



The HOME FRONT

MAY 2014

Official Publication of Legends Ranch Property Owners Association

VOL 8, ISSUE 5

A FOCUS ON PHYSICAL ACTIVITY PATHWAY TO IMPROVED HEALTH

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
- Both aerobic and muscle-strengthening are beneficial
3. For most people, additional benefits occur when
- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

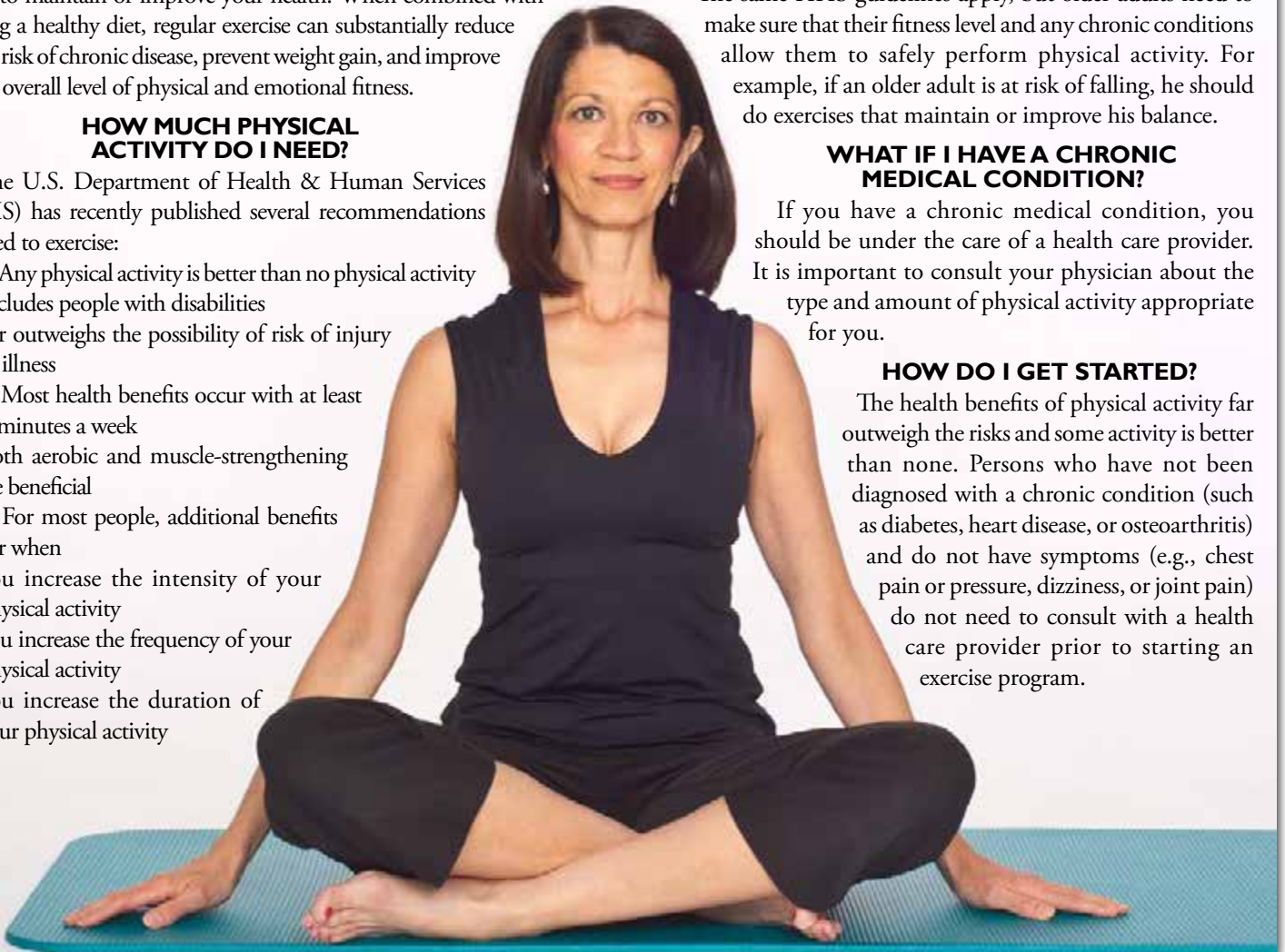
The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.



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 Clubhouse.....	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

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Advertising..... advertising@PEELinc.com, 888-687-6444



Updating Your Information with Management

We have noticed over the last few months that some of the information that has been provided to the on-site personnel is no longer up to date. Guards on duty have reported that several phone numbers in the system are not valid, have been disconnected, or are no longer in service. Due to this issue, the guards are significantly delayed trying to process the guests coming in. If you know that your number or other important information has changed, please stop by the clubhouse office to complete a new registration form to have the system updated. You can also email Cathy Winfield, on-site manager, with the new number and/or information. Her email is legranch@ciramail.com. Please include your address here in Legends Ranch to make sure that your account is updated.

SEND US YOUR

Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to **lrclubhouse@yahoo.com**. Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at www.PEELinc.com.



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LEGENDS RANCH

THE LIVING LEGENDS

If you are 50+ and would like to join this wonderful group, give me a call at 281-651-2593 and leave a message if I'm not there. I will call you back as soon as I can.

NEW HOURS FOR THE CLUBHOUSE OFFICE

The clubhouse office hours of operation have changed. The hours are as follows:

9:00 am to 6:00 pm

Tuesday through Saturday
(1st, 3rd and 5th weeks of the month)

Monday through Friday
(2nd and 4th weeks of the month)

If you are unable to visit the office during these hours, you may leave a message for Cathy Winfield, on-site manager, at 281-681-9750 or email her at lrclubhouse@yahoo.com. She will get back with you at her earliest convenience.

Mailboxes in the Community

The association is not responsible for the mailboxes in the community. If you have lost your key or having issues opening your particular mailbox, you will need to contact the post office directly to get a replacement key or have the mailbox repaired. The post office that services the Legends Ranch community is the Woodlands Branch. Their information is as follows:

9450 Pinecroft Dr.

Spring, TX 77380

281-419-7948

Business Hours: Monday – Friday 8:30 am – 4:30 pm

If you are a new resident and need a key to the mailbox assigned to your property, you will need to bring your ID and a copy of your closing papers or lease agreement to be able to get a key.



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CALENDAR OF EVENTS

May 2-3	Women's Café Chocolate Retreat
May 8	Golf Tournament
May 11	Mother's Day
May 16	Children's 5th & 6th Grade Fun Night
May 23	Youth Guys Night & Girls Night
May 31	Men's Breakfast
May 31	Family Movie Night: Free Movie And Concessions On Back Sports Field

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- HISPANIC CHURCH & BIBLE STUDY
- PRESCHOOL / NURSERY MINISTRY
- STUDENT MINISTRY
- COLLEGE MINISTRY
- MEN'S & WOMEN'S MINISTRY

TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



STEP 1



STEP 2



STEP 3



STEP 4

THE MODERN GAME: THE TOP SPIN FOREHAND

In previous newsletters, I offered tips on how to execute the basic strokes for players who are starting to play tennis or who want to get back into the game.

From this newsletter on, I will be offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Spin Forehand. This shot is used when a player is now hitting the ball long and out. The ball will be aimed high over the net and hit with power. The ball will have a “top spin” so that when the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise.

In the illustrations, Danny Rodriguez, Director of the Pre-Advanced Tennis Program at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the service line as an “approach shot” to the net.

Step 1: The Ready Position: When Danny prepares to hit

a forehand top spin, he will change his grip toward the “semi-western” or “full western grip” (The palm of the hand is flat on the handle). His knees are slightly flexed and his eyes are focused on the oncoming ball.

Step 2: The Back Swing: Danny is now ready to perform the shot. The head of the racket is now above his head, his shoulders are turned, the left hand is in front to help him keep the center of gravity in front, and he has loaded his weight to the back foot. His grip is relaxed and his wrist is “laid back” to allow maximum point of contact.

Step 3: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle. Danny started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing the ball as he makes contact with it. His left shoulder is almost opening and his weight has now been shifted toward the front.

Step 4: The Follow Through: Notice Danny’s finish above his left ear and his elbow pointing toward his target. He has now shifted his weight on his right foot and is ready to shuffle back to his home base.

Look in the next Newsletter for: “The Modern Game: The Backhand Top Spin”

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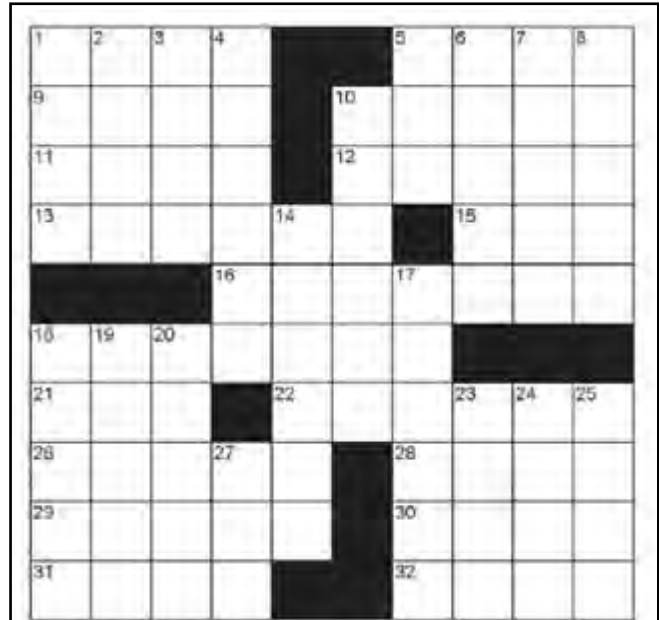
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				9	5			
			4	3		7		
						1		6
	5		6					
4				1	9	3		2
					7		8	
		3		5	1		9	
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		4				6	3	

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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.

CROSSWORD PUZZLE



ACROSS

1. Canned meat brand
5. Tussle
9. Soda
10. Author of "The Inferno"
11. Drug doer
12. Colder
13. Mr.s
15. Thai
16. Herself opposite
18. Kitten (2 wds.)
21. Government agency
22. Laughing dogs
26. Revoke
28. Guile
29. Beefy
30. Economics abrv.
31. Sold at a discount
32. Official document

DOWN

1. Water film
2. Sit for a picture
3. Beers
4. Quaggy
5. McDonald's "Big __"
6. Join
7. Snitch
8. Stems of letters
10. Make gloomy
14. Opulently
17. Boiled
18. Supports
19. Sleep disorder
20. Trite
23. Naughty or __
(what Santa checks)
24. Lotion ingredient
25. Deliver by post
27. Southwestern Indian

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- Lakes of Rosehill
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- Lakes on Eldridge North
- Lakewood Grove
- Legends Ranch
- Longwood
- Meyerland
- Normandy Forest
- North Lake Forest
- Park Lakes
- Riata Ranch
- Shadow Creek Ranch
- Silverlake
- Steeplechase
- Sterling Lakes
- Stone Forest
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