

Legends Ranch Resident and Apache Helicopter Pilot Surprises Her Son.



After months away from her son, a deployed Apache Pilot decided to surprise her Mom and her boy at school in an emotional moment that brought tears to the eyes of other students and staff.

Birnham Woods Elementary School kindergarteners gathered in the cafeteria Thursday morning to enjoy their lunch and an award ceremony. Little did they know, one of the many faces in the room, Aiden, would soon be beaming above the rest.

Aiden's mom, Chief Warrant Officer 3 Sanders, has been deployed to Afghanistan for the past few months. They haven't seen each other since November. She wanted to surprise him at school, so her friends and teachers used an award ceremony as the perfect opportunity.

After the award ceremony, Chief Warrant Officer 3 Sanders revealed herself from behind the stage curtain and Aiden's reaction was perfect – stunned surprise with his mouth agape, then he jumped into her open arms for a big hug for his mother as happy tears welled up.

It was an understandable flood of emotions.

"It's hard being in the military and being away from him so long," she said. "But seeing his face, just that initial ... curtain opening and saw his face, I couldn't breathe, and I was so excited, just bliss."

And when asked what it's like to have his mom back, Aiden added "it's the best day ever". "Lots of hugs all weekend, right? Okay, good," Chief Warrant Officer 3 Sanders said.Aiden got checked out of school early so the two could spend some much-deserved time together over the weekend.

Full video can be watched at https://youtu.be/ dwlLvsFuS9s or search 'Apache Pilot surprises her son' on youtube.com

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Montgomery MUD #89	

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Montgomery County EMS Non-Emergency	936-441-6243
Crime Stoppers	.713-222-TIPS
Poison Control	
Texas DPS	.713-681-1761

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Electricity (TXU)	800-368-1398
Electricity (TXU New Service)	
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/PhoneCOMCAST	713-341-1000

Public Services

Local US Post Office	281-419-7948
Toll Road EZ Tag	
Voters Registration	936-539-7843
Vehicle Registration	
Drivers License Information	
Montgomery County Animal Control	936-442-7738
Montgomery Chamber	281-367-5777
Conroe ISD	936-709-7751
Birnham Woods Elementary	281-863-4200
Cox Intermediate	281-465-3200
York Junior High	832-592-8600
Oak Ridge High	

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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



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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



Montgomery County MUD 89 Introduces Smart Meters MCMUD 89

In the name of conservation and customer convenience, Montgomery County MUD 89 recently decided to install smart water meters. These meters have electronic sensors that measure water flow, which allows them to have more accuracy. With the use of a smart phone app, customers are able to keep a closer eye on their water consumption. The District will begin replacing the old mechanical meters with new digital ones. More information will be provide once the smart meters are being installed.

Why Install Smart Meters?

The Badger E-Series meters with the use of EyeOnWater allow for:

- Accurate meter recording
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• A graphic presentation of your hourly consumption that will allow you to track your highest usage periods. This enables you to make more educated decisions regarding your water consumption

• The system will provide potential Leak detection in your

household

For latest updates and meeting scedule Please go to http://www.mcmud89.com Please note: The Board generally meets on the first Thursday of the month at the offices of: Allen Boone Humphries Robinson LLP

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Spring Onion Fritattas

Serves: serves 2-3 as a main course, 4 as a side Ingredients

- 6 eggs
- 1/4 cup water or milk
- olive oil, for the pan

• 3-4 thin spring onions, chopped small, plus slice a few into thin vertical strips

- 1/2 cup chopped asparagus tips
- 1 garlic clove minced
- \bullet 1/2 cup frozen peas, thawed
- 1/4 cup fresh mozzarella pieces
- 1/4 cup crumbled feta
- 1/4 cup chopped tarragon
- salt & pepper

• a few pinches of red pepper flakes Instructions

1. Preheat your oven to 375 degrees F.

2. In a medium (8-inch) cast iron or oven-safe non-stick skillet, lightly sauté the chopped onions & asparagus pieces in a bit of olive oil, salt & pepper. Remove from the pan after just a few minutes.

3. Blend the eggs, garlic, water, salt and pepper in a blender until combined and lightly foamy.

4. Wipe out the skillet you used previously and coat it with a bit of olive oil. Pour in the eggs and add half of the veggies and half of the cheeses. Put the skillet in the oven, and bake for 8-10 minutes, or until the frittata begins to set but is still uncooked on top. Carefully, (without moving the skillet around too much), add the rest of the veggies and the cheeses. Continue to bake for another 10-15 minutes or until the edges of the frittata are golden brown and the eggs are set.

5. Top with chopped tarragon, a grind of pepper and a few red pepper flakes. Let cool before slicing.



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- * Someone running from a car or home.
- * Someone screaming. If you can't explain the screams, call law enforcement and report them.
- * Someone going door-to-door in the neighborhood or looking into windows and parked cars.
- * Someone asking about past residents.
- * Someone who appears to have no purpose wandering through the neighborhood.

* Unusual or suspicious noises that you cannot explain, such as breaking glass or pounding.

- * Vehicles moving slowly without lights or without an apparent destination.
- * Business transactions conducted from a vehicle. This could involve the sale of drugs or stolen goods.
- * Offers of merchandise available for ridiculously low prices. The merchandise might be stolen.
- * Someone walking or running while carrying property at an unusual time or place.
- * Someone removing property from unoccupied residences.
- * A stranger entering a neighbor's home which appears to be unoccupied.
- * A stranger in a car who stops to talk to a child.
- * A child resisting the advances of an adult.





The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

• a set bedtime and wake time that does not vary by more than 2

• a relaxing bedtime routine such as reading for teens or story time for children

- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

hours on the weekend

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.



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A Few Days in the Life of a Home Handyman

by: Gordon R. Watson

DRIPPING FAUCETS

Vacationing at my mother-in-law's home always means doing some repair work. I like keeping busy, and there are generally some things needing attention. One of the recent issues there was a dripping kitchen faucet. Drips are really a thing of the past for most faucets. Happily, ceramic has replace rubber as the seal, so most faucet manufacturers have a lifetime warranty of one sort or another. I gave her my standard verbal disclaimer (that her home's piping is old and something might break and require a real plumber). So far, I have never had to resort to calling one (knock on wood). I turned off the main water supply outside because her 1950's home doesn't have shut off valves (called stops in the trade) beneath the kitchen sink. Outside, after digging a hole in a flower planter to find the shut off valve, I gently advised her not to bury the main shut off valve because it wasn't designed to be buried, and it might be difficult to find quickly. In the kitchen again, fully expecting the old style rubber washers, I removed the kitchen faucet handle, protected the shiny chrome with masking tape, applied a wrench, and removed the faucet stem. To my surprise, the sink faucet did have new-style ceramic style seals. The problem, it turned out, was that debris, probably from her home's aging and rusting (50+ year old) galvanized pipes, had stuck in the ceramic cartridge, causing the seal to be incomplete. Fortunately, once I cleaned the debris out, the drip went away. I love it when I don't have to buy parts for a repair. The fact that the old piping is obviously corroding and slowly failing is another story for another time. Replacing that piping almost certainly will require a real plumber. Sometime I might mention to her that it might be a good idea to replace the old pipe on her schedule rather than the pipe's schedule.

CORROSION

Her home also has a clothesline (not all that common these days) which had all but fallen over. The old clothesline was the old style with two "crosses" each cross with a two-inch galvanized pipe stuck in concrete (with five ropes for holding the clothes). Over time, these pipes rusted away. The funny thing is that the pipes really only rusted in one place: about two inches above the ground and two inches below the ground. The remaining pipe was in near-perfect condition. Even the pipes buried twenty-four inches in the ground were near-perfect! My point in mentioning this is that this corrosion is caused by moisture and oxygen. While we will likely never have a clothesline, the principle applies to all materials such as iron and wood placed in the ground and prone to rust or wood rot. While there is little we can do about oxygen, to the degree



feasible, we should try to keep water away from anything placed in the ground. Better yet, when feasible, avoid putting anything which can rust or rot directly in the ground.

STUD FINDERS

Over the years, I have owned at least three electronic stud finders. These are the devices that are supposed to locate the wooden or metal studs behind the sheet rock. My history with them hasn't been trouble-free. My last one worked fairly well for a few years, but it recently proudly advised me that the closet wall I wanted to attach a shelf to, had no studs. I now have three "broken" stud finders in my tool box. I promise to properly dispose of them soon. Fortunately, while doing some work at my son and daughter-inlaw's home, I found (in my son's tool chest) a non-electric, entirely rare earth magnet-type "stud finder" that works so well that I don't think I will ever go back to the electronic type. It is made by C.H. Hanson. Of course, it only indirectly finds the stud. It finds the nails or screws holding the sheet rock to the stud. At about \$10, it is a bargain. I just bought one for myself, and believe it may be the last I ever have to buy (unless I lose it, of course). Hint: Once a stud is found, you can apply painter's tape (masking) tape (not too tight or you may strip away the paint) to the stud location, or you can place another magnet on the nail location as a marker.







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