

MERIDIAN RESIDENTS

*Unofficial Newsletter of the
Meridian Homeowners Association*

The Monitor is a monthly newsletter mailed to all Meridian residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more. If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at PEELinc.com, or you can send an email to meridian@peelinc.com. Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

Legacy We Leave For Our Children

Undoubtedly, as parents, we have thought about the money we will leave behind for our children. Have we ever thought about the part of our spirits that we want our children to inherit? Granted, our children are unique individuals. But, we can still leave footprints in the sands of time that will continue to connect us with our children, long after we die.

Our children will learn their own life lessons. But, that should not stop us from modeling survival skills to our children that have helped us handle the struggles of life. We can nurture resilient children by talking to them about our core values through sharing photographs, conversations and dining table games. Our children will learn from us, both consciously and sub-consciously, the skills that can help them weather the physical and mental storms of life. The time spent in reflecting on what really matters to us and communicating the same to our children can make our bonds with our children richer and more meaningful.

My parents actively reinforced the value of gratitude in me. Being mindful and expressing thankfulness for every experience has attracted many positive forces in my life. Gratitude is the legacy that my parents have left for me. Legacy is a priceless gift that we can pass down to the generations that come after us. Legacy unites us with our ancestors, children and grand-children. Legacy is thinking about what qualities our ancestors have blessed us with, that we will continually strive to transmit in our kin.

It is important to ask ourselves some questions. Which qualities do we value: Humor and Power of laughter; Faith and Spirituality; Forgiveness; Pride; Compassion or something else? Do our children know of our values? What effort am I making in leaving a physically, mentally, emotionally and spiritually strong legacy for my children? What difference can I make in the lives of my children in April 2012 through daily affirmations and encouragement?

We leave a legacy when we make a positive impact on our children's souls. This legacy is pure, powerful and long-lasting. Just like wood becomes stronger and harder when immersed in water, our legacy can preserve the resilience of our children.

*Sugandha Jain, Master Registered Texas Trainer
& Director of Accreditation at a local preschool.*

WELCOME

A Newsletter for Meridian residents

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If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it meridian@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!

ADVERTISING INFO

Please support the advertisers that make The Monitor possible. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 9th of the month prior to the issue.

NEWSLETTER INFO

PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
Advertising..... advertising@PEELinc.com, 512-263-9181

NOT AVAILABLE ONLINE

APRIL EVENTS

at the Wildflower Center

SPRING PLANT SALE & GARDENING FESTIVAL

Members Sale, 1 to 7 p.m. Friday, April 13. Public Sale, 9 a.m. to 5 p.m. Saturday and Sunday, April 14 & 15. Choose from nearly 300 hardy and drought-tolerant species. Walks and talks with experts, authors and artists in the store.

A BOUQUET FOR MRS. J

Through May 28. Logan Stollenwerck's centennial exhibit of giant metal flowers in the gardens

SHOU PING'S PAPER SCULPTURES

Through May 28 In the McDermott Learning Center

OPEN EASTER SUNDAY

April 8, 9 a.m. to 5:30 p.m.

EARTH DAY/ARBOR DAY

1 to 4 p.m. Saturday, April 21. Ralph Yznaga signs. Living Witness: Historic Trees of Texas and more

JEAN ANDREWS LECTURE

Wednesday, April 25. Reception, 7 p.m. Visitors Gallery, Lecture 8 p.m. Auditorium. Mark Blumenthal, executive director of the American Botanical Council speaks on Health Benefits of Popular Herbal Supplements in the U.S. Market: The Safety and Efficacy of Leading Botanical-based Products. *Free admission.*

CENTENNIAL GALA

Friday, April 27. Wildflower Center closes at 3 p.m.



Learn To Play Tennis at the Circle C Tennis Club

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**FOR INFORMATION CALL 301-8685
or visit: www.circlectennis.com**



Austin Newcomers Club APRIL LUNCHEON

WHAT'S HAPPENING AT THE ZACH?

Founded in 1933 as Austin Civic Theater, ZACH has been a major player in the Austin Theatre and Theatre Education life of this region for almost 80 years. Our speakers this month are Joy Selak, the Board President at ZACH, and Nat Miller, ZACH's Education Director. They will be telling us about the work they do in theatre education and theatre for youth at ZACH as well as working with arts education in the Austin school system. They will also share with us the progress on their new state of the art Topfer Theatre under construction on the expanding campus. Joy has served on ZACH's board for 8 years. Nat recently joined the organization from the Paramount, where he was education director. Nat is also a former high school teacher and received his MFA in Theatre Education from the University of Texas.

WHEN & WHERE

**Wednesday, April 18, 2012 at Green Pastures Restaurant,
811 West Live Oak Street, pre-payment \$20.00.**

Reservations are required.

TIME

11:30 a.m. socializing, Luncheon begins at noon.

For Luncheon Reservations Email:

LuncheonDirector@AustinNewcomers.com

Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00. Membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at: www.AustinNewcomers.com.



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NATUREWATCH

Beautiful Bunting

by Jim and Lynne Weber

One of the most unmistakably colorful birds to return to Texas in the spring is the Painted Bunting (*Passerina ciris*), whose species name, *ciris*, thought to mean 'lord', comes from the Greek myth of Scylla, a sea monster who was changed into a bird. This species breeds in two different populations in the US, the eastern one along the coast of the southeastern states and the western one in the south-central states, which includes Central Texas.

The male Painted Bunting is a small, bright finch, with a red chest, blue head, and lime green back. It has a red ring around each eye, and dark gray wings and tail. In comparison, the female's overall greenish-yellow coloring is much less gaudy, but serves her well as she needs to remain hidden when rearing young. Highly territorial, males announce their territory by singing from a conspicuous perch and warn other male intruders by performing a fluttering flight display. They can be quite aggressive toward each other, often engaging in fights that include pecking, grappling, and beating with their wings which can sometimes end in injury or even death.

Preferring natural grasslands, open brush lands, thickets, and scattered woodlands, painted buntings usually form monogamous pairs, with the female constructing a deep, neatly woven cup-shaped nest of plant fibers, lined with hair or fine grass, and placed low in dense shrubbery. She lays 3 to 4 eggs, bluish-white with gray or brown speckles concentrated near the large end, and the young hatchlings emerge 11 to 12 days later, helpless at first and covered in sparse down.

During the breeding season of spring and summer, painted buntings eat

Painted Bunting (male)



Painted Bunting (female)

insects, insect larvae, and spiders, but switch to seeds in the fall and winter. Although painted buntings are mainly ground foragers, they can pick insects from spider webs and will fly up from the ground to grab the seed heads of tall grasses to pull them to the ground to extract the seeds.

One of the main differences between the eastern and western populations of painted buntings includes the timing of their fall molt in reference to the migration to their wintering grounds in southern Mexico and Central America. The western population begins their migration first, stopping to molt in staging areas in northern Mexico, and then continuing south. This type of migration-molt pattern is common among waterfowl but not among songbirds. The eastern population, on the other hand, follows the more typical pattern of molting on its breeding grounds first, before beginning its migration.

Sadly, the overall population of painted buntings has showed a slow, steady decline since 1965. Because of this, the conservation status of this beautiful bunting is listed as 'near threatened,' and is thought to be due to several

factors, including the rapid urbanization of its preferred habitat, increased nest parasitism by the Brown-headed Cowbird, and ongoing effects of climate change.

Fittingly, when seen in a group, painted buntings are collectively known as a 'mural' or a 'palette', and are a visually striking sight. One can only marvel at the wonderfully vivid feather colors that nature has produced, all on the same bird!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, published by Texas A&M University Press.



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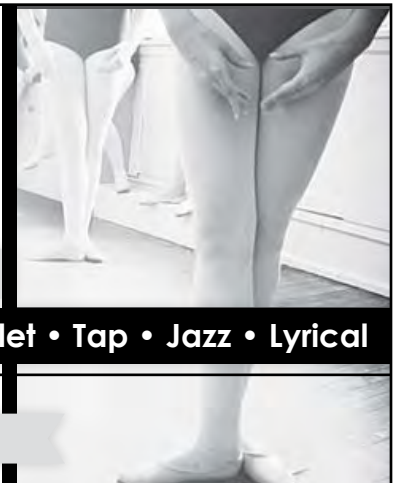
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Colin's Hope Upcoming Events Calendar

April - May: Water Safety Walk - Packet Stuffing Distribution

April 18: Colin's Hope Classic Golf Tournament at Flintrock Falls

June 14: World's Largest Swim Lesson at Schlitterbahn

June 16: Colin's Hope Got2Swim the Pure Austin Quarry

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34Th Annual Pecan Street Festival Celebrates Austin This Spring

ENJOY LOCAL ARTISTRY AND MUSIC SATURDAY, MAY 5 AND SUNDAY, MAY 6

The celebrated bi-annual Pecan Street Festival is pleased to announce the Spring 2012 festival will take place on May 5 and 6, 2012 in downtown Austin. The FREE festival features artisans and musicians from all over the U.S. and introduces observers to cultures from around the globe. Festival goers can find paintings, woodwork, candles, jewelry, clothing, home décor other useful and whimsical household items.

This year, the festival aims to encourage green living with the use of recycling programs and organic vendors. It will also promote healthy living by providing fresh food options and a “calorie counting” challenge. Proceeds benefit local city and non-profit organizations, such as The City of Austin and Austin Boxer Rescue in years past. Speaking of pets, the Pecan Street Festival invites Austin residents to bring their four-legged friends for some canine fun, courtesy Austin Pets Alive.



In its 34th year, The Pecan Street Festival is a local tradition that celebrates the city's artistic and diverse culture and commemorates everything “Austin.” From magic shows for the kids to three live music stages for the adults, there is something for everyone to enjoy. This Spring, the Festival is also placing an emphasis welcoming the Hispanic community in conjunction with Cinco de Mayo. Without a

doubt, attending The Pecan Street Festival is the best FREE weekend Austinites can have!

The Pecan Street Festival is the oldest and largest art festival in Central Texas. What started in 1978 as an opportunity for Austin merchants to sell their products has become an Austin tradition that attracts more than 300,000 people every year and generates \$43 million in economic impact. Visit www.oldpecanstreetfestival.com to learn more about the festival.

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CIRCLE C MANAGER & DIRECTOR OF TENNIS GIVES ADVICE ON HOW TO PLAY TENNIS

In the previous issue, I answered questions about beginning to play tennis, and how to select a tennis racket. In this issue, I will answer questions regarding the proper selection of tennis shoes.

Q: I want to start playing tennis, but I only have running/walking shoes. Can I play with them? A: There is a huge difference in the construction and fit of running/walking shoes. Athletic shoes have a more flexible sole and have the appropriate tread to absorb the impact of running/walking. They are lighter and narrower since the runner/walker need to step from the heel to the toe. Tennis shoes have a different tread, depending on whether the player is playing on a hard court, grass court or clay court.

Q: What happens if I play tennis with my athletic shoes? A: Athletic shoes are made so a person can place their weight on the heel and move toward the toe. Tennis shoes are wider, have more arch support and a higher heel to absorb the shock of stopping and starting. Several of my students, who did not want to invest into buying tennis shoes and continued playing with athletic shoes, developed plantar fasciitis and developed problems with the calf muscles.

Q: How much should I spend on buying tennis shoes? A: Most sporting goods stores carry "tennis shoes" for sale. These can range from \$39.00 to \$129.00, depending on the brand and the durability expectation. These shoes, most of the time, are bought from the tennis companies after they have discontinued the styles. Most Tennis Clubs, however, usually carry two or three brands of shoes of various prices to cater to their players. If the facility has different court surfaces, they will also offer the proper shoes to wear for the respective surface.

Q: When I buy tennis shoes, how should I know that they are the right size? A: Rule of thumb is to buy tennis shoes at least ½ sizes bigger than normal street shoes. When a player stops, there are 5G forces on the foot, and it needs space to move. Players who purchase tight tennis shoes end up either with broken toe nails or injuries to their feet. I normally recommend people buying tennis shoes and wearing them at home before they start playing tennis. This gives the player a "break-in" period and allows the shoe to mold to one's foot. This process will let you if the shoes are too narrow, too wide or the wrong size.

Q: What type of socks should I wear with my tennis shoes? A: Players and teaching pros need to protect their feet so they can play and teach comfortably. Several of us, wear two pairs of socks: one thick pair and one thin pair. This method has been proven successful to eliminate both blisters and calluses. It is proven that when excessive perspiration occurs, that one pair attaches to the shoe, while the other protects the shoe from rubbing against the skin, thus giving double protection.

In the next issue, I will answer questions about appropriate court attire. Until then, start shopping around for the most comfortable tennis shoe and keep enjoying the "sport of a lifetime: Tennis".



The Circle C Tennis Club will be offering a "Complimentary Tennis Clinic" on Saturday, May 5th from 11:00 am to 12 noon for adult residents of Meridian Oaks. This free clinic is open only to Non-Members of the Circle C Tennis Club. The staff, headed by General Manager and Director of Tennis, Fernando Velasco, will be giving advice on how to begin playing tennis, and also to give tips on how to improve your game to those already playing the sport. Guests may use our "Demo" Rackets, if they do not presently own one. You are also more than welcome to stay afterwards to join us for snacks and drinks, and ask any questions about the game.

**Registration is required by calling
The Circle C Tennis Club
at 512-301-8685.**

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MERIDIAN MARKET UPDATE APRIL 2012



Square Foot Range	6 Months Sold History (09/2011 - 02/2012)						Current Market	
	TOTAL	AVERAGE					TOTAL	
	Homes Sold	Square Feet	Price / Sq. Foot	Sold Price \$K	Year Built	Days On Market	Available	Pending Sale
2000-2499	1	2,205	\$ 138	\$ 305	2011	170	0	0
2500-2999	5	2,774	\$ 122	\$ 339	2009	142	1	0
3000-3499	8	3,291	\$ 118	\$ 387	2009	118	8	2
3500-3999	5	3,744	\$ 108	\$ 404	2008	56	3	0
4000-4499	2	4,229	\$ 118	\$ 500	2010	19	1	1
4500-5000	2	4,514	\$ 118	\$ 534	2007	57	0	1
Meridian Total	23	3,418	\$ 118	\$ 402	2009	98	13	4
% Change Mo/Mo	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 03/08/2012. In some cases new construction and FSBO homes are not included in the MLS data and therefore are not represented. Data is deemed accurate but not guaranteed.



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