

July 2007

Official Publication of Legends Ranch Property Owners Association

Volume 1, Issue 5

2007 Legends Ranch Community Events & Activities

4th of July Celebration Saturday, June 30

National Night Out & Safety Day Tuesday, August 7

> Community Garage Sale Saturday, September 15

Fall Festival Saturday, October 20

Holiday Breakfast with Santa and Craft Show Saturday, December 1

> Holiday Yard Contest December 10 - 14

Please contact Anna Schmidt, Director of Community Events (anna@events-ec.com) if you would like to help with any of our 2007 events!

Don't want to wait for the mail?

View the current issue of the Legends Ranch Property Owners Association Newsletter on the 1st day of each month at www.PEELinc.com

4th of July Pool Party Saturday, June 30th 10AM – Noon @ SplashPad

Join us for our annual 4th of July Celebration! We'll have a DJ on hand to keep the party hoppin'. Light refreshments will also be served. There will be games and prizes for kids of all ages - don't miss out!

Fireworks Prohibition in the Deed Restrictions

The Board asks that residents refrain from celebrating the holidays with the use of fireworks and firework displays. This not only poses a nuisance and disturbance to your neighbors, it also leaves a messy aftermath to be cleaned up. Thank you for helping to keep Legends Ranch community firework free!

MESA VALLEY RESIDENT GATES - NOW OPEN!

The Mesa Valley Gate is for resident entry only via electronic registered tags (EZ TAG or Motorola cards). In the event your tags do not work, you will have to go to the front gate.

Camera surveillance is 24/7. Residents may report any unusual activity or damages to the gate attendant on duty 24/7 at 281-296-0433.

Entry tags and registration services are available to all homeowners at the Recreation Center and Clubhouse office from 10am until 6pm Tuesday through Saturday, 281-681-9750.

General Construction traffic is being diverted to Rayford Construction Road. Utility companies, the school district's buses and other service vendors may from time to time use the Mesa Valley gate as authorized service companies for the Association.

Resident's yard services, cleaning services, deliveries etc., are recommended to enter Legends Ranch by way of the front gate at Rayford Road.

LEGENDS RANCH

TO CONTACT THE BOARD:

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 281-504-1360
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 281-531-4611

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IMPORTANT PHONE NU	UMBERS
Property Tax	
Montgomery County Tax	936-539-7897
Conroe ISD	
Montgomery MUD #89	
Your Community Homeowners Association	
PCMI Management	
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Legends Ranch SplashPad	
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Electricity (TXU New Service)	
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First Baptist Church	936-756-6622
Sacred Heart Catholic Church	
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St. surines Episcopui Duy	/ J U / J U - T / U - T

The Association in no way verifies, endorses, or approves any products, information or opinions mentioned at Association sponsored functions or contained in this community newsletter.

National Night Out and Photo Contest Tuesday, August 7th

We're encouraging residents to participate in National Night Out this year! National Night Out takes place on your own individual streets or sections. This is a great opportunity for you to

meet more of your fellow residents and make new friends!

Our photo contest will have three categories: most creative, most comical and best representation of community. The first place winners of each category will have an ice cream social scheduled at a later date.



Luck!

The deadline to submit your group photo is Tuesday, August 14th. Entries can be turned in at the recreation center or e-mailed to anna@ events-ec.com. If you have any questions, please contact Director of Community Events, Anna Schmidt at anna@events-ec.com. Good

Important Trash Information

Please remember that unless it is trash pick up day, your trashcans (and any bags of trash) must be placed out of public view. Do not store your trashcans in front of your garage or on the side of your home. Your neighbors don't want to see your garbage either!

Waste Management
713-686-6666
Trash Pick Up Days
Wednesday and Saturday
Heavy pick up day

Saturdays (no more than 2 items)

Newsletter Information

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Summer 2007 Pool Schedule

LR Recreation Center

July -August 26th 2007

Tuesdays Closed Wednesday-Monday 10am-8pm

August 27th-September 30th 2007 (Weekend Schedule)

Monday-Friday Closed Saturday 10am-8pm Sunday 10am-8pm

Labor Day September 3rd

Monday September 3rd 10am-8pm

LR Splash Pad Texas

July -August 26th 2007

Mondays Closed Tuesday-Sunday 10am-8pm

August 27th-September 30th 2007 (Weekend Schedule)

Closed Monday-Friday 10am-8pm Saturday Sunday 10am-8pm

Labor Day September 3rd

Monday September 3rd 10am-8pm

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Planning on Outdoor Home Improvements?

Please remember that when planning outdoor home improvements, you must first complete an ARC form. This form is submitted to our Architecture Review Committee before construction can begin. For questions or a copy of the form, please call your onsite office at 281-681-9750.

Street Light Maintenance

To report a street light that is not working, contact Centerpoint Energy at 713-207-2222. You will need to provide them with the number located at the base of the pole and the street address. You can also report outages on online at www. centerpointenergy.com/outage.



Lost Pet Feature Added to Community Intranet

- Log into www.canyongate.com/residents/lr
- · Click on "classifieds" located on left side of menu
- · Click on "lost pets"

You can create a description of the lost pet as well as add photos. Please include your contact information to speed up communications!



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Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

	9			4			
	8					2	4
		2		6		5	
		8	9				
		4	2		9	1	
			5			8	
				2	3		
9		7		8			
	6		1			4	5

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Have you logged in yet?

 $www.canyong at e.com / residents / lr \\ Features of the Legends Ranch Community intranet include:$

- · Resident Directory
- Amenity Web Cams
- Current Events and Activities
- Documents and Forms
- Event Photos and MORE!



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FROM THE AMERICAN COUNCIL ON EXERCISE®

Summer Skin

Once again, winter has faded into spring and spring has burst into summer. Along comes the invincible summer sun, your skin's arch-enemy, particularly if you exercise outdoors. Most people know that using a sunscreen is essential protection, but knowing and doing are often two different things. There are a number of ways to promote a healthy glow without exposing your skin to harmful rays.

Sunscreen

Every sunscreen has a sun protection factor, or SPF, which is a measure of its strength or effectiveness. Each of us needs a different SPF, depending on whether, and to what degree, our skin burns or tans. A tan is the direct result of melanin, a brown pigment found in the epidermis that is produced when skin is exposed to sunlight. Melanin protects the skin by absorbing, reflecting and scattering ultraviolet radiation before it penetrates the dermis, or underlying skin. However, armor that it is, melanin can't prevent all the negative effects of the sun, and is often representative of damage. That's why we need to use sunscreens. To determine what SPF your skin requires, you must know how long it takes your skin to burn when unprotected and exposed to sunlight. As a rule of thumb, anyone whose skin burns, whether or not it turns into a tan, should use an SPF of 15. Check with your doctor or pharmacist if you are taking antibiotics, antidepressives or antidiuretics. Some of these medications increase your skin's sensitivity to sunlight and may decrease the time it takes your skin to burn.

Creating a Barrier

When exercising outdoors on a hot, sunny day, light-weight, light-colored clothing combined with plenty of sunscreen on both exposed and unexposed skin is the way to go. However, if overheating isn't a concern, dark-colored, tightly woven clothing is more

effective at blocking UV rays than say, a white T-shirt, which allows UV rays to reach the skin. Another barrier against sun damage comes in the form of eyewear. Protect not only your eyes, but the skin around them by wearing sunglasses that block 90 percent to 100 percent of the sun's UV rays.

And, last but not least, wear a hat. Though a cap may be more comfortable for jogging, try a wide-brimmed hat that will shade your neck and face while gardening or walking outside.

Sunscreen Facts

- Wear sunscreen every day if you will be outside for more than 20 minutes, even when it's cloudy.
- Sunscreen should be applied 15 to 30 minutes before going outdoors, and reapplied every two hours or after swimming or sweating.
- Don't skimp: One ounce—enough to fill a shot glass—is considered the amount needed to properly cover exposed skin.
- Limit your exposure to sunlight from 10 a.m.-4 p.m. during Daylight Savings Time (9 a.m.-3 p.m. during Standard Time) when the sun's rays are the strongest and most harmful.
- When choosing a sunscreen, look for one with an SPF of 15 or higher that provides broad-spectrum coverage against all ultraviolet light wavelengths.
- · Throw out old bottles of sunscreen, which can lose strength after three years.

Source: American Academy of Dermatology

Start with the Inside

Now that you know how to protect the skin's surface, it's time to start thinking about what you can do to make it glow from the inside out. You're already off to a good start with exercise, which gets the blood circulating and delivers fresh oxygen to the skin all over your body. The next step is

to drink plenty of water. Outdoor exercise, especially in the summer, increases your risk of dehydration. This is one risk you don't want to take since it not only affects your performance and robs your skin of its vitality, but may be potentially hazardous to your health. Be sure to drink fluids before, during and after activity. To replenish your fluids after any outdoor activity, weigh yourself before you participate and then again after. Any weight you lost is water and should be replaced by drinking two glasses (16 ounces) of water for every pound you have lost.

Everyone Needs a Little Sunlight

It's been shown that a lack of sunlight can cause depression. After all, most plants won't even grow without sunshine. And when the sun comes around and makes the days longer, our first instinct is to peel off our sweaters and bask in it. Go ahead. Just take precautions so you won't have to deal with the unpleasant (and unnecessary) consequences.

What SPF Do You Need?

Follow these steps to calculate what SPF you should look for in a sunscreen:

- 1. Determine how many minutes your bare skin can be exposed to the sun before it burns.
- 2. Divide that number of minutes into the total number of minutes you want to remain in the sun.
- 3. The result is the SPF you should look for in a sunscreen. For example, if your unprotected skin burns in 10 minutes, and you plan on being in the sun for three hours, you would need a sunscreen with an SPF of at least 18 (180 minutes divided by 10 minutes).



LEGENDS RANCH

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Legends Ranch residents, limit 30 words, please e-mail *anna@events-ec.com*

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 888-687-6444 or *advertising@PEELinc.com*.

Please Control Your Pets!

Please respect your neighbors' yards....remember that pets must be confined to a fenced backyard or within your home. They must not be allowed to bark all night or cause a nuisance to your neighbors. They must also be on a leash at all times when not in a contained environment. It is also

the pet owner's responsibility to keep ALL areas of the community FREE from pet debris when walking your pets. Please remember that cats must also be confined.

Legends Ranch Gate Attendant Services

The ISSC company provides our gate attendant service, 24 hours a day, seven days a week. The gate attendant's office is located at the front entry to Legends Ranch.

As a reminder:

- The EZ Tag lane is for EZ Tag access only (Registration of Residents is required)
- Residents with a Legends Ranch vehicle sticker that do not have EZ Tags may enter through the covered drive lane, second from the building.
- Visitors must enter through the visitor lane nearest the building and stop for the gate attendant's assistance.

Advertising Information

Please support the businesses that advertise in the Legends Ranch Community Newsletter. Their advertising dollars make it possible for all Legends Ranch residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or <u>advertising@PEELinc.com</u>. The advertising deadline is the 10th of each month for the following month's newsletter.

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