



The HOME FRONT

JANUARY 2015

Official Publication of Legends Ranch Property Owners Association

VOL 9, ISSUE 1

Improvements at Legends Ranch

Thanks to our Resident-run Board of Directors, and the voice of what residents want, various projects around the community have been being worked throughout 2014, with contracts reviewed and seeking the best pricing for quality work, to include:

- Upgraded gym, located at the front Club House
- Basketball Courts resurfaced & new basketball goals
- Power washing, painting and staining all the community buildings
- Resurfacing of the basketball court

- New nets and cracks for the tennis courts
- New fencing around electrical area at the splash pad park
- New sidewalks
- New water feature / children's slide at the Splash Pad voted on & in the works

Additional projects are in the works to better the community and we thank you for your support as we all continue to improve our community.

(Continued on Page 3)



TRAFFIC/SAFETY COMMITTEE MEETING

The LR Traffic/Safety Committee Meeting is scheduled for January 14, 2015, Wednesday, at 6:30 P.M., at the LR Front Club House. A Precinct 3 Deputy and a Conroe I.S.D. Officer will be in attendance to discuss current traffic and crime issues, and available for questions. The last meeting we had was well received and was attended by about 60 residents.

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.....

Birnham 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

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LEGENDS RANCH

(Continued from Cover Page)



PROPERTY OWNERS ASSOCIATION OF LEGENDS RANCH

MEETING OF THE BOARD OF DIRECTORS

In accordance with Section 209.0071 of the Texas Residential Property Owners Protection Act, members shall be given notice of the date, hour, place and general subject of a regular or special board meeting, including a general description of any matter to be brought up for deliberation in executive session. The notice shall be provided at least 72 hours before the start of the meeting by sending a notice via email to each owner who has registered an email address with the association and by listing the meeting date on the association website.

Date: Tuesday, December 16, 2014 Time: 6:00 pm (Open Session)

Location: Legends Ranch Clubhouse

2801 Legends Ranch Dr.

Spring, TX 77386

AGENDA

OPEN SESSION (6:00 PM – 7:30 PM)

All Board meetings are open to members with some exceptions during developer control and for matters discussed in executive session.

1. Establish of Quorum and Call to Order
2. Adoption of Agenda for Open Session
3. Consideration of Minutes of the Previous Open Meeting – November 20, 2014
4. Financial Report
 - 4a. October 2014 – Managing Agent
5. Proposals
 - 5a. A-Beautiful
 - I. Paint water features for splash pad
 - II. Add portable pump cart with filter to splash pad
 - III. Add leaf blower for the pool cleaner at splash pad
 - 5b. Cultris – New camera for front entrance
 - 5c. Irrigation repair due to sidewalk installation
 - 5d. Irrigation repair around basketball court area
 - 5e. Paint gates/fencing at entrances
 - 5f. Paint light poles at clubhouse
 - 5g. Paint speed bumps in community
 - 5h. Paint stop sign lines in community
 - 5i. Light fixtures for splash pad area
 - 5j. New fencing for drill site
6. New Contracts
7. Additional Business
8. Social Committee update
9. Traffic/Safety Committee update
10. Scheduling of Next Board Meeting
11. Adjournment
12. Homeowner Forum

(due to time restraints, limited to (3) minutes per person)

LEGENDS RANCH

Thank
You

We would like to send a very big thank you to all of the residents who came out to visit Santa and the Living Legends and other volunteers for helping to make this event a success. LR residents are the best.

Unofficial Facebook Groups & Official Res. Portal

Residents of Legends Ranch general Facebook page
(unofficial: not-POA) for Residents Only:
www.facebook.com/groups/LegendsRanch/

Legends Ranch Online Garage Sale Facebook page
(unofficial: not-POA) for Residents Only:
www.facebook.com/groups/498265880206006/

Legends Ranch Mommas and Little Ones Facebook page
(unofficial: not-POA) for Residents Only:
www.facebook.com/groups/469345863096931/

Official Legends Ranch Property Owner Association website: www.realmanage.com with Resident Portal at: <https://www.ciranet.com/ResidentPortal>. Note: For those of you who would like to update your visitor list online, please go to www.legendsranchpoa.com. You will need to have a log in and password as this is a controlled website. Should you have any questions, please contact Cathy Winfield in the clubhouse office at (281) 681-9750 or email at: legranch@ciramail.com.

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10 POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT IN THE NEW YEAR!

*Marissa Dosser - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp
www.texasfitchicks.com/marissa*

1. OATMEAL

Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. EGGS

A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. SALMON

High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. NUTS

Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. GRAPEFRUIT & BERRIES

These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood flow.

6. AVOCADO

It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. LEAFY GREENS

Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. CINNAMON

Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. GREEN TEA

Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. BEANS & LEGUMES

Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.



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TENNIS TIPS



By USPTA/PTR Master Professional
Fernando Velasco



STEP 1

STEP 2

STEP 3

THE MODERN GAME: THE FOREHAND RETURN SERVE DROP SHOT

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now 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 already be playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute “The Return Serve Drop Shot.” This shot is used when an opponent is expecting a deep service return and the player “surprises” the opponent with a short angle drop shot. It can be used in both singles and doubles play.

In the illustrations, Fernando Velasco, Director of Tennis and teacher at of the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Velasco is presently ranked #1 in Singles and Doubles in the USTA Men’s 70 Division in Texas, and #13 in Singles and #8 and #10 in Doubles in the US.

Step 1: The Back Swing: When Fernando sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, and his eyes are focused on the incoming ball.

Step 2: The Point of Contact: The success of the drop shot is to “cup” under the ball with the strings. The grip is relaxed and ready to push the ball forward and under the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

Step 3: The Follow Through: In order to get maximum underspin, Fernando is keeping the right hand extended as long as possible. His weight is going forward. The left hand is left leaning forward for better balance.

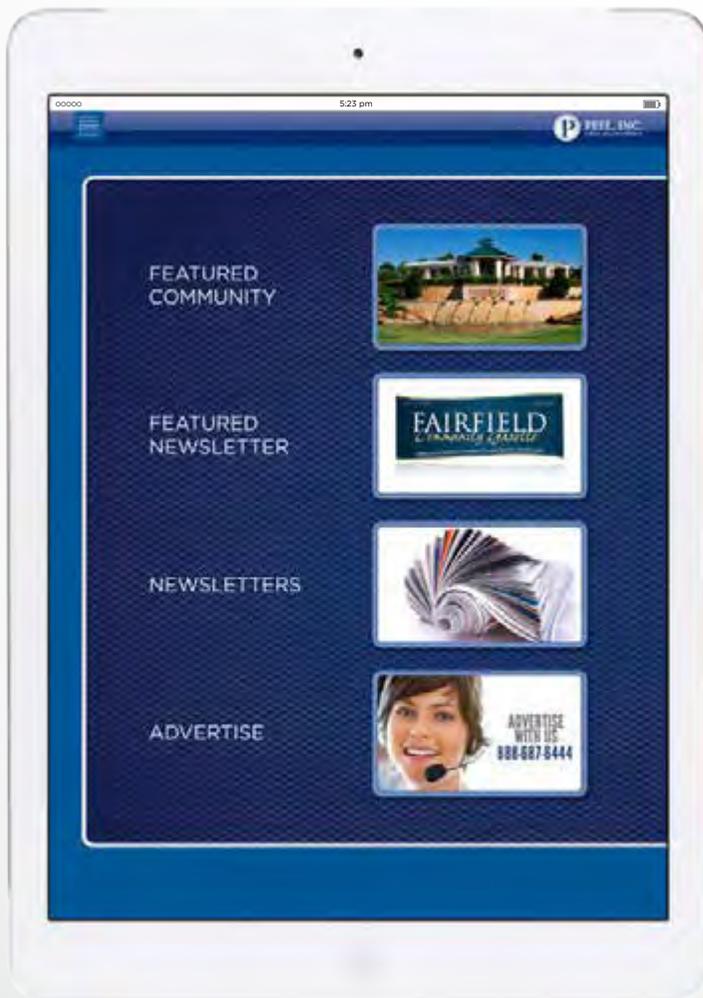
As the shot goes over the net, and it was successful, Fernando will run towards the net, expecting his opponent to either lift the ball short, or try to drop shot his drop shot.

Look in the next Newsletter for: “The Backhand Return Drop Shot”

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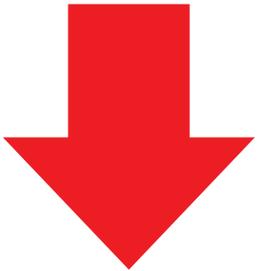
Morning Worship 9:45am

Adult Bible Fellowship 8:30am & 11:15am

Children & Student Sunday School 11:15am

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