

DECEMBER 2016

Official Publication of Legends Ranch Property Owners Association VOL 10, ISSUE 12

COMMUNITY NEWS

Thanks to all who came out to enjoy the Craft and Vendor Fair put on by a resident Hope everyone had a great Thanksgiving.

3 Dec, Saturday, 3:00-6:00pm: "Santa visits the Ranch" with hot chocolate and cookies", Legends Ranch Community Christmas Event. Celebrate the holidays by joining us for cocoa and cookies as Santa Claus visits Legends Ranch. To get involved with future social committee events, contact: LRsocialcommittee@gmail.com.

December weekday "Monthly POA Board Meeting": Date To-Be-Determined / To-Be-Confirmed.

Note: if it falls on the last Tuesday of the month that would mean 27 Dec, Tuesday, 6-730pm: Monthly Property Owners Association Board Meeting. Stay posted with the Property Manager and her email notification with the date and agenda. Resident volunteers maintain this unofficial resource as well once learn up-to-date information: www.facebook.com/groups/LegendsRanch

SCHOOL ZONING FOR CONROE ISD: ATTENDANCE BOUNDARY PROCESS: TO INCLUDE **LEGENDS RANCH IN DISCUSSIONS/DECISIONS**

With our growing community around our neighborhood, new schools are being added and within the next month or two, decisions are being made regarding the zoning of which neighborhoods will go to which schools, including discussions on where the children of Legends Ranch will attend.

Keep posted by information found on this website: www.conroeisd. net/about/attendance-boundary-process. Or keep up with other topics related to this subject by attending a school board meeting, one of the zoning meetings, or neighbors keep updated events to share with their neighbors at: www.facebook.com/groups/LegendsRanch.

POA OF LEGENDS RANCH

Agenda for Board Meeting held on 11/29/16 OPEN SESSION (6:00 PM - 7:30 PM)

the Clubhouse,

2801 Legends Ranch Dr, Spring, TX 77386

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- October 25, 2016
- 5. Financial Report
- 5a. September 2016 Managing Agent
- 6. Management Contracts
- 7. Saturday Office Hours
- 8. Proposals
- 8a. Pool Service Contracts
- 8b. Door to Window Modification-Splash Pad Building
- 9. Additional Business
- 9a. Review of Contracts (Cintas, Voreh, Aquatic Management, Brickman-Brightview)
- 9b. 2017 Budget Review
- 9c. Access Card Allotment
- 9d. Weiser Security
- 9e. Security Issues
- 9f. Capital Improvement Projects
- 9g. 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)

IMPORTANT NUMBERS

Property Tax	
Montgomery County Tax	936-539-7897
Conroe ISD	
Montgomery MUD #89	
Your Community Homeowners Associati	
RealManage	
I amenda Damah Clarkhausa	201 (01 0750
Legends Ranch Clubhouse	
Gate Attendant Office	281-296-0433
Police & Fire	
Emergency	
Montgomery Sheriff	936-760-5800
Pct. 3 Constable Office	
S. Montgomery Co. Fire Dept. Non-Emergen	cy281-363-3473
Montgomery County EMS Non-Emergence	y 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)	
Electricity (Centerpoint)	
Gas (Centerpoint)	
Water/Municipal Oper. & Consulting	201 267 5511
Part Track	201 212 2270
Best Trash	
Street Light Outages	712 241 1000
	/ 13-341-1000
Public Services	
Local US Post Office	
Toll Road EZ Tag	
Voters Registration	
Vehicle Registration	
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	-
Conroe Medical Center	
Conroe ISD	
Birnham Woods Elementary	
Cox Intermediate	
York Junior High	
Oak Ridge High	832-592-5300
Private/Parochial	
First Baptist Church	936-756-6622
Sacred Heart Catholic Church	
St. Edward Catholic	
St. James Episcopal Day	
1 1	

BOARD & MANAGEMENT CO

Onsite Manager

Cicely Towers-Harrislegranch@ciramail.com

Management Co.: Real Manage

Board Members:

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IT'S THE MOST EXPENSIVE TIME OF THE YEAR!

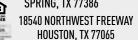
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HITTING THE SLOPES THIS SKI SEASON? KEEP IN MIND THESE TIPS TO PREVENTING INJURIES ON THE SLOPES.

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries in Austin recreational athletes of all ages and abilities.

For 15 years, as a traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of injuries in these world-class skiers.

One of the most frequent questions I get this time of year from my patients who ski is "How can I avoid hurting myself on the ski slopes?"

So what do I tell recreational skiers about staying healthy on the hill? First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginko biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is abstinence from alcohol during the first 24 hours at altitude. Early trip moderation equals a better mountain experience!

Modern skis, boots, and bindings are universally safe now, unlike in decades past. Multi-release bindings help you come out of your skis safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

Speaking of knees, in most solid, intermediate skiers, unlike beginners

(learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

The best way to protect yourself from ski injury is:

- Get in good "ski-shape"6 weeks of strength and some aerobic training will suffice
- Ski within your limits
- Stay relaxed, focused & well hydrated
- Watch out for that last, fatigued run of the afternoon
- If you fall, fall forward and throw your hands in front of you it's proven that less knee and shoulder injuries occur in the forward lean of a fall.
- And always, always, wear a helmet!

Before you ski, take time to take stock of your physical condition, especially your knee, shoulder and hip joints. Pre-trip aches and pains will not make for an enjoyable ski trip!

Written by Kelly Cunningham, MD Orthopedic Specialist and Founder, Austin OrthoBiologics Sports Medicine Clinic

Austin resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society.



IN A WORLD DOMINATED BY THE TYPICAL, ONE COMMUNITY DARES TO BE ANYTHING BUT.

MIND-BLOWING

NEW SECTIONS ON-SITE SCHOOLS GRAND PARKWAY

2 MINUTES from the

AWARD-WINNING **AMENITIES**

BOREDOM-DEFYING: **HOLCOMB FAMILY YMCA** **NONSTOP EVENTS** and **EXCITEMENT**





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RANCH LEGENDS

Texas A&M EXTENSION

IPM is short for Integrated Pest Management and is the blending of effective, economical and environmentally sound pest control methods into a single flexible approach to manage pests. When utilizing IPM, we hope that you can avoid or reduce pest problems.

Here are some things to reduce the number of pests in your home:

- Reduce food or water resources for insects:
- Encourage family to eat in one location. This makes it easier to clean since spills and crumbs are not spread around the house.
- Clean up any spilled food or drink as soon as possible.
- Sweep & vacuum regularly. This helps to remove food crumbs, pet hair and other things that insects may feed upon.

- · Do not leave dirty dishes in the sink overnight. Even small bits of food can be a meal for insects.
- Do not leave pet food out overnight. Again, can be a free meal for insects.
- Remove old newspapers, magazines and books that are unused Silverfish love to feed on these types of items.
- Repair plumbing leaks to get rid of water sources required byinsects.
- Use a plastic bag to line garbage cans to make garbage easier to remove.
- Remove garbage on a weekly basis, possibly more during warmer times of the year.
- Reduce areas where insects may live:
- Clean drains with a stiff brush & then flush with boiling water. There are small flies that can grow in the slime layer of drain pipes. The stiff brush will loosen the slime and the boiling water will flush it away.
- Remove tree stumps and any dead branches in the yard to avoid carpenter or acrobat ant populations living in these areas.

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Adrienne Blessing, MD Family Medicine



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- Remove debris (firewood, bricks, stones, etc.) away from the home. These areas can be inhabited by a variety of arthropods including spiders, scorpions and cockroaches.
- Clean closets on a quarterly basis to reduce the chance of spiders moving in.
- Reduce moving insects into the house:
- I nspect all items for pests before bringing them into the house. Insect pests can be brought into the home with such items as potted plants, boxes full of things inherited from a family member, on used clothing of furniture, among other things.
- Prune tree limbs that touch or overhang the home & prune back and shrubs that touch the home. When shrubs or trees touch or overhang the home, they can be used as bridges for insects to get onto the home and then move inside.
- Seal entry points on the outside of the home with sealant, expanding foam or copper mesh screening. Pipe penetrations, weep hole or cracks can allow insects, spider or other animals move into the home.

- Store food in sealed plastic or glass containers to keep pantry pests out.
- Keep screens, weather stripping and door thresh holds in good repair. Many insect pests are very small, so even a small tear in a screen or crack under a door can allow them to come inside.
- Use yellow bulbs in outside lights to reduce the number of insects coming near doorways.

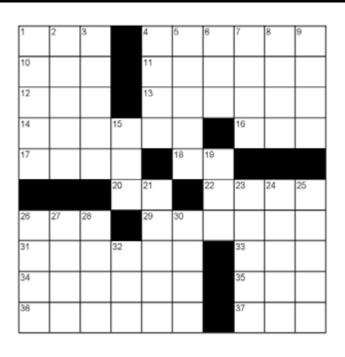
For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot. com

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CROSSWORD PUZZLE



ACROSS

- 1. Dawdle
- 4. Permanant
- 10. Brew
- 11. Brand of adhesive strip
- 12. Charged particle
- 13. A Nissan car
- 14. Parallelograms
- 16. Male cat
- 17. France & Germany river
- 18. Father
- 20. Strontium (abbr.)
- 22. Animal oil
- 26. Part of a min.
- 29. Saudi
- 31. Singer Bing
- 33. No. eggs in a package
- 34. One-celled water animal
- 35. Southwestern Indian
- 36. Raving
- 37. Hallucinogen

DOWN

- 1. Dens
- 2. Hawaiian 'hello'
- 3. City
- 4. Replace a striker
- 5. Spring flower
- 6. Music
- 7. Lure
- 8. Type of car
- 9. Cheese
- 15. Married woman
- 19. Wing
- 21. Jewish religious leader
- 23. BB player Kareem Jabar
- 24. Public disorder
- 25. Groggy
- 26. Blemish
- 27. Writer Bombeck
- 28. Racoon's nickname
- 30. Baseball's Nolan
- 32. Scene

View answers online at www.peelinc.com

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Microwave Peanut Brittle

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Be careful! This is a hot and sticky recipe.

INGREDIENTS

1 cup sugar

1/2 cup white Karo

1 dash salt

1 cup shelled raw peanuts (or pecans, walnuts, sunflower seed, etc.)

1 tablespoon butter or more. With peanut brittle, more is better.

1 1/2 teaspoons baking soda

1 teaspoon vanilla

DIRECTIONS

Line baking sheet with wax paper.

Spray wax paper, spoon, and anything else the brittle touches with Pam.

Combine sugar, salt and Karo in a 3 quart microwave safe glass

Stir in peanuts.

Microwave on high until light brown (8 to 10 minutes) stirring at least 2 times during cooking.

Remove from microwave and stir in remaining ingredient adding baking soda last (mix will be foamy).

Stir quickly and pour onto wax paper.

Spread thin for brittle candy.

Note: You can use any type nuts you prefer or even sunflower seeds (which is my favorite).







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