

The RANCH REVIEW

August 2018 Volume 12, Issue 8

News for the Residents of Legends Ranch

BACK TO SCHOOL TIPS

From the American Academy of Pediatrics

The following health and safety tips are from the American Academy of Pediatrics (AAP). Feel free to excerpt these tips or use them in their entirety in any print or broadcast story, with acknowledgment of source.

MAKING THE FIRST DAY EASIER

- Parents should remember that they need not wait until the first day of class to ask for help. Schools are open to address any concerns a parent or child might have, including the specific needs of a child, over the summer. The best time to get help might be one to two weeks before school opens.
- Many children become nervous about new situations, including changing to a new school, classroom or teacher. This may occur at any age. If your child seems nervous, it can be helpful to rehearse entry into the new situation. Take them to visit the new school or classroom before the first day of school. Remind them that there are probably a lot of students who are uneasy about the first day of school. Teachers know that students are nervous and will make an extra effort to make sure everyone feels as comfortable as possible. If your child seems nervous, ask them what they are worried about and help them problem solve ways to master the new situation.
- Point out the positive aspects of starting school to create positive anticipation about the first day of class. They will see old friends and meet new ones. Talk with them about positive experiences they may have had in the past at school or with other groups of children.
- Find another child in the neighborhood with whom your child can walk to school or ride on the bus.
- If it is a new school for your child, attend any available orientations and take an opportunity to tour the school before the first day. Bring the child to school a few days prior to class to play on the playground and get comfortable in the new environment.
- If you feel it is needed, drive your child (or walk with her) to school and pick her up on the first day, and get there early on

the first day to cut down on unnecessary stress.

- Make sure to touch base with your child's new teacher at the beginning or end of the day so the teacher knows how much you want to be supportive of your child's school experience.
- Consider starting your child on their school sleep/wake schedule a week or so ahead of time so that time change is not a factor on their first couple of days at school.



RANCH REVIEW

IMPORTANT NUMBERS

Property Tax

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

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

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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Ingredients:

1 18-oz can tomato juice
1 tablespoon parsley flakes
1 15-oz can tomato sauce
3 tablespoons wine vinegar
3/4 cup finely cut celery
2 tablespoons olive oil
3/4 cup finely chopped cucumber
1 teaspoon salt
1/2 cup finely chopped onion
1/4 teaspoon pepper
1/2 cup chopped avocado
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1/4 cup finely chopped green pepper
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5 or 6 drops Tabasco sauce

Directions:

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HEAD LICE



Head lice can become a problem brought home from summer camp or during the school year. These insects are small, tan to gray, and wingless. Eggs, also called nits, are glued to the hair shaft near the scalp. Nits are dark in color until they have hatched and turn white. It takes 7-11 days for eggs to hatch. Females lay 3-5 eggs each day and live from 7-10 days.

Head lice reside on the hairy part of the head. If they drop off, they only live for about 2 days. They are incapable of surviving on pets and are not known to transmit any diseases from person to person.

Several states, including Texas, now have what are being called "super lice". Essentially these lice are resistant to pesticides commonly found in over the counter lice treatments. If you are using an over the counter treatment for lice and they are not dying, then you need to see a physician. Doctors are able to prescribe other treatments that can kill the lice.

To manage lice:

1. Use an effective treatment. Head louse shampoos contain insecticides so they must be used properly and with care. Wash the infested person's hair in a sink or basin so insecticide does not come into contact with other parts of the body. The person shampooing should wear rubber gloves. Do NOT use off label products such as flea & tick shampoo, other insecticides, or gasoline. Only treat the infested person(s), but check everyone in the household.

(Continued on Page 5)

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HEAD LICE

(Continued from Page 4)

2. Hair combing is an extremely important step in controlling head lice. Shampoos may not kill all eggs, so thorough combing can help remove eggs from the hair shaft. Wet hair and use a special metal louse comb to comb through small sections of hair. Remove debris from the comb with a tissue and place it in a plastic bag that can be sealed and disposed of when you are finished combing through all hair. Hair should be combed daily until no more lice or nits are found.
3. Clothing and bedding of the infested person should be washed in hot, soapy water at the same time as the treatment. If items cannot be washed, try dry cleaning. For items that cannot be laundered, place them in a sealed plastic bag in the freezer for at least 24 hours.
4. It's important to contact anyone your child has had close contact with to let them know of the head louse infestation. This can help everyone manage the problem at the same time so there is less chance of reinfestation occurring.

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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THE TOP DOG

By Cheryl Conley, TWRC Wildlife Center

Living just a few miles north of Houston, it's not uncommon for me to hear coyotes howling at night. I get a little nervous when I hear them because they have been known to attack domestic animals. I saw on the news a few weeks ago where a coyote jumped a fence in broad daylight and attacked a small dog. Luckily, the owner was able to scare the coyote and no harm was done to the dog. Because natural habitats are disappearing, more and more coyotes are being sighted in urban settings.

TWRC only accepts coyote pups and we get very few of them but they are very interesting animals and I thought you might enjoy learning about them.

- They are about the size of a small German Shepherd. They have yellowish eyes.
- They are highly intelligent members of the dog family and are described by wildlife experts as clever, cunning and sneaky. They have a strong sense of hearing, smell and sight.
- Dogs run with their tails up; coyotes run with their tails down.
- They are classified as carnivores but will eat almost anything.
- The coyote is very vocal. A long howl lets others know its location. Short barks warn others of danger. They "yip" when reuniting with other pack members and will growl to establish dominance within the pack. They whimper and whine when bonding and make a high-pitched bark to call its pups.
- They can live up to 14 years in the wild.
- Some consider them a nuisance and attempt trapping and other nuisance-control measures. This will never eliminate them. Remove one and another one will move in to take its place. In The Woodlands, Texas, a few years ago several coyotes were removed. The result was that feral pigs moved in and destroyed lawns. According to Texas Parks and Wildlife, "The real solution and the greater need facing Texans right now is public education. We need to inform and empower people to take steps to coexist with coyotes and other urban wildlife."
- Coyotes can run up to 40mph.
- Coyotes are 100% monogamous according to a study by scientists at Ohio State University in 2012. "I was surprised we didn't find any cheating going on," said study co-author Stan Gehrt, a wildlife ecologist with Ohio State's School of Environment and Natural Resources.
- Coyotes are great swimmers.

If you have questions about wildlife, please refer to our website at www.twrcwildlifecenter.org. If you can't find the answers you need, give us a call at 713.468.8972.



NATURE WATCH

THE PERSEID PHENOMENON

by Jim and Lynne Weber

Every August, one of the best-known meteor showers – the Perseid -- makes its appearance! Comets shed debris as they travel, and that debris becomes most meteor showers. As comets orbit the sun, an icy, dusty stream of debris trails along the comet's orbit. If the Earth travels through this stream, we are treated to a meteor shower. Depending on where the Earth and the debris stream meet, meteors appear to fall from a particular place in the sky, sometimes within the neighborhood of a constellation.

As such, meteor showers are usually named by the constellation from which the meteors appear to fall, a spot in the sky that astronomers call the radiant. The Perseid meteor shower is so named because the meteors appear to fall from a point in the constellation Perseus. The source of the shower is the Comet Swift-Tuttle, while itself is nowhere near the Earth, its' wide tail intersects the Earth's orbit. As tiny, pea-sized bits of comet dust hit the Earth's atmosphere at approximately 132,000 mph, each makes a vivid streak of light when it disintegrates, and the shower is most intense when the Earth is in the dustiest part of the comet's tail.

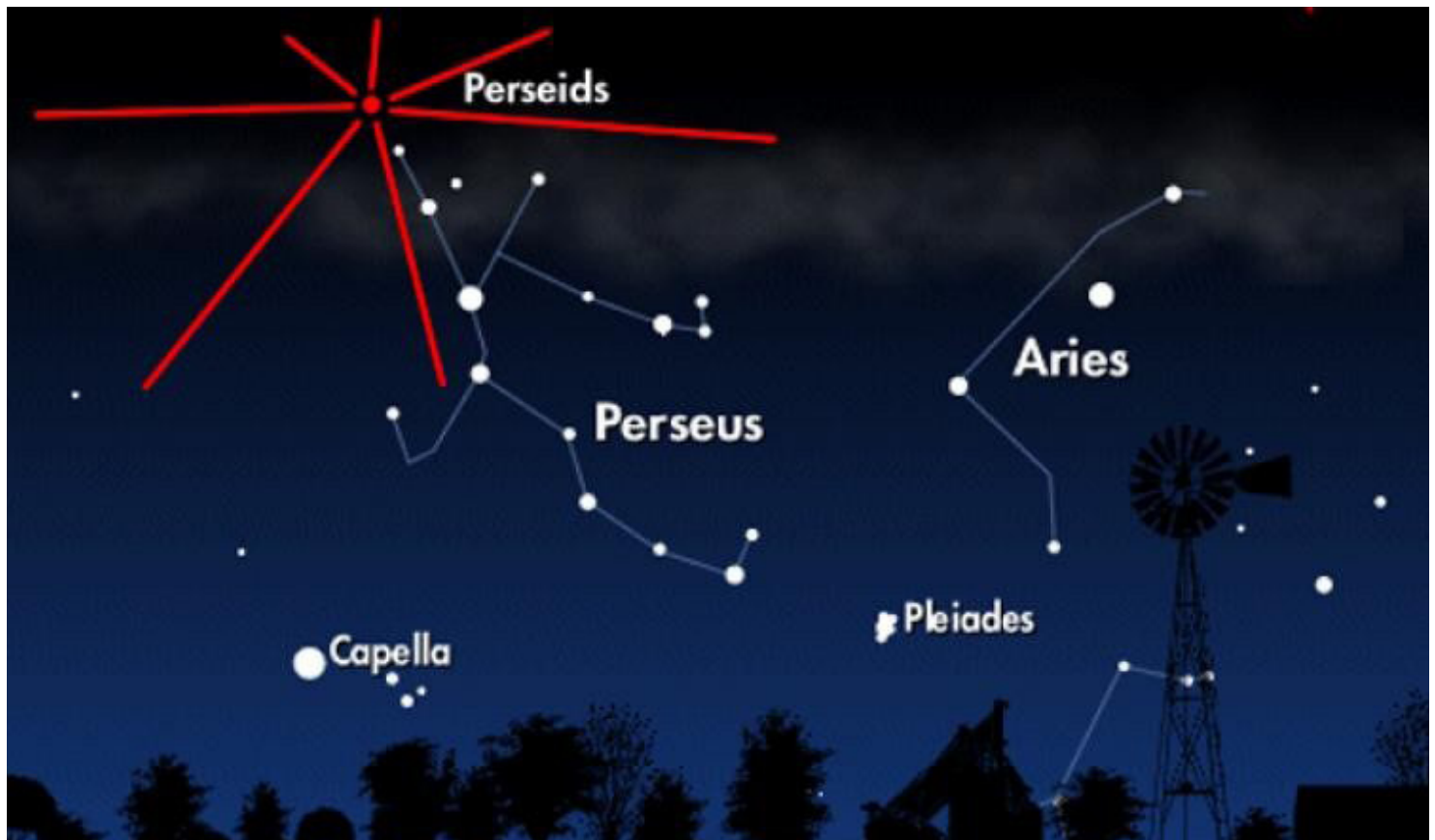
Peak activity for the Perseid meteor shower is expected around the night of August 12th, with a sharp increase in the hours after midnight. Assuming we have clear skies that night, escape the city's light pollution and find a dark, secluded spot where oncoming car headlights won't ruin your sensitive night vision. You'll know your eyes are properly adjusted and your site is dark enough if you can see each star of the Little Dipper constellation. Position yourself so the horizon appears at the edge of your

peripheral vision, with the sky and the stars filling your field of view. Meteors will instantly grab your attention as they streak by.

A very good shower will produce around one meteor per minute per given observer under a clear, dark sky. Any cloud cover, light pollution, or moonlight considerably reduces the count. The Perseids are among the strongest of the readily observed annual meteor showers, and have been observed by humans since at least 36 AD, reported by a Chinese skywatcher. Belgian astronomer Adolphe Quetelet first identified it as an annually recurring event in 1835. Maximum activity at the showers peak will normally yield a statistical average of 60 to 100 meteors per hour. In reality, however, what usually is seen is what some call the "clumping effect." Sometimes you'll see two or three meteors streak across the sky in quick succession, followed by a lull of several minutes before the sky suddenly puts on a display once again.

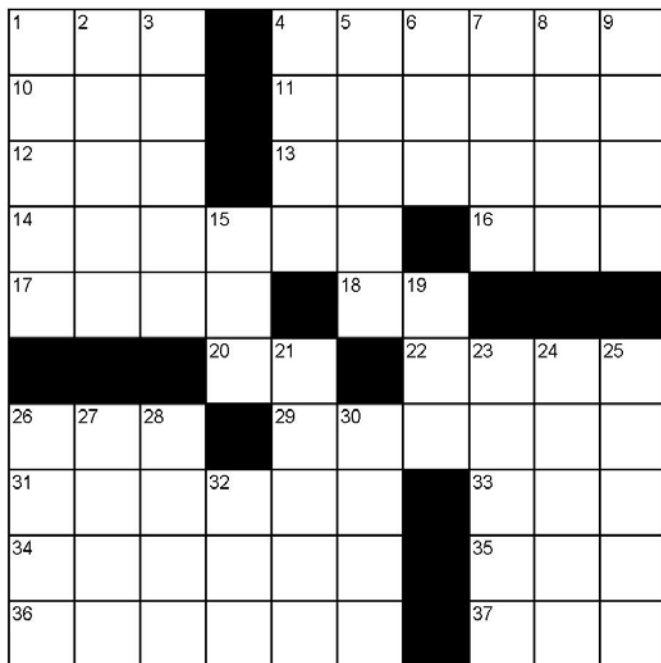
While the Perseid meteor shower is an annual astronomical event, this year gives us the opportunity for optimal conditions due to its occurrence near the new phase of the moon, which occurs on the night of August 11th. The thin crescent moon will set early in the evening of August 12th, leaving the dark skies required for a spectacular show!

*Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our books, *Nature Watch Austin* and *Nature Watch Big Bend* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.*



RANCH REVIEW

CROSSWORD PUZZLE



ACROSS

1. Not good
4. Tennis player Andre
10. Reverence
11. Gamin
12. Battle of nations
13. Contenders
14. Citizen of Libya
16. Received
17. Eye infection
18. Doctor (abbr.)
20. Quiet!
22. Lazy
26. April (abbr.)
29. Islands off of Portugal
31. Baby's sock
33. Cereal
34. Gives a lift
35. South southeast
36. Ticklish spot
37. That girl

DOWN

1. Cries
2. Wait for
3. Bowler hat
4. Nimbus
5. Labor
6. Air Cushion Vehicle (abbr.)
7. Thick carpet
8. Farm building
9. Institution (abbr.)
15. Okay
19. Rio de Janeiro
21. Island
23. Waste matter
24. What you need to walk the dog
25. Sugar-free brand
26. Syrian bishop
27. Shoddy
28. Part of a house
30. Enjoyment
32. Cooking measurement

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