

GREY ROCK TENNIS CLUB

Tennis Tips

In the previous issues, I answered questions about beginning to play tennis, how to select tennis equipment and clothing, how to begin playing with friends and family, and how to start children competing in small CATA tournaments. In this issue, I will offer you some advice on how to start playing USTA Adult sanctioned tournaments.

Q: When watching tennis on television, the commentators keep referring the players as “ranked” and “seeded players” What does that mean?

A: The USTA offers many tournaments for players of all abilities. As they play each match, they accumulate points according to the rounds won in a match. After each tournament, the USTA posts the up to date ranked. When players enter

another tournament on their respective division, the tournament referee will use these rankings to do the draws and seed them according to their positions. The computer, when doing the draws, will protect the “seeded” players they do not play against each other in the early rounds and hopefully will meet each other on the late rounds.

Q: How do I know which tournament to enter?

A: The Capital Area Tennis Association (CATA) and the USTA offers many leagues and tournaments for adults 19 through 90 and above years old, in Austin, State and Nationwide. There are two types of tournament and leagues: National Tennis Rating Program (NTRP) and Age Tournaments and Leagues. The

(Continued on Page 4)

Tyler Shaw Earns Boy Scouts of America’s Highest Rank of Eagle Scout



*Submitted by Darin Kirschner
Troop 280, Dripping Springs*

Tyler Shaw attained his Eagle Rank in Boy Scouts Troop 280 of Dripping Springs, TX on June 15th, 2012.

We are very proud of Tyler and his accomplishments as a leader in enlisting and directing the refurbishment of an antique Chuck Wagon for the Dripping Springs Pound House.

The wagon was in very poor condition and through Tyler’s efforts now has been returned to useful service as an original condition, functional piece of history.

THE MONITOR

WELCOME

A Newsletter for Meridian residents

The Monitor is a monthly newsletter mailed to all Meridian residents. Each newsletter is 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 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!

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Tennis Tips - (Continued from Cover Page)

NTRP tournament events offer: 2.5, 3.0, 3.5, 4.0, 4.5 and 5.0 Divisions. The Age Tournaments offer: Open (19 and above), 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, and 90 and over divisions. Also, they offer Age Leagues: 19-39, 40-53, 55-64 and 65 and above.

Q: How do I get an NTRP rating?

A: Sanctioned leagues and tournaments require a USTA Membership. They offer Single and Family Memberships at reasonable prices. When registering, they will ask a player to "rate" themselves. Depending on the playing experience and tournament play record, they will assign a player with a "rating" ranging from 2.5 through 5.0. I suggest getting advice from your teaching pro prior to making the final selection.

Q: How do I move up/down from the original rating?

A: Once a player has a rating, every time he/she plays in a league match or a tournament, they will earn points if they win, or lose points if they lose. Every six months, the USTA will publish the new ratings according to their win/loss record. At the end of each league season, the top teams qualify to participate in State Tournaments, and if they are winners in the State event, they qualify to play in National Tournaments.

Q: What about age level tournaments?

A: The USTA and CATA also offer age level tournaments. These rankings and ratings also are taking into consideration after each calendar year depending on their win/loss record. Players receive points for State Tournaments, and Category I and II for each win. Top players on each category will be invited to participate in National and International Tournaments in their appropriate age level.

For schedules, fees and types of tournaments available, you can visit the USTA.com website. Grey Rock Tennis Club hosted one of these Adult NTRP Tournaments in the month of July. Over 100 participants entered the various events offered

You also may have noticed that we have changed our name from "Circle C Tennis Club" to "Grey Rock Tennis Club". New name, but same service and programs.

CONGRATULATIONS TO FAMILY TENNIS TOURNAMENT PARTICIPANTS FROM GREY ROCK TENNIS CLUB

On to Naples, Florida!!

The Grey Rock Tennis Club hosted the "2012 Family Tennis Tournament." This will become an annual event. Winners that have earned a berth to participate in the National Tournament being held at the Waldorf Astoria Resort in Naples, Florida on September 6-9, 2012 are:

(Right) Shelly and Brennan Foreman, Winners of the Mother/Daughter Family Event

(Below) Christian and Kathy Smith, Runners Up; and Michele Haggerty and Jackson Cobb, Winners of the Mother/Son Family Event



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Paralympics Player training at Grey Rock Tennis Club

Dustin Strelsky is shown here with Francisca Mardones from Chile during a training session with Director of Tennis, Fernando Velasco. Francisca is presently ranked #25 in Singles and Doubles in the International Wheelchair Championships in the Open Division and will be representing Chile in the 2012 Paralympics' Championships being held in London in the month of August. Francisca will be training at Grey Rock Tennis Club August 4 through 15 prior to traveling to London to compete against players from all over the world.



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Back To School Checklist

Ensuring a
Healthy Return
to the Classroom
Begins at Home

* * * * *

As a parent, there's no doubt that back-to-school season requires a lot of effort to get your kids all set for the challenges of the classroom. But it's also an important time to consider your child's health, says Daniel Howard, M.D., a pediatrician with The Austin Diagnostic Clinic (ADC).

"From making sure all of the proper vaccinations have been administered on schedule, to getting their kids back on 'school year' sleep schedules, health is obviously a huge consideration for parents with school-age children," Dr. Howard says.

- **Vaccinations 101.** Children should receive a variety of vaccinations and booster shots to prevent them from getting many serious and highly contagious diseases.
- **Hearing and vision tests.** Consider getting your child's hearing and vision tested before they begin school to prevent learning challenges in the classroom.
- **Health information.** Parents should be prepared to provide schools with a list of emergency contact information that includes telephone numbers for parents, close family, pediatrician, and dentist.
- **Diet and sleep.** Healthy eating is a critical part of a child's physical and mental development and can help curb the risk of childhood obesity. Sleep is also essential—kids should get between eight to 11 hours per day, depending on their age.

Daniel Howard, M.D., is a pediatrician for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than six locations throughout Austin and Central Texas. Dr. Howard sees patients at the ADC Cedar Bend, at 2400 Cedar Bend Drive. For more information, visit www.adclinic.com or call 512-901-4016. To download an electronic version of this release, please visit www.delaune.com/ADC

THE MONITOR

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to meridian@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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American Association of University Women

Submitted by Diane Brewer, Membership VP

The American Association of University Women is a group of degreed individuals which works to ensure that opportunities and access of all kinds remain available to women and girls throughout the country and across the globe. Most people are aware that Title IX transformed athletics across the academic spectrum. Today, largely due to the efforts of groups like the AAUW, more and more women are also receiving equal pay for equal work, achieving the highest positions in business, and are also reaching pinnacle positions in government. Due to AAUW, deserving academic researchers are rewarded for their achievements with annual fellowships.

The Austin branch of AAUW is in the middle of its annual membership drive. The organization does not advertise, so it is important that people learn of this group and the indelible effect it can have on the lives of women. In Austin, AAUW volunteers work in GirlsStart and Mindspring, groups reaching out to girls who need a hand up; they

support non-profits like Ten Thousand Villages on South Congress, which markets the handmade goods of women in Third World Countries. Others are out in the community registering voters or working at voting sites. Membership VP Diane Brewer says that the dues of \$75 are divided among the national, state, and local levels of AAUW, and due to the work of the association, all but \$3 is tax deductible. For more information, go to: <http://austin-tx.aauw.net>

Service is only part of the story, however. Interest and study groups pervade the organization offering everything from a common love of reading, stitchery, and art appreciation, to bridge, mah jongg, theatre, and dining.

If you would like to explore the organization further, come to the AAUW-Austin Summer Social, located at the Episcopal Church of the Good Shepherd's parish hall, Exposition Blvd. @ Windsor Drive on Sunday afternoon, August 19th, at 3 pm. There will be a raffle, food, beverages, and lots of information. Come and see!

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name of that...**



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Pruning Guidelines

for Prevention of Oak Wilt in Texas

Oak wilt, caused by the fungus *Ceratocystis fagacearum*, is the most destructive disease affecting live oaks and red oaks in Central Texas. Most of the tree mortality results from tree-to-tree spread of the pathogen through interconnected or grafted root systems, once an oak wilt center becomes established. New infection centers begin when beetles carry oak wilt fungal spores from infected red oaks to fresh, open wounds on healthy oaks. Wounds include any damage caused by wind, hail, vehicles, construction, squirrels, birds or pruning. Research has shown that both oak wilt fungal mats on infected red oaks and insects that carry oak wilt spores are most prevalent in the spring. Below is a brief description of how you can reduce the risk of fungal spread when pruning.

- Always paint fresh wounds on oaks, including pruning cuts and stumps, with wound dressing or latex paint immediately after pruning or live tree removal at all times of the year.
- Clean all pruning tools with 10% bleach solution or Lysol™ between sites and/or trees.
- If possible avoid pruning or wounding of oaks during the spring (currently defined as February 1 through June 30). Reasons to prune in the spring include:
 - To accommodate public safety concerns such as hazardous limbs, traffic visibility or emergency utility line clearance.
 - To repair damaged limbs (from storms or other anomalies)
 - To remove limbs rubbing on a building or rubbing on other branches, and to raise low limbs over a street.
- On sites where construction schedules take precedence, pruning any live tissue should only be done to accommodate required clearance.
- Dead branch removal where live tissue is not exposed.

Pruning for other reasons (general tree health, non-safety related clearance or thinning, etc.) should be conducted before February 1 or after June 30.

Debris from diseased red oaks should be immediately chipped, burned or buried. Regardless of the reasons or time of year, proper pruning techniques should be used. These techniques include making proper pruning cuts and avoiding injurious practices such as topping or excessive crown thinning. If you are uncertain about any of this information, you should consult with a Texas Oak Wilt Certified arborist, ISA Certified Arborist, or an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service.

References (available at <http://www.TexasOakWilt.org>):

Appel, D.N., and R.F. Billings (eds.). 1995. Oak wilt perspectives: Proceedings of the Nation Oak Wilt Symposium, June 22-25, 1992. Austin, TX. Information Development, Houston, TX. 217 p.

Billings, R.F., and D.N. Appel (eds.). 2009. Proceedings of the National Oak Wilt Symposium. June 4-7, 2007, Austin, TX. Texas Forest Service Publication 166. 267p.

Prepared January 12th, 2011 in cooperation between Texas Forest Service, Texas AgriLife Extension Service and International Society of Arboriculture Texas Chapter.

Gratitude is the key

Unlocking The Doors To Treasures In Our Children

By Sugandha Jain

Gratitude is an instant mood converter. Gratefulness is the knife that melds impatience to patience, fear to love and anxiety to peace. Enveloped by the clouds of thankfulness, we can soar high in the air of optimism. Our aura is immediately cleansed when we fill our thoughts with praise. Relationships glow under the varnish of a positive expression in mutual affection.

We only have to look around us to realize how blessed we are. Being mindful of the generosity of people, beauty in our surroundings and the uniqueness of our own spirits can help us appreciate our fortunate existence.

Opening ourselves to receiving divine grace that is already a part of our lives makes us acknowledge our own sacredness. We appreciate our oneness with the universe and what we feel as a result, is gratitude on being a part of the whole. We feel love, we feel complete.

Modeling gratefulness with our families can help children open their hearts to the love and light in everything they do. Daily writing in their Gratitude Journal can gradually shift children's consciousness to a higher dimension.

Constantly reminding children to see the lessons presented by events instead of sulking on challenges can be an exercise in life-long learning. When we encourage children to make choices, evaluate them and re-choose options that help them feel grateful, we show them how to be free.

Together, we find that our interactions with each other have always been complete; the missing link in the puzzle in seeking out and seeding in the Om of smile- the symbol of thankfulness.

Sugandha Jain is a Master Registered Texas Trainer and Director of Accreditation at a local preschool.

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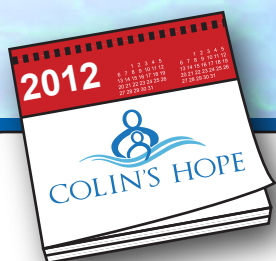
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3500-3999	9	3,743	\$ 122	\$ 456	2010	97	3	1
4000-4500	2	4,313	\$ 121	\$ 521	2012	19	2	2
>4500	3	4,934	\$ 143	\$ 704	2010	11	1	0
Meridian Total	31	3,298	\$ 128	\$ 421	2009	63	14	6
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