

The **LONGWOOD** *Letter*

March 2016

Volume 10, Issue 3

News For The Residents of Longwood

TOMBALL ART LEAGUE FINE ART SHOW MARCH 12

Original artwork by local artists

Judged by Maureen Seeba

Open to the Public 1:30 PM – 4:00 PM

Lone Star College – Beckendorf Conference Center

30555 Tomball Parkway, Tomball 77375

For entry, registration or other info contact:

julia.koutroulis@gmail.com or

thetomballartleague.com



LONGWOOD LETTER

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
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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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Pet of the Month



Interested in adopting? Please email us to fill out an adoption application animalrescuekingdom@gmail.com

Checkers was found as a stray and our group took him in. He is a chihuahua mix. He is 9 months old. Checkers is such a happy little guy! He loves everyone! Gets along with kids, dogs and cats. He is super friendly. He can use the doggy door and is kennel trained. He is active, alert and would make a great family dog. He is heart worm negative and up to date on shots. He has a video too, if you would like to see it please email us, animalrescuekingdom@gmail.com

5TH ANNUAL WINE FAIR CY-FAIR CELEBRATES DYNAMIC CY-FAIR COMMUNITY

Festival Highlights Local Food, Art and International Wines with Portion of Funds Benefitting Reach Unlimited

The fifth annual Wine Fair Cy-Fair, presented by H-E-B and The Lippincott Team hits Cypress Village Station on Saturday, April 23, 2016 from 5:30 p.m. to 8:30 p.m.

This year's event welcomes more than 3,000 participants who come to partake in more than 30 culinary creation tasting stations provided by Cy-Fair's ever-expanding and diverse restaurant scene, more than 250 wines and 40+ craft beer selections in The Backyard Grill Beer Garden.

Saturday's pre-event, All that Sparkles, presented by Aruba Tourism at Hanan's Café, is an effervescent party from 4:30 p.m. to 5:30 p.m. Guests enjoy French champagnes, sparkling wines and light bites. The luxurious VIP Premium room opens at 5:00 p.m. and will offer a closed environment with relaxed seating and restroom facilities along with premium wine and delicious food provided by Black's Market Table.

Wine Fair Cy-Fair is a partnership between the Cy-Fair Houston Chamber of Commerce and Food & Vine Time Productions. The community event celebrates Cy-Fair businesses and residents with interactive anchor areas, sponsor displays, home zone, vendors, local artisans and live music. "Wine Fair is a great way to show case the businesses and residents in the Cy-Fair community," Leslie Martone, President of the Cy-Fair Houston Chamber of Commerce said. "We are so grateful for the amount of success the event continues to bring each year, which helps improve the quality of life in the Cy-Fair area."

Kicking off Wine Fair weekend is One Fine Affair, presented by Mercantil Commercebank. This elegant event is held on Friday, April 22 from 7:00 p.m. to 10:00 p.m. at Lindsay Lakes. The theme for 2016 is "Diamonds and Lace," so put on your finest threads and come ready to enjoy the finest Cy-Fair has to offer. The evening will include elegant foods and premium wines as funds are raised for Reach Unlimited through a silent auction, live auction and wine pull. One Fine Affair is limited to only 200 guests who appreciate the finer things in life, so make sure to get your tickets early.

"Wine Fair Cy-Fair continues to grow and expand due in large part to the community leaders and businesses who see the value of an annual signature event celebrating life in Cy-Fair ... with a sip," Constance McDerby, Founder and Co-Producer of Food & Vine Time Productions said. "We are grateful for the ground-swell support through attendance, sponsors and our partnership with the Cy-Fair Houston Chamber of Commerce. Assisting Cy-Fair charity Reach Unlimited through fundraising and awareness continues to be gratifying."

Co-presenting sponsors include H-E-B and The Lippincott

Team. Other sponsors to date include Aruba Tourism, Chad Gaulding KwikKopy Printing, Fetzer, Constellation Wines, Palm Bay International, Banfi Vintners, Community Impact Newspapers, Cypress Village Station, Houston Event Photos, Republic National Distributing Company, SpeedPro Printing The Woodlands, The Hidden Cellar, University of Houston Downtown and Massage Heights.

Sponsorship, restaurant and vendor opportunities are now available. General admission tickets are \$25. All tickets can be purchased at www.winecyfair.com. You must be 21 years or older to purchase tickets. For more information, visit www.winecyfair.com or call the Houston Cy-Fair Chamber of Commerce at (281) 373-1390 or Food & Vine Time Productions at (713) 557-5732.

RELAY FOR LIFE OF CY-FAIR

Relay For Life of Cy-Fair seeks teams and sponsors for Relay 2016. The American Cancer Society's Relay For Life of Cy-Fair is seeking participant teams and corporate sponsors for the 2016 event which will take place on April 22-23.

This year our theme is: Relay Wars – May the cure be with you!

The Cy-Fair Relay has surpassed \$1.3 million in total contributions raised with the 2015 event! Despite inclement weather which moved last year's event indoors, enthusiasm abounded and the event was a huge success, drawing nearly 1500 participants! This year our goal is to raise \$150,000. for cancer research to end this dreaded disease! Participate and help Make Cancer History!

Relay For Life remains the American Cancer Society's most effective fund raising event in the fight against cancer. Money raised supports the American Cancer Society's cancer research, as well as the programs and services we provide to cancer patients and their families. Relay For Life, is now forming both business and personal teams for the April 2016 Cy-Fair event. RFL is also seeking corporate sponsors, volunteers, cancer Survivors and Care-Givers for the Cy-Fair Relay. Anyone interested in signing up or learning more about how you can help in the fight against cancer can go to www.relayforlife.org/cyfairtx. Your involvement is the reason for our success! Thank you!

Richard Iazzetti, Marketing Chair, Relay For Life – Cy-Fair

LONGWOOD LETTER

"THE FOREIGNER" ARRIVES TO THE GARZA MAIN STAGE AT THE HOUSTON FAMILY ARTS CENTER THIS SPRING

Larry Shue's, "The Foreigner" is coming to the HFAC Garza Main Stage

Larry Shue's award winning comedy, "The Foreigner," is coming to the Houston Family Arts Center this spring. This madcap farce will debut on the Garza Main Stage March 11, 2016 – April 3, 2016.

"The Foreigner is a staple of theaters across America, and for good reason," says director, Lisa Garza. Watching poor Charlie overhear seemingly private conversations is riotously funny. Not to mention the fact that this play, which premiered in 1985, still deals with very topical issues of race and intolerance, albeit in a comically satisfying way. Charlie struggles with social anxiety so severe that it inhibits his ability to carry on a conversation. Plus he pines for the love of a distant and insensitive spouse. Watching him heal his own heart is one of the most charming events to happen on stage."

The scene is a fishing lodge in rural Georgia often visited by Sergeant "Froggy" LeSeuer, a British demolition expert who occasionally runs training sessions at a nearby army base. This time "Froggy" has brought along a friend, a pathologically shy young man named Charlie who is overcome with fear at the thought of making conversation with strangers. Before departing, "Froggy" tells all assembled that Charlie is from an exotic foreign country and speaks no English. Once alone, the fun really begins, as Charlie overhears more than he should with the thought that Charlie doesn't understand a word being said. That he does fuels the nonstop hilarity of the play and sets up the wildly funny climax in which things go uproariously awry for the "bad guys," and the "good guys" emerge triumphant. Winner of two Obie Awards and two Outer Critics Circle Awards for Best New American Play and Best Off-Broadway Production.

The entertaining ensemble includes: Sam Martinez (Charlie Baker), Stephanie Osorio (Catherine Simms), Russell Snow (Sergeant "Froggy" LeSeuer), Jonathan Rozas (Owen Musser), Katie Reed (Betty Meeks), Nick Maudlin (Rev. David Marshall Lee), and Cole Pfaffenberger (Ellard Simms).

The show is guided by: Lisa Garza (director and scenic designer), Michael Montgomery (producer), Lacy Lynn (stage manager), Barbara Terry (costume designer), Ron Putterman (lighting designer), and David Dean (sound designer).

Performances of "The Foreigner" are Friday and Saturday evenings at 7:30 p.m., with Sunday matinees at 3 p.m., March 11th – April, 3rd on the HFAC Garza Main Stage. There is no performance on Easter Sunday, March 27. An additional performance has been added on Thursday, March 24 at 7:30 p.m. Tickets are on sale now and may be purchased online at www.houstonfac.com, or by phone at (281) 587-6100. Special pricing is available for groups of 10 or more.

Performance Location:

**Houston Family Arts Center Garza Main Stage
10760 Grant Road, Houston, TX 77070**

(Located in NW Houston, easily accessible from SH 249 and SH 290)

Performances:

Friday, March 11th at 7:30 p.m.
Saturday, March 12th at 7:30 p.m.
Sunday, March 13th at 3:00 p.m.
Friday, March 18th at 7:30 p.m.
Saturday, March 19th at 7:30 p.m.
Sunday, March 20th at 3:00 p.m.
Thursday, March 24th at 7:30 p.m.
Friday, March 25th at 7:30 p.m.
Saturday, March 26th at 7:30 p.m.
Friday, April 1st at 7:30 p.m.
Saturday, April 2nd at 7:30 p.m.
Sunday, April 3rd at 3:00 p.m.

Ticket Prices:

Adults: \$26
Seniors (65+): \$22
Students (3-18): \$15

About Houston Family Arts Center

Houston Family Arts Center (HFAC), founded in 2005, is a not-for-profit performing arts and educational organization, with a passion for entertaining, enlightening and engaging audiences in Texas. Recent winner in seven categories for the Broadway World Houston Awards, HFAC has also been named Houston's "Best Gem of a Theater" by the Houston Press and "Best Arts and Entertainment" by the "Best of the Northwest" Readers' Choice awards. HFAC is a proud winner of the prestigious national American Association of Community Theatre Twink Lynch Organizational Award. HFAC produces a broad mix of classics, comedies, dramas, musicals and new works.

Through its award-winning Actors Academy, HFAC offers acting and singing classes, and provides performance opportunities for all ages. To purchase tickets, sign up for auditions or classes, or for more information, please visit www.houstonfac.com or call HFAC at (281) 587-6100.



NATIONAL DOWN SYNDROME DAY AND TACOLAND

March 21 is National Down Syndrome Day and Tacoland will celebrate it for the 3rd straight year at the Telge @ 290 location. Come on Saturday March 19th to enjoy our food and spend a great time with your family, we guarantee your kids will have a blast with our face painting and balloon sculpting clown, which will be here 11am-1pm. All down syndrome friends will eat free, and their family members will get 20% discount. We will promote down syndrome awareness and donations are encouraged. Wear your silly socks to get a 20% discount. Hope to see you here. Our address is 22224 Northwest Freeway, Cypress TX 77429. Next to Chevron @ Telge Rd.

Track Club Registration for Middle School and High School Athletes

The Northwest Flyers Track Club is now registering middle and high school athletes for the spring and summer 2016 season. The team is sanctioned by USA Track & Field, and provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who compete on their middle school or high school track teams.

The team was founded 29 years ago by local Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the northwest Houston area. In July, 2015 the Northwest Flyers had one of its most successful competitions ever at the Junior Olympics in Jacksonville, Florida.

For additional information about the Northwest Flyers, visit the team website at www.northwestflyers.org, email linette.roach@sbcglobal.net, or "Like" the club on Facebook.

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TENNIS TIPS

By USPTA/PTR Master Professional, Fernando Velasco



How to execute The Half Volley

In previous newsletters, I offered tips on how to execute a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, and the serve. In this issue, I will give you instructions on how to execute the half volley, which is usually played between the base line and the net. The player is not close enough to the net to hit it on the air and/or does not have enough time to retrieve back to hit it on the top of the flight. The ball is usually hit right after it hits the ground. In these pictures student Liz Stanis from the Grey Rock Tennis Club demonstrates the proper form and technique.

Step 1: The Split step: When the player realizes that she will have to play the ball right after it hits the ground, the player will stop and take the split step by bouncing off her toes at the same time and let her body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball.

Step 2: The Back Swing: The secret of the half volley is to take the racket back early and have a short back swing. Also, it is critical to lay the wrist back slightly to allow for a good point of contact in front of the body. The player will then bend her knees and lunge forward to hit the ball as soon as it hits the ground. Notice the concentration of keeping her eye on the ball.

Step 3: The Point of Contact: As soon as the ball starts to rise, the player will make the contact with the ball and will aim to go away from the net person. Her eyes are focused on the point of contact and the left hand is still close the body for better balance. The left knee is still bent and the left toe is pointing toward the point of contact.

Step 4: The Finish: Once the ball leaves the racket, the left knee has now almost straightened up and the follow through is above the players' head. This will allow the ball to go high over the net and will land deep toward the baseline. The opponent will have to back off to hit the next ball, or will also be forced to hit another half volley. The left hand is ready to hold the racket on the handle to anticipate the next shot, which probably will be the volley.

Look for in the next Newsletter: The One Handed Backhand Volley

TEXAS A&M
AGRI LIFE
EXTENSION

Zika Virus

Zika virus is transmitted by Aedes mosquitoes and there is no specific treatment or vaccine currently available. The best way to avoid getting the virus is to avoid being bitten by infected mosquitoes. About 20% of people with Zika virus actually get ill. Severe disease, requiring hospitalization, is uncommon and death due to the virus is rare.

The incubation period of Zika virus is thought to be a few days to a week, but is still unknown. Symptoms include fever, skin rash, conjunctivitis, muscle and joint pain, and headache. Symptoms tend to be mild and last from 2-7 days. Zika virus can be contracted through the bite of an infected mosquito, through blood transfusions, through sexual contact, and from mother to child during pregnancy.

The mosquitoes that are able to transmit Zika virus are also able to transmit dengue and Chikungunya viruses. These mosquitoes are daytime biters, but can also bite at night. Aedes mosquitoes lay their eggs in standing water- buckets, tires, tree holes, animal water dishes, etc.

To protect yourself from mosquito bites, wear light-colored clothing that covers as much skin as possible, use insect repellent (read and follow label instructions), use screening on doors and windows, use mosquito netting (if needed) while sleeping, and reduce standing water areas.

For more information on Zika virus, please see the CDC website here <http://www.cdc.gov/zika/index.html>

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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