



The HOME FRONT

FEBRUARY 2013

Official Publication of Legends Ranch Property Owners Association

VOL 7, ISSUE 2

HEART HEALTHY LIFESTYLES

By: Concentra Urgent Care



Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
 - Women: 1 drink per day (maximum)
 - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in

heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.

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

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
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

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:

Sebastien Moulin..... ilovelegendsranch@yahoo.com
Eric Garrington..... ericlrhoa@gmail.com
Carol Ayre..... carol.ayre40@yahoo.com
Eric Green..... lrspringtx@gmail.com
Greg Fleischman gregfleischman@gmail.com

NEWSLETTER INFORMATION

Editor

Carol Ayre..... carol.ayre40@yahoo.com

Publisher

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



PROVIDING END OF LIFE CARE WITH
COMPASSION, DIGNITY AND LOVE.

*Because their last memory
should be at home with you.*

CALL, EMAIL OR EXPLORE OUR WEBSITE FOR MORE INFORMATION.



281-215-3665

www.LapofLove.com
Cheryl Maguire, DVM

Home is Where the Heart Is

HEADACHES

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing, "My husband gives me a headache, ... my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become

tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.

IF NOT NOW, THEN WHEN?

Now is the time to get that loving feeling!
Buying or selling, nobody does it like Texas Direct Auto.
Fast. Easy. Fun. We Pay More. We Pay Today.
Yes! It's True. Sell Us Your Car!



TEXASDIRECTAUTO.COM



LEGENDS RANCH

At no time will any source be allowed to use the Legends Ranch Community Newsletter 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 the Legends Ranch Property Owners Association and Peel, Inc. The information in the newsletter is exclusively for the private use of Legends Ranch residents only.

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.

NOT AVAILABLE ONLINE



**OFFERING PREMIER
CUSTOMER SERVICE
TO LEGENDS RANCH**

BRADBURY BROTHERS
HEATING & AIR CONDITIONING

"We Take Care of Your Air"



CALL NOW!
And Enjoy
These
Savings
281-651-5484

AIR CONDITIONING & HEATING

**REPAIRS • MAINTENANCE
INSTALLATIONS**

\$50 OFF
REPAIRS
OF \$200 OR MORE
With coupon only. Not to be combined
with any other offers or specials.

\$59.00
TUNE-UP
(REG. \$89)
With coupon only. Not to be combined
with any other offers or specials.

www.BradburyBrothers.com

The most entertainment. Now at the best price.

Ask about packages
starting at \$29⁹⁹.
CALL TODAY.

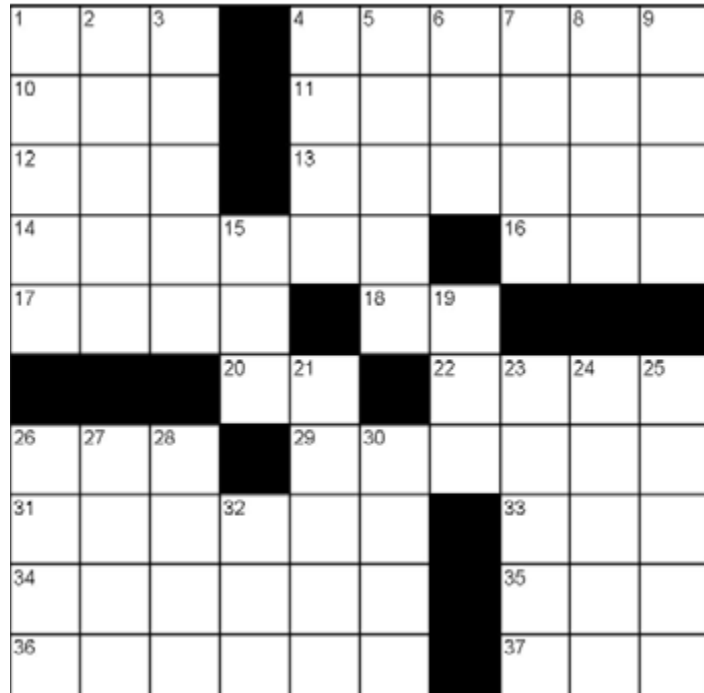


CALL NOW AND SAVE AN ADDITIONAL \$10/MO
1-888-799-0512

Authorized DIRECTV Dealer

Pricing subject to change at any time. Hardware and programming available separately. ©2012 DIRECTV Inc. DIRECTV and the Cyclone Design Logo are registered trademarks

CROSSWORD PUZZLE



ACROSS

1. Dad
4. Panther
10. Time period
11. A Nissan car
12. Admiral (abbr.)
13. Programmer
14. A deviated one makes you snore
16. Vane direction
17. Time periods
18. Letter afterward
20. Evening
22. Garden tools
26. Pod vegetable
29. Egg dish
31. List of errors
33. Wrath
34. Tie clip
35. Rival
36. Stoles

DOWN

1. " __ porridge hot..."
2. Special request
3. South American plain
4. Tropical island
5. Holding device
6. And so forth
7. Enjoy
8. Sign
9. Weed in a wheat field
15. Cooking measurement
19. Her
21. Pattern
23. __ Oyl (Popeye's girlfriend)
24. Spooky
25. Strong metal
26. Domestic friends
27. Little Mermaid's love
28. Region
30. Pilots
32. April (abbr.)

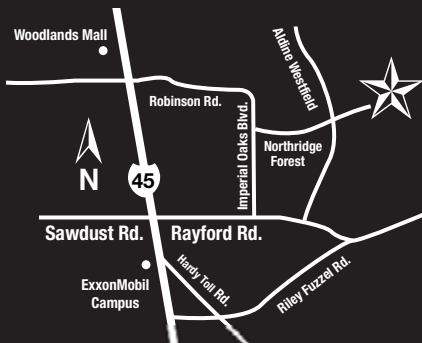
View answers online at www.peelinc.com

© 2006. Feature Exchange



THE NATURAL CHOICE

The Falls at Imperial Oaks



The Falls at Imperial Oaks is the natural choice for your next home with State-of-the-Art Fitness Facilities, Water Park, Splash Pad, Walking Trails and on-site elementary school.



DAVID WEEKLEY HOMES

Edgewater – from the \$220s
281-249-7727

Holly Creek – from the \$290s
281-249-7725

Windsong Manor – from the \$260s
281-249-7812

LENNAR HOMES

Summit Springs – from the \$160s
281-419-4748



www.fallsatimperialoaks.com



LOCATION:

- 6 minutes to Woodlands Mall
- 15 minutes to IAH
- 30 minutes to Downtown

LEGENDS RANCH

SUDOKU

View answers online at www.peelinc.com

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

© 2006, Feature Exchange

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.

BUSINESS CLASSIFIEDS

RAINCO IRRIGATION SPECIALIST: Commercial & Residential. Backflow Testing, Drainage, Irrigation (Sprinkler) System, Design & Installation, Service & Repair, Rainbird – Hunter. Fully Insured. Lic. # 9004 & 9226. Call 713-824-5327.

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 legendsranch@peelinc.com



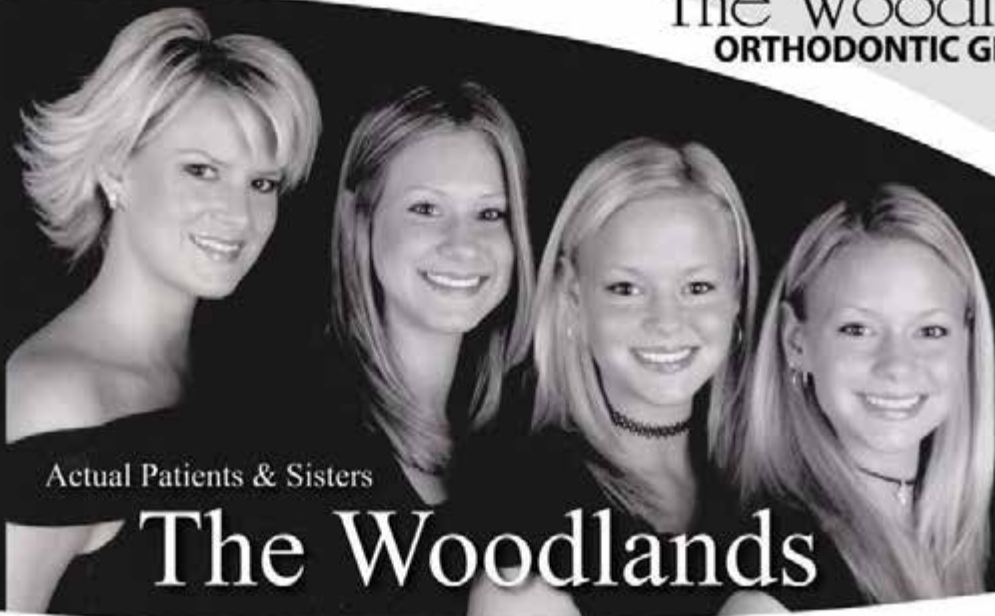
**ADVERTISE
YOUR HERE
BUSINESS 888-687-6444**

WWW.WOODLANDSBRACES.COM



**The Woodlands
ORTHODONTIC GROUP**

**Braces.....
a gift that lasts a lifetime**



Actual Patients & Sisters

The Woodlands

Spring Office - 281-367-2211 • 2211 Rayford Rd. Ste 117
(Kroger Shopping Center located at entrance to Imperial Oaks)

GATEWAY BAPTIST CHURCH

Come & Experience *"The Joy of Belonging"*

WORSHIP SUNDAYS AT 10:30 A.M.
WEDNESDAYS AT 7 P.M.

BIBLE STUDY SUNDAYS AT 9:15 A.M.

THIS YEAR AT GATEWAY YOU'LL FIND:



.....

- Relaxed Family Atmosphere & Upbeat Music
- Active Senior Adult Program
- AWANA Wednesdays at 6:30 p.m.
- Bible Class for All Ages
- Children's Ministry
- Choir & Praise Team
- Community Food Pantry
- Gateway To Learning Licensed Childcare Center
- Hispanic Church & Bible Study
- Korean Church & Bible Study
- Mother's Day Out
- Nursery Ministry
- Student Ministry
- Women's & Men's Ministry

.....

281.363.4500 • 2930 RAYFORD ROAD

WWW.DISCOVERGATEWAY.COM



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

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

LR

TARGET YOUR
CUSTOMERS



PEEL, INC.
community newsletters

www.peelinc.com
512.263.9181