



Highlander Happenings March 14 – March 26, 2005

GIRLS SOCCER - Girls Soccer played host to Conroe on Friday, March 11. The 15 seniors on this year's team were honored in a ceremony before the game. We will be also hosting Oak Ridge Friday March 18 at 5:30 and 7:30pm for our last district game. This night will be special because it is our TOP soccer night where we honor the special need children in the TOP soccer organization. Each child will be paired up with a varsity player and they will be introduced with the girls before the game and they will be given a small token of our appreciation. We started this last year and it was a big success and the young children brought smiles to our girls' faces. Please come out and support the girls program at one of these special nights.

BOYS TRACK - The boys track teams remain unbeaten after four weeks on the season. This weekend the varsity team won the Crusader Relays at Strake Jesuit High School. In doing so they defeated the defending State Champs, Cinco Ranch. While this is just an early season meet with no particular meaning, it is always great to beat the defending State Champs. The Highlanders scored in every event and won the meet with a blend of quality and depth. Once again the coaching proved to be the difference. The Varsity is off this week and will resume competition on the 18th at Pearland HS.

WRESTLING - The Woodlands Boys Varsity Wrestling Team finished out its season February 25th and 26th at the State Tournament. Matt Cole battled his way to becoming the 189 lbs. State Champion. He had a tough tournament and battled through a series of injuries all season long but dominated his opposition and shined in the finals. Jeff Fong wrestled great and after suffering an early round upset finished a strong and respectable 5th place. Fong has become one of the toughest and most consistent wrestlers in the state. Ryan Crosby also did well being labeled one of the surprises of the tournament. He defeated the number 1 ranked wrestler in the state during the first round by a 5-3 score. He then suffered 2 losses but wrestled above and beyond expectations. Austin Spires wrestled tough but got caught twice costing him any chance to advance. The Boys first season with new head coach Bautista was a good one. They finished 2nd at regionals losing by 4 points but had a lot of success and gained a lot of experience.

The girls wrestling team finished its season also at the state championships February 25th and 26th. **Karen Howe** finished 4th at 138lbs. She is a senior but will be wrestling next year at Missouri Valley College which is ranked nationally #1. Freshman Chelsea Dailey was a big surprise. She finished in the top 8 in the state at in her weight class. She wrestled extremely well and has the potential to eventually be a state champion. **Avery Eshenroder** in her first trip to Austin won 1 and lost 2. She did well but her lack of experience made her fall short in one of the toughest weights in the state. The girls had an excellent season finishing 3rd at regionals.

MU ALPHA THETA – The Mu Alpha Theta Garage Sale date has been changed from April 15-16 to April 22-23. Our April meeting will be Wednesday April 13 at 5:30 in the TWHS LGI. Math Relay will be April 20 from 2:30 - 3:30pm. Sign up with your math teacher or in room 333 or 335.

THEATRE ARTS - Six theatre students competed at the Texas Forensic Association State Contest last week in El Paso. **Scott Shettig** and **Asta Paredes** were All-State in duet acting. Next week Alley Theatre will hold a workshop in playwriting for the advanced classes. This weekend we will host the CISD UIL One-Act Play workshop with Carolyn Boone from the University of Houston.

HIGHSTEPPERS NEWS - The Woodlands Highsteppers were named Grand Champions at the Champion Dance Nationals Drill Team Contest held in Orlando, Florida on March 5th. The girls competed with teams from eight states and Canada and received the highest all around score of every team in attendance. The team was also awarded first place in all team and officer events in the categories of kick, prop and open. The ball routine received the highest score of all performances at the highly competitive contest. Sophomore Kara Robinson and Senior Kristi Foldetta placed in individual performances. The sophomore trio of Catherine Evans, Kayla Newte, and Lauren Klein was awarded first place. Officers for the Highsteppers, responsible for all choreography are juniors Lauren Gronberg, Alexa Porter, and Susan Walters and seniors Lauren Hunter, Jessica Wendt, Lisa Sullivan, Staci Martens, Erin, Hanrahan, Caitlyn Hopkins and Janie Causey. Congratulations to the Highsteppers for a job well done.

YOUTH ART MONTH EXHIBIT - you are cordially invited to view the Youth Art Month Exhibit sponsored by the Art Educators of the Conroe Independent School District. The North County School's exhibit is at the Montgomery County Public Library located at 104 N I-45 just south of 105 in Conroe. (The work can be found throughout the building.) The South County School's exhibit is at The Montgomery County Public Library located at 2101 Lake Robbins Drive in The Woodlands. (The work is in the large conference room, the lobby and the sculpture case.) Together, nearly 300 works of art are on display. The display runs from March 3 through March 30, 2005

TIME TO ORDER A P TESTS - It is now time to order your Advanced Placement test. The College Board charges \$82 for each test but the Texas Education Agency is paying \$30 per test for students who take an AP course so **the cost to you is \$52 per test**. You must pay a **deposit of \$15** in order for the test to be ordered. To order your test, all deposits must be paid by **March 31**. Tests must be ordered on **April 1**. (There is a fee of \$30 per test for late orders). The **balance of \$37** must be paid prior to taking the test.

You may pay the **nonrefundable deposit of \$15** (or the full amount of \$52 if you wish) between **March 11** and **March 31**. Students at the senior campus may pay Mrs. Godwin in her office during this time. Her office is across the hall from the front office.

Students whose family meets the federal guidelines for fee reductions may request a fee reduction by having the parent or guardian contact Bonnie Hilburn, Associate Principal at 936-273-4837 for more information. The fee reduction requests MUST be done by March 28. Your teacher can give you a copy of the guidelines. Students who qualify for a fee reduction must pay the deposit of \$15 to order the test and after taking the test, you will receive a refund of \$10.

Students who wish to receive testing accommodations must be pre-approved for eligibility by the College Board Services for Students with Disabilities (SSD). Students who are approved for accommodations should contact Mrs. Hilburn by e-mail or telephone to make arrangements for these accommodations. This should be done prior to March 28.

If you are not sure of the date of your AP test, ask your teacher. All tests will be given at The Woodlands High School. Students are to be in the morning test sites at 7:25 and the afternoon test sites at 12:00. You will receive more information about the testing rooms, how long to plan on being there, what to bring, and wear (some rooms are colder than others) about 2 weeks prior to your test.

If you have questions, ask your AP teacher, or: Bonnie Hilburn, Associate Principal/AP Coordinator 936-273-4837 bhilburn@conroeisd.net

WINTER GUARD - The Woodlands HS Winter Guards have had a successful season to date with wins at the Winter Guard International (WGI) Houston and Dallas regionals, and the recent WGI POWER regional in San Antonio. The defending National Champion TWHS winter guard placed first at each event and the JV guard advanced to the finals competition at each event, placing as high as 7th out of the 40+ competing varsity level groups.

TWHS will be hosting their competition at the Research Forest campus on Saturday, March 19th. This event will feature 80 groups from Central & Southeast Texas. Admission is \$6 Adults, \$3 for Students (with valid ID). Faculty members will be admitted free of charge with their campus ID. We are expecting an above capacity crowd, so please arrive early. TWHS JV guard will compete at 5:25, Oak Ridge HS at 6:30 and TWHS World guard (varsity) will perform last at 8:45 p.m. A complete schedule is available at: www.texascolorguardcircuit.org (click on events).

The Woodlands varsity guard's show is titled "Prisoner of Words" and the JV guard's show is titled "The Gallery." Both shows feature costumes, props, choreography and set design that help portray their themes.

The guard's final performance for The Woodlands community will be Friday, April 1st, at 7:00 p.m. in Gym 1. Admission is free. The guard's season will culminate on April 2nd at the Texas Color Guard Circuit Championships at TSU in San Marcos. The varsity guard will return to the WGI *Sport of the Arts* World Championships April 7-10 in Dayton, Ohio.

The groups are instructed by Chad Berkstresser, Color Guard director, and Alan Mueggenborg, Visual Coordinator for TWHS band program. Also assisting with instruction is Jack Pursifull, Tom Harrington, Theresa Robertson and Laura Starzyk.

We hope you get the opportunity to come out & cheer on our talented performers!

For more information concerning schedules/performances, visit the band's web page at www.TWHSBand.com

DESIGN CLUB NEWS - Everyone is invited to participate in building a parade float for the Fourth of July. We will be working with jig saws, drills, hammers, paint brushes, etc. All students are able to earn points to letter and earn college scholarship money. Construction will be each Tuesday at 2:35 in room 170 at Oak Ridge High School. For those students traveling from other high schools, travel time will be awarded for points. RSVP in advance if you'd like to order pizza while working!

Questions: contact cmelton or lcrow@conroe.isd.tenet.edu

GIRLS BASKETBALL – The Lady Highlanders were well represented on the District 14-5A All District Basketball Teams. Seniors **Britney Reed, Megan Valicevic**, and **Melissa Richardson** were all named to the 1st team. Joanna Harner and Julia Requarth were selected to the 2nd team, and Amy Conine received Honorable Mention recognition.

The following Lady Highlanders were named to the District 14-5A Academic All District team: Britney Caporale, Amy Conine, Vicki Majni, Melissa Richardson, Sarah Morris, Megan Valicevic, Joanna Harner, Kelsey Rhude and Kelsi Maires.

BOYS BASKETBALL – Congratulations to the following Highlander basketball players for being named to the District 14-5A All-District teams.

Scott Rodgers - 1st team all district Cameron Carlisle - 2nd team all district Jeremy Lukk - Honorable Mention MATH NEWS - We had twelve calculus students make perfect scores on Meet #2 of the Continental Math League Contest. These students are Daniel Been, Brian Dunn, Nikki Edwards, Laura Iacoviello, Liz Jameson, Patrick Kelly, Meredith McPhail, Eliot Meyer, Alex Nelson, Jim Reisinger, Emily Scales, and Mark Stasyzen. Mark Stasyzen has made a perfect score in both meets. For this meet our calculus team is tied for first place with ten other teams across the nation. We are tied with two other schools for second place when cumulative scores are considered.

ORCHESTRA - Daniel Nicolosi represented TWHS, CISD (and Texas) in Indianapolis, Indiana as a member of The Honor Orchestra of America. He placed First Chair after auditions. Congratulations to Daniel for his outstanding achievement among some of America's most gifted musicians.

PTA REFLECTIONS PROGRAM 2004 – The theme of this year's program was "A Different Kind of Hero." A special thanks to Karen O'Toole who coordinated this year's program. Following is a list of those students whose entries will move on to the district level competition.

Photography Entries: All entries forwarded to District

1st: **Emily Shepard**: Grade 12 – Overcoming Her Obstacles

2nd: **Jennifer Bone**: Grade 11 – A Nurse's Touch

3rd: **Emily Shepard**: Grade 12 – Finding Protection in the Smallest of Places

Jennifer Bone: Grade 11 – A Soldier's Honor

Jennifer Bone: Grade 11 – A Memorial

Jennifer Bone: Grade 11 – A Watchful Eye

Emily Shepard: Grade 12 – The Smallest Obstacle He'll Ever Face

Emily Shepard: Grade 12 – Not Afraid to Standup

Emily Shepard: Grade 12 – Rusty Bars Hiding a Smile

Emily Shepard: Grade 12 – The Greatest Gift He Could Ever Give

<u>Musical Composition:</u> Both entries were forwarded to district competition 1st: Alexander Lawler: Grade 11 – The Wedding March in F Sharp from

Folio No. 1

2nd: **Mallerie Brimberry**: Grade 11 – So Much

<u>Literature:</u> Both entries forwarded to district competition

1st: **Alyson Eldred**: Grade 12 – I Am A Teenager

2nd: **Lindsay Gill**: Grade 12 – To My Hero Parents

<u>Art:</u> First through Third Places and seven Honorable Mention places were forwarded to district competition.

1st: Clay **Walsh: Grade 12** – Cleaning Lady

2nd: Mandie Isaac: Grade 12 – "You do not always choose to be a hero..."

3rd: **Brian Hathaway**: Grade 12 – "Unsung Hero"

HM: Charles Meitzler: Grade 12 – "Faceless"

HM: **Emily Smidlein**: Grade 12 – "Anyone can be a hero"

HM: **Erin Page**: Grade 12 – "The Artist"

HM: **Megan Valicevic**: Grade 12 – "The Babysitter"

HM: **Erin Stewart**: Grade 12 – "Some Heroes are Less Noticeable"

HM: **Robert Brock**: Grade 12 – "The End is Now"

HM: **Katie Arceneaux**: Grade 12 – "An Every Day Hero"

HM: Erik Miller: Grade 11 – "A Fading Light"

HM: **Tiffany Hyner**: Grade 12 – untitled

HM: Scott Ehrenkranz: Grade 12 – "Super Old Guy"

HM: **Bijan Shafiei**: Grade 11 – "Radio Face"

HM: **Dominic Pallotta**: Grade 11 – "Cultural Hero"

BASEBALL - The Varsity Baseball Team is off to a great start and are currently ranked 2nd in the State. Going into the Minute Maid tournament last weekend they were 10-0 after winning a very competitive tournament in the Dallas/Fort Worth area the weekend before. District play begins on Tuesday, March 15 with a home game against Klein Collins at Scotland Yard.

NEWS FROM NURSE PADGETT -

FACTS ON FLU:

References: JAMA Article "Does This Patient Have Influenza?" February 23, 2005

NIAID (National Institute of Allergy and Infectious Diseases)

CDC (Centers for Disease Control and Prevention)

WHAT IS THE FLU?

The flu is a contagious respiratory illness caused by influenza viruses.

COMMON FLU SYMPTOMS:

Fever - Characteristically High (102 - 104 degrees F) - lasts 3-4 days - Feverishness

Headache - Prominent

Tiredness - Malaise (can be extreme)

Cough, Chest Discomfort, Body aches (Myalgia), Sore Throat, Runny or stuffy nose

Diarrhea and Vomiting can occur - most common in children

DIFFERENCES FROM COMMON COLD:

Fever is higher, Headache is more prominent, General aches and pains are usual and can be severe,

Fatigue and Weakness can last up to 2-3 weeks, Extreme Exhaustion is early and prominent, (Stuffy Nose, Sneezing, and Sore throat can be experienced with flu, but most often with the common cold).

RISKS FROM THE FLU:

Bronchitis, Bacterial Pneumonia, Dehydration, Worsening of Chronic Medical Conditions - Congestive Heart Failure, Asthma, Diabetes. Most healthy people recover from the flu without complications. Flu can lead to severe illness and at times can lead to death.

HOW DO YOU CONTACT THE FLU?

The Influenza virus spreads in little drops that spray out of an infected person's mouth and nose when he/she sneezes, coughs, laughs, or even talks. If you breathe in these infectious drops or get them on your hands and touch your mouth or nose, the virus can get into your body and you can get the flu, too. It usually spreads from person to person, though occasionally a person may become infected by touching something with virus on it and then touching their mouth or nose.

Adults may be able to infect others 1 DAY BEFORE getting symptoms and up to 7 DAYS AFTER getting sick. NOTE: It is possible to give someone the flu BEFORE you have signs and symptoms of illness AND WHILE you are sick.

HOW CAN I PREVENT GETTING THE FLU?

FLU VACCINE - Each Fall Season - the single BEST way to prevent the flu. There are 3 strains in 2004-2005 vaccine - 2 Influenza A Virus strains and 1 Influenza B virus strain. Influenza A Flu Virus is the most common and causes most diseases and epidemics. Type B can cause epidemics, but the disease it produces is usually milder than that caused by Type A. Type C has never been connected with a large epidemic.

HANDWASHING - most effective means to reduce spread of infectious organisms. Most health experts recommend using soap and warm running water, make a good lather, rub lather all over your hands for 15 seconds, rinse well, and dry with towel. The process should take at least 20 seconds. If there is no access to a sink, it is advisable to use antiseptic (alcohol-based) no rinse hand gel. Parents, you can put hand sanitizer or wipes in your son or daughter's lunch to help remind them to wash their hands before eating.

TRY NOT TO TOUCH YOUR EYES, NOSE, OR MOUTH - Germs MOST often spread this way.

COVER YOUR NOSE AND MOUTH - using a tissue is best when you cough and sneeze and throw the tissue away after you use it and wash your hands.

MINIMIZE CONTACT - with people who are infected with the influenza virus.

DON'T SHARE CUPS AND EATING UTENSILS - like forks and spoons, with anyone.

ANTIVIRAL MEDICATIONS: (Please refer to http://www.niaid.nih.gov for more information)

There are four antiviral drug (Amantadine, Rimantadine, Zanamavir, and Oseltamivir) approved for treatment of the flu. These are prescription medications. A physician should be consulted before the drugs are used. Most antiviral treatment lasts for 5 days and MUST be started within 48 hours (2 days) for maximum benefit. Studies have shown that all four drugs can reduce the duration of flu symptoms by 1 day IF taken within 2 days of the onset of the illness. (There is NO information about how effective these drugs are if treatment is started MORE than 2 days AFTER onset of flu symptoms). None of the four drugs has been shown to effectively prevent serious influenza-related complications such as bacterial or viral pneumonia. (NIAID)

HOW IS FLU DIAGNOSED?

A summary of RAPID DIAGNOSTIC TESTS FOR INFLUENZA is provided by the CDC at:

http://www.cdc.gov/flu/professionals/labdiagnosis.htm

These tests require specimens of throat swabs, nasal washes, or nasal aspirates and need to be completed within 2 to 3 days of illness. Most reports from the manufactures indicate between 40% to 100% accuracy. It is possible to have a negative test result, yet have the flu. A clinical examination by your physician is important. Weekly CDC and state reports regarding regional influenza patterns during influenza season should be considered.

CDC WEEKLY INFLUENZA REPORTS: http://www.cdc.gov/flu/weekly/fluactivity.htm

OTHER WAYS TO RESPOND TO THE FLU:

Get plenty of REST, DRINK lots of liquids; Fluid intake is more critical than solid food intake. It is not just "an old wives tale" - chicken soup IS appealing. Avoid using alcohol and tobacco. Over-the-counter medicines to relieve flu symptoms. Never give aspirin to anyone less than 18 - 19 years of age. Epidemiologic research has shown an association between Reye's Syndrome and use of Aspirin-type products for treating symptoms of influenza-like illnesses, chicken pox, and colds. Center for Disease Control, American Academy of Pediatrics, Food and Drug Administration, and U.S. Surgeon General recommend aspirin not be given to children or teenagers.

MEN'S LACROSSE - After opening the season with an 18-4 win over Kingwood, the men's varsity lacrosse team followed up with wins over Westside (14-6), St. John's (10-7) and Southlake Carroll (9-6). With these wins, the Highlanders are currently at the top of the South District standings. St. John's was the preseason favorite to win the district, with many players returning from their 2004 district championship team. The Highlanders have been successful due to a total team effort in each of the first four games. Outstanding performers on the offensive side have been seniors Nick Gilligan (12 goals, 2 assists), Michael Magee (4 goals, 1 assist) and juniors Kenny Durio (8 goals, 2 assists), Travis Doak (10 goals, 2 assists) and Kyle McCarthy (3 goals, 6 assists). The defense unit has been extremely strong to date with senior goalies Garrett Rogers and Michael Avery leading the way. Seniors Nick Reinsvold, Tommy Trammel, Preston Benditz, Matt Owen and sophomore Adam Campbell have been holding opponents to fewer than six goals per game. Freshman goalie Scott Trammell turned in a spectacular performance against Southlake in his first varsity start. Seniors Lucas Moss and Jason Tangen along with juniors Aaron Gray and Allan Kotzot have been key contributors at the midfield. Congratulations to the entire squad for an outstanding start to the season!

FBLA - We had 3 students attend the State Leadership Conference in Arlington, TX. They were **Clayton Gregory**, **Casey Berry**, and **Samantha Peters**. **Clayton Gregory** competed in Accounting I and place 3rd. **Casey Berry** competed in Marketing, and **Samantha Peters** competed in Public Speaking. Samantha was also awarded Who's Who in FBLA. We also had an opportunity to visit Six Flags over Texas while we were there.

IMPORTANT SPRING SEMESTER DATES - 2005

MARCH 14 21-25 30	NCAA Information Meeting @ TWHS 7:00pm Spring Break Senior Panoramic Picture 9:00am
APRIL 9	ACT Testing @ TWHS
20	TAKS Math Test for all 11 th graders/ Late Arrival for Seniors
21	TAKS Social Studies Test for all 11 th graders/ Late Arrival for Seniors
22	TAKS Science Test for all 11 th graders/ Late Arrival for Seniors
25	School Holiday
MAY	
7	SAT Testing @ TWHS
2-13	Advanced Placement Exams
14	Prom
19	Senior Awards Night @ TWHS 7:00pm
24	Senior Final Exams Periods 1 & 2
25	Junior/Senior Final Exams Periods 3 & 4
26	Junior Final Exams Periods 1 & 2
	Graduation Practice during morning (exact time TBA)
	Graduation Ceremony @ Cynthia Woods Mitchell Pavilion 7:30pm
JUNE	GATE TO A CONTINUE
4	SAT Testing @ TWHS
11	ACT Testing @ TWHS

March 14 – March 26

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Sunday 13		Sunday 20							
Monday 14	*Student Council Meeting 6:00pm Café. *Interact Meeting 7:00pm Café. *NCAA Info Night 7:00pm LGI *Softball @ Conroe 4:30/6:00 *Soph/JV Baseball @ Collins 5:00/7:00 *Var. Boys Golf @ Sweetwater TBA	Monday 21	*Softball vs. Lufkin @ TWHS 4:30/6:00 *Soph/JV Baseball vs. Forest @ McC 5/7						
Tuesday 15	*Bagpipe Lessons 4:30pm room 141 *Boys Soccer vs. Lufkin @ TWHS 5:00/7:00 *Girls Soccer @ Lufkin 5:00/7:00 *Baseball vs. Collins @ McC 7:00pm *Var. Girls Lacrosse @ Memorial 4:30pm *Band PreUIL Concert Festival @ TWHS *Girls Var. Golf @ Deer Park TBA *Career Center Open 4:00-8:00pm *Cheer Boosters 5:45pm LGI	Tuesday 22	*Bagpipe Lessons 4:30pm room 141 *Baseball @ Klein Forest 7:00pm						
Wednesday 16	*Softball Boosters 7:00-9:00 room 109 *Swim Boosters 7:00-9:00 LGI	Wednesday 23	*Boys/Girls JV Track @ Kingwood 4:00pm						
Thursday 17	*Boys/Girls JV Track @ Aldine 4:00pm *Boys Lacrosse @ Kinkaid 5:30/7:30 *JV Girls Lacrosse @ Memorial 4:30pm *Band Booster Meeting 7:30pm Band Hall *MAC 2:45pm room 302 *Highstepper Showoff 7:00pm	Thursday 24	*Baseball vs. Huntsville @ McC 7:00pm *Soph/JV Baseball @ Huntsville 5/7 *Boys/Girls Track @ A&M Consol. 4:00pm						
Friday 18	*Girls Soccer vs. Oak Ridge @ TWHS 5/7:00 *Boys Soccer @ Oak Ridge 5:30/7:30 *Softball @ San Marcos Tourn. TBA *Baseball @ Klein 7:00pm *Soph/JV Baseball vs. Klein @ McC 5/7 *Boys Var. Track @ Pearland TBA *Var. Tennis @ Klein TBA *Var. Girls Track @ San Antonio TBA	Friday 25							
Saturday 19	*Softball @ San Marcos Tourn. TBA *Var. Tennis @ Klein TBA *Winter Guard Show @ TWHS TBA *Var. Girls Track @ San Antonio TBA	Saturday 26							



TWHS Class of 2005 TGI Friday's Golf Tournament Benefiting Operation Graduation





When: Thursday, April 7, 2005 Where: Woodforest Golf Club at Fish Creek

TGI Friday's is hosting the second annual golf tournament fundraiser in support of **The Woodlands High School Operation Graduation**. The event will take place at Woodforest Golf Club at Fish Creek. Lunch and beverages will be provided by *Friday's* during the tournament with a Shotgun start at noon. Come enjoy a day of golf, contests, prizes and more...\$75.00/person! Register today by returning this completed form to The Woodlands High School. (or mail to Linda James @ 18 Thornbush Place, The Woodlands, TX 77381)

Please help us keep our seniors safe in this community sponsored all-night drug and alcohol-free celebration on graduation night. (Checks written to TWHS Operation Graduation). Hole sponsorship is also available for \$125. All sponsors will receive recognition as well as an appreciation dinner donated by *Friday's* on April 18th, 2005.

Questions? Contact Linda James at 936-273-0696 / by email LinJms@aol.com or Lori Maurice at 281-296-7595/ by email azpace@aol.com

Hole Sponsor \$125: Name	Email & phone	
Golfers \$75/person:		
Player 1Phone/emailHandicap:	Player 2Phone/emailHandicap:	
Player 3Phone/emailHandicap:	Player 4Phone/emailHandicap:	

