



# *The* HOME FRONT

APRIL 2015

Official Publication of Legends Ranch Property Owners Association

VOL 9, ISSUE 4



Each of you is making a difference in our community being a great one with continuous improvements: Thank you for those who attended the March 26 Board Meeting. Thank you also to the March 28 participants at the Spring Community Egg Hunt Event; as usual, all the children had a great time! To volunteer for future social events, please contact [nilda\\_rubio@yahoo.com](mailto:nilda_rubio@yahoo.com).

## Upcoming Dates:

**6-10 April:** Will your child be starting Kindergarten this coming School Year? The local public elementary school zoned to our neighborhood is Birnham Woods Elementary School, 31150 Birnham Woods Dr., Spring, TX 77386. Kindergarten Round-up will occur the week of April 6-10 for children who are age 5 on or before Sept. 1, 2015. For Pre-K (age 4 by Sept. 1, 2015 & meeting eligibility requirements), registration will start Aug. 4. More info at: <http://www.conroeisd.net/> under "Newest Updates", or other sections such as "Where do I go to school?" and "What bus do I ride" applicable to children in 1st Grade & up. School begins Monday, Aug. 24, 2015.

**18 April:** Legends Ranch Community Garage Sale, Sat.

7:00 A.M.-12:00 P.M. It is open to the public, with the gates open during those hours. Email to Robert Maze at [rmaze52@att.net](mailto:rmaze52@att.net) with your name, address, short list of items to be sold in order to be included on the Spring Garage Sale Map. The Fall Garage Sale will be in Sept.

**18 April:** Spring Fling Carnival at Birnham Woods Elementary, Sat. 12:00 P.M.-4:00 P.M.

**4 July:** Please join the 4th of July Parade on Sat., no need to register if you want to do a float or ride in your classic/collector/antique car or truck, just RSVP with Cathy Winfield at the front office; email [lrclubhouse@yahoo.com](mailto:lrclubhouse@yahoo.com) with subject "Parade RSVP".

# 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

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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

<b>Conroe ISD</b> .....	936-709-7751
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

..... service@realmanage.com

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# GARDENING TIPS FOR APRIL

Spring is here and everything is growing. Unfortunately, so are all the weeds and pest we have to watch out for. Hopefully you applied a preemergence herbicide (such as Barricade or Halts) in February. This should limit the number of weeds sprouting in your lawn. If you have a problem with weeds, then apply a post-emergence herbicide such as "WeedBeater" or "Weed-B-Gone for Southern Lawns". Aphids may be a problem in your garden and populations explode quickly. Aphids are small green or brown insects that feed on the underside of leaves. As the aphid feeds it extrudes a sugary substance from its back called "honeydew". Honeydew is used as a protection by the insect as a predator will usually feed on the honeydew and not the aphid. Honeydew will drop to the leaf below and a black mold will grow on it called Sooty Mold. This mold is not attacking the plant, but can become so thick on the leaf that light cannot reach the leaf and it eventually

dies. Most insecticides will control aphids. Bug-B-Gone, Eight and Once and Done are all effective. Another insect problem that shows up this time of year is Tomato Horn Worm. This large caterpillar can strip the leaves from your tomato or pepper in a very short time. The simplest control is to check the plant and pull off the caterpillar and destroy it. For those of you who can't bring yourself to do this, then a product containing Bt is your best bet. Bt is an organic control that is non-toxic to anything other than caterpillars. If you have not planted your flowers yet, then do so now. The plant will need time to establish a root system and grow before the intense heat of summer hits. This is not to say that you cannot plant later in the season, but your plant will look better and have a better chance of surviving the stress of summer if planted early. If you have any questions, please come see me or contact me at [troy@lonestarace.com](mailto:troy@lonestarace.com)





# GET MORE FROM YOUR GARDEN

Raspberries require little care to grow, but can cost a lot at the store. You can even freeze them.

Mixed salad greens, like baby lettuce and arugula are tough and quick growing, even after cutting.

If you cut them correctly they will grow again. Start at one end of your garden and cut plants about an inch from the ground. The plant could grow back 3-4 times in a season.

Flat gardening was popular years ago, but now raised beds are much better. They prevent weeds from taking over, let water drain more efficiently and plants thrive in aerated soil.

A very common error in gardening is over watering and drowning plants. If it rains at least one inch per week, you can probably skip heavy watering. Purchase a rain gauge (under \$10) at garden stores to keep track of how much or how little water your plant is getting and add or subtract from there.

A promotional advertisement for Texas Direct Auto. It features a golden retriever puppy wearing a grey baseball cap with a Texas flag logo. The puppy is sitting next to a white plate filled with several hot dogs. The text "Hot Dog" is written in a large, stylized, orange-outlined font. In the bottom left corner, there is a cartoon character of a blue and yellow bird-like creature. The bottom right corner contains the text "SELL US YOUR CAR, SKEETERS FANS!" and "TEXASDIRECTAUTO.COM".

**Hot Dog**

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# DISCOVER THE JOY OF BELONGING



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### **THE BRIDGE COLLEGE MINISTRY**

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MID-WEEK STUDY WEDNESDAYS 7PM

### **REFLECTION516 YOUTH MINISTRY**

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YOUTH EVENING BIBLE STUDY MONDAYS 6:30PM  
YOUTH UP LIFT WEDNESDAYS 6-8PM

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## Portable Fire Extinguishers



A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.

To operate a fire extinguisher, remember the word PASS:

- **PULL** the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- **AIM** low. Point the extinguisher at the base of the fire.
- **SQUEEZE** the lever slowly and evenly.
- **SWEEP** the nozzle from side-to-side.

For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.

Choose a fire extinguisher that carries the label of an independent testing laboratory.

Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out.

Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.



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## FORMOSAN TERMITES



There are three main types of termites that can cause problems for homeowners in Central Texas- native subterranean termites, formosan subterranean termites and drywood termites. This article will focus of formosan termites.

Formosan termites are a more voracious type of subterranean termite. These termites have been spread throughout Texas through transport of infested material or soil. Formosan termites build carton nests that allow them to survive above ground without contact with the soil. Nests are often located in hollow spaces, such as wall voids.

Formosan subterranean termite workers and soldiers.

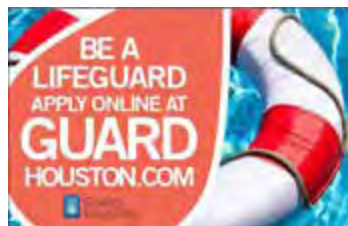
Formosan termites feed on a wider variety of cellulose than other subterranean termites, including live plants, consuming both spring and summer growth wood whereas native subterranean termites feed only on spring growth. Formosan termites have also been known to chew through non-cellulose materials such as soft metals, plaster or plastic.

The type of termite is determined by using soldiers (the group that defends the colony) or alates (winged reproductives) for identification. Formosan termite soldiers have a hardened head capsule that is tear-drop shaped. The alates have two heavy veins on the leading edge of the front wing along with hairs on the wings. If you suspect termites, you can submit sample insects to me for identification. Treatment would need to be carried out by a profession pest management company.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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## GUARDHOUSTON TRAINING



Time to get certified! GuardHouston is now hiring for the summer season, and we are starting classes during Spring Break. Through videos, group discussion, and hands-on practice,

you'll learn teamwork, rescue, surveillance skills, First Aid and CPR/AED, and other skills you need to work as a professional lifeguard. Training options feature two core courses—Lifeguarding and Shallow Water Lifeguarding (available in a blended learning format)—plus optional add-on modules, including waterfront skills or waterpark skills modules. Successful completion results in a two-year certification in lifeguarding that includes First Aid and professional-level CPR and AED in one certificate. A digital certificate is available upon successful completion of course. Prerequisites: Must be at least fifteen years old, pass a 300-meter swim (not timed), and retrieve a ten-lb. brick from the ten-foot-deep level of the pool.

The Lifeguarding Review Course is designed to review the lifeguarding skills and core knowledge points required to recertify in lifeguarding. Prerequisite: Current Red Cross Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding/First Aid/CPR/AED certificate. Note: If the Lifeguarding/First Aid/CPR/AED certificate is expired, participants must take the full Lifeguarding or Shallow Water Lifeguarding course.

Topics for both classes include:

- Patron surveillance
- Victim assessment
- Care for head, neck, and spinal injuries
- Rescue skills
- CPR/AED

GuardHouston orientation is for new and returning employees. The area manager along with the returning staff will lead the orientation on-site and go over everything that is GuardHouston. All new and returning employees will have an understanding and knowledge of the following:

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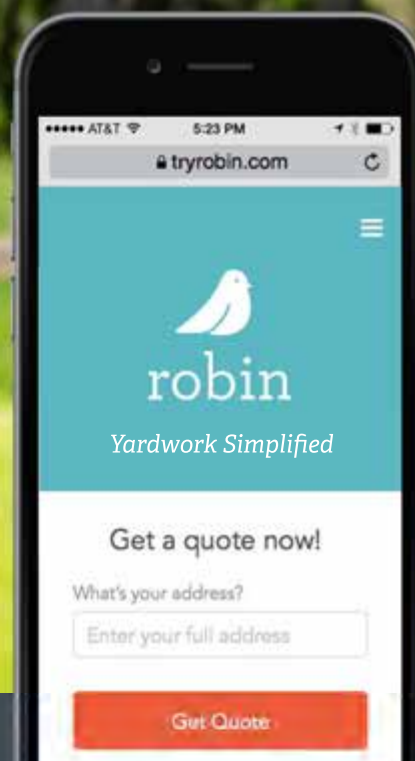


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# LEGENDS RANCH

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## LOVELY LUPINES

*by Jim and Lynne Weber*

# NATUREWATCH

Bluebonnets are often thought of as the 'floral trademark of Texas', akin to the shamrocks of Ireland, the cherry blossoms of Japan, the roses of England, and the tulips of Holland. Loved for centuries, bluebonnets were described by early explorers as they roamed the vast prairies of Texas, planting them around the Spanish missions by early-day priests, and making them the subject of several Native American folk tales. Technically known as 'lupines' or 'lupins', bluebonnets received their present-day common name due to the shape of the flower petals, which resembled the bonnets worn by pioneer women to shield their faces from the sun.

Bluebonnets are part of the legume or bean family, and like other members of this family they offer nitrogen-fixation through their root system's symbiotic relationship with Rhizobia bacteria. This gives them the useful ability to grow in poor, disturbed soils, and bring much-needed nitrogen back to these soils as they decompose. Ironically, bluebonnets are all in the genus *Lupinus*, which is Latin for 'wolf-like', from the original but erroneous belief that these plants ravenously exhausted the soil.

In our area, bluebonnets normally bloom between March and April, but the timing and extent of the blooms depends on the amount of rain received the previous fall and winter. The flower is purple to blue in color, about half an inch long, with a white spot on the upper petal or banner. This banner spot acts as a target to attract the bumblebees and honeybees that pollinate the flower. When the pollen is fresh and sticky, the banner spot is white, and is seen by the bees as reflected ultraviolet light and appears to them as a good landing spot. But as the flower and its pollen age, the banner spot turns yellow and then reddish-magenta, and is ignored by the bees, whose vision cannot see red. The decline in bee populations has a direct effect on how many seeds a bluebonnet can produce, because bluebonnets cannot self-fertilize. Each plant has the potential to produce hundreds of seeds, but often only a small number result, due to the recent decline in the number of bee pollinators.

Infrequently, both white, and more rarely, pink bluebonnets can occur naturally. In fact, there is a legend associated with how the pink bluebonnet came to be. Many years ago, in a spring wildflower field near San Antonio, children came across a pink bluebonnet on their way to Lenten devotion at the mission church. Their grandmother told them the story of Texas, when it was a remote province of

Mexico. After their Constitution was overthrown by a terrible Mexican dictator, a war broke out between the brave new Texans and the Mexican troops. The troops eventually overwhelmed the Texans, and much blood was shed and lives lost. Several years later, the grandmother saw her mother place a pink bluebonnet in a vase by the statue of the Virgin Mary. She said she found it by the river, where "it had once been white, but so much blood had been shed, it had taken a tint of it." Interestingly, the only place in the state where the original native pink bluebonnets were found was along the side of a San Antonio road not far from the original mission.

Texas has 6 state flowers, more or less, and they are all bluebonnets. In the spring of 1901, the Texas Legislature selected a state floral

emblem after much debate and consternation. Both the cotton boll and prickly pear cactus were hardy contenders, but the National Society of Colonial Dames of America won the day, and the Sandyland Bluebonnet (*Lupinus subcarnosus*) was selected and passed into law on March 7th. And that's when the bluebonnet war started. The Sandyland Bluebonnet is a dainty little plant growing in the sandy hills of coastal and southern Texas, and many thought it was the least attractive of all the bluebonnets. They wanted the



Texas Bluebonnet (*Lupinus texensis*), which was a showier, bolder bloomer. For the next 70 years, the Legislature was encouraged to correct its oversight, not wanting to get caught in another botanical trap or offend any supporters. As politicians often do, they solved the problem with clever maneuvering by creating an umbrella clause, and in 1971 added the two species together, plus "any other variety of bluebonnet not heretofore recorded" (including potential species not yet discovered), and lumped them all into one state flower.

Long before the bluebonnet became the Texas state flower, many stories existed about its origins. Some believed it was a gift from the Great Spirit, and that it arrived with rain after a young, orphaned girl sacrificed her precious doll in the hopes of bringing a terrible drought to an end. Whatever you believe, look for these lovely lupines during our central Texas spring!

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. Check out our blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com) if you enjoy reading these articles!



# HEADACHES

## Have You Tried Doing This?

*By Mike McTague, DPT, OCS*

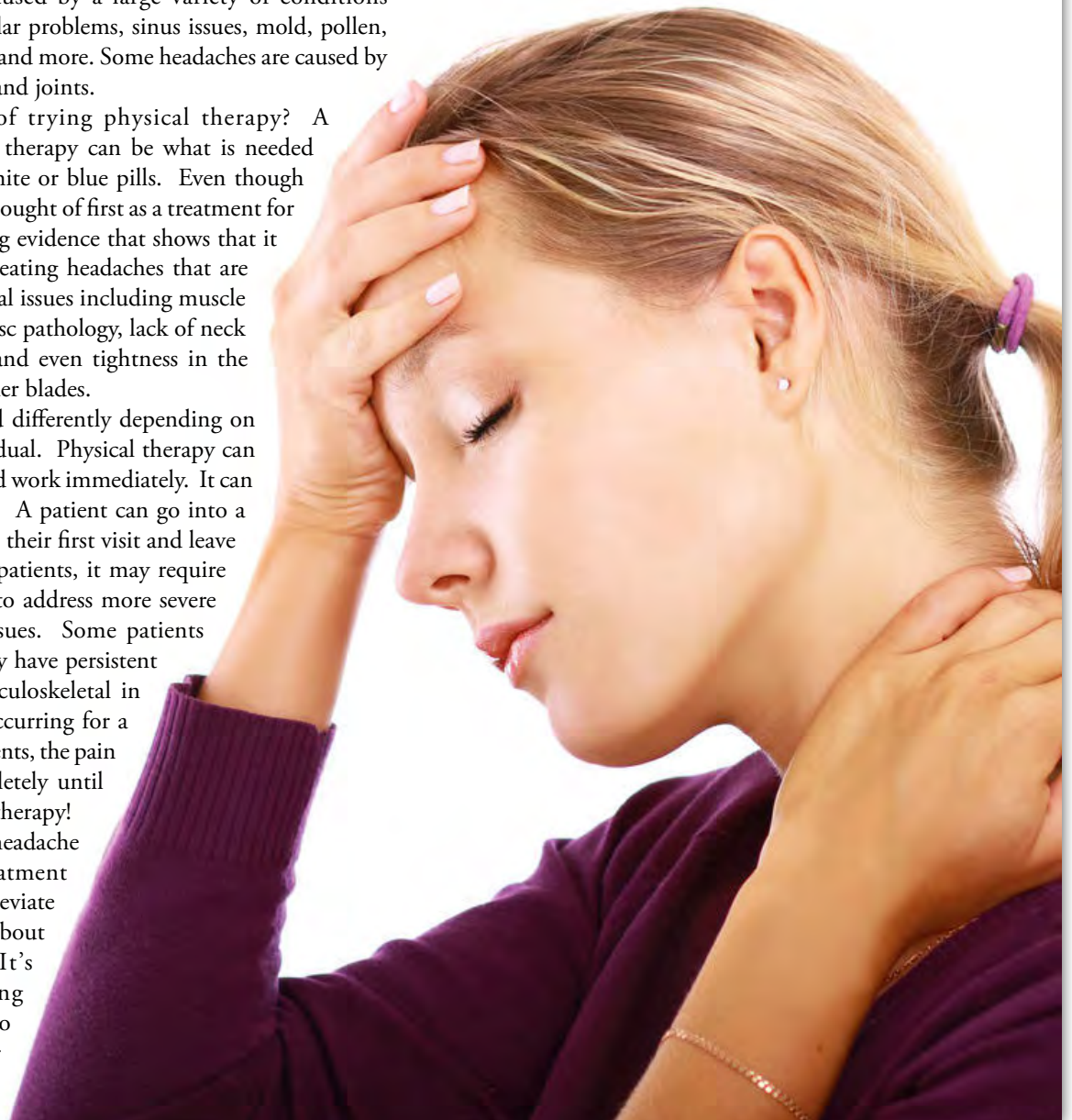
“Take two aspirin or ibuprofen, drink lots of water, rest and get a good night’s sleep.” Sound familiar?

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!



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DUE: April 30th

Be sure to include the following so we can let you know!

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