



The HOME FRONT

JULY 2012

Official Publication of Legends Ranch Property Owners Association

VOL 6, ISSUE 7

Splish Splash

WE'LL HAVE A BLAST!

Saturday, July 7 | 11am-1pm | at the SplashPad

Join in the Fun & Celebrate Summer on a GIANT Waterslide with a DJ, games & more at the Legends Ranch Pool Party. For more information, contact Jennifer Henrie, Director of Community Events at jenniferhenrie@canyongate.com

DEED RESTRICTIONS PROHIBIT FIREWORKS

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!

Canyon Gate Communities

NIGHT AT THE HOUSTON ASTROS

All Canyon Gate residents, their families & friends are invited to watch the Houston Astros take on the Pirates!

Saturday, September 22, 2012

6:05 PM @ Minute Maid Park

Discount Tickets ~ \$7-\$22

To Order Your Canyon Gate Community Discount Tickets:

Visit www.astros.com/canyongate - Password: canyongate

REGISTER NOW!

LEGENDS RANCH FALL COMMUNITY GARAGE SALE

**SATURDAY, SEPTEMBER 8
7:00AM - 12 NOON | RAIN OR SHINE**

It's time to clean out your closets, your trash could be someone else's treasure! The sale takes place in your own garage so be ready to open your garage at 7AM on September 8th!

We'll be creating a map of all the garage sales in the community. To be added to the map, please e-mail your address to jenniferhenrie@canyongate.com and include a short list (ONLY 5 to 6 words – example: Furniture, electronics, clothes, toys) to describe the types of items you are selling. Deadline for sign up to be included on the map is Friday, August 31st. The map will be handed out at the gatehouse on the day of the garage sale.

Banners will be posted outside the community and an advertisement will be placed in the local newsletter. You may place signs at the entrance to your section & in your yard to promote your garage sale. Signs must then be removed on Saturday, September 8th after the sale by 1pm.

PLEASE REFRAIN from attaching your garage sale sign to community signs. Please do not move or remove any community banners or signs. To register and for questions, please contact Jennifer Henrie, Director of Community Events at jenniferhenrie@canyongate.com

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/Municipal Oper. & Consulting	281-367-5511
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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Craig Lobel	
Rick Gadd.....	rgadd@LANDTEJAS.com
Kennth Brown	kennethbrown922@gmail.com
Sebastien Moulin.....	ilovelegendsranch@yahoo.com

NEWSLETTER INFORMATION

Editor

Jennifer Henrie jenniferhenrie@canyongate.com

Publisher

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CALLING ALL VOLUNTEERS!

VOLUNTEERS ARE NEEDED...

TO MAKE THE FALL FESTIVAL SUCCESSFUL!

Help is needed & extremely important for the Annual Legends Ranch Fall Festival Saturday, October 27th. We need volunteers to help with games to make this event a success! This is also a great opportunity for teenagers seeking service hours! To sign up or for additional information, please contact jenniferhenrie@canyongate.com

CLUBHOUSE ONSITE OFFICE HOURS

Closed Sunday & Monday

Tuesday through Wednesday 10:00AM until 2:00PM

Thursday through Saturday 10:00AM until 6:00PM

Onsite Community Director: Debbi Silverstein

Phone: 281-681-9750

Email: debbi.silverstein@realmanage.com

SPLASHPAD TEXAS ONSITE OFFICE HOURS

Closed Sunday & Monday

Tuesday through Wednesday 2:00PM until 6:00PM

Thursday through Saturday: 10:00AM until 6:00PM

Phone: 281-419-2130

CONTACT YOUR MUD Operator with Any Questions

MUNICIPAL OPER. & CONSULTING - 281-367-5511

Your water bill will be increasing soon. The San Jacinto River Authority Board of Directors will be meeting on May 24, 2012 to discuss a rate order amendment.

It is anticipated that the amendment to the rate order will adopt the following pumpage Fee rates.

- The current Pumpage Fee of \$0.75 per 1,000 gallons will be continued through August 31, 2012
- The Pumpage Fee will be \$1.25 per 1,000 gallons for the period of September 1, 2012 through August 31, 2013
- The Pumpage Fee will be \$1.75 per 1,000 gallons on and after September, 2013, until further amendment to the Rate Order



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LEGENDS RANCH

The Living Legends of Legends Ranch - June, 2012

May was a busy month for everyone: school is almost out; summer is almost here; we're making vacation plans, wedding plans, graduation plans, etc. And it's getting hot again. But we Seniors did manage to get some fun in. We went to see a play, "Smokey Joe's Café", at the Owen Theater in Conroe. It was a musical (very few lines in it, mostly music) of 60's songs most of us grew up with. It was fun, funny, and everyone was dancing in their seats. Wonderful play! Coming up is "The King and I" and we plan to go.

Our planning committee met at Cheryl Sumstad's home to plan events for the summer months, including a bus trip to a casino in June; our regular spontaneous movie & lunch; and our schedule of hosts for coming game nights. We also decided to skip a month of regular third Friday meetings at the clubhouse because of so many things going on with

schools, etc. in May. Our next meeting will be June 22nd, 1:30 pm at the clubhouse.

We had our game night on May 4th at the lovely home of Tommie and John Garcia. We are really growing: 26 people were at their house! And not every member was able to attend! But we still welcome any new members who would like to join us. We are making plans for the Fall & Winter events, including plays, concerts, movies, short trips, eating out, etc. Please come join us. Call Jerrie Sanders at 281-651-2593 or 479-880-6855. And please leave a message so I can call you back.

I want to step ahead just a little to game night June 4th at my house. My daughter and son-in-law are both members of the U.S. Army, and my daughter returned from Iraq last October. One of our Living Legends, Carol Ayre, is a quilter, and she surprised

Darren and Denise with a BEAUTIFUL Quilt of Valor!! She got squares from people in her guild, hand and machine stitched them together, added an additional square on the back with beautiful words thanking them both for their service. As Denise said: "I cannot wait to have it hanging in our house!! Such a beautiful quilt stitched with so much love, it will be cherished by us both and passed down to our kids! Thank you so much Carol!!!! Words aren't enough to express how much that quilt means!!!!" I want to add my thanks to Carol for doing this for my children. It is beautiful and means a lot that they are recognized for their service.

Have a great month!

Enjoy the kids being out of school, vacations, poolside activities, cook-outs, and more.

Talk to you next month, Jerrie Sanders



Interested in Sponsorship Opportunities at Legends Ranch 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 to showcase your business to the community!

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www.peelinc.com/businessDirectory



LEGENDS RANCH

2012 Legends Ranch Pool Schedule

Clubhouse Pool Summer Pool Hours

MAY 5 – JUNE 1 WEEKENDS ONLY

Saturday & Sunday..... 12 PM – 8 PM

MEMORIAL DAY - MAY 28

12 PM – 8 PM

JUNE 2 – AUGUST 26

Monday..... CLOSED

Tuesday - Sunday..... 12 PM – 8 PM

AUGUST 27 – SEPTEMBER 23 (WEEKENDS ONLY)

Saturday & Sunday..... 12 PM – 8 PM

LABOR DAY - SEPTEMBER 3

12 PM – 8 PM

CLUBHOUSE POOL SEASON CLOSES SEPTEMBER 24

Splashpad Pool Summer Hours

MAY 5 – JUNE 1 WEEKENDS ONLY

Saturday & Sunday..... 10 AM – 8 PM

MEMORIAL DAY - MAY 28

10 AM – 8 PM

JUNE 2 – AUGUST 26

Tuesday..... CLOSED

Wednesday-Monday..... 10 AM – 8 PM

AUGUST 27 – SEPTEMBER 2 (WEEKENDS ONLY)

Saturday & Sunday..... 10 AM – 8 PM

LABOR DAY ~ SEPTEMBER 3

10 AM – 8 PM

SPLASHPAD POOL SEASON CLOSES SEPTEMBER 24

****Schedule subject to change, weather and other factors could cause changes to this schedule without notice. Please check with the onsite office for further information.*

JULY GARDENING TIPS

FROM TROY AT LONE STAR ACE HARDWARE

July is here and with it comes searing heat, no rain and a longing for winter. I know that you don't want to go out and cook in the sun, but there are still a few items to be taken care of in the garden. In the lawn be on the lookout for grub and chinch bug damage. There are many products that will take care of these pests. "Season Long Grub Control" by Bayer, Ortho's "Bug-B-Gone Max" and Spectracide's "Once & Done". These are granular products that you can spread with a fertilizer spreader and water in. For the rare Bermuda lawn be on the lookout for Bermuda mites also. The product best for mites is the "Season Long Grub Control" by Bayer or "Bayer Complete", this last is a spray and both are systemic insecticides.

Mid to late July is the time to plant your second season tomato plants. The tomatoes should have plenty of time to ripen before cold weather arrives. Azaleas should be fed this month, also bougainvilleas, crepe myrtles, hibiscus and palms. Remember that bougainvilleas and hibiscus require a high Nitrogen, low Phosphorus Fertilizer. The container of fertilizer will list the three macro-elements, Nitrogen, Phosphorus and Potassium (NPK) in that order. If you haven't already started, set your lawn mower to its highest setting. The additional height of the grass blades will help shade the soil and decrease evaporation and going by last summer our lawns will need every drop of water saved.

*If you have any questions please stop by
Lone Star Ace or contact me at troy@lonestarace.com*

Until next month, Troy



2012 LEGENDS RANCH COMMUNITY EVENTS

Summer Fun Pool Party Saturday, July 7
Fall Community Garage Sale Saturday, September 8
Night at the Astros..... Saturday, September 22
National Night Out Tuesday, October 2
Fall Festival..... Saturday, October 27
Holiday Yard Contest December
Cookies with Santa..... Saturday, December 8

Please contact Jennifer Henrie, Director of Community Events at jenniferhenrie@canyongate.com if you would like to help with any of our events! *All Date Are Tentative & Events are subject to change

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Wednesdays at 7 p.m.

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LEGENDS RANCH

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View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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Salt of the Earth: Sodium & Your Health

TIPS FOR REDUCING SODIUM FOR BETTER HEALTH

Sodium is everywhere—swirling in the oceans, stored in vast underground crystalline deposits—and contained in just about every food and drink imaginable.

The fact is, sodium is as an essential, life-sustaining ingredient for every known plant and animal on the planet. Without sodium, our bodies would cease to function. Sodium helps our cells draw in nutrients, maintains balanced pH levels, enables nerve function and muscle contraction, helps regulate your heartbeat, and is a key component of your bones, explains Jose Mejia, M.D., a cardiologist for The Austin Diagnostic Clinic (ADC).

Yet too much of this essential element can pose serious health risks in people, including high blood pressure, heart disease, stroke, kidney disease, and congestive heart failure. According to the U.S. Department of Health and Human Services (HHS), the average person should only consume 2,300 milligrams (mg)—about one teaspoon full—or less, per day. If you are 51 or older, are black, or already have high blood pressure, diabetes, or chronic kidney disease, then you should limit your intake to 1,500 mg or less per day, Dr. Mejia adds.

“Unfortunately, the average American gets about 3,400 mg of sodium a day, which is far more than is recommended for good health,” Dr. Mejia says. “Keeping the amount of sodium you eat under control can be challenging, but understanding the main dietary sources of sodium is one of the best ways to start lowering your intake.”

SALT BY ANY OTHER NAME

One of the most troubling parts of monitoring your sodium intake is understanding how extensively the food industry uses sodium as a flavor enhancer and as a preservative in everything from bread to canned soup. And then there's a matter of naming conventions. Common table salt, otherwise known as sodium chloride, is just one form of sodium. There are many other compounds that contain sodium, including monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrite (sometimes just nitrite).

“Most of the sodium we eat comes from processed foods and foods prepared in restaurants. Sodium is already part of processed foods and cannot be removed. Even fresh fruits, meats, vegetables and dairy products contain sodium,” Dr. Mejia notes. “However, food manufacturers and restaurants can produce foods with far less sodium. In addition, you can select lower sodium foods when possible, and you can cook more foods yourself to better control how much sodium you eat.”

SHOPPING SMART TO REDUCE SODIUM

The most practical way to reduce your sodium is by altering what you bring home from the grocery store. Many items like baked goods, breakfast cereals, soups, and lunchmeats are very high in sodium.

“Pay very close attention to food labels,” Dr. Mejia says. “It may add extra time to your shopping trip, but it's important to understand just what the food industry means when it uses sodium-related terms.

Portion size is just as important. Frankly, it's the only way to make sure you are not eating too much sodium.”

Here are some of the most common terms used on food packaging. If it doesn't have a label, your best option may be to avoid buying it.

- **“Sodium free” or “Salt free.”** Each serving of this product contains less than 5 mg of sodium.
- **“Very low sodium”**- Each serving contains 35 mg of sodium or less.
- **“Low sodium”**- Each serving contains 140 mg of sodium or less.
- **“Reduced” or “Less sodium”**- The product contains at least 25 percent less sodium than the regular version. Check the label to see how much sodium is in a serving.
- **“Lite” or “Light in sodium”**- The sodium content has been reduced by at least 50 percent from the regular version.
- **“Unsalted” or “No salt added”**- Not salt is added during processing of a food that normally contains salt. However, some foods with these labels may still be high in sodium because some of the ingredients may be high in sodium.

A DASH OF SOMETHING ELSE

The widespread use of sodium means it can be challenging to avoid, especially if you are traveling with limited food options at airports. In that case, bringing low sodium snacks is a good option. At home, consider using alternative seasonings that are sodium free. Eventually, your taste buds will adjust to the lower sodium options.

“It takes some effort, but a low sodium diet can have tremendous health benefits,” Dr. Mejia says. “If you are concerned or curious, it may be a good idea with check with your physician about the amount of sodium you are eating.”

*Jose Mejia, M.D., Cardiologist
The Austin Diagnostic Clinic,*



WHAT TO LOOK FOR IN A PET FOOD

Pet nutrition and pet food selection has improved significantly over the last few years, however, there is still a lot of confusion regarding what to feed our four-legged friends.

Following the horrific melamine pet food recalls of 2007, much research has been dedicated to learning more about pet nutrition and how pet food is manufactured and distributed to consumers. This has spawned a greater selection of high-quality, pet super-foods. However, it has also prompted some companies who still make cheap, low-quality pet food to simply change their packaging to dupe consumers into believing that they're buying food filled with wholesome fresh meat, fruits, and vegetables.

Don't be fooled! A pretty bag with pictures of cascading corn and carrots does not a quality pet food make. Read the ingredient label to see what's really in the bag and in your pet's food bowl.

Here are some things to look for in the ingredient label and to consider when choosing a food for your furry family members.

PROTEIN

A named protein and/or protein meal should be first on the ingredient list. For example, if you're buying a chicken formula pet food, look for, "chicken," or, "chicken meal," as the first ingredient, not chicken by-product. Remember: meal is a good thing, by-product is a bad thing. Also, if a protein source is not named - beware. For example, if the ingredient label reads, "meat meal," you have no way of knowing what the protein source is and should be wary. It could be anything from aardvark to zebra. The best pet foods have two or three protein sources in the first five ingredients listed.

Confused about the difference between chicken and chicken meal? Chicken, or any other protein source listed in the ingredient label, means that fresh meat was added to the mix before cooking. This is great! But just like our bodies, animals are about 70% water. So, when the mixture is cooked, the fresh meat in it loses volume, thereby decreasing

the amount of protein in the final product. Chicken meal, on the other hand, is chicken meat, bone and some connective tissue that has been cooked, dried and added to the mix before cooking, which ultimately increases the protein level of the food.

VEGGIES, FRUITS & WHOLEGRAINS

Like humans, pets benefit from the vitamins and enzymes in fresh vegetables and fruits. Look for quality produce and complex carbohydrates like carrots, spinach, pumpkin, etc. as well as whole grain rice, oats, and/or barley. These healthy foods have lower glycemic index ranges, which will keep your pet more satisfied and will help to avoid sudden drops in energy levels. Avoid highly processed grains such as corn, wheat and rice. As with humans, these are empty fillers and fast burning carbohydrates.

US SOURCED

Do a little extra digging to find where the ingredients of a food you're considering are sourced. Often, you can find this information on the manufacturer's website. If not, call them and ask. Look for foods made with ingredients from the US. This will help you take advantage of the strict, governmental regulations that watch pet food manufacturers and that are there to protect you and your pets from contamination. Furthermore, buying products made in the US is just plain good sense for the local economy and environment.

WHAT TO AVOID

By-products and by-product meals should be avoided for a number of reasons. First, you have no way of knowing exactly what the ingredient is, but you can be sure that it is a low-value portion of the animal. In addition to the ingredient itself being dubious, low-value products are not handled with the same care as higher-value products, so they could become rancid or exposed to harmful bacteria. Also

avoid sweeteners, which are added to poor quality foods to enhance palatability. Other ingredients to avoid are artificial preservatives such as BHA, BHT, and ethoxyquin, and artificial colors.

Once you've narrowed your choices down to a few based on quality ingredients, then consider your pet's specific health needs. Is your pet overweight, underweight, young, adult, or senior? Does he/she have allergies or itchy skin? There are high-quality foods that are formulated to address all of these issues and more.

After you've finally chosen a healthy pet food and are ready to purchase, be sure to check the, "Best By," date. In quality, natural foods, this will be about 12 months from the manufacture date. When dishing out the new grub to your pet, start by mixing it with a bit of his last diet to help his tummy transition. Do this for about a week, adding a little more of the new food everyday. By day seven, your pet should be ready for full servings and a fuller life.



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