



# The HOME FRONT

NOVEMBER 2016

Official Publication of Legends Ranch Property Owners Association VOL 10, ISSUE 11

## COMMUNITY NEWS

Thanks to all who came out to enjoy the 1980's themed Fall Festival last month! A special thanks to both of our Sponsors...

Anderson Roofing and Restoration, LLC

The Ranger Smith Real Estate Team

...and our Vendors and the great Music and tasty Cilantro's. Appreciate each of the volunteers all pulling it together for all the families to come out and enjoy on such a nice weather day. Totally Awesome, residents!

5 Nov, Sunday, 7pm: Social Committee Meeting. Come discuss plans for our December Community Event. Contact email: LRsocialcommittee@gmail.com

29 Nov, Tuesday, 6-730pm: Monthly Property Owners Association Board Meeting\*, Open Session 6:00-7:30pm (sometimes carrying into 8pm depending on the Town Hall Question & Answer session after business portion has concluded). Open to all who reside in Legends Ranch. Board of Directors and Property Managers are listed on page-2 of this newsletter to include Kenneth Brown; Eric Garrington, Kristian Kallaway; Sebastian Moulin; Desireah Riley and Cicely . \*Held the last Tuesday of the Month unless otherwise noted.

December: Social Committee will advertise a confirmed December date in Saturday, stay tuned. Pencil in Dec 3 or Dec 10 just in case for our Holiday Community Event!



## POA OF LEGENDS RANCH

*Agenda for Board Meeting held on 10/25/16*

**OPEN SESSION (6:00 PM – 7:30 PM)**

All members are welcome to attend the board meeting (except for executive session), but not participate in the board's discussion; unless specifically invited to do so by the board.

1. Establish of Quorum and Call to Order
2. Summary of Executive Session
3. Adoption of Agenda
4. Consideration of Previous Meeting Minutes – Sept. 27, 2016
5. Financial Report
- 5a. August 2016 – Managing Agent
6. Management Contract
7. Saturday Office Hours
8. Proposals
- 8a. 2017 Budget
- 8b. Door Modification-Splash Pad Building
9. Additional Business
- 9a. Review of Contracts  
(Cintas, Voreh, Aquatic Management, Brickman-Brightview)
- 9b. Waterlogic
- 9c. Irrigation Schedule
- 9d. Drill Site Project Update
- 9e. Splash Pad Project Update
- 9f. Capital Improvement Projects
- 9g. Landscaping Issues/Contract
- 9h. Mesa Valley Gate Improvements
- 9i. Attendance Boundary Committee
- 9j. Ratification of Email Consent Items
10. Committee Update
- 10a. Social Committee
11. Scheduling of Next Board Meeting
12. Adjournment
13. Homeowner Forum  
(Due to time constraints, (3) minutes per person)

# 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
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
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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Cicely Towers-Harris .....legranch@ciramail.com

### Management Co.: Real Manage

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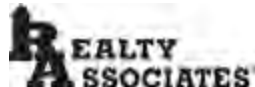


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## FINDING BALANCE

I know, work-life balance has been discussed to death. Yet how many of you find yourself nodding and saying, "Yes, I know I need to do find a better balance. It totally makes sense that I feel tired and unhappy because I'm rushing around all the time. I'll find a way to make some time for myself"? You tell yourself you'll schedule some free time later, but does later ever come? I know I've been waiting for later for years now. I decided it was time for a change. Here are a few thoughts that have helped me along the way:

1. What's really important? It's time to decide what is really necessary and important in your life. Pick 5 priorities that you feel are absolutely vital to your well-being (e.g. family, religion, work, friends, and hobbies).

2. How can you cut back? Now, that you've chosen your top 5 priorities it's time for the hard part—cutting back. Find ways to negate, or decrease, of the things that are stressing you out. Maybe you don't have to do \_\_\_\_\_ for so and so. Or is there a certain person in your life who's been causing more stress than happiness? You don't have to cut that person out of your life, but maybe it's time you take a step back and re-evaluate whether or not the friendship is healthy at this time in your life.

3. Scheduled spontaneity. I know, scheduled spontaneity seems

like an oxymoron, but it's incredibly important. Create a routine that works for you, but be sure to block out some free time. This time can be as long, or as short, as you'd like and is time where you can do whatever you want to do. Just make sure it's fun!

As always, I turned to the pasture for inspiration. As I sat and watched my horses going about their day, I made some interesting observations. Horses are masters of prioritizing what's important. Their top priorities fall into line as: safety, comfort, and play. Everything else falls by the wayside if these priorities aren't met. They are terrific partners with a healthy work ethic, while still relishing in their freedom to run and play. Their exuberance is captivating and beautiful to watch.

Once I took a step back to look at the bigger picture, I was amazed at how easy finding balance could be. I didn't need to run myself into exhaustion to please everyone. Doing so always ended with me feeling like I was trying to do so much, but doing none of it as well as I wanted. Finding a new work-life balance would not be possible without the support of great friends (both human and horse!), family, and God. These pillars of support help me stay on track and keep me motivated. I highly recommend you find pillars of your own to utilize in your own transition.

Tara Chatterson works at Five Horses, LLC. Please visit the Five Horses' website, [FiveHorses.com](http://FiveHorses.com), for more information about Natural Horsemanship lessons or Equine Assisted Learning.

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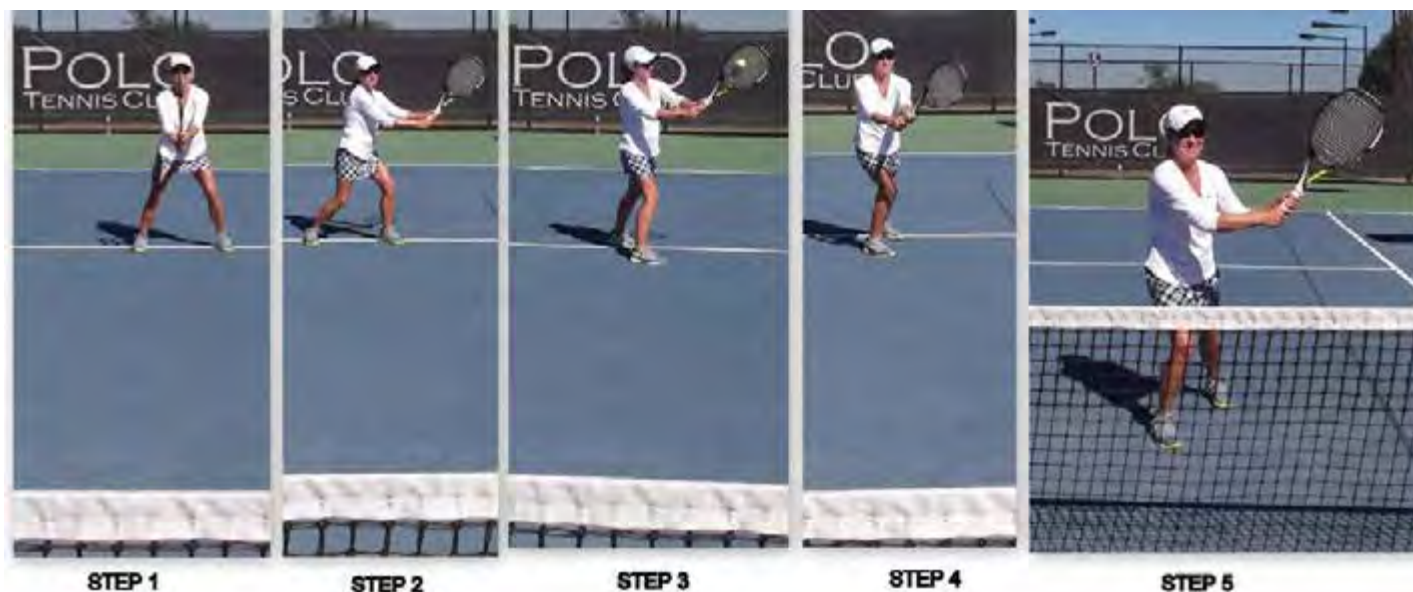
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# TENNIS TIPS

*By USPTA/PTR Master Professional  
Polo Tennis and Fitness Club, Austin, TX*



## How to execute The Two-Handed High Backhanded Volley Approach Shot

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, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, and the forehand high volley approach shot.

In this issue, I will offer you instructions on how to execute the two-handed backhand high approach shot. This shot is used when a player is caught in “no-person’s land” (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley to the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put in a defensive mode and hits a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, “Pancho” Edwards, a player at The Polo Tennis and Fitness Club, shows the proper technique to execute this stroke.

**Step 1: The Ready Position and Split Step:** When she realizes that she is caught in “no-person’s land”, she takes the split step by bending the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball.

**Step 2: The Back Swing:** Once she realizes that the ball has been directed to her backhand, she will turn her upper body and will take the racket slightly back. Notice that the left hand next to the right hand to allow her to keep her center of gravity in the center.

She has loaded her weight on her left foot and will be ready to step forward to meet the ball. She will make a slight change toward the continental grip on both hands.

**Step 3: The Point of Contact:** She now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted toward the point of contact. Notice the right toe pointing to the ball meeting the racket. The face of the racket is open to allow her to hit behind the ball and allow maximum net height and allow her to hit the ball deep. The control of the ball will be made with the left hand, which is holding the racket tighter. The right hand is more relaxed and helps keep the face of the racket in a 45-degree angle at the point of contact.

**Step 4: The Follow Through:** Once she has made contact with the ball, she finishes the follow through with her wrist laid back. Her right arm is next to her body and her eyes have shifted toward her target.

**Step 5: The Move for the Kill Volley:** As the ball is headed toward her opponent and she realizes that her shot is deep, now she moves close to the net for the put away volley. If her shot was not deep, she will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she is ready to go for the “kill volley”.

Look in the next Newsletter for:  
The One-Handed Backhand Volley Approach Shot

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## Maintaining St. Augustine Lawns

Source: Texas Agricultural Extension Service, Texas A&M University System

THESE TIPS ARE APPLICABLE THROUGH FEBRUARY

### MOWING

Continue the recommended mowing practices until the grass goes dormant and does not require mowing.

### FERTILIZING

Continue fertilizing as recommended until 4 to 6 weeks before the first expected frost. At that time, apply a low nitrogen, high-potassium fertilizer such as 5-10-10. Apply no more than 1/2 pound of nitrogen per 1,000 square feet. To calculate the amount of product needed per 1,000 square feet, substitute 50 for 100 in the spring formula.

Do not fertilize St. Augustinegrass from December through February unless the lawn has been overseeded (planted with cool-season grass to maintain its green color in the winter). Fertilize overseeded lawns once in December and again in February with 1/2 pound of nitrogen per 1,000 square feet, using a nitrogen-only fertilizer such as 21-0-0.

Have the soil tested to determine the nutrients needed. In the absence of a soil test, use a complete fertilizer with a 3-1-2 ratio of nitrogen, phosphorus and potassium.

### WATERING

Even though St. Augustinegrass is normally dormant in winter, you may still need to water it periodically when the weather is warm, dry and windy. If the lawn has been overseeded, water as you would from March through May.

### CONTROLLING WEEDS

Apply preemergent herbicides for annual winter weeds when the average soil temperature drops to 70 °F. Your county Extension agent can give you an estimate of that date in your area. Apply postemergent herbicides as needed.

### CONTROLLING INSECTS

St. Augustinegrass lawns should experience no detrimental insect activity during the winter.

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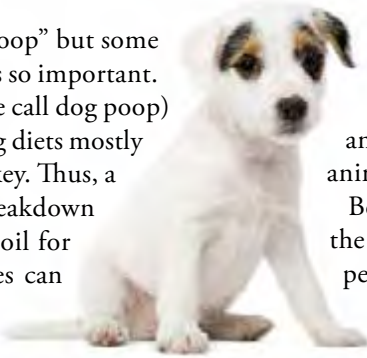


## Pet Place Reasons to “Scoop the Poop”

by Jennifer Magness, DVM

Dogs are a very popular pet and are found in many households. There are 70 million pet dogs in the United States alone. Opening up your home to a dog also means accepting responsibility for that pet, including cleaning up their waste.

Most people have heard the term “scoop the poop” but some people may not have heard the reasons why this is so important. Some people view dog feces (or what most people call dog poop) as a good fertilizer, but this is actually a myth. Dog diets mostly contain animal products such as chicken and turkey. Thus, a dog’s waste contains substances created by the breakdown of the animal products. It does not enrich the soil for plants such as grass. If not picked up, dog feces can enter waterways via storm drains after it rains. Nitrogen in the feces depletes the oxygen from the water, and the water is made harmful to fish and other aquatics. It is often listed as the third leading cause of water pollution. Dog feces are also considered an environmental pollutant as it contains harmful organisms. One gram of dog feces



may contain as much as 23 million bacteria. Harmful bacteria such as Salmonella and E. coli can be found in dog feces. Parasites such as Giardia, Cryptosporidium, roundworms, hookworms and whipworms may also be found. Many of the parasites (usually in a resistant egg form) linger in the environment for years, even if the rest of the dog feces breaks down over time. Both bacteria and parasites are health hazards for both humans and animals that come in contact with them.

Besides the “ick” factor of stepping in dog poop and the unpleasant odor of it, dog feces can serve to attract pests (such as flies) and rodents (such as rats). Being a responsible pet owner and scooping your dog’s poop is important for the community health of both humans and animals. It helps improve local water quality. Scooping your dog’s poop also promotes favorable views towards dogs by others in the community.

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## Asthma can be controlled, not cured

*Medications and lifestyle changes help manage asthma, but they will not actually cure it*

"You still have airway inflammation that needs to be treated," said Dr. Nicola Hanania, associate professor of medicine at BCM.

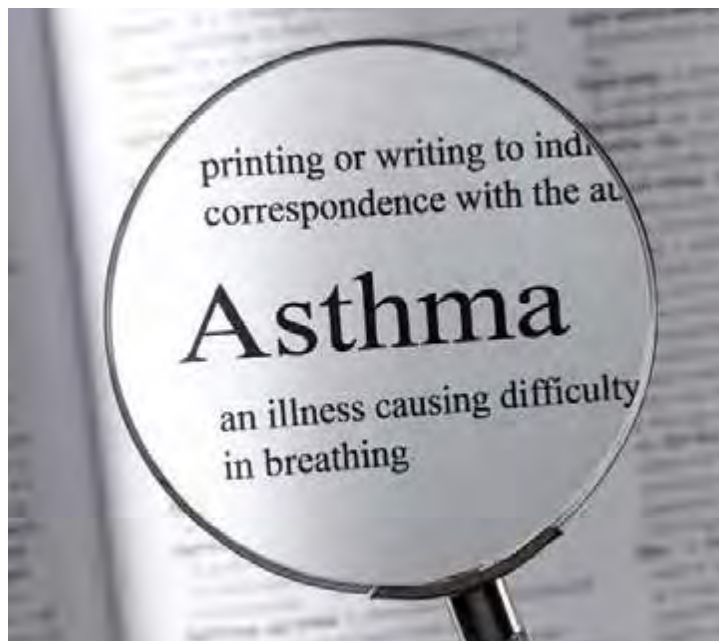
Asthma has a higher prevalence in the inner city population. Treatment incorporates anti-inflammatory medications and lifestyle changes.

Hanania stresses controlling indoor allergens such as dust mites and mold, as well as controlling exposure to second hand smoke.

Although asthma symptoms may not be as apparent when medication and lifestyle changes are incorporated, asthma is not actually cured. If medication or lifestyle changes are stopped, signs of poor control, such as exacerbations and an increased use of an inhaler, will appear and can lead to emergency room visits, hospitalizations and sometimes even death.

Hanania suggests proper education about asthma and having an action plan and knowing when to get help or when to go to the emergency room.

It is possible for adults to develop asthma even though it was not present previously.



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## Traveling with your pet over the holidays? Here are some tips that will help make your drive smooth sailing.

*Submitted by Kristen West, Owner of Gusto Dogs LLC.*

1. Take your pet on short trips prior to the big day to let him get used to traveling by car.

2. Keep your pet safe in a secured, well-ventilated crate or carrier. It should be large enough for your pet to stand, sit, lie down and turn around. Letting him have free range in the car not only puts him at risk, but it also poses a risk to your family if you were to stop suddenly.

3. Never let your dog travel in the bed of a truck. Even if he is secured on a short line to prevent him falling or jumping out, your pet can experience discomfort from the weather and wind or sustain injury from debris.

4. Feed your pet three or four hours prior to departure and avoid giving him any food or treats in the car.

5. Never leave your pet in a parked vehicle, which can quickly become a furnace and cause heatstroke, even with open windows. In cold weather, the car holds the temperature like a refrigerator.

6. Your pet's microchip should be up-to-date and he should be wearing a flat collar and ID at all times.

7. Bring a bowl and extra water in case you get stuck in the inevitable holiday traffic jam!

8. Take lots of breaks to let your pet stretch his legs and relieve himself. It's a great excuse to do some sight-seeing or pick up a fun treat for yourself!



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## 6 Health Benefits of Eating Dark Chocolate

If your sweet tooth craves chocolate, there are plenty of reasons to surrender to your cravings and indulge. Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Cacao offers a number of health benefits from helping to control blood sugar to lowering the risk of cardiovascular disease because it contains flavonols, which are a type of antioxidant that has been shown to improve blood flow and can protect against sun-induced damage, improve blood flow to the skin and increase skin density and hydration.

Bottom Line: Quality dark chocolate has various nutritional perks so enjoying a delicious treat that has at least 65% cacao can be guilt-free if you don't overdo it.

### NUTRITIONAL PERKS

#### HEART-HEALTHY

Dark chocolate has been shown to improve blood flow and possibly prevent blood clots. It also helps lower blood pressure and may help keep arteries from hardening.

#### BRAIN FOOD

Because chocolate increases blood flow to the brain, it can be a boost to your cognitive health.

#### MOOD CHANGER

Chocolate also contains phenylethylamine (PEA), which encourages your brain to release endorphins that make you feel good.

#### CANCER FIGHTER

Antioxidants in chocolate help rid your system of free radicals, which have been linked to multiple age-related health risks and diseases.

#### SOMETHING TO SMILE ABOUT

Theobromine, found in dark chocolate, helps harden tooth enamel, which helps prevent cavities.

#### SUN BLOCKER

Some studies show that people with diets high in flavonols take longer to burn in the sun than people with low flavonol diets.

Written by: Claudia Mosley, Moms Making Six Figures

Reviewed by: Dr. Barbara Ryan, MD

## PRIMARY CARE. WHERE YOU GO MAKES A DIFFERENCE.

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Peel, Inc. - Kids Club, 308 Meadowlark St, Lakeway, TX 78734-4717  
We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.  
DUE: November 30th



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

Name: \_\_\_\_\_

(first name, last initial)

Age: \_\_\_\_\_

Have A  
Happy  
Thanksgiving!

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# 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](http://www.henrythehand.com).



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