

The LONGWOOD Letter

February 2014

Volume 8, Issue 2

News For The Residents of Longwood

LOCAL ORGANIZERS OF THE DONT MESS WITH TEXAS TRASHOFF SEEK COMMUNITY VOLUNTEERS



NW Houston/Cy-Fair,
April 5, 2014 - Tired of
looking at the growing
piles of litter in public
areas in our communities?
We can do something
about it! Calling all
Texans to turn out on
April 5th and join in

the statewide initiative to remove litter and debris from our parks and roadways. Participants receive trash bags, volunteer giveaways, promotional items, and more to assist in facilitating our cleanup efforts.

Don't mess with Texas is a Texas Department of Transportation initiative that began in 1985 to keep trash off Texas Highways. The Trash-Off, which is a partnership between the DOT and Keep Texas Beautiful, is organized locally by Anna Harrison, Amanda Mims and Judy Bodnar, Realtors on the Bodnar Team at the Better Homes and Gardens/Gary Greene Real Estate office on Barker Cypress Road.

The Bodnar Team encourages participation and says, "We are proud to carry out this community service and carry on with the Don't mess with Texas tradition because the presence of litter in a community takes a toll on quality of life, property values and housing prices."

Since litter begets litter, people are inclined to add to existing piles. Turn out to help bag it up and see what a difference a day can make!

For more information or to volunteer please email Amanda atvolunteer2014tx@outlook.com



LONGWOOD LETTER

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Constable	281-376-3472
Sheriff - Non-emergency	713-221-6000
- Burglary & Theft	713-967-5770
- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- Child Abuse	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit	713-755-7427
Poison Control.....	800-764-7661
Traffic Light Issues	713-881-3210

SCHOOLS

Cypress Fairbanks ISD Administration	281-897-4000
Cypress Fairbanks ISD Transportation	281-897-4380
Cypress Fairbanks Senior High.....	281-897-4600
Goodson Middle School	281-373-2350
Hamilton Elementary.....	281-370-0990

OTHER NUMBERS

Animal Control.....	281-999-3191
Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department	713-439-6260
Post Office Box Assignment – Cypress.....	1-800-275-8777
Street Lights - CenterPoint Energy	713-207-2222
- not working (Report Number on Pole)	
Trash Removal	281-446-2030

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Texas A&M University Traditions Council to speak to NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

Traditions are alive and well at Texas A&M! Please join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, March 11, 2014 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. You will enjoy hearing from some of Texas A&M's most enthusiastic students who are members of the Traditions Council. Traditions Council is a committee on the Executive Branch of the Student Government Association at Texas A&M University. Founded in 1975, their mission is to preserve and promote the traditions of Texas A&M through education and awareness. One of the biggest honors Traditions Council has is participating in the tradition of Silver Taps, a tribute to any undergraduate or graduate student who passes away while enrolled in Texas A&M. Traditions Council hosts Senior Bootline during home conference football games, Run for the Ring, a 5K race and drawing to raise money for an endowment to fund Aggie Ring scholarships, and facilitates Bonfire Remembrance Week.

The Traditions Council is just one of many student organizations that the Northwest Harris County Aggie Moms supports. At every April meeting, members of the club have the privilege of casting votes for any student organization at A&M that they would like to see receive funds from our club.

Parents Weekend- April 11-13, 2014

Parents' Weekend is a cherished Aggie tradition honoring Aggie moms and dads since 1919. Among the many weekend activities is the popular Aggie Moms' Boutique, a gift and craft fair held on April 11 and 12 in the Memorial Student Center at Texas A&M. Check out our booth! We will be selling our Tradition beads!

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. Refreshments are available at 6:45! For more information on monthly speakers or upcoming events visit our website at www.nwhcaggie moms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.

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Successful Business Training

Keynote speaker shares tips at the March 27, 2014 CYFEN meeting

Come to the Cy-Fair Express Network (CYFEN) luncheon March 27 and get tips on being successful in your business.

The keynote speaker is Chuck Douglas with Proaction International. Chuck is a graduate of the Georgia State University in Atlanta (don't hold that against him), and has delivered more than 5,000 presentations and training programs throughout the world, including extensive tours with Tony Robbins, Bob Proctor, Les Brown, Mark Victor Hanson and Brian Tracy.

Chuck will share some ideas designed to "Create Immediate & Lasting Results" for your personal and professional effectiveness.

All are welcome to attend the monthly meetings of CYFEN, which are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd. This month's meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program.

Bring business cards for networking. The meeting cost is \$25 with advanced reservations made by the Thursday prior to the meeting and \$30 at the door.

For information on CYFEN, which is part of the American

Business Women's Association, go to www.CYFEN.org.

SAVE THE DATE

April 24, 2014

CY-FEN EXPRESS ANNUAL WOMEN'S EXPO

Bring a friend to this event showcasing and supporting more than 75 Cy-Fair area businesses. For information, contact expovendor@cyfen.org

ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)

The Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition.

ABOUT AMERICAN BUSINESS WOMEN'S ASSOCIATION

ABWA's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.

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LONGWOOD LETTER

Cypress Texas Tea Party

The Cypress Texas Tea Party meets every three weeks
on Saturday

Noon until 2:00 PM at:
Spring Creek BBQ
25831 Northwest Freeway
Cypress, Texas 77429

MARCH MEETINGS:

Saturday, March 8, 2014 12:00 PM - 2:00 PM
Saturday, March 29, 2014 12:00 PM - 2:00 PM
(Note NEW time)

A schedule of other meetings and confirmed
speakers can be found at our website, www.cypresstexteasteparty.org



Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on March 20, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306. We look forward to meeting you.

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CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn more about community needs. In March, we have the following programs scheduled:

March 4—Mary Jane Williams from the Families to Families Network will discuss that organization's work for Children with disabilities.

March 11—Dr. Ronald B. Rea of the Chriss Cole Children's Fund will talk about the operation of the children's rehabilitation center. Their mission is to help children and families with resources not available from other community agencies.

March 18—Ray Wooten, executive director of Shield Bearer will address how this organization helps heal the hearts of children who fall between the cracks of most recognized community agencies. These children are victims of abuse, neglect and child trafficking.

Kiwanis will provide donations and service whenever possible. Children: Priority One is the motto of Kiwanis worldwide. Join us in these endeavors and reap the rewards of satisfaction in the results achieved.



Additionally, we sponsor Key Clubs and Builder's Clubs in the high schools and middle schools in the Cy-Fair District.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization representatives as well as individual memberships.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

We welcome your visit at our Club meeting and your consideration of membership in our service organization.



Give Your Old Car The Boot

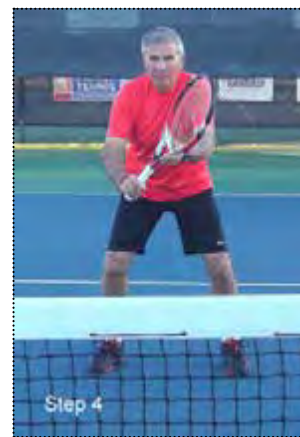
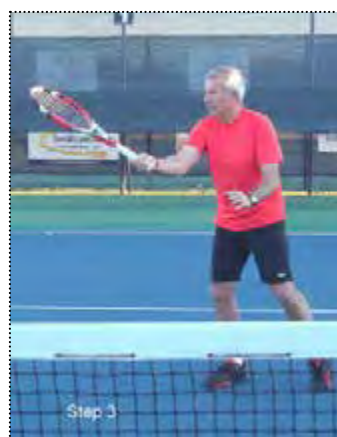


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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Forehand Drop Shot

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot, the one-handed high volley approach shot, the forehand lob, the two-handed backhand lob and the one-handed backhand lob.

In this issue, I will offer instructions on how to execute the Forehand Drop Shot. This shot is used when a player is deep on the baseline and returns a short soft ball. The player hitting the drop shot is forcing the opponent to run toward the net. This ball should be hit high enough to clear the net and almost bounce back toward the net. If the player running for the shot can get it on the first bounce, it will likely be off balance and will be forced to make an error or return for an easy put away volley. In the illustrations, Fernando Velasco, Manager and Director of Tennis at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the base line when the opponent is expecting a deep return of a serve.

Step 1: The Back Swing: When Fernando detects the ball landing short and high, he starts his back swing high and compacted. He is using the continental grip and keeping his eyes focused on the flight of the ball. His left hand is up front to keep the proper body balance.

Step 2: The Point of Contact: Fernando is now ready to perform the drop shot. His eyes are now focused on the point of contact and the face of the racket is angled up to create the underspin on the ball. His goal is to keep his head still. His left hand is still in front and his weight is shifting toward his left foot.

Step 3: The Follow Through: The success of a drop shot is to keep the ball on the strings as long as possible. Fernando is almost “cupping” the ball during the follow through. Fernando’s grip is relaxed and the head of the racket is pointing toward the sky. His left shoulder is almost opening to the net and his eyes are following the path of the ball.

Step 4: The Ready Position: Once Fernando finishes the stroke, his goal is to follow the path of the drop shot. If he created a good drop shot and sees his opponent running with the head of the racket down, Fernando will move closer to the net or anticipate the angle shot. More likely it will be an easy sitter for a put away volley.

Look in the next Newsletter for: How to execute “The Backhand Drop Shot”

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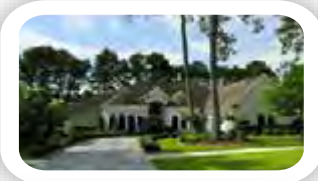
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2500 to 3000 sqft	83.09	89.51	UP 7.7%
3000 to 3600 sqft	85.18	92.82	UP 9%
1 story No Pools	86.96	93.21	UP 7.1%
2 Story No Pool	79.96	84.30	UP 5.4%
1 story w/Pool	96.80	103.01	Up 6.4%
2 story w/Pool	94.16	101.64	UP 8%