

The **LONGWOOD** *Letter*

January 2013

Volume 7, Issue 1

News For The Residents of Longwood



LONGWOOD LETTER

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY 911
 Fire..... 911
 Ambulance 911
 Constable281-376-3472
 Sheriff - Non-emergency713-221-6000
 - Burglary & Theft713-967-5770
 - Auto Theft281-550-0458
 - Homicide/Assault713-967-5810
 - Child Abuse713-529-4216
 - Sexual Assault/Domestic Violence.....713-967-5743
 - Runaway Unit713-755-7427
 Poison Control.....800-764-7661
 Traffic Light Issues713-881-3210

SCHOOLS

Cypress Fairbanks ISD Administration281-897-4000
 Cypress Fairbanks ISD Transportation281-897-4380
 Cypress Fairbanks Senior High.....281-897-4600
 Goodson Middle School281-373-2350
 Hamilton Elementary.....281-370-0990

OTHER NUMBERS

Animal Control.....281-999-3191
 Cypress Fairbanks Medical Center.....281-890-4285
 Harris County Health Department713-439-6260
 Post Office Box Assignment – Cypress..... 1-800-275-8777
 Street Lights - CenterPoint Energy713-207-2222
 - not working (Report Number on Pole)
 Trash Removal281-446-2030

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Cy-Fair Choir Presents:
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SHOWSTOPPERS 2013

Date: Friday, February 8th
Saturday, February 9th
Monday, February 11th

Time: 7:00 p.m.

Place: Cy-Fair High School, 22602
NW Frwy, Cypress, TX 77429

Admission: \$8.00 per ticket

2013 Relay for Life Cy-Fair

Friday, April 26, 2013 | 7 p.m.
Cy Falls High School | 9811 Huffmeister Road, Houston

All funds raised benefit the American Cancer Society
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*For more information, contact erin.kasper@aacr.org
or go to www.relayforlife.org/cyfairtx*

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CY-FAIR WOMEN'S CLUB

Women Serving the Community

We had a blast at our December Holiday Party and we marked the end of another successful year for our women's club. We look forward to 2013 with enthusiasm. Happy New Year Everyone!!

In January we will meet for our first annual business meeting followed by a fun game of Bunco. In February, organization is the word. We hope to receive guidance that we can use in all aspects of our lives.

CWC is a service organization that gives back to the community, so all funds raised will go right back to the community in scholarships for graduating high school seniors, at Lone Star College, Cy-Fair and grants to other non-profits in our community, as well.

Membership for the Cy-Fair Women's Club is open to all ladies in Northwest Houston/Cypress neighborhoods. Currently we meet the first Thursday of most months at West Houston Church of Christ. Our meetings begin with social time and refreshments at 7:00pm immediately followed by a program at 7:30p.m. The church is located at the corner of Queenston and West Road.

Our monthly meetings are not only educational and enjoyable, but they develop lasting fellowships. We look forward to meeting you! If you have any questions about our club or need directions to the church, please contact Cindy Pickens, Membership Chair at cyfairwomensclub@gmail.com.





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Patent # 6719820

Jim Wolf
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HOUSTON F-BODY CLUB

WANTED: All generations and models of Camaros, Firebirds, Trans Ams. Houston-F-Body.org is a club that meets on the third Saturday of each month from 2 pm to 5 pm at Texadelphia on 6025 Westheimer Road. We provide a welcoming and inclusive atmosphere for all F-Body owners and enthusiasts. Visit our website at <http://www.houston-f-body.org/> and sign up for a free membership. Our next meet is on Saturday, January 15th.

www.houston-f-body.org



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- Pressure Washing
- Trash Removal
- Fence Repair/Replacement
- Ceiling Fan/Light Fixtures

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MUSTANG CLUB OF CYPRESS

Mustang Car Owners come join the Mustang Club of Cypress. This is a dues free club for Mustang owners. Meeting location Cypress Station Grill in Cypress near Lowes on January 14th at 7:00 pm. Request membership through our Facebook page "Mustang Club of Cypress" You must be a current Mustang owner to join. E-mail us at mcocy2735@yahoo.com or call Art after 6:00 pm.



ENGAGING THE ACADEMICALLY ADVANCED

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Tennis Tips

By USPTA/PTR Master Professional
Fernando Velasco

THE TWO-HANDED BACKHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures student Mindy Custer demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be "cocked" back slightly and the head of the racket should be



above the wrist. Eyes are still focused on the incoming ball. Here I am helping Mindy to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

Look for in the next Newsletter: The Serve



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