



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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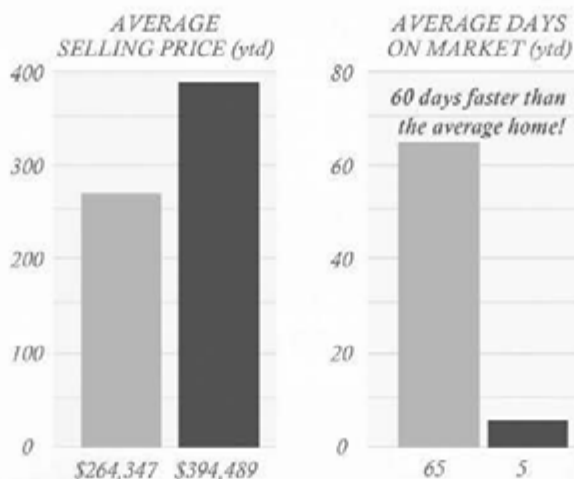
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PET CORNER

CAN I GIVE MY DOG THANKSGIVING SCRAPS?

Submitted by Kristen West

We know it's tempting, but most Thanksgiving scraps are not safest treat for your pets. Cooked turkey bones are a big no-no as they can splinter and result in a trip to pet ER. Additionally, overindulging your pet in other fatty foods can lead to stomach upset, diarrhea or even life-threatening pancreatitis. Other items to avoid are onion, sage, garlic ... and please, don't ever give your pet alcohol.

If you can't turn away from those puppy-dog eyes, a bite or two of pet-safe veggies like plain broccoli, sweet potato or carrots, or a small taste of plain turkey is usually OK. Put the treats in a Kong or other puzzle toy while you sit down to eat with your family so that your furry begger is happily preoccupied!



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Secret Santa Gift Program

Would you like to help us make the holidays brighter for hundreds of Central Texas foster children! Secret Santa is a special holiday gift program of the Adoption Coalition of Texas (ACT) helping Child Protective Services and foster families provide gifts and spread holiday cheer to Central Texas foster children through the generosity of community donors.

If you would like to be a Secret Santa this year and purchase holiday gifts for a Central Texas foster child, please email your name, email address and contact phone number to ACTSecretSanta@gmail.com. The gift drop-off days will be at several Austin-area locations on Wednesday through Saturday, December 5 – 8, and caseworkers will be picking up the gifts the following week. Once you sign up to be a donor, we'll send you all the details. Last year, thanks to the kindness of people like you, we brought smiles to the faces of more than 350 foster children!

The Adoption Coalition is a partnership of nonprofit adoption agencies and Child Protective Services working together to find forever families for abused and neglected children waiting for adoption. These are usually older children, sibling groups and children with special needs. For information about ACT and adoption, visit www.adoptioncoalitiontx.org.

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Why Knowing About Kilowatt-Hours Can Help You Save Money

By Chris Lee

Let's all admit it - we've all taken electricity for granted. As soon as we were young enough to reach the light switch to turn on the lights, we've never thought about electricity since it's been integrated into our lives as a basic necessity. By understanding a little bit about a Kilowatt-Hour (kWh) of electricity use, you'll more easily measure and compare the costs to operate your appliances in order to figure out how you can save some money.

The concept of kWh is difficult to visualize since most of us have forgotten the details of our high-school physics class (for those of us that actually took high school physics). Power, energy, time?...how can we define kWh? If you turned on twenty 100-watt lightbulbs in your house and left them on for 1 hour, you would have used 2 kWh (20 lightbulbs x 100w x 1 hour = 2000 watt-hours). And if you used your clothes dryer for an hour and your dryer is rated at 5000 watts, then you used 5 kWh (5000w x 1 hour). While each family uses electricity differently based on their living habits, here's a website that will give you an idea on

energy use of common household appliances. Caution: the dollar figures used in this chart are based on \$0.07 per kWh instead of they typical \$0.10 per kWh in Texas:

www.glendalewaterandpower.com/rates/appliance_operating_costs.aspx (Shortened: <http://goo.gl/kCelA>)

So if you looked at your energy bill, you'll see that you're paying for the amount of Kwh's that you and your family use. By knowing the concept of kWh you'll be able to more easily correlate your energy use to your energy bill and therefore be able to do more to save money. To help you save energy and therefore more money, here are some resources with helpful energy saving tips:

www.takealoadofftexas.com/index.aspx?id=energy-efficiency-tips
(<http://goo.gl/meydE>)

http://energy.gov/sites/prod/files/energy_savers.pdf (<http://goo.gl/u3fuE>)

I hope you've understood the basics of a Kilowatt-Hour and how it's measured to help you see your energy usage. If you have any questions about this, please ping me at leec89@gmail.com.

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Tennis Tips

By USPTA/PTR Master Professional
Fernando Velasco

HOW TO HIT A ONE-HANDED BACKHAND

In previous newsletters, I offered tips on how to hit a Forehand and a Two-Handed Backhand. In this issue, I will give you instructions on how to execute a one-handed backhand for a right hander. This stroke is still used by many league and tournament players since it gives players a wider range of reach and flexibility to hit slices and drop shots.

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 on the throat of the racket. The left hand is holding the racket slightly tighter than the right hand. Feet are shoulder width apart and the body is in good balance.

Step 2: Back swing: When the opponent's ball is headed to the backhand side, the left hand takes the racket back and the right hand changes the grip with one quarter turn placing the index knuckle at the upper ridge of the handle. The body should start taking the racket back before the ball bounces. Notice the turn of the upper body and the right foot leading the left foot. Eyes are still focused on the incoming ball.

Step 3: Point of Contact: The eyes now shift toward the point of contact which should be about 12-18 inches in front of the right foot.



The right hand is holding the racket tight. The racket has made contact with the ball and weight of the player has shifted toward the point of contact. It is important to keep the right shoulder closed and not open the left hip too early. Flexing the right knee will allow more flexibility and power on the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, both of the arms need to be extended for better balance. The right arm should be straight and the follow through upwards above the head.

Look for next Issue: The Forehand Volley

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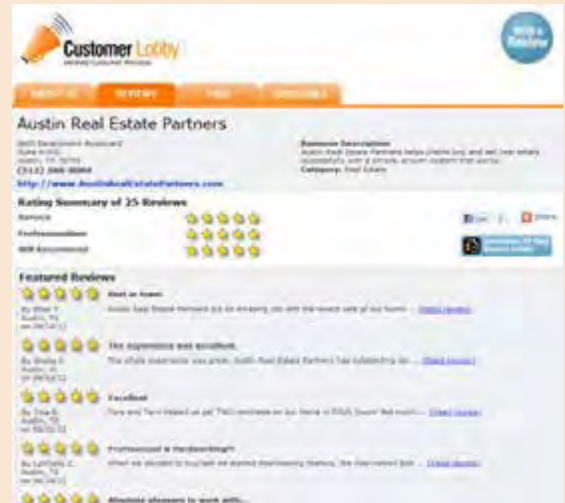
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Square Foot Range	6 Months Sold History (04/2012-09/2012)						Current Market	
	TOTAL	AVERAGE					TOTAL	
	Homes Sold	Square Feet	Price / Sq. Foot	Sold Price \$K	Year Built	Days On Market	Available	Pending Sale
<2500	6	2,170	\$ 137	\$ 298	2007	25	2	0
2500-2999	4	2,803	\$ 121	\$ 338	2008	26	4	0
3000-3499	6	3,208	\$ 124	\$ 396	2007	103	6	0
3500-3999	9	3,738	\$ 121	\$ 452	2009	70	2	3
4000-4500	6	4,388	\$ 138	\$ 608	2011	91	2	1
>4500	3	5,068	\$ 151	\$ 764	2009	48	0	0
Meridian Total	34	3,490	\$ 130	\$ 454	2009	65	16	4
% Change Mo/Mo	-11%	3%	1%	4%	0%	3%	33%	0%

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 10/05/2012. 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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