

The **RANCH REVIEW**

January 2020 Volume 14, Issue 1

News for the Residents of Legends Ranch



Happy
new
year

A festive graphic with the words "Happy new year" in a large, black, cursive script. The word "new" is set against a light blue brushstroke background. Several blue stars of varying sizes and black dots are scattered around the text, creating a celebratory feel. The entire graphic is enclosed in a thin blue rectangular border.

RANCH REVIEW

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Real Manage866-473-2573

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Montgomery County Tax936-539-7897
Conroe ISD936-709-7751
Montgomery MUD #89713-932-9011

Police & Fire

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Montgomery Sheriff936-760-5800
Pct. 3 Constable Office281-364-4211
S. Montgomery Co. Fire Dept. Non-Emergency.....281-363-3473
Montgomery County EMS Non-Emergency936-441-6243
Crime Stoppers.....713-222-TIPS
Poison Control.....800-222-1222
Texas DPS713-681-1761

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. & Consulting281-367-5511
Best Trash281-313-2378
Street Light Outages713-207-2222
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 Registration281-292-3325
Drivers License Information936-442-2810
Montgomery County Animal Control936-442-7738
Montgomery Chamber281-367-5777

Conroe ISD.....936-709-7751
Birnam Woods Elementary281-863-4200
Cox Intermediate281-465-3200
York Junior High832-592-8600
Oak Ridge High832-592-5300

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Make Your Weight Loss Goals *a Reality*



(Family Features) Losing weight is a highly personal journey as a wide range of factors can affect a person's ability to do so. There's no one approach to weight loss; rather, the best approach is the one that fits your life and body best.

Get motivated to reach your weight loss goals with these expert tips.

Set realistic goals. Most experts agree you shouldn't lose more than 1-2 pounds per week. More rapid loss may shock your system, and chances are you're depriving your body of important nutrients. More aggressive loss is also less likely to be permanent or sustainable; long-term results generally come with steady loss over a period of time.

Eat well. Regardless what eating plan you choose, recognize the importance of nutrition in your weight loss program. Weight loss occurs when you burn more calories than you consume, so build your menu around nutrient-rich foods that fill you up. Strive for a well-balanced diet that encompasses all the food groups and, if necessary, discuss your goals with a doctor or nutritionist who can help you identify the best foods to enjoy and those to avoid.

Consider a supplement. If managing cravings or your appetite hinders your weight loss, a supplement may be a good solution. For example, RiduZone is a patented supplement that gives your body more of a substance it already creates called Oleoylethanolamide (OEA). In essence, OEA tells your brain you are full and it's time to stop eating. Developed and endorsed by Dr. Jay Yepuri, a board-certified gastroenterologist, the supplement is a non-stimulant that may help you feel full faster to reduce caloric intake and boost metabolism to burn stored fat.

Get active. Creating a calorie deficit is necessary to lose weight, and increasing your physical activity helps ensure you're burning calories. However, getting active isn't just about playing the numbers game. Physical activity also promotes overall wellness with numerous physical and mental health benefits, including improving circulation and stimulating feel-good endorphins.

Stay committed. It's easy to fall off your weight loss plan when unexpected circumstances arise. Give yourself a little grace and

permission for occasional misses so you stay motivated to get back to your program. That may mean waiting for a cold to pass and doing less strenuous workouts at home or making extra healthy choices at mealtime in advance of an indulgent event. To help make keeping your commitments easier, consider an option like RiduZone to boost your body's natural appetite-curbing power.

Find more information to help jump-start your weight management program at TryRiduZone.com.

What is OEA?

Oleoylethanolamide (OEA) is a metabolite of oleic acid, a naturally produced substance that interacts with appetite-controlling receptors in the small intestine to signal the brain you are full. It also helps boost metabolism. However, as a result of food choices and excess body fat, naturally produced OEA may require supplementation to achieve the desired effect on appetite or body fat.



Created to mimic this naturally occurring metabolite, RiduZone is the only weight management supplement that

contains OEA as an ingredient. Its production has been reviewed and is accepted as safe by the Food and Drug Administration.

Less fat

A clinical study published in the "Journal of Lipid Research" shows higher blood levels of OEA, which is derived from oleic acid-rich olive oil, correlate to lower amounts of body fat. This means weight loss results may be more visible.

Fewer calories

A prominent research study published in the journal "Food & Function" shows higher circulating levels of OEA can result in a significant reduction in calorie intake. Over time, OEA users become satisfied with smaller, healthier-sized portions.

Photos courtesy of Getty Images #15081, Source: NutriForward, Content downloaded from FamilyFeatures.com

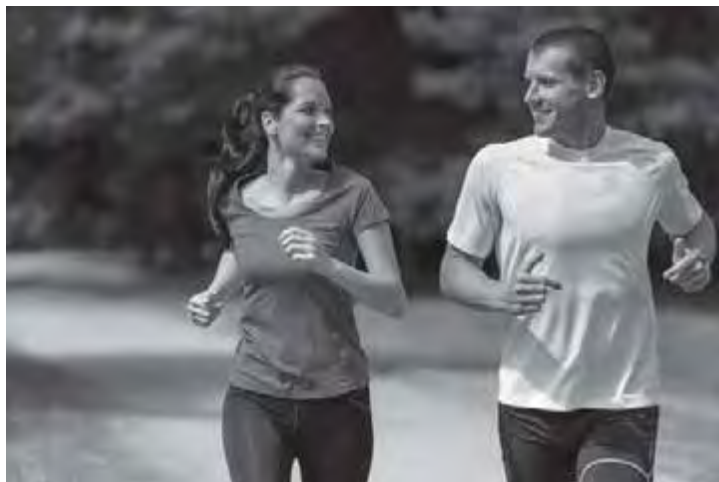
Adding yoga to workout regime can improve health

Implementing yoga into a workout routine can provide unique health benefits, said a Baylor College of Medicine physician and yoga enthusiast.

Yoga is a broad philosophy containing many different paths to achieve the goal of physical, mental and spiritual well-being, said Dr. Bobby Kapur, assistant professor of medicine at BCM and associate chief for emergency medicine at the Harris County Hospital District's Ben Taub General Hospital. In physical fitness, yoga is the practice of physical postures and breathing exercises that allow a person to strengthen the body and at the same time enter a meditative and relaxed state of awareness.

Yoga entails various positions, stretching and deep breathing. Practicing yoga can help a person improve flexibility, balance, limberness, blood circulation, and it can also relax muscle tension and fight infection, Kapur said.

Top Tips to Get Ready to Run



(Family Features) You've made the decision to get in shape, and whether your goal is a full marathon or simply a few laps around the neighborhood, there are a few steps to consider taking before you strap on those shoes and head toward the finish line.

Here are a few tips to help get you ready for the big race:

Seek Quality Sneakers - Feet come in a variety of widths and sizes, so visit a specialty running store to find perfect-fitting sneakers. These may come with a hefty price tag, but there are no shortcuts for comfort and support while running long distances.

Make a Schedule - Try to aim for at least 10 hours of training per week, including three days where you run and two or three days of other physical activity such as cycling or strength training. To avoid exhaustion, be sure to include at least 1-2 "rest" days per week.

Stick with Water - Avoid sports drinks that are loaded with preservatives and sugars. You can't go wrong with the hydrating power of water. As a rule, try to consume at least 6-8 ounces of water for every 20 minutes you run. Proper hydration after the run is also vital.

Go Online - Many websites have training guides for various skill levels or different types of races. If you have a smartphone, look for apps that can take you through day-by-day workouts to get you marathon-ready.

Nutrition - Filling your body with the proper amount of fuel can help ensure finish-line success. Load up on quality carbohydrates, such as beans, peas, whole-wheat pastas, whole-grain cereals, apples, brown rice and root vegetables. Protein also plays an important role in a runner's nutrition, so fill up on lean meats, fish, eggs, low-fat dairy, peanut butter and soy protein sources, as well.

By following these general rules, you'll be able to focus on achieving your goal and enjoy the thrill of finishing the race. Find more tips for a healthier lifestyle at eLivingToday.com.

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Cooking substitutions aid in calorie reduction

When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.



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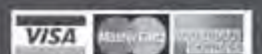
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Let Trends Guide Your 2020 Travel

(Family Features) While there's plenty to be said for taking the proverbial road less traveled, fellow tourists can provide a wealth of knowledge to help shape a vacation filled with lifelong memories.

Whether you expect your travel plans for 2020 to take you near or far, having a pulse on how and where others enjoy spending their travel time may help narrow down your options. Start planning your next getaway armed with the findings of a trend report compiled by vacation rental app and website Vrbo, especially when it comes to selecting a destination and your accommodations.

Unique Accommodations

Traditional vacation home favorites like beach houses, cabins and condos still reign supreme, but adventurous American travelers are staying in some unusual options. In fact, 71% of millennial travelers said they would consider staying at a non-traditional vacation rental.

In addition to barns, castles and treehouses, properties on wheels and properties that float join the ranks of unusual accommodations travelers are booking. Travel demand for houseboats, yachts, RVs and travel trailers is up 30% year-over-year.

Surf's Up

Portugal's reputation for affordability, primo surfing and sunshine-filled climate make the country a desirable place to explore. That may explain why seaside locales in Portugal took three of the top five spots on the list of hottest international beach destinations for American travelers. Chania, Greece, took the top spot, followed by three Portuguese destinations: Vila Nova de Gaia, Porto and Lisbon. Catania, Italy, rounded out the top five.

For those seeking to stay stateside, four of Vrbo's top five United States destinations this year are beaches, including: Gulf Shores, Alabama; Miramar and Rosemary Beach, Florida; Panama City Beach, Florida; and Maui, Hawaii.

Same-City Stays

Rental demand data in Chicago, Philadelphia, Dallas, Atlanta and a number of other urban destinations showed the single largest traveler origin market for each city was that same city.

"'Cele-cations,' when people seek accommodations to host and spend time with groups of family and friends for milestone events like weddings, birthdays and anniversaries, may be fueling the trend of people booking vacation homes in the same cities where they live," said Melanie Fish, Vrbo travel expert.

Also high on the trend list: short-stay, drivable destinations located within 300 miles of home.

Up-and-Coming Destinations

Their names may not be familiar to the masses,

but each of the top emerging domestic vacation destinations shares one thing in common: outdoor appeal. Places that appeal to families and other groups of travelers looking to explore the great outdoors are seeing a major surge over the past three years.

If an outdoor getaway is your ideal trip, consider destinations like Terlingua, Texas, located just a short distance from Big Bend National Park; Bella Vista, Arkansas, situated in the Ozarks near majestic lakes; Westport, Washington, surrounded by a bay to the east and the Pacific Ocean to the west; Cherry Log, Georgia, which sits in the heart of Chattahoochee National Forest; and Edisto Island, South Carolina, a charming beachside retreat 1 hour from Charleston.

"This is the third year in a row travelers' desire to be outdoors has filled the up-and-coming

destinations list," Fish said. "Clearly, people want the comforts of a home away from home while soaking in scenery."

Find the trends and accommodations that match your 2020 travel dreams at [vrbo.com](https://www.vrbo.com).

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