

The RANCH REVIEW

March 2019 Volume 13, Issue 03

News for the Residents of Legends Ranch

Help Legends Ranch Resident Audrey Young with her Fight against Breast Cancer



My name is Audrey Hayes-Young, I own Silverbox Secrets Aveda Salon in Old Town Spring, TX. I've been there for 5 years and lived in Legends Ranch since August 2006.

This is my story of a rare form of Breast Cancer and hopefully this can help someone else make the decision to get any strange feeling checked out as soon as possible.

Okay so maybe it's not a tick...

On October 27, 2018 I woke up and found dark brown spots on my sheets. Or are those M&M's? (I've been known to drop a few while watching tv with my family) Maybe they are tick bites? My husband Brian had one a few weeks ago, maybe there's another one here?! After getting in the shower I realized that dark brown something was coming from my right nipple. While drying off my underarm it splattered all over my sink and mirror like a crime scene! (I seriously thought I'd throw up) I screamed for my husband Brian's help, and he urged me to please see a doctor ASAP. I got an appointment 2 days later on October 29th with my regular doctor. She immediately prearranged an emergency patient work-in with the Breast Center at Methodist Hospital and sent me to have a mammogram and an ultrasound to establish what the exact cause was. After all those warnings to the poor tech lady working the machines (I warned her the blood was explosive and disgusting) sure enough, she found out the hard way. Thanks Mammogram squish machine! They got the immediate response from radiology department and the doctors recommended a biopsy on November 2, 2018. So I reluctantly did that. They found two suspicious places at the 12:00 and 2:00 areas of my right breast and shot me in the chest 4 times with the biopsy gun. It hurt like hell!! Then on November 7th they called me to come in and speak to the doctor. I just KNEW that it wasn't good news. Sure enough...it was a very rare form of Papillary Breast Cancer that only 1% of women get and it needed swift attention quickly. I went down the same day to visit the Oncologist, as my doctor had already prearranged a meeting for me. I found out I was on the "URGENT LIST". I

went back a day later and spoke with the whole already arranged Oncology Team. They were 'My Team' all for me. They assured me that quick knowledgeable responses are what can make the difference in all Cancer findings. We went that same day and spoke to the reconstruction surgeon as well. It was very comforting to know that everyone was all allowing me to make these decisions that were best for me. I had to now, come home and tell all my children what was going to be happening and how our lives will be changing. That... was a very hard family meeting. We spoke of the genetic testing for more information and decided that yes I would do that for my own two daughters sake and hopefully that would make better choices for mammograms in their futures as well. I did the blood test and it came back a week later and luckily, I do not carry the gene! We decided on a surgery date of November 29, 2018 and opted for a double mastectomy. Even though the cancer was located on the right side. They would have to test both sides lymph nodes to make sure nothing had spread beyond what we already knew about. I wanted a guarantee for my future health and opted to remove both breasts as I knew I could not do this experience all over again. I somehow had to get through Thanksgiving before my surgery and enjoyed every bit of that family celebration!

The surgery day came quickly and so did the 5am show time. It would be a 6-hour surgery ahead of me, or really that wait was for my family more. As I was very happily sleeping through the whole thing -thank the lord. Anesthesia was hilarious or maybe that was just me? I don't know, but waking up with a new life from here on out was something I could no longer control in any way, shape or form. I was facing an entire year worth of doctors appointments, for the reconstruction process (which is lengthy) and I had no clue how much my life would change. I've been a hairstylist for 22 years. I had to completely close my storefront salon business I've had for 5 years in Old Town Spring. And subleased my space to a barber friend, as well as refer all of my 15 year clients (in this area) to some wonderful hairstylists and makeup artists who are my Salon Friends Support Team. I love them dearly for helping me out!

It is my new normal. I can't stand for 8-12 hours on my feet
(Continued on Page 2)

IMPORTANT NUMBERS

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

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| 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 |

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| 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 |
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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 |

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| 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 |

NEWSLETTER INFO

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(Continued from Cover)

anymore. I am extremely limited on arm movements...so that means everything in my profession. Until I'm completely healed.

I'm in the reconstruction process and will go for my next surgery set for March 22, 2019. I have two weddings that I promised these brides I would be there for them - so I will be. No matter what - it's who I am!

I also want to thank some great neighbors for their help, flowers, groceries, food delivery, bread and cupcakes. Y'all are what makes going through all of this so much easier. I love my community and can't wait to get back to the new normal for me, my children Chelsea Turchek, Hunter Hayes & Ashlynn Hayes, my husband Brian Young, and my entire family.

If it weren't for those weird early signs of trouble, I never would have done anything about it.

FYI: the symptoms I had were not the normal way this particular breast cancer is usually found.

Pay attention to what your body tells you! It could possibly save your life!

By Audrey Young

If you would like to donate to Audrey Young, please go to www.gofundme.com and search for Audrey Young Pink Pirates. <https://www.gofundme.com/audrey-young039s-pink-pirates>

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Sometimes we just need a little extra help from the power of prayer. God is the right person for the journey. If you would like to request prayers for a special someone in their time of grief, ill-health or need please share your prayer requests to: ranchreviewnewsletter@gmail.com



RECOGNIZE A GREAT NEIGHBOR:

Every day, we hear inspiring and touching stories about our Legends Ranch neighbors supporting and improving our community in a variety of ways. Whether it's collecting trash from around our lakes and common areas, taking care of a neighbor's pet, or creating meal trains and rallying around a neighbor

in need, we are constantly reminded of the power of good neighbors.



To nominate a good neighbor for recognition, please share a short story with us about what this person has done to make our community a better place

to call home. Please ensure you include their name, your name and contact details and the reason for recognition in the email contents.

Email your nomination to: ranchreviewnewsletter@gmail.com

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RANCH REVIEW

What's Cooking in the Ranch?

Paddy's Beef and Guinness Stew with Irish mashed potatoes is easy to make but requires patience while it slow cooks! The Guinness Beer is the secret weapon ingredient in this, creating a sauce that has wonderful deep complex flavors. This is great made on the day but even better the day after! Servings:6

- 2 tbsp olive oil
 - 2.5 lb. / 1.25 kg beef chuck, brisket or any other slow cooking beef (no bone)
 - 3/4 tsp salt and black pepper to taste
 - 3 garlic cloves, minced
 - 2 onions, chopped (brown, white or yellow)
 - 6 oz / 180g bacon or pancetta, diced
 - 3 tbsp all-purpose flour
 - 1 x 440ml / 14.9oz can Guinness Beer
 - 4 tbsp tomato paste
 - 3 cups / 750 ml chicken stock or broth
 - 3 carrots, peeled and cut into 1/2" thick pieces
 - 2 large celery stalks, cut into 1" pieces
 - 2 bay leaves, 3 sprigs thyme (or sub with 1 tsp dried thyme leaves)
- Instructions

Cut the beef into 2" chunks. Pat dry then sprinkle with salt and pepper. Heat oil in a heavy based pot over high heat. Add beef in batches and brown well all over. Remove onto plate. Repeat with remaining beef.

(Remember no color no flavor)

Remove pot from heat to cool slightly and lower heat to medium. If the pot is looking dry, add oil.

Return pot to heat, add garlic and onion. Cook for 3 minutes until softening, then add bacon.

Cook until bacon is browned then add flour. Stir flour into the mixture. Add Guinness. Mix well (to ensure flour dissolves well) then add remaining ingredients and return beef into the pot (including any juices).

Add enough water or broth so the beef & veggies are almost fully covered.

Cover bring to simmer then lower heat, so it is bubbling gently. Cook for 2 hours - the beef should be tender by now. Remove lid then simmer for a further 30 - 45 minutes or until the beef falls apart at a touch and the sauce has reduced and thickened slightly.

Skim off fat on surface. Adjust salt and pepper to taste. Remove bay leaves and thyme.

Serve with Traditional Irish Potatoes (Colcannon). Just add 1/2 stick of butter, 3 lightly packed cups of chopped kale, cabbage, chard, or other leafy green, 3 green onions minced and 1 cup milk or cream, mix well.



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