

The RANCH REVIEW

October 2019 Volume 13, Issue 10

News for the Residents of Legends Ranch

PURPLE MARTIN MIGRATION

By Cheryl Conley, TWRC Wildlife Center

Everyone looks forward to the arrival of the Purple Martins each year. Most of us think their arrival means spring is just around the corner. But, at this time of the year, no one really thinks about them anymore. Most people don't know that they're very busy getting ready to migrate south.

Preparations for migration begin in July and August when the birds form large flocks and roost (a place where birds or bats regularly settle or congregate to rest at night). There can be thousands of birds in a roost. They call this gathering "staging." Some of the better-known roosts in the Houston area are Gordon Park in Stafford and around Willowbrook Mall. They spend their days eating flying insects to build up body fat for their long flight ahead.

So where do they go? In the spring of 2009, geolocators were attached to 20 birds from two Texas colonies. It was discovered that the birds wintered deep in the Amazon rainforest and traveled an amazing 250 to 300 miles per day! They can fly between 17 and 27 miles per hour unless a predator is chasing them when their speed can reach 40 miles per hour. They spend several months in South America in large roosts where they undergo their annual molt. Although their annual molt begins before migration, they don't molt their flight or tail feathers until they reach South America. Molting is very beneficial because it replaces damaged feathers and helps get rid of parasites.

Purple martins will spend several months in South America before heading back to North America. The scouts typically show up in our area in mid-January through early February. The term "scout" is used to describe the first martin(s) observed. They will go to the same nesting site from the previous year. The scouts can be either an older male or female but are usually males. Arrival of the remainder of the birds depends on their age and sex. Older male birds arrive after the scouts followed by the older females followed by the younger ones. The younger ones, or subadults, may not appear until 4 to 12 weeks after

the first ones arrive. They fledged the previous year so their first priority is to find a nesting site.

According to the Texas A&M AgriLife Extension Service, Texas martins nest almost exclusively in bird housing provided by humans. Once they have occupied a martin house, they will continue to use it year after year as long as you clean it out in the fall and keep the starlings and sparrows from moving in.

TWRC Wildlife Center has been serving the Greater Houston for 40 years. We admit nearly 5,000 injured, orphaned or displaced animals every year. Learn more about us at:

www.twrcwildlifecenter.org



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

NEWSLETTER INFO

Editor

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

Publisher

Peel, Inc. www.PEELinc.com, 888-687-6444
Advertising.....advertising@PEELinc.com, 888-687-6444

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

Milstead

AUTOMOTIVE • TRANSMISSION
TOWING • COLLISION

1971

Complete Auto Service Facility

(281) 367-3535

29707 W. Hawthorne At Rayford Rd.
HOURS: Monday – Friday: 7 am – 6 pm
Saturday: 7am – Noon

Bring this coupon to our Automotive location to save on services and repairs!

*Not valid with insurance claims and/or financial institution loans. Restrictions and limitations apply.

\$25 off

\$100 or More

\$50 off

\$250 or More

\$75 off

\$750 or More

www.MilsteadAutomotive.com

Hemp Doctors USA

Sarah Elizabeth Scott

CBD – The Trending Oil has gone Mainstream

CBD has quickly joined fitness, sports, and diet as part of a healthy lifestyle for wellness. CBD the trending oil's broad range of benefits, success stories and stamp of approval from the medical industry have turned its image from marginal to mainstream. The CBD market is growing bigger by the day and CBD is



showing up everywhere! CBD short for Cannabidiol, is derived from the cannabis plant and is the most well-known cannabinoid, second to THC. However, legal hemp derived CBD products do not cause the euphoric high associated with marijuana because they are required to have less than .3 percent THC. As a matter of fact, CBD is the non-intoxicating alternative to marijuana with

most of the same health benefits. Most notably, it is said to have anti-inflammatory, anti-anxiety, anti-seizure, anti-oxidant, anti-bacterial and immunosuppressive properties, making it a viable natural plant-based product for many human and pet medical and wellness issues.

Hemp-derived CBD gets people and pets healthy, not high.

Full spectrum (Whole Plant) Hemp-derived CBD gets people and their pets healthy, not high. In addition to the 100 plus cannabinoids in full spectrum products, the Hemp plants resin glands produce important and necessary healing terpenes, which give it its distinct smell and flavor, and also influence the plants cannabinoids and how they work in your brain and body. The good news is these full-spectrum hemp-derived products can be used as oral tinctures for fast absorption, in capsule form for neat, accurate and easy dosage and in salves for topical application.

Dosage - start low and go slow – there is no one-size-fits-all approach

Regarding dosage, always consult with a healthcare professional who has knowledge and experience working with CBD, as well as, the human endocannabinoid system, anatomy, physiology and

(Continued on Page 5)



AFFORDABLE SHADE PATIO COVERS

Creating Comfort for Outdoor Living...
with Affordable Shade.

 We obtain City Permits,
TDI Windstorm Certification,
and help with HOA Approvals.

Call to schedule a free estimate.
713-574-4648

Visit our website to view more designs.
AffordableShade.com

Custom Patio Covers
Cedar & Treated Pine Shade Arbors
Aluminum Patio Covers & Arbors
Palapas & Tiki Huts & Screen Rooms
Decorative & Structural Concrete



Financing Available* with Payments as Low as \$250
**Subject to Credit Approval*

     

STAY SAFE ON HALLOWEEN

Check your kids' candy
for choking hazards like
gum and hard candies.

Face paint is safer
than masks.

Stay visible with
a reflective bag.

Lighter-colored
costumes are easier
to see in the dark.

Always use a crosswalk
to cross the street.

Fire-proof your pumpkins by
lighting them with glow sticks.



MAKE SAFE HAPPEN™



#MAKESAFEHAPPEN

RANCH REVIEW

(Continued from Page 3)

human health applications.

One important thing to know is that hemp-derived CBD responses vary from person to person, age to age and animal to animal, some may need a dose four times a day, once a day or every other day -- always start with a low dose and increase slowly until you identify the level that provides relief for you or your pet. Additionally, dosage levels vary greatly in children, adults, the elderly, from male to female and most definitely vary greatly among pets. Remember if you buy anywhere USA currently no government agency protects you. The CBD market right now is in the wild, wild west stage so know the five W's when you purchase: who grew it, where was it grown, when was it grown, and finally why and what am I using CBD for.

All in all, there is no one-size-fits-all approach, so always seek a CBD knowledgeable and experienced and health care professional.

Mother nature puts her medicine in the plants.

CBD oil is being used for any number of ailments, including lessening everyday aches and pains, easing anxiety and depression, and reducing the severity of symptoms associated with osteopenia, osteoporosis, diabetes, epilepsy, insomnia, fibromyalgia, rosacea, eczema, psoriasis, Parkinson's and Alzheimer's disease, from acting as an anti-convulsant, anti-inflammatory, and anti-oxidant agent

to easing neuropathic pain and aiding in reducing symptoms of Crohn's disease. In a study from The European Journal of Pain, using an animal model, CBD applied on the skin was shown to lower chronic pain and inflammation due to arthritis. At this point in time, while many of CBD's claims are considered anecdotal, it doesn't mean they aren't true. The consensus is that CBD is potentially better for our bodies than taking chemically designed pills or rubbing chemically designed lotions on the body.

"Mother Nature is at the heart of all our products! Cellular health is the backbone of fitness and bringing trusted CBD products to people and their pets has been a journey of the heart and soul for me! My daily mission is to create a healthier world for people, pets and the planet. Sarah Scott ~ Founder

Sarah Elizabeth Scott, The Texas Hempres CBD Consultant, is a Medical Exercise & Fitness Coach who founded Hemp Doctors USA, one of the first, full spectrum hemp derived CBD companies selling American grown products, in 2014. Hemp Doctors USA is one of the first to incorporate in Austin and in Texas. Connect with Sarah on Instagram at HempDoctorsUSA, CBDAskTheExpert and TexasHempres. For more information, visit HempDoctorsUSA.com.

PATIO COVERS | PERGOLAS | CARPORTS | PORTE COCHÈRES
OUTDOOR KITCHENS | DECORATIVE OUTDOOR FLOORING



CUSTOM PATIO STRUCTURES
Committed to Quality, Value & Service

 832.570.3990 www.custompatiostructures.com 

FAMILY OWNED & OPERATED WITH OVER 20 YEARS EXPERIENCE
FREE ESTIMATES & DESIGN CONSULTATION • 100% FINANCING AVAILABLE

WIRED GENERATORS
ELECTRICAL SERVICES by **WIRED**
Residential & Commercial

713-467-1125
www.wiredes.com
24/7 Service
Family Owned & Operated

- Panel Upgrade / Replacement
- Additional Plugs and Outlets
- Smoke Detectors
- Troubleshooting
- TV Mounting

\$20 OFF Your Next Service Call!
Not to be combined with any other discount or offer. Expires 11/1/18

5 Year Warranty*
100% Customer Satisfaction Guaranteed!



VISA
Master
Discover
American Express
BBB
Master #100394 TECL # 22809

RANCH REVIEW

The Ranch Review is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Ranch Review contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



*HELP KEEP
OUR
NEIGHBORHOOD
BEAUTIFUL!*

Not Available
Online

+ CPR / * First-Aid

Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Legends Ranch teenagers seeking work. Submit your name and information to legendsranch@peelinc.com by the 9th of the month!

INGREDIENTS:

1 (fresh) store bought pizza dough
1/3 cup marinara sauce (plus more for dipping)
1 tablespoon fresh oregano, minced
1 garlic clove, minced

1/2-2/3 cup shredded mozzarella
24-30 thinly sliced pepperoni
2 tablespoons grated Parmesan
1/2 cup yellow cornmeal (medium grind)

DIRECTIONS:

1. Preheat oven to 400°F.
2. Place dough onto a lightly floured surface and roll out to about 1/8 inch thick. (try to get the dough to 9"x12" (or larger if needed))
3. Spread marinara sauce sparingly over dough and top with oregano and garlic.
4. Sprinkle mozzarella evenly over sauce and finish by topping the dough with the pepperoni. (I like to slightly overlap the pepperoni over one another)
5. Starting at one end, carefully roll dough into a large, tight log and place onto a cutting board, seam side down.
6. Refrigerate for 30 minutes.
7. Remove from refrigerator and cut 1"-1 1/2" pinwheels from the log.
8. Dredge one cut side of each pinwheel in the cornmeal until well coated and place (cornmeal side down) onto a baking sheet lined with parchment or using a little bit of cooking spray.
9. Sprinkle top of each wheel with a small amount of Parmesan and bake for 16-20 minutes or until golden brown. (in the last 5-7 minutes check the bottoms to make sure they're not burning)
10. Allow to cool for 5 minutes and serve with extra marinara sauce for dipping.

PIZZA WHEELS





PEEL, INC.

1405 Brandi Ln
Round Rock, TX 78681

PRSRT STD
U.S. POSTAGE
PAID
PEEL, INC.

LR

Advertising Exposure Tailored Just For Realtors



Advertising Helps Sell Your Listings & Promote Your Real Estate Company.

Contact A Sales Representative Today
to Make This Space Work For You!

1-888-687-6444 or www.peelinc.com



PEEL, INC.
community newsletters