

The RANCH REVIEW

March 2017 Volume II, Issue 3

News for the Residents of Legends Ranch

5k Family Fun Run highlights survivors & supports victims



Volunteers have been planning this year's "Running for Hearts" annual 5K Family Fun Run and Walk. This fun-filled event will feature a timed 5K trail run, a one mile family fun walk, and will take place on Saturday, March 25, 2017 in Spring. The event will also include children's activities, local vendors, and more. Participants will receive a swag bag, a race day t-shirt, and are invited to an after-race celebration featuring a DJ, food, and a few surprises. Prizes for participants include race winners and fund raising winners.

Northside Christian Church (20250 Kuykendahl in Spring) is hosting this year's fundraiser with proceeds going to support Shield Bearer Counseling Centers. "Shield Bearer provides a safe and hopeful place for children and adults to rebuild after tragedy and trauma. We are so thankful for everyone who is coming out to make a difference

for people who have gone through traumatic events like crime victims, human trafficking survivors, and veterans and their families right here in Northwest Houston," states Executive Director Roy Wooten.

First Metropolitan Church Pastor John D. Ogletree, Jr. stated, "Our community is grateful to have Roy Wooten and Shield Bearer as a viable resource to assist victims with the horrible aftermath of crime. I am familiar with the emotional, physical and financial wounds of crime victims and would not hesitate to refer someone to Shield Bearer."

The event also benefits families who have been affected by traumatic events like Shari Nightingale, the 2015 Katy Person of the year. Her daughter Lindsay Ferrill was murdered in 2012. Now she prevents others from becoming victims through the Lindsay's Light Dating Violence Prevention program at Shield Bearer. "I'm so thankful to be a part of a Christian ministry that brings hope for people going through such horrible experiences," stated Shari.

Registration is available at shieldbearer.org/5K. Pre-race day entrance fees are \$25 per participant. Children under 13 are \$10. Volunteer, vendor, and sponsor opportunities are available by contacting events@shieldbearer.org or calling (281) 894-7222.

For more information about Shield Bearer, a Houston based non-profit and lead agency in the movement to strengthen individuals, couples, and families, visit shieldbearer.org, call (281) 894-7222, or attend a free Community Breakfast on the first Tuesday of the month at 9AM at 12340 Jones Rd, Ste 290 in Houston.



RANCH REVIEW

IMPORTANT NUMBERS

Property Tax

Montgomery County Tax	936-539-7897
Conroe ISD	936-709-7751
Montgomery MUD #89	713-932-9011

Your Community

Legends Ranch Clubhouse.....	281-681-9750
Gate Attendant Office.....	281-296-0433

Police & Fire

Emergency	911
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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
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Vehicle Registration	281-292-3325
Drivers License Information	936-442-2810
Montgomery County Animal Control	936-442-7738
Montgomery Chamber	281-367-5777

Conroe ISD	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

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Editor

Submit Articles..... legendsranch@peelinc.com

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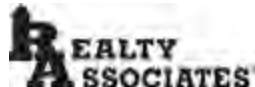


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MARCH MARKS NATIONAL NUTRITION MONTH

Five Key Nutrition Tips for a Health Lifestyle

March is National Nutrition Month, and it marks the perfect time to assess the foods you eat and commit to a healthy lifestyle. It's never too late to make healthy eating a part of your everyday life and DyRell DiLorenzo, Hospitality Site Manager at Baylor Scott & White Medical Center – Lakeway, is ready to help get you started with these five key tips:

- **Highlight fruits, vegetables, and whole grains** - This category should be 45-60 percent of your daily calorie intake.
- **Fiber, fiber, fiber** - Fiber is important for our bodies during the digestion process, as it slows down how we process these foods.
- **Embrace lean proteins** - This includes poultry, fish, beans, egg whites, nuts, and other lean meats. 15-25 percent of our diet should come from proteins, according to the USDA.

- **Don't fear fats** - Although fats sound like something we should stay away from, it is essential to get between 20-30 percent of your daily calories from fats. Good fats include, olive oil, nuts, seeds, avocado and fatty fish.

- **Moderation is key** - Just because you are eating healthy doesn't mean you can't indulge on occasion. Just be wary of your sugar and calorie intake, read the ingredients, and decide "is this really worth it?"

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and stabilizing your mood.

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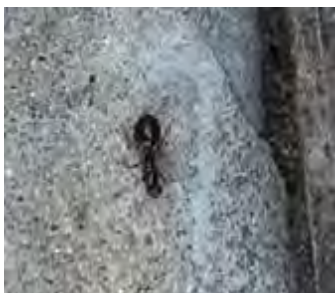
RANCH REVIEW

Red Imported Fire Ants

TEXAS A&M
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EXTENSION

I was making dinner the other night and my kiddo was outside playing. He came rushing in panicked. He discovered the fire ants of the season. While I knew it was inevitable, I was hoping that it would occur a bit later in the year. But, it's true. Fire ants have begun to yet again, dot the landscape with their mounds.

Spring time is usually when people see fire ants swarming (although it can also happen in the fall). Swarming is a reproductive process that usually occurs on warm days after a rain event. Winged males and females leave the mound and fly into the air to mate. After mating, they fall to the ground where males die and females break off their wings and search for a location to establish a new colony. Mated females dig a small chamber in soil, lay a few eggs and rear those young by themselves until the young become mature worker ants. At that point workers take



Fire ant queen without wings.

over colony functions and the queen continues to expand the population of the colony by laying more eggs.

While searching for a new colony location, many mated fire ant queens are killed by lizards, birds, spiders, other ants, and often my shoe stomping on them. Queens that survive can be managed by broadcasting fire ant bait over your entire property. New colonies are usually very small and may not have substantial mounds for locating easily for individual treatment. When worker ants forage for food, they would have the opportunity to locate, pick up, and carry fire ant bait back to the colony to share with other ants including the queen.

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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Tips For Protecting Kids On Social Media



Facebook, Twitter, Instagram, Snapchat, WhatsApp... these are but a few of the many online social media tools kids and tweens regularly use. Especially important

locations without your knowledge. Review app settings to help keep information private and regularly engage in dialogue with your child about social media parameters.

Who they're talking to? Your child may be following people you don't know, or people your child only knows online. Is that okay with you? Talk to your children about this and know what images, messages, and other content your child is sharing.

What account settings they're using? Social media services each have different setups - Look at each one your child uses and review profile content and who can see it. You can control who has access to your child's information.

Who has access to their information? Most social media services have ads and applications from third parties. If children click on these or add them to their profiles, they are allowing access to their personal information. Talk to your children about what's okay to add and what's not.

Continually talk to your children about online safety - dialogue is important. Keep up with who is connecting with your child online and set rules for social networking, instant messaging, e-mailing, online gaming, and webcams. For a vast resource on internet safety, visit <http://www.netsmartz.org/InternetSafety>.

for this age group is learning how to navigate social media safely and appropriately. Use these tips from NetSmartz Workshop, an interactive, educational program of the National Center for Missing & Exploited Children® (NCMEC) which provides age-appropriate resources to help teach children how to be safer on and offline.

Parents: Do you Know...

What they're posting? Check comments and images for personal information, such as phone numbers and addresses, as well as inappropriate content. Delete anything you think should not be shared and discuss why with your child.

How they access social media? Mobile devices, like cell phones and tablets, allow children to access social media apps away from adult supervision. Children may post content and share their

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Middle School and High School Club Track Sign Ups Announced

The Northwest Flyers Track Club is now registering middle and high school athletes for the spring and summer 2017 season. The team is sanctioned by USA Track & Field, and provides a full program of “track” events such as sprints, hurdles, middle distance, distance and relays, and “field” events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent “off-season” program for young athletes who compete on their middle school or high school track teams.

The team, which is celebrating its 30th anniversary season this year, was founded by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. In July, 2016 the Northwest Flyers had one of its most successful competitions ever at the Junior Olympics in Sacramento, California.

For additional information about the team and the orientation for middle and high school athletes, visit www.northwestflyers.org, email linette.roach@sbcglobal.net, or “Like” the club on Facebook.



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Brian has spent more than twenty years speaking into the lives of students and parents. His experiences as a school administrator, camp director, and youth pastor have allowed him to see families in the culture from many different perspectives. As the founder of 360 Family, Brian has spoken at more than 200 conferences, churches, and schools including work with D6, KLove and FamilyLife Today. His work can be read monthly in Parenting Teens and Homeschooling Today magazines.

Please visit **orbcbfamily.org** for session times and topics.

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