



Spring is here! Decorate your Home

Spring is here! It is time to start thinking about opening your windows and brightening your home. Not sure where to start? Follow these 3 easy steps from Tarragona Designs:

1. Update your walls

Color trends change every year. From light and bright colors to dark and daring, colors don't go out of style, it's just the pairings of different colors that come and go. New color combinations may be just what your walls need for a fresh new look, especially if you've had the same color palette in your home for a long time.

My top 5 colors that I recommend are:

- 1. Agreeable Gray-Sherwin Williams 7029
- 2. Intellectual Gray-Sherwin Williams 7045
- 3. White Flour-Sherwin Williams 7102
- 4. Ancient Marble-Sherwin Williams 6162

5. Sea Serpent-Sherwin Williams 7615

2. Accessorize

Have your throws & pillows seen better days? It might be time to bring in some new pieces for a fresh & updated feel to your home. You can transform the entire look of a room by changing out some basic design items such as lighting, pillows, throws & artwork.

3. Spring clean your home - lots of work but you will be so glad you did when the weather draws you outside. Pull out your screens and wash the winter grime off your windows, then work on cleaning things like the ceiling fans and fireplaces. Once your cleaning is complete, gather mason jars from your cabinet and pick up fresh flowers on your next visit to the grocery store. Arrange together in groupings throughout your home for a finished and fresh look.Spring is here...

IMPORTANT NUMBERS

Property Tax

Montgomery County Tax	.936-539-7897
Conroe ISD	.936-709-7751
Montgomery MUD #89	
Your Community	
Legends Ranch Clubhouse	.281-681-9750
SplashPad Office	
Gate Attendant Office	
Property Manager	
Property Manager Teresa Baldwin TBaldwin@Spe	ctrumAM.com
Police & Fire	
Emergency	
Montgomery Sheriff	.936-760-5800
Pct. 3 Constable Office	
S. Montgomery Co. Fire Dept. Non-Emergency	
Montgomery County EMS Non-Emergency	
Crime Stoppers	
Poison Control	
Texas DPS	
Utilities	
Electricity (TXU)	800-368-1398
Electricity (TXU New Service)	
Electricity (Centerpoint)	
Gas (Centerpoint)	
Water/Municipal Oper. & Consulting	281-367-5511
Best Trash	
Street Light Outages	
Cable/Internet/PhoneCOMCAST	713-341-1000
Public Services	./15-541-1000
Local US Post Office	201 /10 70/0
Toll Road EZ Tag	
Voters Registration	
Vehicle Registration	
Drivers License Information	
Montgomery County Animal Control	
Montgomery County Annual Control	
e .	
Conroe ISD.	
Birnham Woods Elementary	
Cox Intermediate	
York Junior High	
Oak Ridge High	.832-592-5300

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TALKING TRASH Paper or Plastic?

The single-use plastic bag was invented in Sweden in 1962. The first application was the shopping bag. Over 1/3 of all plastic production is for packaging designed for short-term use. Plastic bags are made from natural gas or petroleum that formed over millions of years, yet they are often used for mere minutes before being discarded to make their way to dumps or incinerators, if they don't blow away and end up as litter first. In landfills and waterways, plastic is persistent, lasting for hundreds of years, breaking into smaller pieces and leaching out chemical components as it ages, but never fully disappearing. Animals confuse the bags with food and they can end of entangled, injured or dead. Studies have shown that plastic from discarded bags actually soak up additional pollutants like pesticides and industrial waste that are in the ocean and delivers it to sea life. The harmful substance can then move up the food chain to the food people eat. Plastics and the various additives that they contain have been tied to a number of human health concerns, including disruption of the endocrine and reproductive systems, infertility and a possible link to some cancers.

In 2014 it was said that 100 billion plastic bags pass through the hands of consumers every year, almost 1 bag per person, each day, laid end-to-end they could circle the equator 1,330 times. Many cities are looking for ways to reduce the plastic litter that blights landscapes and clogs sewers and streams. Single use plastics (bags, soda/water/juice bottles, etc.) are damaging our environment and threatening the value of our communities. To discourage use, some larger cities have instituted a bag charge to discourage single use plastics. Some are even discouraging the use of paper bags and rewarding customers that bring their own reusable bags. We can save taxpayer dollars by committing to using reusable bags at grocery stores and even when shopping in the mall.

Several Texas cities have either instituted a charge/reward system or declined to not "ban the bag" and instead create recycling programs. Of note, Brownsville, Corpus Christi, El Paso, Freer, Fort Stockton, Kermit, Laguna Vista, Laredo, Midland, Odessa, Port Aransas, South Padre Island and Waco. Galveston has postponed a vote to sometime this year. Governor Greg Abbott has ruled against some of the miscellaneous ordinances, but it appears to affect those passed for solid waste management purposes only. Most cities have passed ordinances for other purposes, such as Ft. Stockton...to protect cattle and horses (they eat then die) and coastal wildlife. San Antonio District Council member, Chris Medina, said it best, "If we could just stop using them, we could clean up our environment, protect waterways and wildlife, reduce maintenance costs and reserve our taxpayer dollars for better uses like street improvements or education".

How to Raise a Confident Child

Neena Hamamcy, MA, LPC, LMFT

A child's self-worth is the gateway to social success and sound mental health. Developing healthy self-esteem is the building blocks of child development and affects us at every age of our lives, determining how we act, not just in childhood, but also as adults. Having low self-esteem drives behavior problems, troubles in relationships and school performance, to name a few. As parents, we are greatly influential in how our children perceive themselves, thus ensuring that we raise our children to grow to have confidence and positive self-worth is essential for their success as adults. Here are some ways to help improve your child's self-esteem:

Help Your Child Express and Embrace their Feelings

When your child looks in the mirror and sees themselves, you want to make sure that they like who they see. One way to ensure this is to cultivate a relationship where you encourage your children to express their feelings openly. When you take the time to listen and accept their feelings, you are sending a message that they matter and how they feel is important. A child's feelings are part of who they are as individuals, thus embracing their feelings is in effect embracing them. When a parent listens and validates their child's feelings, it makes a child feel valued and worthy. If a parent repeatedly responds to their child's feelings with hurt, anger, shame or judgment, the child receives a message from a parent that their feelings are wrong and that their parents are not emotionally available. This can lead a child to shut off their emotions, which in turn can lead to behavior problems down the road. The way a child feels about themselves reflects in their behaviors. By listening and accepting your child's emotions, your child will feel loved, valued and reassured that you are capable of meeting their needs emotionally.

Teach Ownership

It is important to distinguish between a child's feelings and their actions. You want ensure that your child feels loved, but you also want to hold your child accountable for undesirable actions. Setting clear expectations and having consequences is essential for teaching accountability and promoting self-esteem. Helping your child take ownership for their actions helps them learn that their actions have consequences and that they can control the outcome based on their choices. "If I make good choices, then good thing follow, if I make bad choices, then bad things follow." Just as kids learn to be accountable for their mistakes, they also learn to own their achievements and success. Without this accountability, children miss the opportunity to experience the joy and satisfaction that comes from mastering their efforts. It is important to allow children to learn from their missteps and develop the resiliency to deal with their failures and the difficult feelings that accompany. We have morphed into a society that struggles with negative emotions and what we often see are parent's trying to protect their children from

unpleasant feelings. Where everyone is a winner and there are no losers; where in an effort to preserve self-esteem, we try to protect our children from feeling bad about themselves. This approach actually produces the opposite outcome; it creates children that are spoiled, entitled and view themselves as victims. A parent who intervenes and tries to protect their children from difficult feelings and situations, inadvertently interferes in learning lessons that build self-esteem and resiliency that set the path for success in adulthood. Parenting with accountability allows children to own their failures as well as their achievements and empowers kids to see they have control over the outcome of their lives.

Create Experiences to Help Your Child Feel Successful

Help your child find their strengths and acquire skills, whether it be academically, socially or in extracurricular activities. One way children measure their self-worth is by how other's perceive them, and in our society that is full of measuring and comparing, children can be vulnerable to heightened criticism and comparison. Emphasize to your child that you accept and love them regardless of their performance. Create opportunities for them at home and outside the home, where they can accomplish goals and feel the satisfaction of completing a task. Experiences of success create confidence and foster self-esteem. Experiences that can foster self-esteem include having chores and responsibilities at home, participating in athletics, or other areas of social or extracurricular interest. Encouraging their independence and helping your children be responsible will encourage positive self-worth.

Try to Understand and Heal your own Self-Worth Issues

Parenting can be emotionally intoxicating as well as draining. Becoming a parent tends to bring out the best and worst of ourselves. As we navigate through such an intensely emotional relationship with our children, we are often confronted with our own insecurities and fears. Becoming a parent has a way of bringing to the surface our own unresolved emotional issues stemming from our relationships with our own family or origin. Our children's self-worth is not genetic, but rather learned and especially in early childhood, is a reflection of the parent's sense of self, particularly the mother. A parent's unhappiness is passed down to a child, and children view your unhappiness as unhappiness with them. It is important to address your own insecurities and fears because no matter how many parenting books you read, if you don't address your own self-worth issues, you are bound to pass them to your kids. Looking at your own wounds from your early childhood and trying to understand the positive and negative ways your parents influenced your self-esteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own self-worth as well as your children's.

SAVE THE DATE

April Community Events

8 April, Saturday: Legends Ranch Easter Egg Hunt.

15, April, Saturday, 7:00 a.m.-12:00 p.m. Legends Ranch Bi-Annual Garage Sale, Open to the Public.

25 April, Tuesday, 6:00 p.m. Monthly P.O.A. Board Meeting, all residents invited to attend.

May Community Events

The first or third Saturday of May is planned for the 2nd Legends Ranch Crawfish Festival; stay tuned for details and options to purchase.

30 May, Tuesday, 6:00 p.m.: Monthly P.O.A. Board Meeting, all residents invited to attend.

PROPERTY OWNERS ASSOCIATION OF LEGENDS RANCH

BOARD MEETING

LAST TUESDAY OF EACH MONTH 6:00pm

LOCATION 2801 Legends Ranch Dr Spring, TX 77386

Dear Homeowners:

The focus of the board meeting is general business of the Association, which may include the Association's budget, financials, and day-to-day operations.

Topics usually discussed in executive session include personnel, community maintenance, contract negotiations, vendor relations, pending litigation, enforcement actions, and communication with the Association attorney regarding matters that are confidential by request of an affected party and the agreement of the Board.

Thank you, Board of Directors



Support your HOA by being a part of the solution. Your participation is greatly appreciated. w w w . s p e c t r u m a m . c o m

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RANCH REVIEW The Art of Choosing a Summer Camp

By Mike McDonell President, Kidventure

Parents, let's face it. Our kids are growing up in a world much different than the ones we rode our Big Wheels in. Back then, we roamed the neighborhood in search of an adventure. Left to our own devices, we would transform empty lots into playgrounds, create fantastic forts with blankets held fast by encyclopedias, and find endless utility out of something as simple as a stick.

The world is now lightyears away from what we knew then. Driven by an endless flow of information and novelty, the bar to keep kids engaged is as high as it has ever been. That is why camp is so important and has never been more essential than right now.

Choosing the right camp can allow your child the opportunity to discover themselves, to interact with others, to feel inspired, or part of something great. Yet with all the camp options out there, choosing an appropriate program can be challenging.

The following are some of the most important questions you can ask of any camp program. These will aid you when looking to make the most of your child's camp experience.

General Camp Questions

1. Is the camp right for your child? Too many times, parents will enroll their kids in a camp they see themselves in and not their kids. You know your child best, so take into account their strengths, natural inclinations, and preferences.

2. What is the camp's mission statement? Every camp should have a goal or a mission. That mission should ultimately be to makes kids feel great about themselves and feel successful.

3. Does the camp program have a track record of quality programming and service? Read reviews, ask for a couple of references, and talk with other parents who have been to that camp.

4. Is this camp licensed by the State of Texas Youth Camps Division? This licensing ensures that every camp is held to certain standards in terms of safety, quality of staff, and quality of programming. If a camp is unlicensed, then it can be shut down by the state of Texas at any time.

5. What is the camp's policy on how they reward good behavior and regulate poor behavior?

Staff Questions

A camp can have the most beautiful facilities, state-of-the-art camp equipment, and the best website, but the quality of any camp program begins and ends with the quality of the staff.

1. What is the ratio of counselors to campers?

2. What is the age of the staff, and what are the camp staff minimum qualification standards?

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3. What medical qualifications and procedures are set in place for campers and their staff?

4. What is the background check process on your staff?

5. Will the staff simply be supervising kids, or will they be active participants

Programming Questions

Good camps have an active and well thought out curriculum. That curriculum should take into account factors like multiple ages, the weather, and the number of children attending. The following are a set of questions that should give you a good feel for the programming.

1. Does the camp provide an age appropriate curriculum suited for my child and his/her abilities? Camps tend to be open to a wide range of kids, so make sure that their activities are developmentally appropriate. Make it a point to ask about the appropriateness of the



program with regards to your child's age and individual needs.

2. What percentages of those activities are outdoors vs. indoors? How does the camp program plan for the hot temperatures during the summer?

3. How are multi-age campers grouped in camp?

4. Are there field trips? If so, how are campers transported? Who drives and is there air-conditioning on that transportation?

Overnight Camp Specific Questions

When it comes to overnight camp options, many of the previous questions are perfectly applicable. However, because your kids will be going away for camp, a few more specific questions will help you make a better and informed decision.

1. What are the sleeping arrangements like? Not every camp has air conditioning. If that's a deal breaker for you or your camper, then ask. Additionally, the number of campers within a lodging varies greatly from camp to camp.

2. What is the waterfront safety procedure? Are there lifeguards stationed at all water activities?

3. What is the camp policy on use of technology at camp?

4. What are the food options like? Can they accommodate any allergies or dietary needs?

In Conclusion

Though this is not a comprehensive list, these questions will help you learn more about a camp program and give you the opportunity (*Continued on Page 8*)

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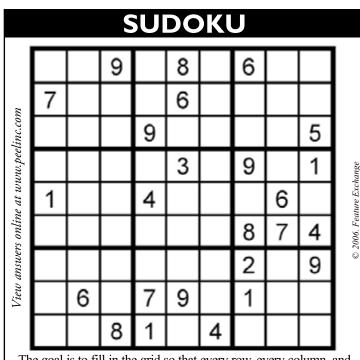
INTENSE LIGHT SKIN THERAPY

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to select your child's camp experience more wisely. At the end of the day, the camp you choose for your child must be safe, it must place the camper first in all matters, and it must provide both you and your child with an environment that is both comfortable and rewarding.

Camp has the power to transform the lives of our kids. It can teach courage, teamwork, empathy, grit, independence, and confidence. That transformative spirit has never been more alive than today. Seek out great camp programs, ask the right questions, and make solid camp choices with your child. The results will provide them with an immensely rewarding experience, one that they will carry with them for the rest of their lives. Happy camping!





The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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April 15th Saturday Big Egg Hunt 5 pm

April 20th Sunday Services 9:00 & 10:30 am Sunday Egg Hunts 10:00 am & 11:30 pm

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- · AWANA WEDNESDAYS AT 6:30PM
- · BIBLE CLASSES FOR ALL AGES
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ASSASSIN & AMBUSH BUGS



TEXAS A&M

TENSION

Assassin and ambush bugs are predators and are considered beneficial insects. They are generalists that attack a variety of caterpillars, flies, and other bugs. These predators either stalk their prey or wait to ambush prey when they come to a plant. Prey is stabbed with tube-like mouthparts, paralyzed with a toxin, and body fluids sucked up.

Assassin and ambush bugs have 3 segmented piercing-sucking mouthparts. These bugs come in a variety of colors with assassin bugs usually being darker in color than ambush bugs. Assassin bugs also have a more elongated head compared to ambush bugs. Ambush bugs have thickened front legs used to capture and hold prey. Immatures, or nymphs, look similar to the adults but do not have fully developed wings. Eggs are usually deposited in masses

and are cylindrical in shape.

While most assassin bugs are beneficial, the kissing bug or cone-nose bug is considered a pest. Kissing bugs feed on blood of mammals, including humans.

For assassin bugs that are feeding on insects, control is not required. For more information on kissing bugs see this site https://kissingbug.tamu.edu/

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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