

March Events

at the Wildflower Center

WILDFLOWER DAYS™

Monday, March 11 through Friday, May 31

Our bluebonnets will be spectacular, but our gardens go way beyond bluebonnets with all sorts of Texas spring wildflowers on display.

ARTISTS AND ARTISANS FESTIVAL

9 a.m. to 5 p.m. Saturday and Sunday, March 9 and 10.

Texas artists and craftspeople display their works in wood, metal, photography, silk, watercolor and much, much more.

JIM LAPASO'S SCULPTURE IN THE GARDENS

Saturday, March 9 through Monday, May 27

SHOU PING'S PAPER SCULPTURES

Saturday, March 9, through Monday, May 27.

Meet the artist from 1 to 4 p.m. Sunday, March 10, in the McDermott Learning Center

TEXAS MAJESTY, WATERCOLORS BY DENISE COUNLEY

Saturday, March 9, through Monday, May 27

Meet the artist from 1 to 4 p.m. Saturday in The Store.

CENTER OPEN EASTER SUNDAY

March 31



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!

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
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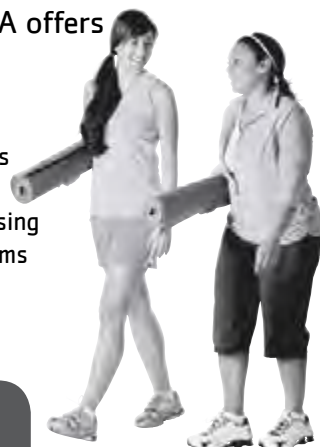
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- **FREE** Family & Seniors programs
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Register for Summer Camp
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SOUTHWEST FAMILY YMCA
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AustinYMCA.org • 891-9622

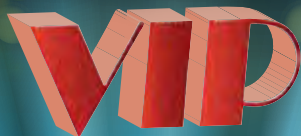
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Do you have an article or story that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email your document to meridian@peelinc.com.



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ADOPTION COALITION OF TEXAS

Joseph

06/1996

Joseph is a confident young man and describes himself as being 'cool' and 'awesome'. He loves being outdoors and enjoys sports including football and basketball. Joseph likes to build things with his hands and hopes to have a career as an architect. He performs well in school and plans to graduate early in the Spring of 2014 at the age of 17.

Joseph wants to be adopted by someone who will love him for who he is! The ideal family is a single mom with or without children as he gets along with children of all ages. Joseph needs a loving, committed family now!!

For more information on Joseph, please contact Stephanie Berka at the Adoption Coalition of Texas by email stephanieberka@adopttexas.org or by phone: 512-450-8750.



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*AROR MLS 2/3/13

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Austin Newcomers Club

March 2013 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 Brigadier General Charles A. Miller, Jr., the Chief of Staff of the Texas State Guard. He'll speak to us about our own Texas State Guard, and its mission to serve Texas.

General Miller is a native Texan, born in Taylor TX but as the son of an army officer moved around the country to a series of military installations during his growth years. He is a graduate of Killeen High School, in Killeen TX in 1961, the United States Army Armor School, the Military Police and the United States Army Command and General Staff College. He holds a Masters Degree from Southwest Texas State University.

As the Chief of Staff, General Miller is the



second in command of the 2,000-plus Texas State Guard, which has Army, Air, Maritime, and Medical components. Its members, all volunteers, owe allegiance exclusively to the Governor of Texas, which is different from the National Guard. Each member is screened prior to entry and generally serves for no pay unless there is a state emergency. Their primary mission is disaster relief, especially in case of hurricane strikes.

The monthly luncheon will be held on Wednesday, March 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, March 14.

The club website is www.AustinNewcomers.com and the telephone number is 512-363-2566.

The QR code to the left takes you directly to the Austin Newcomers website.



Celebrate **WORLD AUTISM AWARENESS DAY** at

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TICKETS \$45 (includes 2 drink tickets & appetizers)

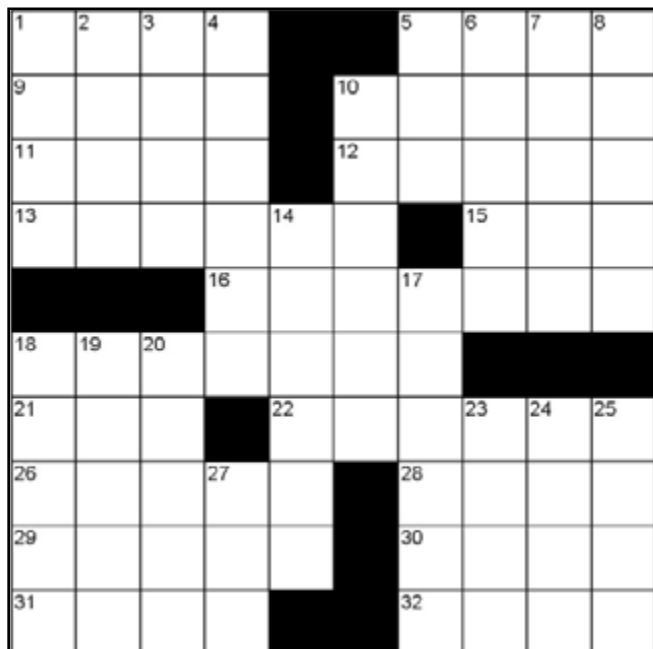
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ACROSS

1. Tails
5. Tableland
9. Billy or nanny
10. Expressing dislike word
11. Capital of Norway
12. Dote
13. Eludes
15. Beverage
16. Crime
18. Crayon name
21. Cause of sickness
22. Merchant
26. Arc
28. Dwell
29. Ballerina skirts
30. Among
31. Dueling sword
32. Fly alone

DOWN

1. Id's counterparts
2. Eat
3. Painter of melting clocks
4. Breezy
5. Soil
6. Show emotions
7. Lark
8. In the lead
10. Fuss
14. Booths
17. City
18. Social position
19. Shred (2 wds.)
20. Having wings
23. Fancy car
24. Vile
25. Do it again
27. Regret

View answers online at www.peelinc.com

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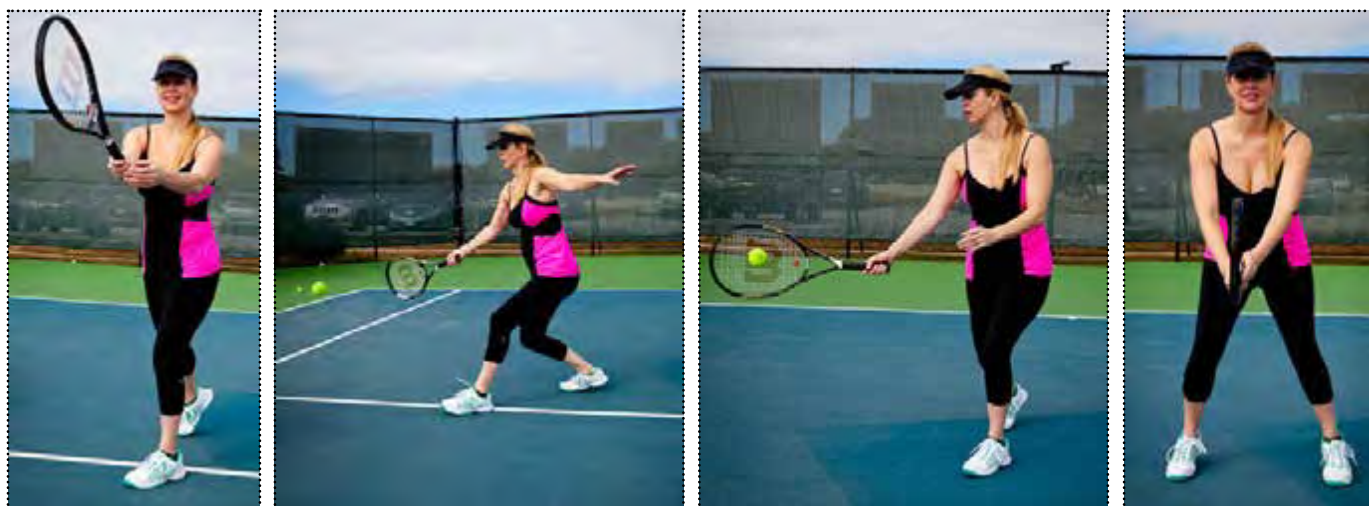
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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to execute The Half Volley

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, and the serve. In this issue, I will give you instructions on how to execute the half volley, which is usually played between the base line and the net. The player is not close enough to the net to hit it on the air and/or does not have enough time to retrieve back to hit it on the top of the flight. The ball is usually hit right after it hits the ground. In these pictures student Camille Palafox demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: The Split step: When the player realizes that she will have to play the ball right after it hits the ground, the player will stop and take the split step by bouncing off her toes at the same time and let her body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball.

Step 2: The Back Swing: The secret of the half volley is to take the racket back early and have a short back swing. Also, it

is critical to lay the wrist back slightly to allow for a good point of contact in front of the body. The player will then bend her knees and lunge forward to hit the ball as soon as it hits the ground. Notice the concentration of keeping her eye on the ball.

Step 3: The Point of Contact: As soon as the ball starts to rise, the player will make the contact with the ball and will aim to go away from the net person. Her eyes are focused on the point of contact and the left hand is still close the body for better balance. The left knee is still bent and the left toe is pointing toward the point of contact.

Step 4: The Finish: Once the ball leaves the racket, the left knee has now almost straightened up and the follow through is above the players' head. This will allow the ball to go high over the net and will land deep toward the baseline. The opponent will have to back off to hit the next ball, or will also be forced to hit another half volley. The left hand is ready to hold the racket on the handle to anticipate the next shot, which probably will be the volley.

Look for in the next Newsletter: *The One Handed Backhand Volley*

Crime Prevention

For Your Home

DOORS & WINDOWS

- All exterior doors should be solid core or of metal construction.
- All entry doors should be equipped with a good quality deadbolt lock having a minimum of a one inch throw.
- A good quality double cylinder deadbolt lock should be used if there is glass within 40 inches of the lock. If using such a lock, be certain a key is readily available in case of emergency. In all cases, use a heavy duty strike plate with Number 12 gauge 3" wood screws.
- All exit doors without side hinges should have their hinges pinned. Install a peephole with at least a 180 degree viewing area.
- Secure all sliding doors with an anti-lifting device and a secondary locking device, and install secondary locking devices on all windows.

EXTERIOR & LANDSCAPE

- Install lighting in areas around doors, walkway, and driveways.
- Use inexpensive timers to automatically turn the lights on and off at dusk and dawn. Do not leave ladders or tools outside. They can assist someone in gaining entry.
- Be certain your shrubs/trees do not hide your address & it is visible so if necessary, emergency personnel can find your home quickly.

ALARM SYSTEMS

- Choose a reputable, well established company.
- Learn how to use your alarm system properly to reduce false alarms (fines can be assessed for false alarms).
- Do not write your alarm code/password on or near the alarm keypad. Put a warning sign on windows and entrances.
- Be certain your alarm call-back list is up-to-date.
- Additional Information
- Acknowledge all callers through locked doors and/or your peephole.
- Keep doors, windows and garage doors closed and locked, even when you're at home. Draw all curtains and shades at night to prevent viewing from the street.
- When traveling, keep your home looking lived-in by having the grass cut, mail and newspapers picked up and lights turned on and off with a timer.
- Before moving into a new house, re-key or change all exterior locks and also change the code to your garage opener.
- Engrave valuables with your Texas driver license (preceded by the letters "TX"). Engravers are inexpensive and are available in hardware departments.



JOIN US FOR GOLF AND A GREAT CAUSE!

DATE: Tuesday, April 30th

11:00 am Registration - 1:00 pm Start

LOCATION: River Place Country Club

FORMAT: 4-person scramble

COST: \$165 per golfer*

*Includes lunch, dinner and lots of swag

Dinner provided by:

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Homestyle Italian Cooking

Register online at:
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Questions about the event?
Contact Jancy Darling
jancy.darling@colinshope.org
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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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A Focus on Healthy Snack Ideas

By: *Concentra Urgent Care*

March is National Nutrition Month. Celebrate by trying out some of these healthy snack ideas:

- Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts
- Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat fruit, such as apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- Bean burritos or burrito bites containing canned, fat-free refried beans, low-fat cheese, and salsa on a tortilla – roll up and cut into bite-sized pieces
- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a

tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce

- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- Turkey sandwich on wheat bread
- Granola or cereal bar

For more information about healthy snacks and diets, contact your health care provider, your Concentra health specialist, or visit the Department of Health and Human Services at: <http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>



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Meridian by Square Ft Range	6 Months Sold History (08/2012-01/2013)						Current Market	
	TOTAL Homes Sold	AVERAGE					TOTAL	
		Square Feet	Price / Sq. Foot	Sold Price \$K	Year Built	Days On Market	Available	Pending Sale
<2500	3	2,363	\$ 129	\$ 304	2006	59	1	2
2500-2999	3	2,767	\$ 125	\$ 346	2009	122	1	0
3000-3499	5	3,330	\$ 119	\$ 398	2007	87	0	2
3500-3999	5	3,715	\$ 131	\$ 488	2010	29	3	1
4000-4500	1	4,069	\$ 135	\$ 551	2012	21	1	3
>4500	n/a	n/a	n/a	n/a	n/a	n/a	0	0
Meridian Total	17	3,217	\$ 127	\$ 407	2008	67	6	8
% Change Mo/Mo	-35%	-9%	0%	-9%	0%	-9%	-33%	14%

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 2/08/2013. 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

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