

# The LONGWOOD Letter

May 2014

Volume 8, Issue 5

News For The Residents of Longwood

## 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?

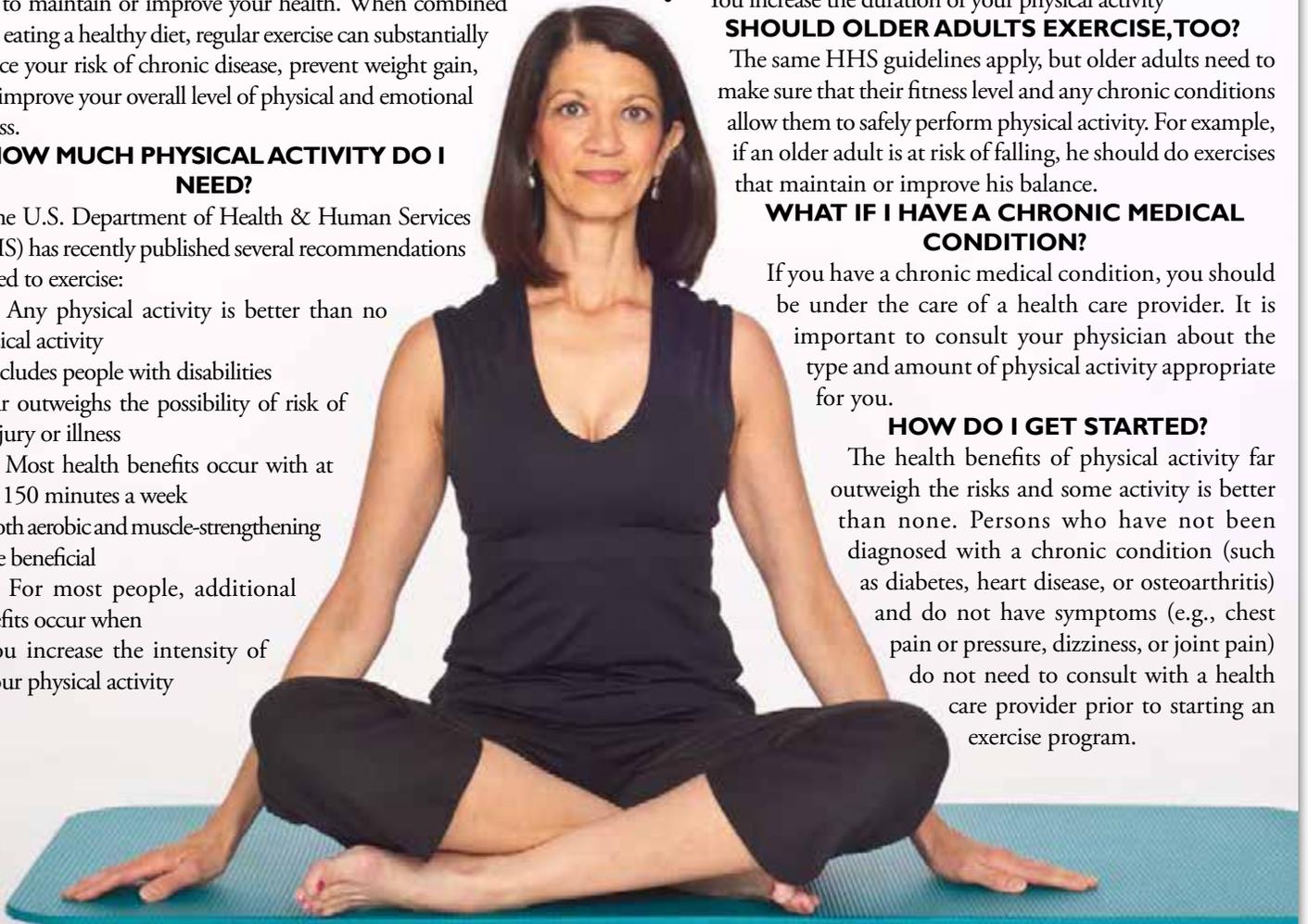
The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

### 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.



# LONGWOOD LETTER

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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

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Cypress Fairbanks Medical Center.....	281-890-4285
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- not working (Report Number on Pole)	
Trash Removal .....	281-446-2030

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## B.F. ADAM GOLF CLASSIC

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The Cy-Fair Educational Foundation (CFEF) will hold the 26th Annual B.F. Adam Golf Classic on Thursday a May 15, 2014 at Blackhorse Golf Club.

A total of 288 golfers and 60 volunteers will participate in the event, which benefits the CFEF's mission to increase college access for CFISD graduates by awarding scholarships. Lead underwriters for the tournament are the Cypress Fairbanks Medical Center Hospital and the B.F. Adam Family. Platinum sponsors included Linebarger Goggan Blair & Sampson, LLP, Bay-IBI Group Architects. Gold sponsor Kalmans Marshall Engineering, Inc. Sponsorships still available. 281-807-3591 or www.thecfef.org.

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## Rosehill Christian School Dedicates New Scoreboard to Dr. Margaret A. White and Dr. James White

Drs. Margaret and James White dedicated their lives to educating young people. They both served in churches and have supported missions in many organizations throughout their lives.

Margaret White spent over 30 years teaching mathematics at all levels. She received her doctorate in math from the University of Houston in 1986. After teaching in elementary and high schools throughout her career, she retired as the Chairman of the Math, Engineering and Technology Department of the College of the Southwest in the Houston Community College System.

Jim White began his ministry as the director of education for Baptist churches in Texas and the Southeast. He received a Masters in Religious Education from Southwestern Baptist Seminary in Fort Worth, a Masters in Educational Administration from the University of North Texas and a doctorate in Administrative Leadership from the University of North Texas. He began working in Christian schools as the headmaster of Second Baptist School in the early 70s. He was the first headmaster of Northwest Academy (now Houston Christian High School) and served as headmaster of Dallas Christian Academy, Brazosport Christian School and Bellaire Christian Academy. He also was a consultant to the founders of Fort Bend Baptist Academy.

In 1991 he met with Dr. Linda Flower and Helen Durham at McDonalds in Tomball to discuss with them how to start a Christian school in the Tomball area from a small kindergarten and first grade program that was then meeting at Girls Country. He assisted with the establishment of Rosehill Christian School by writing the constitution and bylaws, helping to recruit and set up the first board of directors and acting as the first headmaster. At a recent ceremony, the new baseball scoreboard was dedicated to Drs. Margaret and James White in recognition of their devoted service to Rosehill Christian School. Friends and family members came from all around the state to attend in their honor.



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# LONGWOOD LETTER

## LEARN TO TURN STRANGERS INTO VIP CLIENTS MAY 22

*CYFEN welcomes international speaker, radio host, author Tonya Hofmann*

Don't miss this unique opportunity to increase your business as Tonya Hofmann shares tips on turning strangers into clients at the Cy-Fair Express Network (CYFEN) luncheon May 22.

CYFEN's keynote international speaker wears many hats such as host of "Change Your World" radio show and author of two books: "A Client a Day the Coffee Shop Way!" and "Change Your World". She is also a profit strategist, corporate and entrepreneurial educator, CEO and founder of the Public Speakers Association as well as recipient of the International eWomenNetwork conference 2008 Business Matchmaker of the Year Award. In addition, she was not only nominated for the Most Connected Person in Dallas by the Small Business Conference as well as Austin's Business Journal's Profiles in Power; she has been nominated for the upcoming 2014 Global Connector of the Year Award for the Sales Strategy Summit.

Join Hofmann, who is always focused on helping business professionals become more successful in sales, marketing and standing out from competition, at CYFEN's special extended networking and lunch. Networking will begin at 10:30a.m. with the program starting at 11a.m. sharp.

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.

Bring business cards for networking. The meeting cost is \$35 for non-members with advanced reservations made by May 15 and \$40 at the door.

For information on CYFEN, which is part of the American Business Women's Association, go to [www.CYFEN.org](http://www.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.

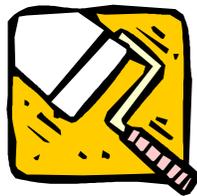
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## KIWANIS CLUB OF CY-FAIR HOUSTON

What is Kiwanis? Here are a few facts about the International and local organizations. Kiwanis clubs, located in 80 nations, help their communities in countless ways. Each community's needs are different—so each Kiwanis club is different. By working together, members achieve what one person cannot accomplish alone. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects.

Kiwanis clubs focus on changing the world by serving children, one child and one community at a time. When you give a child the chance to learn, experience, dream, grow, succeed and thrive, great things happen. To do this, many clubs also sponsor Kiwanis family clubs—K-Kids for primary school children; Builders Clubs for adolescents; Key Clubs for teens; CKI clubs for university students and Aktion Clubs for adults living with disabilities. Through these outreach activities, Kiwanis is able to reach more people and have a greater service impact on their communities.

No two Kiwanis clubs look exactly the same. Each member's and community's needs are different, and each club should look different. Some clubs are very traditional, with weekly meetings and a strong sense of history. Other clubs don't meet at all, and instead hold meetings online

and only come together for service projects. Newer Kiwanis clubs help their communities in countless ways. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects. Kiwanis members don't just do service—they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. Kiwanis clubs also provide excellent networking opportunities for professionals. Members meet new people from all over their region and the world through service projects, fundraising and by attending district and international conventions.

Houston has several Kiwanis Clubs located throughout the city so that you may find a Club near your home or your place of business. The Cy-Fair Club is located in the Cypress-Fairfield community; however, the membership extends beyond those boundaries. It was founded in 1985 and will celebrate its 29th birthday on May 6 at our regular meeting at the Hearthstone Country Club at 12:15 pm.. You are cordially invited to attend and learn more about the services we render in the community. Lunch will be served. Please call George Crowl at 832-467-1998. Other meetings in May will be held on May 13 and May 20, same time and place. Your visit is always welcome.



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## SAVE WATER Every Drop Counts!

Spring is here and so is our rainy season. The city of Houston ranks second in the state, after Port Arthur, for total rainfall inches. Out of 48" of rainfall last year, 5.15" fell in May and 5.35" fell in June. With our growing population and limited supply of both groundwater and surface water, we must use water wisely. Rainwater harvesting is an innovative approach anyone can use, and it is good for your landscaping. Rainwater is free of salts and other minerals that harm root growth. It percolates into the soil and forces salts down and away from root zones. This allows roots to grow better and makes plants more drought tolerant. Whether your landscape is large or small, developed or new, now is the time to prepare to catch our rainwater by installing a rainwater harvesting system. Harvesting rainwater saves money on your water bill, reduces demand on the municipal water supply, and reduces flooding and runoff which causes erosion and contamination of surface water. Request a free copy of the *Rainwater Harvesting* brochure, prepared by AgriLIFE EXTENSION at Texas A&M, at our website [www.KeepCyfairBeautiful.org](http://www.KeepCyfairBeautiful.org).



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

### **Northwest Harris County Aggie Moms to Recognize Graduating Seniors**

Join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, May 13, 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. At our May meeting we will be recognizing our graduating Seniors, announcing the book awards and installing our 2014-2015 Board Officers. Please help us congratulate these students on this significant achievement and the beginning of an amazing journey! All meetings are open to the public and prospective students, current students and Aggie families are always welcome!

#### **SUMMER MIXERS**

Are you a new Aggie Mom? Are you sending off your first to Aggieland this fall? Find out how we help your student succeed that first year at one of our informal Summer Mixers. Our first summer mixer will be held at the home of Connie Pritchard, incoming President, on June 8, 2014, from 2-4 p.m. Dates and locations are listed on our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org).

Aggie Moms, as an organization, encourages parents to become familiar with A&M during their student's freshman year. The path to graduation can be a challenging journey; don't go it alone. Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and YOU enjoy the TAMU experience.

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.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org) or contact Shannon Eberle, Club President at [clubpres2012@gmail.com](mailto:clubpres2012@gmail.com).

## How To Find and Select An Attorney

Submitted by Patricia L. Brown | NO LEGAL ADVICE INTENDED.

Finding the right professional service provider, whether a doctor, dentist, lawyer, veterinarian, etc. can be challenging. Whether you relocated to a new area, or just finally have need for one of these services, there seems to be some discomfort, perhaps a premature buyers remorse, e.g. "What happens if I make a mistake"? The consequences of selecting the wrong professional to solve your particular problem are surely more troublesome than picking the wrong dry cleaner or restaurant. Furthermore, it can be difficult to assess the technical competence of professional service providers. If your dry cleaned suit is dirty, or the restaurant food is bad, you know it right away. If you get inappropriate legal advice, the implications may not emerge for months or years. The challenge of finding the right attorney can be compounded by the circumstances surrounding your need for an attorney. Such circumstances, whether it be a divorce, child support or custody, abuse, bankruptcy, etc. can cause anxiety and stress, which effect our decision-making capability. Attorneys must attend an accredited law school and pass the bar exam in the states in which they wish to practice. Given this common base level of training, how does one make a selection?

Ask family, friends, and colleagues for recommendations. Keep in mind law firms can range from one attorney to hundreds, and firms can handle a wide variety of legal disciplines and clients, none of which may be relevant to your particular need and circumstance. Be sure the recommendations you

follow are in the same area as your need.

Seek at least 10-15 years direct experience in the specific area of your need. The experience should also be regional in nature, in our case, central Texas, and particularly in the county in which you reside. Texas law is administered by Texas judges in your county of residence. Each judge and court has its own local idiosyncrasies and your chances of a favorable outcome are significantly enhanced if your attorney is intimately familiar with these idiosyncrasies, knows the judges, and is known by the judges. You do not want a rookie, at any price, gaining experience at your expense, in a matter which might affect the rest of your life.

Select an attorney who is located reasonably close to your residence. There are several reasons for this. First, as stated in #2, your attorney will be familiar with local judges, courts, and practices. Secondly, your attorney should be accessible to insure accurate communications in such vital manners. Having to drive an hour each way in heavy traffic to see your lawyer wastes times, causes unnecessary stress, and reduces communication.

Check local attorneys websites, read the attorneys biography (and his staff's), and look at their videos. Do you think you will feel comfortable with this person? Do they seem to have empathy for their clients? Then make your selection. If you are not comfortable after the first visit, leave, and go to your second choice.



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## TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



### 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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## May is National Water Safety Month

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# LONGWOOD LETTER

## Cypress Texas Tea Party

The next meetings of the Cypress Texas Tea Party will be on:

*Saturday, May 10th Noon to 2:00 PM*

*Saturday May 31st Noon to 2:00 PM*

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