:

www.cdc.gov/healthyyouth/physicalactivity



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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



CAPTION 1



CAPTION 2



CAPTION 3



CAPTION 4



CAPTION 5

THE MODERN GAME: THE FOREHAND APPROACH SHOT

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Forehand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Christian Smith, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Christian is coached by the Director of the Tennis Academy, Darin Pleasant.

Step 1: The Back Swing: When Christian sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand in front of his body for balance. He has loaded his right hip to help him drive his weight forward. His grip is relaxed and his wrist is “laid back” to allow maximum

point of contact.

Step 2: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Christian started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His right shoulder is almost opening and his weight has now been shifted toward the front.

Step 3: The Follow Through: In order to get maximum control and power, Christian is keeping his left arm in front as he extends through the shot. He has “snapped” his left wrist and has the head of the racket facing down. His weight is in the process of shifting forward.

Step 4: The Finish: Christian’s upper body acceleration forced his head of the racket to “wrap around” his left hip, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley.

Step 5: The Ready Position: Once Christian hits the ball, he must get ready to volley if the ball was not a “winner”. By the smile on his face, his forehand approach shot was successful and is waiting for an easy return to “kill” the next shot. His knees are slightly flexed, he is in a good athletic stance and his eyes are focused on the oncoming ball.

Look in the next Newsletter for: “The Modern Game: The Backhand Approach Shot”



SUNDAY SERVICE

Morning Worship 9:45am

Adult Bible Fellowship 8:30am & 11:15am

Children & Student Sunday School 11:15am

COMING EVENTS



Summer Sermon Series
"Weathering the Storms of Life"



WEE Grow 2 Day Preschool
For 2, 3, & 4 year olds
Now registering for Fall Classes. Call the church office at 281-367-9721 for information.

YMCA Day Camp @ ORBC

June 9 - August 22 / 7am - 6:30pm
Registration can be completed online at www.ymcahouston.org. Parents will need immunization information for each child they intend to register. Once registered, each parent will receive an email confirmation from a YMCA staff person with details on how to complete the registration process.

LEGENDS RANCH

SEND US YOUR

Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to **lrclubhouse@yahoo.com**. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at www.PEELinc.com.



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HEADACHES

Have You Tried Doing This?

By Mike McTague, DPT, OCS

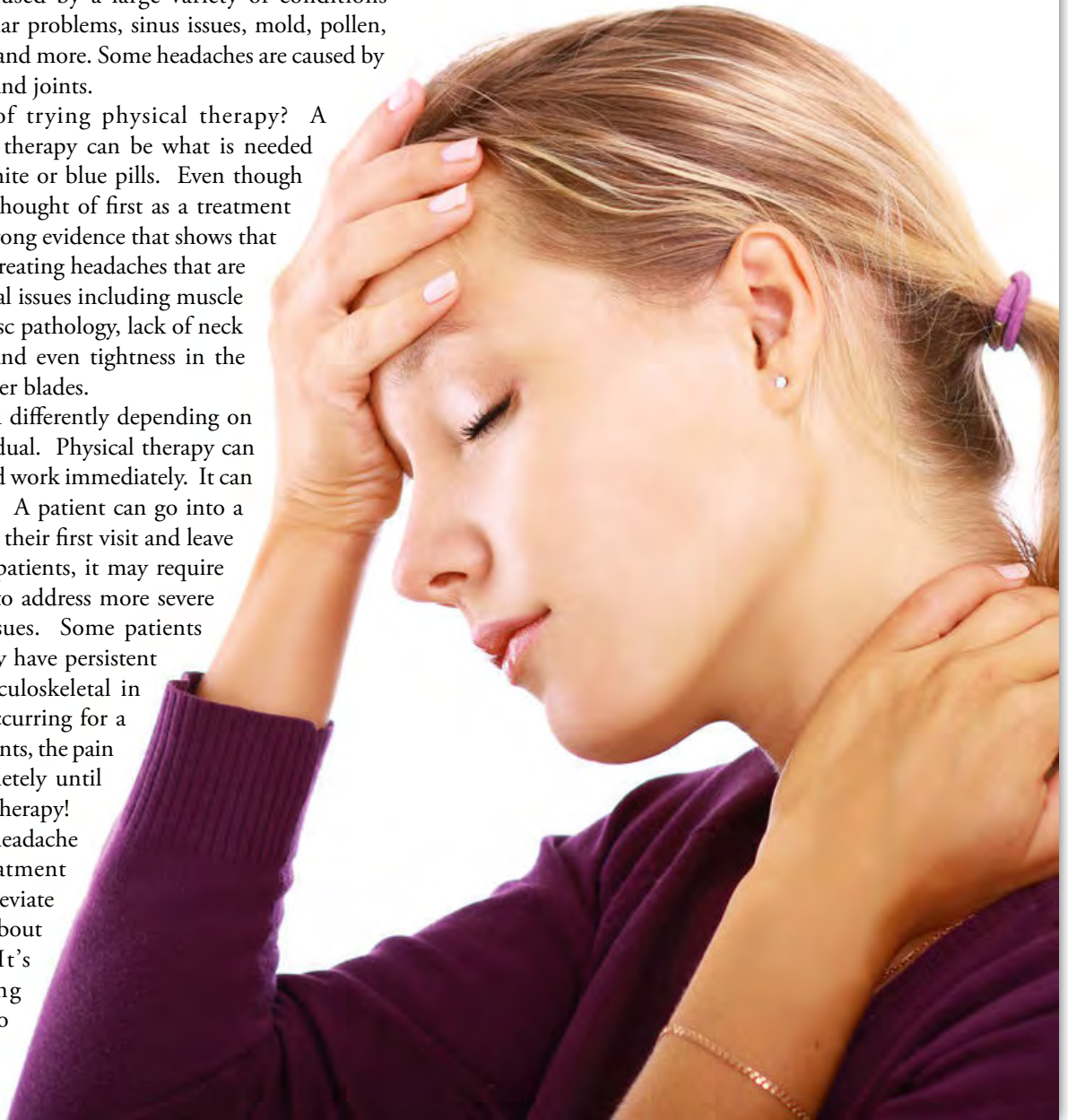
“Take two aspirin or ibuprofen, drink lots of water, rest and get a good night’s sleep.” Sound familiar?

Headaches can be caused by a large variety of conditions including tumors, vascular problems, sinus issues, mold, pollen, pesky Austin cedar fever and more. Some headaches are caused by issues with our muscles and joints.

Have you thought of trying physical therapy? A prescription of physical therapy can be what is needed instead of those little white or blue pills. Even though physical therapy is not thought of first as a treatment for headaches, there is strong evidence that shows that it can be effective when treating headaches that are caused by musculoskeletal issues including muscle tension and tightness, disc pathology, lack of neck motion, poor posture, and even tightness in the back between the shoulder blades.

Each patient is treated differently depending on the cause and the individual. Physical therapy can be extremely effective and work immediately. It can work as fast as one visit. A patient can go into a clinic with a headache in their first visit and leave without one. For other patients, it may require a few weeks of therapy to address more severe motion and strength issues. Some patients require more time if they have persistent headaches that are musculoskeletal in nature and have been occurring for a long time. For these patients, the pain may not go away completely until they are addressed with therapy!

Next time you get a headache and your preferred treatment doesn’t do the trick to alleviate the pain, ask your doc about Physical Therapy. It’s definitely worth trying when headaches are too often a part of your everyday life!



LEGENDS RANCH

Wash Your Hands

Reducing Spread of Disease While at Home and Work

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease – many could be avoided if everyone properly washed their hands.

From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom
- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change a diaper or clean up after children
- Handle an animal or animal waste

HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands, fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)
- Rinse off soap under a stream of water

WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands.

FOR MORE INFORMATION

To learn more about how washing hands regularly can help prevent disease, ask your health care provider, or visit the CDC’s creative Web site dedicated to raising awareness of the importance of hand washing at www.henrythehand.com.

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