



May Events at the Wildflower Center

WILD NIGHT OUT

6 to 9 p.m. Thursday, May 2

See the art and meet the artists whose work benefits the Wildflower Center. Enjoy organic wine, appetizers, Brazilian music and more.

GARDENS ON TOUR—A MOTHER'S DAY WEEKEND TRADITION

9 a.m. to 5 p.m. Saturday, May 11

A self-guided tour of five inspirational private native plant gardens plus the Wildflower Center. Tickets available April 20 at Barton Springs Nursery, TreeHouse, Shoal Creek Nursery, the Natural Gardener and the Wildflower Center Store.

TEXAS HIGHWAYS WILDFLOWER PHOTOS

Saturday, May 4 through Sunday, May 12

In honor of National Wildflower Week, striking photos from Texas Highways are on display and photo editor Griffin Smith offers a photo workshop at 9 a.m. on Saturday, May 11. In the McDermott Learning Center.

Closed at 3 p.m. Friday, May 3, for the Wildflower Gala. Open Memorial Day May 27.

More information at www.wildflower.org

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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Food Safety Tips Help Prevent Food Poisoning

When getting together to cook for loved ones, the last thing you want is to get sick from the food you eat. Roberta Anding, a registered dietitian at Baylor College of Medicine, has a few tips to keep your food safe.

- Always use a meat thermometer to check if meat is fully cooked. The color of the meat can't determine the safety of the meat. All meat should be cooked to 165 degrees Fahrenheit.
 - Wash your hands frequently and thoroughly during food preparation.
 - Wash all produce before cutting and chopping.
 - Refrigerator leftovers within two hours.
 - Use a thermometer when reheating food as well.
- Following these basic guidelines will ensure that the food you serve is safe to eat, said Anding.



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Sinuses Can Be a Pain in the Head, Not Neck

That troublesome headache might not be a migraine or brought on by tension. It could be caused by sinus trouble, said doctors at Baylor College of Medicine.

"The sinuses work to humidify and cleanse the air, lighten the weight of the skull, and provide resonance to the voice. Sometimes, the sinuses fail to function correctly, leading to sinus pain caused by an infection or nasal congestion," said Dr. Mas Takashima, assistant professor of otolaryngology at BCM and director of the Baylor Sinus Center. Sinus headaches usually occur along with congestion. Many things can cause sinus pressure and pain, such as sinus infections, nasal allergies, nasal polyps, septal deviations as well as enlarged vascular structures in the nose called turbinates.

"Sinus pain can also be exacerbated by the weather or even plane travel as the pressure changes in the air around you," said Takashima.

Therapy is based on cleansing and decongesting the nose. This can be accomplished with something as simple as nasal irrigation using salt water. Steam, as found in a hot shower, may also provide decongestion and relief. If the problem is caused by infection then antibiotics are used. If it is allergy related, allergy medications may be prescribed. Occasionally surgery is required to keep the passages open.

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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.

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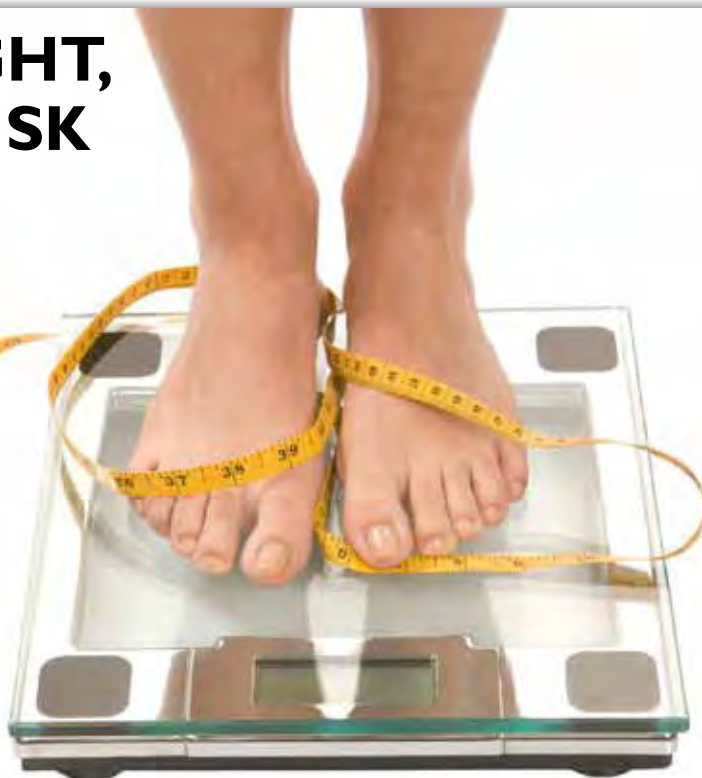
Controlling weight can help a person reduce the risk of cancer, said an oncologist from the NCI-designated Dan L. Duncan Cancer Center at Baylor College of Medicine.

"We do not know exactly how and why obesity affects cancer risk, but we know there is an increase, so it is important for everyone to control their weight to minimize this risk," said Dr. Kent Osborne, director of the Duncan Cancer Center and the Lester and Sue Smith Breast Center, both at BCM.

Research has linked obesity to a greater risk of developing esophageal, pancreatic, colorectal, breast, endometrial, kidney, thyroid and gallbladder cancer, Osborne said.

In some cancers like breast cancer, there is also an increase in the risk of recurrence if a patient already has the cancer and is obese.

Many other factors, such as genetics, may play a role in cancer development, but keeping a normal weight is one thing people can change and it may help, he said.



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SNAKE BITES A CONCERN AS WEATHER WARMS UP

Warmer weather coaxes snakes out of hiding, and it's important to know what to do after a snake bite, according to a medical toxicologist at Baylor College of Medicine (www.bcm.edu).

"Many people don't realize how much of an issue snake bites are in this area of the country," said Dr. Spencer Greene, director of medical toxicology and assistant professor of medicine – emergency medicine at BCM. "In fact, our regional poison center reported 235 snake bites – including 148 from known venomous snakes – in the Houston area in 2012, and I am sure many more are going unreported".

According to Greene, the first step is avoidance.

"Never reach into a hole or a bush blindly, a snake may be resting there," he said. "It is also important to maintain an appropriate distance from a snake. Most pit vipers, which include rattlesnakes, copperheads and water moccasins, can strike at a target up to two-thirds of their body length when provoked."

If you are bitten by a snake, Greene suggests the following important steps:

- Stay calm.
- Call 911 immediately to be evaluated.
- Take off anything that is constricting the affected area, such as a ring or watch.
- Position the affected area at or above heart level. This means that if you are bitten on the hand, bring it to heart level, and if you're bitten on the leg or foot, elevate it if possible. This minimizes the amount of local tissue damage and swelling, which is the most common finding in pit viper bites.
- Go to the emergency room – the sooner the better.

Greene also dispels several myths about treating snake bites and suggests heeding the following advice:

- Do not apply a tourniquet or a constriction band.
- Do not apply ice; it can cause local tissue damage.
- Do not apply heat.
- Don't cut the affected area and attempt to suck the venom out – this increases the amount of local tissue damage.

- Don't use a commercially-available extraction device. These have also shown to be ineffective in removing venom and actually increase the amount of tissue damage.
- Don't use electrical therapy.
- Don't apply any type of lotions or ointments.

The management of snake bites has changed over the years and the newer type of anti-venom has proven to be very effective in reducing pain, bleeding complications, swelling and tissue damage, Greene says. Although anti-venom has been shown to have the maximum effectiveness within the first 12 hours of the bite, it can still be effective a few days after the bite.

At the hospital, physicians will determine if anti-venom and hospital admission is necessary.

"Ideally, patients should be evaluated by a medical toxicologist with experience in managing snake bites," Greene says.

If a patient requires anti-venom, he or she usually spends one or two days in the hospital. After hospital discharge, patients will need to follow up twice a week for two weeks to watch for any signs of recurrent toxicity.



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For more information on Marcus, 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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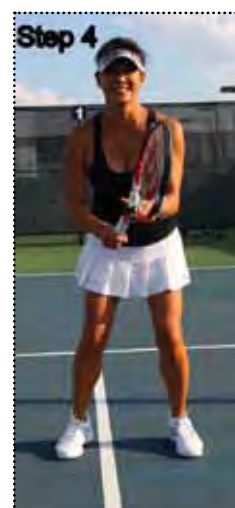
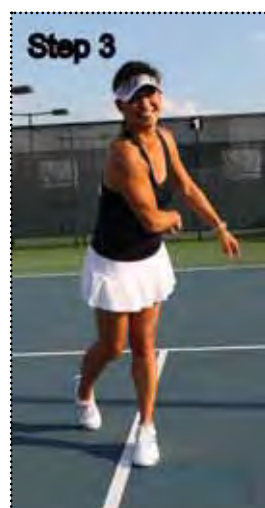


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TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to Execute The Overhead “Smash”

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, the forehand half-volley and the one-handed backhand volley. In this issue, I will offer you instructions on how to execute the overhead “smash” when players get a high ball and they hit the ball above their head. In the illustrations, Matilda O’Connor, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Back Step: When Matilda realizes that a ball is high enough to hit the overhead, she takes a step back on the side to hit the ball. The upper body turns, the racket starts the back motion by keeping the elbow in 90 degree angle and the left hand is pointing to the ball. Notice that her head is looking at the ball and keeping the chin up.

Step 2: The Point of Contact: When Matilda is ready to hit

the ball, her racket starts accelerating from the back position. She is making perfect contact on the upper part of the racket and the right wrist is “snapping” to get on top of the ball. Her left arm is still pointing to the ball to assure a good hit on the “sweet spot”. Her weight has shifted from the back foot to the front foot.

Step 3: The Follow Through: After the ball has been struck by the racket, Matilda will continue the swing of the racket across the left side of her body. The eyes are now focused on the path of her stroke. The left arm is on her left side. Her right foot still kept her toes on the court to allow for maximum balance on the stroke.

Step 4: The Ready Position: Even though the overhead “smash” is a powerful weapon, many times the opponents will return it back to the players. Here Matilda is ready for the next ball coming back to her. By the looks of her smile, it seems that her overhead was successful and she has won the point.

Look for in the next Newsletter: The Forehand Service Return

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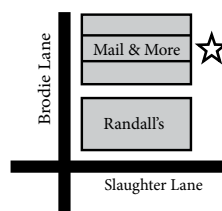
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Heights at Loma Vista	1	4,438	\$ 118	\$ 524	2005	64	2	0
Highpointe	17	3,095	\$ 112	\$ 345	2010	87	18	5
Legend Oaks	23	2,506	\$ 119	\$ 298	1993	45	1	12
Lewis Mountain	4	4,191	\$ 130	\$ 546	1993	128	0	1
Loma Vista	4	3,685	\$ 138	\$ 509	2003	49	0	0
Maple Run	49	1,710	\$ 121	\$ 208	1988	24	2	8
Meridian	24	3,217	\$ 130	\$ 419	2008	67	7	8
Oak Creek Parke	7	2,542	\$ 115	\$ 292	1993	11	0	1
Overlook at Lewis Mtn	1	4,131	\$ 157	\$ 650	1999	160	0	1
Reunion Ranch (New)	n/a	n/a	n/a	n/a	n/a	n/a	4	1
Sendera	5	2,323	\$ 109	\$ 253	2000	16	0	1
Shady Hollow	32	2,420	\$ 121	\$ 293	1988	37	6	12
Villages at Western Oaks	73	2,093	\$ 131	\$ 274	1994	32	0	20
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Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 4/02/2013. In some cases new construction and