

SAFE KIDS SAFETY TIPS

By Concentra Urgent Care

Accidental injury is the number one killer of America's children, taking more lives than disease, violence, and suicide. Prevention is the cure. It's estimated that by taking these and other simple precautions, almost all (90%) of these accidental injuries can be avoided.

- Childproof your home. Look at every room as your child would. Ask yourself what looks interesting and what can be reached. Get down on your hands and knees, and check for small things children can choke on.
- Use the back burners on stoves, and turn pot handles to the back. Keep children away from the stove or microwave when cooking, and don't serve hot food or drinks to them. Keep knives, glasses, and scissors where young kids can't reach them.
- Cover electrical outlets that are not in use.
- Keep guns locked, unloaded, and where kids can't reach them.
- Take precautions to avoid fire in the home. Install smoke alarms on every level of your home and in every sleeping area. Test them once a month.
- Plan several ways to escape from each room if a fire starts. Practice the fire escape plan with your family. Identify a safe place to meet outside.
- Lock up matches, lighters, and gasoline. Keep space heaters where kids can't reach them and away from curtains, beds, and papers.
- Never put electrical cords under rugs
- Always supervise children while they are in the bathroom, and follow other important bathroom safety guidelines. Keep the

hot water heater at low-medium or less than 120° Fahrenheit. Mix hot and cold water in the bathtub, and test it on your forearm before putting children into the tub. Never leave the room while they are bathing.

- Keep toilet lids closed and locked, and doors to bathrooms and utility rooms closed when not in use. Put razors, curling irons, and hair dryers out of reach.
- Avoid exposing children to potential poisons. Lock up potential poisons out of children's reach, including cleaning supplies, pet food, medicine, vitamins, beer, wine, and liquor. Read labels and follow directions when giving medicine to children. Know which houseplants are poisonous and keep them where children can't reach them.
- Install carbon monoxide detectors in every sleeping area and test them every month. Make sure heating systems are vented outside and checked every year.
- Prevent serious falls. Keep furniture away from windows. Install guards or stops on windows that are not emergency exits.
- Install safety gates at the top and the bottom of stairs. Never use baby walkers.
- Keep emergency numbers by every telephone. Call 911 if a child is choking, collapses, can't breathe, or is having a seizure. If you suspect a child has been poisoned, call 1-800-222-1222.
- Keep first aid supplies on hand.

For more information about preventing child injury, you can visit the Safe Kids USA Web site at: <http://www.usa.safekids.org>

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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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.

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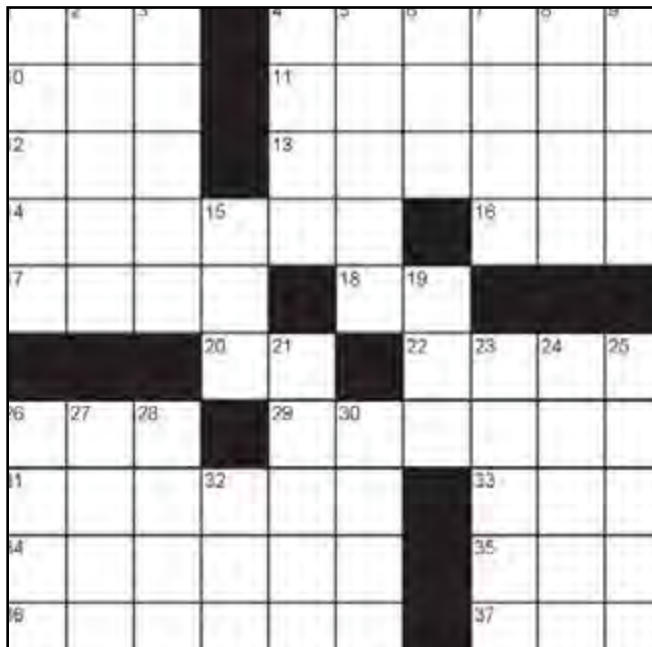
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ACROSS

1. Can
4. At sea
10. Maturity
11. Apt
12. Winter mo.
13. Cactus drug
14. Choose (2 wds.)
16. Long time
17. Tush
18. You
20. Hey!
22. Baby's "ball"
26. Fortify
29. Groove
31. Relating to the laity
33. Loose gown worn at mass
34. Accounts
35. Central Intelligence Agency
36. Stacking card game
37. Critical

DOWN

1. College field of study
2. Open mouthed
3. Rumormonger
4. Dog food brand
5. Zealous
6. Repose
7. Double-reed instrument
8. Singing voice
9. Adolescent
15. Saute
19. Move away
21. Toothbrush brand
23. Taken ___ (shocked)
24. Negate
25. Treed (2 wds.)
26. Alack's partner
27. Standing
28. Short
30. Too
32. Hat

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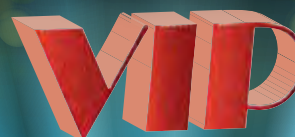
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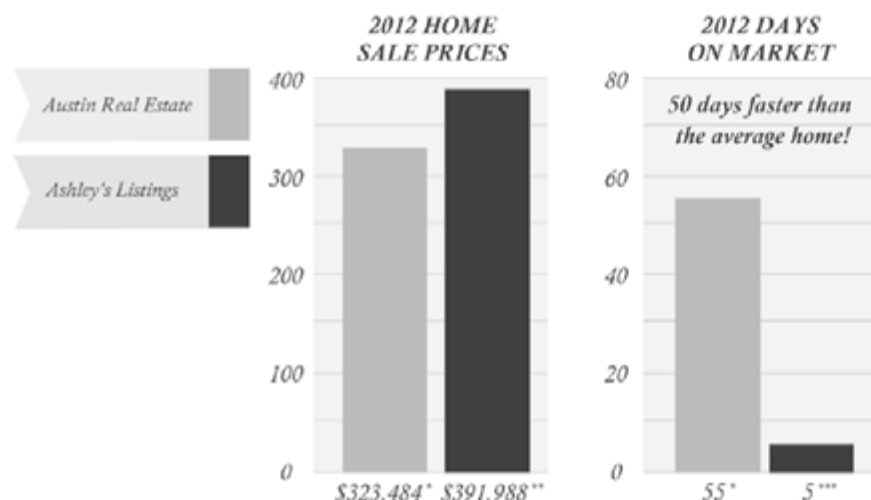


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April Events at the Wildflower Center

Submitted by Saralee Tiede

SPRING PLANT SALE & GARDENING FESTIVAL

*Members Sale, 1 to 7 p.m. Fri., April 12 | Public Sale 9 a.m. to 5 p.m.
Sat. & Sun., April 13 & 14*

We're featuring plants that attract butterflies and a live butterfly demonstration. Guided walks, gardening tips and book signings. Information at wildflower.org

ART EXHIBITS

March 9 through May 27

Shou Ping's colorful paper sculptures in the McDermott Learning Center, Jim La Paso's kinetic metal creations in the gardens and Denise Counley's wildflower watercolors in The Store.

FREE PLANT CONSERVATION LECTURES

7 p.m. Wednesday, April 3 —Dr. Gary Nabhan, "The Three-Legged Stool"

7 p.m. Thursday, April 4 —Dr. Peter Raven, "Plant Conservation in a Rapidly-Changing World"

In the Auditorium

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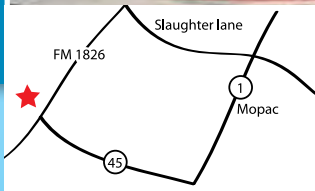
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TENNIS

TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to Execute The One Handed Backhand 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, the serve, and the forehand half-volley. In this issue, I will offer you instructions on how to execute the one –handed backhand volley when players are at the net and have to hit the ball on the fly. In the illustrations, the Manager and Director of Tennis at the Grey Rock Tennis Club, Fernando Velasco, demonstrates the proper form and technique. Photos by Charlie Palafox.

Step 1: The Split step: When the player comes up to the net, the player will stop and take the split step by bouncing off the toes at the same time and let the 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. Notice the left hand being on the throat of the racket, not next to the right hand

Step 2: The Back Swing: The left hand will guide the head of the racket at eye level and with a short back swing. The upper

body has made a turn and the weight of the body has been placed on the left leg. Eyes are focused toward the point of contact. The right hand is relaxed to allow the left hand to make the proper opening to meet the ball.

Step 3: The Point of Contact: As the swing comes forward, the left hand releases the racket and the right foot leans toward the ball. The left hand stretches back to allow proper balance on the point of contact. The head of the racket is slightly tilted up to allow a slice on the ball. This assures good height above the net and will force the ball to stay low when making contact with the court, thus making it tougher for the opponent to return the ball back to the player.

Step 4: The Follow Through: Once the ball leaves the racket, the follow through is extended toward the target. The weight of the player is now on the right leg and the left arm is still balancing the body as a “butterfly swing”. The shoulders are still slightly turned and are ready to come back to the split position.

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

THE MONITOR

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- Kids Stuff -

Section for Kids with news, puzzles, games and more!



What's a Sprayground?

More and more cities are opening spraygrounds, which are water playgrounds. At a sprayground, kids can shoot each other with water cannons and get sprayed by dozens of water jets that squirt from different colored nozzles and hoses.



Do you have a favorite playground? Maybe it's a new wooden one that has lots of tall towers and passageways. Or maybe your favorite is an old-fashioned playground with swings and a seesaw. Playgrounds are fun places for kids because there's so much to do and other kids to have fun with. But sometimes kids get hurt at playgrounds. That's no fun, so here are 10 ways to keep safe:

1. Take a grown-up. As kids get bigger, they like doing things on their own. Going to the playground shouldn't be one of them, though. Grown-ups come in handy because they might spot problems at the playground, they can help you down if you get in a tight spot, and they can help if you happen to get hurt.

2. Take a good look around. If the playground has lots of trash, such as broken glass, or the equipment looks broken, don't play there.

3. Keep your size in mind. Many playgrounds have some equipment that's for little kids (like 2- to 5-year-olds) and other equipment that's meant for older kids. Use the equipment that's right for your age. If you squeeze yourself onto a swing for toddlers, you might get stuck. Likewise, if your little brother or sister starts climbing something meant for older kids, guide him or her to the little kid stuff.

4. Don't go too high. Many playgrounds have tall stuff to play on, such as towers or open passageways between equipment. Don't climb higher than you feel comfortable, and feel free to ask your grown-up if you need help getting down. Never climb up the outside of equipment, or hoist yourself up on the roof. The view might be cool, but it's a long way down.

5. Look out below. The best playgrounds put down special surfacing material, such as mulch, wood chips, sand, gravel, or rubber matting. These surfaces can help soften a fall, but that doesn't mean you won't get hurt, especially if you tumble from a high spot.

6. Swing safely. Kids often get hurt at the playground because they get hit by someone on a swing. If you're swinging, watch out for people who

might be getting too close. And if you're walking around the playground, don't get too close to the swingers.

7. Use your head. Sometimes you'll see kids going headfirst down the slide or maybe two or three kids will get on a piece of equipment that's only meant for one. Or some kids might start goofing around and trying to push each other off a swing or off of a high spot. If your grown-up sees you doing this, he or she will probably say, "Knock it off. Someone's going to get hurt." It's true, so try to use the playground equipment properly. And if you get stuck, or don't know how to get down from something, call your grown-up over so he or she can help you down.

8. Report problems. If you see graffiti (when people write or paint on stuff), a broken swing, or find any other problems while you're playing, tell your grown-up. He or she can report the problem so it can be fixed.

9. Clean up. If you bring a drink or snack to the playground, clean up your trash before you leave. When you do, the park will look nice when the next kid comes along to play and you will have shown that you're a good playground citizen.

10. Have a great time! How can you make a good time at the playground even better? Bring a friend and only complain a little when it's time to leave.

Reviewed by: Steven Dowshen, MD

Date reviewed: May 2008

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

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3000-3499	6	3,296	\$ 126	\$ 415	2008	66	2	2
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>4500	0	n/a	n/a	n/a	n/a	n/a	0	0
Meridian Total	19	3,278	\$ 128	\$ 420	2009	71	10	9
% Change Mo/Mo	12%	2%	1%	3%	0%	5%	67%	13%

Market Report data was obtained from the Austin Multiple Listing Service (MLS) on 3/03/2013. In some cases new construction and FHOH homes are not included in the MLS data and therefore are not represented. Data is deemed accurate but not guaranteed.

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