



JANUARY 2012

Official Publication of Legends Ranch Property Owners Association

VOL 6, ISSUE 1

## NEW MANAGEMENT COMPANY

RealManage is pleased to announce that your Board of Directors at Legends Ranch has chosen us to manage your community as of January 1, 2012. Your community association and the elected Board will continue to oversee the well-being of the properties and amenities at Legends Ranch. RealManage will assist your community association in providing those services to its residents. Our Resident Service Center is available Monday through Friday at 1-866-4RealService (1-866-473-2573) from 7:30 a.m. – 7:00 p.m.

As a RealManage community, you will have access to your personal Resident Portal\*, an online servicing tool designed to provide easy and immediate access to the most important information regarding your property and community. You will be able to view information anytime, anywhere, with the click of a mouse at [www.realmanage.com](http://www.realmanage.com). You will need your account specific information listed in your welcome letter to log in.

- Using the Resident Portal you will be able to:
- Make a one-time or recurring annual assessment payment(s) – SIGN UP for ACH Today!
- Check the status of current payments – including the date, amount and type of payment
- Change your mailing address, phone numbers and other contact information
- Communicate with us anytime using our convenient online contact email feature
- View a history of relevant correspondence including various notices and documents
- Obtain ACC forms, amenity access forms, and your community's governing documents
- Review deed restriction violation (DRV) summaries through our easy-to-use DRV reference page
- View a directory of listed residents in your association
- Find helpful resources about community association living...And more!

We are committed to maintaining the beauty and value of your community. Our service staff will address your complaints in a timely and professional manner. We will strive to maintain the standards each of you relied upon when you purchased your home. We look forward to serving you as we establish a vital relationship with your community association and work together to keep your neighborhood a wonderful place to call home.

## NEW TRASH SERVICE INFO.

*Beginning December 1, 2011, Best Trash began service for MUD89. Collection will continue to be Wednesday and Saturday but, recycling will change to Saturday.*

**YES, you can recycle it!**

### PAPER: DRY & CLEAN, LOOSE

- Newspaper & inserts Magazines & catalogs Junk mail, envelopes, file folders Office white, colored and computer paper Corrugated cardboard boxes Cereal & gift boxes, etc (that tear brown or grey) Paper bags & phone books Wrapping paper Milk cartons Juice cartons Wax coated boxes
- CONTAINERS: EMPTY & CLEAN, LOOSE
- Glass - clear and colored Aluminum cans Aluminum foil Aluminum foil plates/ serving containers Plastic bottles, jars, tubs and buckets (such as soda, water, milk, juice, liquor, shampoo, detergent, condiments, salad dressing, yogurt, margarine, pet food, etc)
- Plastic grocery bags Styrofoam containers/ packaging Metal food cans (tin & steel) Metal food can lids Metal pots and pans.

***New recycling bins have been delivered.***

Anything recycling which does not fit in the bin may be placed in another, clearly marked bin or trash can. Please do not place recyclables in plastic bags. Question on Trash Service?

**PLEASE CONTACT**

**BEST TRASH**

**281-313-2378 17820**

# LEGENDS RANCH

## IMPORTANT NUMBERS

### Property Tax

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

### Your Community Homeowners Association

|                                  |              |
|----------------------------------|--------------|
| RealManage .....                 | 866-473-2573 |
| Legends Ranch Info Center .....  | 281-681-9750 |
| Legends Ranch SplashPad .....    | 281-419-2130 |
| Gate Attendant Office.....       | 281-296-0433 |
| Houston National Golf Club ..... | 281-304-1400 |

### 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 & Sewer .....                  | 281-353-9756 |
| Canyon Gate Connect .....            | 281-296-9584 |
| Waste Management.....                | 713-686-6666 |
| 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 |

### Area Hospitals

|                             |              |
|-----------------------------|--------------|
| Memorial Hermann .....      | 281-364-2300 |
| St. Luke's .....            | 832-266-2000 |
| Conroe Medical Center ..... | 281-364-7900 |

### Conroe ISD.....

|                               |              |
|-------------------------------|--------------|
| Birnam Woods Elementary ..... | 281-863-4200 |
| Cox Intermediate .....        | 281-465-3200 |
| York Junior High .....        | 832-592-8600 |
| Oak Ridge High .....          | 832-592-5300 |

### Private/Parochial

|                                    |              |
|------------------------------------|--------------|
| First Baptist Church .....         | 936-756-6622 |
| Sacred Heart Catholic Church ..... | 936-756-3848 |
| St. Edward Catholic.....           | 281-353-4570 |
| St. James Episcopal Day .....      | 936-756-4984 |

## BOARD & MANAGEMENT CO.

### Management Co.: Real Manage

Customer Service ... (866)473-2573/service@realmanage.com

### Board Members:

|                       |                             |
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| Al Brende .....       | apbrende@LANDTEJAS.com      |
| Rick Gadd.....        | rgadd@LANDTEJAS.com         |
| Kennth Brown .....    | kennethbrown922@gmail.com   |
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## Gardening Tips from Troy, at Lone Star ACE Hardware

**JANUARY IS THE PERFECT TIME TO WORK OFF SOME OF THOSE HOLIDAY CALORIES,  
& YOU CAN DO IT IN THE GARDEN!**

Now is the time to refresh your flower beds with new organic matter. Organic matter in the soil helps maintain soil moisture while giving your plants slow release fertilization. Some forms of organic matter must be worked into the soil, i.e. commercial garden soils, peat moss, and coir (shredded coconut husks). To do this, rake off your existing mulch onto a ground sheet so it can be reused, then lay 1 to 2 inch layer of any garden soil on the top and till or fork it in, mixing well to a depth of 6 to 8 inches. Compost, well aged manure, and commercial bedding plant mixes can be used as just a top dressing, although it is better to mix them in as well.

Now you can re-spread your old mulch. Speaking of mulch, you should check to see if you still have a good layer on your beds, 2 inches is good, 3 inches is better.

Now that we are in our cooler season, and plants are at least semi-dormant, it is time to do your major pruning. Remove dead wood, crossing branches that rub, and any limbs that are broken. If you need to lower the overall height of shrubs, a good rule of thumb is to not lower it more than 1/3 of the total height of the plant.

Roses need to be pruned before February 15th. Remove any dead wood and any branches that cross and rub together. When

trimming Roses, use a good sharp pair of bypass pruners, and be sure to make an angle cut above the leaf scar.

Remember, we are in a drought. Just because it is winter, doesn't mean your plants and lawn will not need to be watered. Once a week watering for your lawn (if we don't get rain that week) is sufficient. Every bed has different watering needs, so check to see how fast each flower bed is drying out. Until next time, get out and enjoy your garden!

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Tuesday through Saturday 9:00AM until 5:00PM

Onsite Community Director: Denise Saxton

Phone: 281-681-9750

Email: lrreccenter@comcast.net

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Thursday through Saturday: 9:00AM until 5:00PM

Onsite Manager: Debbi Silverstein

Phone: 281-419-2130

## THE LIVING LEGENDS OF LEGENDS RANCH

The Living Legends invite any seniors over the age of 50 to come share lots of laughter with us. Our game nights are filled with good friends, good food, and a little bit of playing easy but fun games. Our regular "business" meetings are on the 3rd Friday of every month at 1:30pm in the clubhouse. Please join us, or call Jerrie Sanders at 281-651-2593. Please leave a message if I am not home. We don't want to miss your call!

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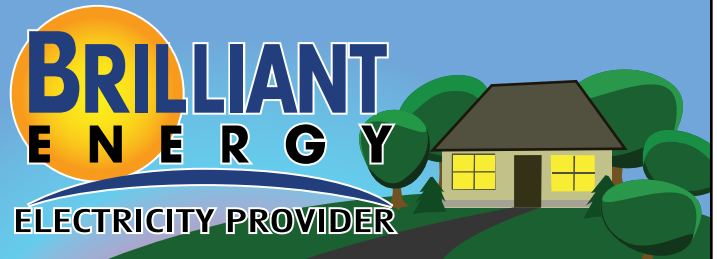


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# LEGENDS RANCH

## One of Montgomery County's Own to Run for Commissioner of Precinct 3

**PAUL COTE IS A QUALIFIED, COMPASSIONATE, & ACTIVE NEIGHBOR SEEKING TO BETTER HIS COMMUNITY.**

Paul Cote has been a resident of Montgomery County for over 20 years. In 2010, he began serving as Director for Montgomery County Municipal Utility District #89. He was appointed by Montgomery County Commissioner's Court as Director to the local Emergency Services District #8 in 1998. He served as ESD #8 Director for eight years. Paul has also volunteered with the Montgomery County Fair Association for over 10 years. In addition, he has served the public as a Professional Firefighter for the City of Conroe since 1990. Before becoming a resident of Montgomery County, Paul was an active member of his community.

For the past six years, Paul has worked as a Residential and Commercial Realtor, where he has become an advocate for preventing home foreclosures while promoting short sales. While being a Realtor, Paul has worked for sixteen years in a number of positions for Continental Airlines. He started as a front-line Part-Time Customer Service Agent

and held a leadership position within the Continental Safety Department. Paul is a graduate of the Lone Star College system with a degree in Business Management. He also holds certifications as a Firefighter, Emergency Medical Technician, Real Estate Agent, and a Flight Instructor.

Paul understands the daily struggles and seemingly overwhelming challenges that the people of Montgomery County are up against in these difficult times, because he is truly one of them. Paul relates to the issues faced by those working in the public, private, and small business sectors. He also has a unique perspective for those he wishes to serve in Precinct 3. Paul's many years of firsthand experience with county emergencies will serve his constituency well as he works to ready Montgomery County to respond to any and all events, from minor disruptions to large scale catastrophes. Many years of front line labor combined with his commitment to serve in various leadership roles makes

Paul the most experienced and multi-dimensional candidate for the position of County Commissioner. "It's hard work to build the right plan, to be successful you must plan to work," Paul says. He looks forward to taking Montgomery County into the future, and leading it to become one of the safest and most prosperous areas to live and do business in.

The Republican Primary Election begins on February 21, 2012 and ends March 6, 2012. To learn more about Paul Cote's campaign website is at [www.Vote4Cote.com](http://www.Vote4Cote.com). He can also be found on Facebook at Vote4Cote.

### CONTACT:

Paul Cote PO Box 130102,  
The Woodlands, Texas 77393  
Phone: (281) 620-7804 Email:  
[Paul@Vote4Cote.com](mailto:Paul@Vote4Cote.com) Website:  
[www.Vote4Cote.com](http://www.Vote4Cote.com)

### FOR MEDIA INQUIRIES:

Melissa Hurtado neoCaptive  
Marketing PR 21 Waterway Suite #300  
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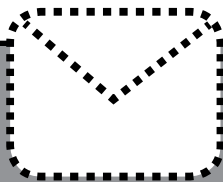
# LEGENDS RANCH

## Interested in Sponsorship Opportunities at LR Community Events?

There are exciting sponsorship opportunities available for your business. There are also opportunities to showcase your business or organization! Contact Jennifer Henrie, Director of Community Events at [jenniferhenrie@canyongate.com](mailto:jenniferhenrie@canyongate.com) to showcase your business to the community!

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*There is a Lost Pet Feature to Community Intranet*

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- Click on “lost & found pets”

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### IT'S OKAY TO SKIP YOUR WORKOUT, IN SOME CASES

Although exercise should be a part of your daily routine, it's important to know when your body needs a break, according to an expert at Baylor College of Medicine. It's not ideal to work out when you're sick because you're stressing your system out, said Dr. David Green, assistant professor of orthopedic surgery at BCM.

The same thing is true after a recent surgery; your body is trying to recover from the surgery. If you still want to stay active, consider using simple things such as arm bands for gentle exercises, but stay away from heavy aerobic exercises, he said. If you're experiencing some joint or muscle pain, it's your body's way of telling you that you're overdoing it, so you should back

off. Try using a heating pad or taking anti-inflammatory medication to help with the pain, said Green.

In general, be sure to have some type of snack about an hour before a workout; do not try to exercise on an empty stomach. If you're over the age of 40 and just starting heavy exercise for the first time, be sure to consult with your physician first. Also consult with a physician if you've had any respiratory, cardiac or joint issues in the past. Look out for hidden calories in holiday drinks.

While many people think twice before taking a second serving of a delicious holiday dessert, they may not do the same when it comes to that holiday beverage. But liquid calories can quickly add up, said a nutrition expert at Baylor College of Medicine.

### SOME TIPS TO REMEMBER INCLUDE:

- Combine alcohol with a diet mixer or low-calorie tonic
- Remember to pace yourself and alternate alcoholic beverages with a glass of water or club soda with lime
- When it comes to popular cocoa and coffee drinks, choose non-fat milk, skip the whipped cream
- Pay attention to portions; different beverages are served in different size glasses and cups so be aware of what you are drinking and how many servings you consume at one time. Remember that after drinking alcohol, the desire for salty foods is also enhanced, said Reeves.

*(Continued on Page 9)*

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## Health Briefs - (Continued from Page 8)

### HECTIC HOLIDAYS CAN RAISE SPIRITS OF A CHRONICALLY ILL CHILD

The typical craziness of the holiday season can offer an emotional boost for a chronically ill child. The holidays usually are very hectic, but the benefit of seeing family and friends outweighs the hassles of travel and preparation, said Dr. Ernest Frugé, associate professor of pediatrics at Baylor College of Medicine and director of psychosocial programs at Texas Children's Cancer Center.

It's no different for a child in a chronic illness. Planning ahead is the key to travel success, whether it is allowing for extra breaks on a long road trip or reminding older relatives about childproofing needs. Parents should always consult with their child's physician before the trip, pack all medications in their original prescription containers and bring along a copy of appropriate medical information.

Involving the child in the planning and preparations for trips and gatherings reinforces the importance of reconnecting with family and friends, said Frugé. Keeping children away from the usual holiday traditions because they have been ill would separate them from what is a normal experience for the family, he said.

### GET THROUGH MENOPAUSE BY REEVALUATING YOUR HEALTH CARE NEEDS

Menopause is called "the change" for a reason. As hormone levels begin to change, so do health concerns, such as osteoporosis, said experts at Baylor College of Medicine. Decreasing estrogen levels can affect bone mass, making a woman more susceptible to osteoporosis, said Dr. Elizabeth Nelson, associate professor of medicine and director of the Women's Center for Comprehensive Care at BCM. Osteoporosis is a condition that can develop if bone is not replaced as quickly as it is worn away, leaving behind porous or weak bones.

Many factors can affect this condition such as heredity, age and nutritional intake. Modify your risk factors by limiting alcohol intake and not smoking, which can increase bone loss by 10 percent. Exercising three times a week and increasing calcium and vitamin D intake can also improve bone health. However, since each woman's health care needs differ as they enter menopause, it is important to talk to a doctor to be sure what course of action will be the most beneficial. Screening for osteoporosis should begin at age 65, but many times women will have a screening done at age 50 to use a baseline for future tests.



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# LEGENDS RANCH

## Pick up the Pile

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article:

### SCIENCEDAILY (AUG. 18, 2011)

"Bacteria from fecal material -- in particular, dog fecal material -- may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study."

This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results. Please be kind, don't leave it behind. To those that pick up....THANK YOU

[www.pickupthepile.com](http://www.pickupthepile.com)

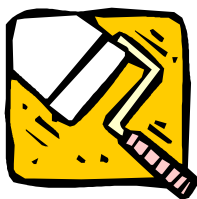
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## A Focus on Resolutions

### RESOLVE TO BE A BETTER YOU

*Submitted by Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

### LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

For more information on weight management and improving nutritional practices, visit the National Institute of Diabetes and Digestive and Kidney Diseases at [www.win.niddk.nih.gov/publications/for\\_life.htm](http://www.win.niddk.nih.gov/publications/for_life.htm).

### GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged. For more information on getting fit, visit the President's Council on Physical Fitness and Sports at <http://fitness.gov/>.



## TOP TEN TIPS *for Protecting Your Enamel from Erosion*

The outer coating of enamel on your teeth may be the hardest substance in your body, but if it erodes, there's no way to get it back. Follow these top ten tips for keeping your enamel — which will help you keep your teeth! Enamel, the outer coating on your teeth, is the hardest substance in your body. But while it's tougher than bones, enamel has a key weakness: it lacks the ability to regenerate itself as bones do. If you break a bone, it can grow back together. If your enamel wears away, it's gone and you can't get it back. Since enamel defends your teeth against cavities, it's extremely important to take care of this protective layer.

Enamel erosion can occur for a variety of reasons, and the three major categories are diet, health issues and physical wear and tear. Many people are unaware of the effect diet has on enamel. Acid sources like carbonated drinks and citrus drinks, when consumed with regularity, can have a serious effect on your enamel. Health issues including dry mouth, acid reflux disease, gastrointestinal problems and bulimia can also lead to enamel erosion. Wear and tear includes friction from your teeth rubbing against each other, fractures due to stress on the teeth, and damage from outside sources, such as brushing your teeth too vigorously or chewing on hard objects. Watch your diet



### FOLLOWING ARE OUR TOP TEN TIPS FOR HOLDING ON TO YOUR ENAMEL.

- **1** - Drink fewer carbonated drinks like soda pop and citrus drinks like grapefruit juice, or eliminate them altogether.
- **2** - If you do occasionally indulge in these types of beverages, drink them through a straw, so the liquid goes straight to the back of your mouth instead of surrounding your teeth.
- **3** - Rinse your mouth with water after eating or drinking.

- **4** - Chew sugar-free gum to increase saliva, which helps clean your teeth.

### ADDRESS HEALTH ISSUES

- **5** - If you experience dry mouth, let us know; your dentist can help you with this condition.
- **6** - If you suffer from acid reflux, gastrointestinal problems, or bulimia, talk to your family doctor to address the issue; each of these conditions affects more than just your teeth.

### BE GENTLE WITH YOUR TEETH

- **7** - Always avoid biting pens and other hard objects, and use your teeth for chewing food only — not as tools to open containers.
- **8** - If you are a habitual tooth-grinder, your dentist can help you address the habit.

### STAY ON TOP OF ORAL HYGIENE

- **9** - Brush with fluoride toothpaste to strengthen your teeth.
- **10** - Keep up with your regular oral care, including brushing and flossing daily and getting professional cleanings every six months.

- Submitted by Dr. Flury

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