

Austin Newcomers Club

February ANC Publicity Input

Austin Newcomers Club is dedicated to introducing new residents to Austin while extending a hand to make new acquaintances and join fun Interest Groups.

This month our luncheon program will feature James L. Haley, a noted Texas author of nearly twenty books. He'll speak about his newest book, *THE TEXAS SUPREME COURT: A Narrative History, 1836-1986*. One tale from the book:

LAW & ORDER COMES TO TEXAS

During the first court session in East Texas, one feudist who had been hauled in for trial thumped his Bowie knife into the judicial bench and declared, "This, sir, is the law in Shelby County!" Unfazed, Judge Robert M. Williamson leaned back, cocked his pistol, and said, "Well this, sir, is the constitution that overrules your law. Sit down."

What with feudists, Indian raids, Mexican invasions, high water, yellow fever, illiterate clerks, drunken juries, and people who thought they had a God-given right to do whatever they liked, it took a while for law to come to Texas. Come hear how it happened!

The monthly luncheon will be held on Wednesday, February 20

at Green Pastures restaurant, located at 811 West Live Oak in Austin. We get together at around 11:00 a.m. for a social hour with lunch at 12:00 noon. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, February 14.

The club website is www.AustinNewcomers.com and the telephone number is (512) 314-5100.

James L. Haley, author



This QR code takes you directly to the Austin Newcomers website:



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!

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

Fabulous Working Ladies of South Austin

What can I say but we have the most amazing Chapter of women. Don't let the name Fabulous "Working" Ladies fool you. Our group believes supporting women who work inside and outside the home whether it is in our professional jobs or working on being the best we can be. Just a few ways our group gave back was raising enough money to purchase a bike for a disabled child for Ambucs and supporting "Heal In Comfort". In the coming year we will create more ways for our members to connect whether it is in our Bunko Group at Austin Custom Winery or working together side by side to help our community.

Come meet our group and enjoy getting to know people in a personal way. Sign up at SouthAustinFAB.com

Where: Mandola's

Date: February 21st

Time: 11:30 - 1



the

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET IN THE GAME

All kids deserve the opportunity to discover who they are & what they can achieve. That's why YMCA of Austin Youth Sports programs focus on skills, healthy competition, values & teamwork. Records may fade, but kids who play sports hold onto the memories and benefits for a lifetime. Spring co-ed sports include:

- Soccer • Kickball
- Volleyball



**Summer Camp Registration
Opens on February 4**

Southwest Family YMCA
6219 Oakclaire Dr. & Hwy. 290
AustinYMCA.org • 891-9622

LADIES BUNCO GROUP STARTUP



.....
Thursday, February 21st
Where: Austin Custom Winery
Address: 7010 Hwy. Texas 71 #300
Time: 7 - 10 pm

For more information contact:
Melinda McKenna
288-8088 or Melinda@AustinReps.com
.....



The most entertainment. Now at the best price.

Ask about packages
starting at \$29⁹⁹.
CALL TODAY.



CALL NOW AND SAVE AN ADDITIONAL \$10/MO
1-888-799-0512

Authorized DIRECTV Dealer

Pricing subject to change at any time. Hardware and programming available separately. ©2012 DIRECTV Inc. DIRECTV and the Cyclone Design Logo are registered trademarks



Southwest Smiles

Family Oriented State-of-the-Art Dentistry

- Saturday appointments available.
- We love to see kids!
- We offer same day crowns with CEREC technology.
- We offer Teeth Straightening Options.
- We accept most insurance plans.

NEW PATIENT GIFT

\$50 OFF ANY DENTAL TREATMENT* or **FREE** TAKE HOME WHITENING KIT**

* No cash value. If insurance covers new patient visit, \$50 gift may be applied to other dental treatment at Southwest Smiles.

** After new patient visit of exam, x-rays and cleaning. Redeemable in absence of gum disease and cavities. No cash value.

**Limit one per family.



Lakshmi S. Chittajallu, DDS

**Located Close to
You and With
Convenient Hours!**

5700 W. Slaughter Ln.
Suite 200
(Next to Chase Bank)

Office Hours:

Monday 9am-6pm
Tuesday Closed
Wednesday 9am-6pm
Thursday 9am -6pm
Friday 9am-2pm
Saturday 9am-2pm

Call 512-637-7333
today for an appointment

www.CircleCSmiles.com

GriefShare

GriefShare (www.griefshare.org) is a 13-week faith-based seminar and support group for people grieving the death of a loved one. We will meet at Manchaca United Methodist Church located at 1011 FM 1626, each Sunday beginning January 20, 2013, from 3-5 p.m. There is a \$15 charge for a workbook (scholarships available).

It's a place where you can be around people who understand how you feel and the pain of your loss. You may begin the class at any point during the 13-week time frame. Led by Nancy Zaloga and Susan Feldkamp.

- Call 280-3469 for further information.

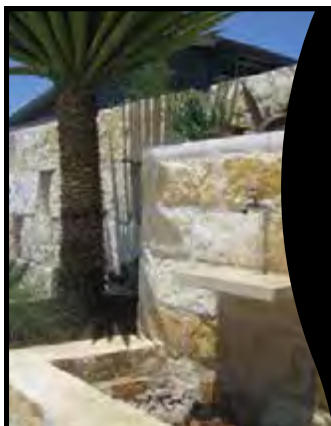
SUDOKU

View answers online at www.peelinc.com

		2		7				
		4	1					7
1		5						
			9	5			6	
4	1	7			6			
				8				
5		8						2
	2			9			3	8
	9		6			5		

© 2006, Feature Exchange

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.



- ❖ Full Landscape Design/Installation
- ❖ Lawn Maintenance
- ❖ Trees & Shrubs
- ❖ Flagstone Patios
- ❖ Outdoor Kitchens, Pergolas, Fireplaces
- ❖ Water Features
- ❖ Masonry, Stucco, Brick, Rockwork, Concrete
- ❖ Outdoor Lighting
- ❖ Retaining Walls



512-894-0013 • WWW.OLYELLER.COM

Southwest Pediatric

A S S O C I A T E S

"With you... every step of the way"



**Same Day Appointments Available
Close to Home Near Seton Southwest Hospital**

7900 FM 1826, Bldg. 1 Suites 220 & 240

Kelly Jolet, M.D. | Vaishalee Patil, M.D. | Haydee Rimer, M.D.
Nick Wagner, M.D. | Christine Fyda, D.O.

512.288.9669 | www.swpedi.com



Ashley's System Works!



#1 TOP
PRODUCING
AGENT
2012

Market Center #199



2013
FINALIST
PLATINUM TOP 50

Ashley increased this property's value by \$30k



Before



After

We offer flexible commissions & many more benefits...

A proven marketing strategy • Professional photography & HGTV home stager at no additional cost
Our team studies the trends to help you know when to buy or sell • An extensive insider knowledge of upcoming homes

ASHLEY'S
90 DAY OR FREE
guarantee

Ashley's 90 Day or Free Guarantee is designed for motivated homeowners who are looking to sell their home for the most amount of money in the least amount of time. We are so confident that your home will sell in 90 days or we will sell it for FREE!



Ashley Stucki Edgar

2013 Platinum Top 50 Finalist
2012 #1 Top Producing Agent*
2011 #2 Top Producing Agent*
Keller Williams Realty
Market Center #199

*Keller Williams Realty MC #199

ASHLEY AUSTIN
HOMES

www.AshleyAustinHomes.com

512.217.6103 • Ashley@AshleyAustinHomes.com



Save the Date

Seton Southwest 2013 Goala

Seton Southwest Hospital serves the growing healthcare needs of the Southwest Travis County community. Please join us for an incredible evening at the gorgeous Camp Lucy to help transform and save lives.

Sunday, April 28, 2013 • 6 p.m.

Camp Lucy • 3509 Creek Road • Dripping Springs, TX 78620

Dinner ★ Dancing ★ Live Music ★ Games ★ Live and Silent Auctions

To purchase table sponsorships or for
more information visit setonhaysfoundation.org

*All proceeds will go toward the purchase of surgical equipment
at Seton Southwest Hospital.*



CHEERS for Children

Wine, Bourbon and Food Tasting

February 23, 2013 | 6:30pm - ?

At Roger Beasley Maserati of Austin | 12925 Pond Springs Road, 78729

Benefiting Dell Children's Medical Center

Northwest Austin Circle of Friends presents our 14th Annual CHEERS for Children event benefiting Dell Children's Medical Center of Central Texas. This exciting event, a premier wine, bourbon, and food tasting, will be held Saturday, February 23, 2013. You are invited to join us for an exciting evening filled with premier wines, select bourbons, delicious cuisine from local restaurants, great live music, and a variety of fun and games - all included in the ticket price - as well as live and silent auctions with uniquely tempting items. And, held at a new venue this year, the Roger Beasley Maserati showroom in Northwest Austin is sure to add an extra level of excitement!

All funds raised benefit Dell Children's Medical Center and The Texas Child Study Center Endowment. Additionally, proceeds are 100% matched by a generous donor!

Tickets are available online for a discount until Feb. 21 or can be purchased at the door. For more information go to DellChildrensCircleofFriends.org (listed under "upcoming events"). Or contact Karen Peoples, Chairman NWA COF, at klpeoples@austin.rr.com or (512) 563-2927.

The Texas Child Study Center, the mental health program at DCMC, is a collaboration between Dell Children's and The University of Texas which treats children and adolescents with emotional, developmental and behavioral challenges. With your support, this facility will develop disease-specific evaluative and interventional programs to address disorders such as eating and anxiety, as well as attention deficit hyperactivity disorder (ADHD), autism, depression, and other mental health issues.

CIRCLE C DENTAL

FREE TEETH WHITENING!

Start the New Year off right with a HEALTHY & WHITE smile!

Bring this in with your first visit and receive a FREE TEETH WHITENING KIT* with completion of a new comprehensive exam, x-rays and cleaning.

Call us TODAY to schedule your appointment!



*a \$99 value. All services provided by Dr. Tuan Pham, a general dentist.

9600 Escarpment Blvd, Austin, TX 78749

512-301-2483 (BITE)

www.CIRCLECDENTAL.com

Headaches

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ... my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become

tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.



We solve all the pieces to the puzzle.

Call Today to Get Started On All Your Printing Needs.

512-263-9181

LOCALLY OWNED & OPERATED
308 Meadowlark St. • Lakeway, TX 78734



PEEL, INC.
printing & publishing
EXPERIENCE MATTERS doing business for 30+ years.

Tennis Tips

By USPTA/PTR Master Professional
Fernando Velasco



HOW TO EXECUTE THE SERVE

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, and the two handed backhand volley. In this issue, I will give you instructions on how to execute the serve, considered as the most important stroke, since the player has complete control of the game at this time. In these pictures student Helen Bourgeois demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: Ready Position: The body is sideways with the right hand holding the end of the racket in a forehand grip position and the left hand is holding the ball under the throat of the racket. The left arm is slightly straight and the ball is held with the thumb, index finger and middle finger. This allows for a consistent toss without using the wrist and/or elbow. Feet are a shoulder width apart and the body is in equal balance. For beginners, it is okay to change the grip slightly toward the forehand grip. As the player gets more advanced, the continental grip will be a better one to give more spin on the ball.

Step 2: Back Swing: The left arm comes down and the right arm follows it. It is vital to slow down the motions to allow for both of the arms to have good balance in the front and behind the body. Notice that the hand is in the process of tossing the ball in front

of the body and the left wrist is bent down. It is imperative to have a good consistent toss since it will dictate the success or failure of the serve.

Step 3: The wind up: While the ball is in the air, the right arm will bend forcing the head of the racket to pick up speed by going behind the body. Notice the left arm is still up high and the toss is at least four to five inches above the possible point of contact on the sweet spot. The head and eyes are focused on the ball and the body is still turned sideways. Knees are bent to allow maximum explosion of the lower body.

Step 4: Point of contact: Once the player is ready to hit the ball, the right arm will force the racket toward the point of contact, while the left hand will come down toward the body. This allows for the “snap” of the wrist to accelerate and bring the ball down. Notice that the point of contact is slightly higher than then center of the racket. Eyes are still focused on the point of the contact and will be ready to look down as soon as the ball leaves the frame. The right hip is extended to allow the body to extend up.

Step 5: Follow Through: The racket speed will extend to the left side of the body. The right foot is coming forward and is pointing toward the net. The trunk is straight and eyes are focused on the direction of the ball. At this point the player will take the split step and will jump either behind the base line to rally with the opponent or will move toward the net to serve and volley.

Look for in the next Newsletter: The Half Volley





Relax. Now you're in for a treat.

From the moment you step into our office, our experienced team will go out of their way to make sure you're happy, comfortable and completely relaxed. Our family-friendly practice uses the most advanced dental techniques so you can always expect painless treatments and a healthy, beautiful smile. Visit us in our new Circle C Ranch location and give yourself a treat that will keep you smiling.

FREE WHITENING FOR LIFE
with new patient exam & x-rays.

Call our Circle C Location at
(512) 467-4722 to schedule your visit.



matthew horne DDS
& associates

Get your smile to a better place.

Family & Cosmetic Dentistry

3345 Bee Caves, Suite 102B | 512.329.5250
5701 Slaughter Lane, Suite B120 | 512.467.4722
theaustindentist.com

Follow us for updates and specials at both locations!



The Monitor is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Monitor's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Superior Service for You, Your Car (& Your Dog)

Customer Dog Park • Coffee Bar • Children's Playroom

Family Owned
& Operated
Mark & Jan Welp

Kwik Kar®
LUBE & TUNE
Southwest

3416 W. William Cannon @ Brodie Next to Culver's

Rebate Gift Cards

Up to \$55

AAA Repair Facility

ASE Master Techs
Computer Diagnostics
Nationwide Repair Warranty
Courtesy Shuttle

ECO Friendly Oil Option

State Inspections
Full Service Oil Changes
30/60/90K Maintenance
Pre-purchase Inspections

www.kwikcarsw.com

891-7800

\$20

"All you can
eat" St. Louis
Ribs



3rd Annual Tuesday February 26th

6:30 - 9:00 PM

Rib Eating Contest 7:30 - 7:45 PM

RIBFEST '13

- ★ Round Rock I-35: Round Rock High School
- ★ 620 Four Points: Vandegrift High School
- ★ 360 South: *Defending Champions* Westlake High School
- ★ 183 North: Anderson High School
- ★ Former Longhorns & current NFL players will serve as honorary "Rib Eating Coaches"
- ★ Help local high school teams as they compete for the "Rudy's Golden Rib Trophy" for most ribs eaten!

20 "All you can eat for St Louis Ribs only. All drinks, sides, desserts, and other meats are at regular price and are not part of charitable proceeds. Please no sharing of "All you can eat St. Louis Ribs" - it's for a good cause folks! Offer not included for take home orders.

THE CLASSIC TEXAS BURGER

ARBORWALK
BRAKER & MOPAC N.
SUNSET VALLEY VILLAGE
BRODIE & 290
UNIVERSITY OAKS
NEXT TO IKEA
1890 RANCH
1431 & TOLLWAY



MIGHTY FINE
BURGERS FRIES SHAKES

WWW.MIGHTYFINEBURGERS.COM



PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

MER



YOU DESERVE THE BEST!

COMMITMENT ~ EXPERIENCE ~ REPUTATION ~ ETHICS ~ RESULTS

PUT OUR COMMUNITY KNOWLEDGE AND EXPERIENCE TO WORK FOR YOU!

Austin Real Estate Partners' Market Report							
5 Year Annual Sold Price Per Sq. Ft. Appreciation Rates							
SW Austin Neighborhood	2008	2009	2010	2011	2012	Percent Change Since 2011	5 Yr Annualized Appreciation (Depreciation) Rate
Barker Ranch	\$ 101	\$ 104	\$ 108	\$ 99	\$ 100	1.01%	(0.20%)
Belterra	\$ 108	\$ 100	\$ 101	\$ 104	\$ 107	3.17%	(0.02%)
Circle C Ranch	\$ 120	\$ 115	\$ 116	\$ 119	\$ 125	5.20%	0.95%
Heights at Loma Vista	\$ 126	\$ 123	\$ 115	\$ 113	\$ 119	4.91%	(1.36%)
Highpointe	\$ 99	\$ 95	\$ 96	\$ 95	\$ 105	9.87%	1.29%
Ledge Stone	\$ 104	\$ 89	\$ 94	\$ 100	\$ 106	4.48%	0.28%
Legend Oaks	\$ 112	\$ 115	\$ 116	\$ 112	\$ 112	0.32%	0.13%
Maple Run	\$ 109	\$ 110	\$ 111	\$ 105	\$ 113	8.05%	0.84%
Meridian	\$ 117	\$ 114	\$ 121	\$ 119	\$ 128	7.25%	2.15%
Oak Creek Parke	\$ 98	\$ 98	\$ 100	\$ 106	\$ 100	(0.10%)	1.90%
Sendera	\$ 113	\$ 112	\$ 113	\$ 109	\$ 114	4.53%	0.15%
Shady Hollow	\$ 118	\$ 113	\$ 110	\$ 112	\$ 116	3.54%	(0.30%)
Villages at Western Oaks	\$ 121	\$ 117	\$ 117	\$ 116	\$ 124	7.17%	0.61%
Western Oaks	\$ 122	\$ 122	\$ 120	\$ 118	\$ 137	15.66%	2.67%
SW Austin Average	\$ 115	\$ 111	\$ 113	\$ 112	\$ 118	4.77%	0.67%
% Change Yr / Yr	n/a	(3.02%)	1.48%	(0.41%)	4.77%		

Market Report data was obtained from the Austin Multiple Listing Service (MLS) on 01/07/2013. 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.

29 Customer Reviews
Average Rating: ★★★★★

★★★★★ **Home Purchase**
We have purchased and sold a total of three properties with A... [\(Read More\)](#)
By Carson V Austin, TX on 10/16/12

★★★★★ **The experience was e...**
The whole experience was great. Austin Real Estate Partners ha... [\(Read More\)](#)
By Sheila P Austin, AL on 09/12/12

★★★★★ **Tara did an outstand ...**
Tara West and Austin Real Estate Partners did everything... [\(Read More\)](#)
By Jennie S Austin, TX on 02/03/12

Verified by **Customer Lobby**

SOLD 1ST DAY!
7821 CRANDALL



SOLD PRE-MLS!
11409 HOLLISTER



COMING SOON!
7916 ADELAIDE



SOLD!
11437 CHERISSE



TARA WEST 512.632.3110
Austin Real Estate Partners
Austin Business Journal Top 25 REATLOR®
Tara@AUSTINREPS.com | AUSTINREPS.com



CARSON VAUGHN 512.439.7555
Advantage Mortgage Network
Austin Business Journal Top Producer
Carson@Amnetloans.com | AMNETLOANS.com