

## *American Association of University Women (AAUW) Austin Branch promotes diversity in membership and equity in mission*

American Association of University Women (AAUW) is a mouthful to say but its mission is simple – to advance equity for women and girls through advocacy, education, philanthropy and research. The Austin AAUW was founded in 1923 by some of Austin's outstanding female leaders in religious, civic and cultural activities

Reproductive choice, equal pay, domestic violence prevention, workplace discrimination, and promotion of STEM education are just some of the issues that AAUW promotes on behalf of women in Austin and throughout the world.

The Austin branch of AAUW has appealed to new members over the last year, partly due to recent legislative priorities and court decisions at the state and national levels, which many view as a threat to women's empowerment. Some of the lifetime and all the honorary members joined during the height of their careers several decades ago to make friends who support women's issues.

Our oldest member and former branch president is Kay Goodwin, who was instrumental in the publication of *Women in Early Texas* in 1975, and the founding of the Lifetime Learning Institute in 1977.

Membership VP and SW Austin member Diane Brewer entices prospective members by saying: "I can't tell you how much this group of women has enriched my life. I retired from teaching, like many of our members have done, and really missed the camaraderie of smart women. But we are not all educators; we are in business, social work, law, science, and engineering. We have a love of learning and a desire to help others achieve their dreams in common."

The Austin branch hosts many diverse events including an upcoming conversation with Dr. Shirley Franklin, visiting professor of Ethics and Political Values at the LBJ School, about women shaping public policy, scheduled for October 8; an update on the creative direction of Austin Playhouse from its artistic director, Don Toner, on November 11; and a briefing about human trafficking in Austin and abroad from Dr. Noel Busch, Director of UT's Institute on Domestic Violence and Sexual Assault. More information is available at:

<http://austin-tx.aauw.net/>



# 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](http://www.PEELinc.com) or you can email it [meridian@peelinc.com](mailto: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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## NATUREWATCH

by Jim and Lynne Weber

## FIELDS OF GOLD

Cooler temperatures and shorter days mark the onset of autumn, and the golden colors of the season begin to surround us. Among the amber and scarlet hues making an appearance in the landscape, one cannot help but notice two of our most common fall-blooming native plants: Goldeneye (*Viguiera dentata*) and Prairie Goldenrod (*Solidago nemoralis*).

A member of the sunflower family, Goldeneye is a bushy, drought-tolerant, multi-branched plant that tends to grow in colonies, providing rich swaths of golden color along our roadsides and in open areas. It has narrow leaves and numerous 1.5 inch daisy-like flowers at the tips of long, slender stalks. Growing to 3 feet tall in full sun or up to 6 feet tall in partial shade, this plant is native not only to Texas but to Arizona and New Mexico as well. It prefers relatively dry, partially shaded areas such as woodland edges and open prairies, and in Mexico is also known by the common name Chimalacate.

The mid to late fall blooms of Goldeneye not only provide seasonal color, but provide for native wildlife as well. Goldeneye is the larval food plant for both the Bordered Patch and Cassius Blue butterflies, and if spent flower stalks are left to stand through most of the winter, they will provide good seed forage for Lesser Goldfinches and other birds. Infusions of this plant are still used today as an antibacterial treatment for baby rash.

Prairie Goldenrod, also called Gray Goldenrod, is a slender-stemmed plant

1.5 to 2 feet tall, that blooms from June through October.

A member of the aster family, it has thin, coarsely-toothed leaves and yellow flowers that are borne on the upper side of hairy stalks, arching out and downward to create a vase-shaped flower cluster. Individual plants bloom at various times, extending the flowering season, but they are most noticeable in fall, especially when paired with purple Gayfeather and red Autumn Sage. An excellent addition to a wildflower meadow or a sunny garden, Prairie Goldenrod is naturally found in dry, open woods and upland prairies, and does well in full sun to part shade. A carefree plant, it can become invasive if left alone, but is also easily controlled.

Of special value to bees and butterflies for its pollen and nectar, and to several species of finches for its seeds, Prairie Goldenrod was also used by Native Americans to treat jaundice and kidney disorders, and as a wash for burns and skin ulcers. The Navajo burned the leaves as incense, and used the seeds for food.

As you wander along roadways and pathways this fall, admire these fields of gold that delight not only our senses, but provide a bountiful harvest for our wild neighbors as well!

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, published by Texas A&M University Press.



*Goldeneye (Photo by Joseph A. Marcus)*



*Prairie Goldenrod (Photo by R. W. Smith)*



## SAFETY TIPS FROM THE TRAVIS COUNTY SHERIFF OFFICE



- LOCK YOUR CARS!!!!
- Get to know your neighbors! Report suspicious activity immediately!
- Secure your vehicles, homes, garage doors at all times. (If you have an alarm, use it!) Remove garage door openers from your vehicle at night and when you are out of town.
- Utilize timers for lights, radios, and televisions to give the appearance that someone is home when you are out of town.
- Secure patio doors with a rod.
- Keep the perimeter of your home well lit.
- Take pictures of valuables and keep them stored in a secure location.
- Keep an inventory of all serial numbers for valuable items that can be given to Law Enforcement to track your items if stolen.
- Never leave a vacation message on your answering machine.
- Have a friend or family member pick up newspaper and mail, or stop delivery until you return.
- Keep shrubbery trimmed, to prevent hiding places.
- Park in well-lit areas at night.
- Do not leave valuables in plain sight. Lock them in the trunk or take them inside.
- Organize a community watch program in your neighborhood.
- Secure all windows and doors at all times.

CitizenObserver is being used by the Travis County Sheriff Office to communicate information to Citizens ranging from crime alerts and offender notifications. Be in touch with what's happening! Visit [www.citizenobserver.com](http://www.citizenobserver.com) today and Be Informed!

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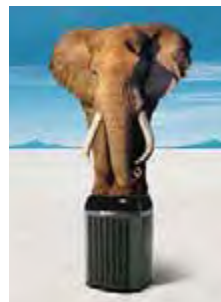
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\* KW Lake Travis / Market Center, 2014



## TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



### The Modern Game: The Swinging Forehand Approach Shot or Volley

In this issue, I will offer instructions on how to execute “The Swinging Forehand Approach Shot or Volley.” This shot is used when an opponent hits a soft shot that is floating high on the service line area. The player will take advantage and will hit the ball on the fly with a huge swing, thus hitting with top spin high over the net and hit with power. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Ryker Heller, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Ryker is coached by the Director of the Tennis Academy, Darin Pleasant.

**Step 1:** The Back Swing: When Ryker sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the right hand gripping the racket and arm in front. His weight is on the front foot as his momentum carries his forward to attack the ball. His right wrist is “laid back” to allow maximum point of contact.

**Step 2:** The Point of Contact: Ryker started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His left shoulder is almost opening and his weight has is moving through the shot.

**Step 3:** The Follow Through: In order to get maximum control and power, Ryker is keeping his right arm extended through the shot. He has “snapped” his right wrist and has the head of the racket facing down. His weight is going forward.

**Step 4:** The Finish: Ryker’s upper body acceleration forced the head of the racket to “wrap around” his left shoulder, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley. His right foot should naturally move forward due to his momentum and racket speed. From his looks, he apparently hit a very deep volley for a winner.

Look in the next Newsletter for: “*The Modern Game: The Swinging Backhand Volley*”

## SUDOKU

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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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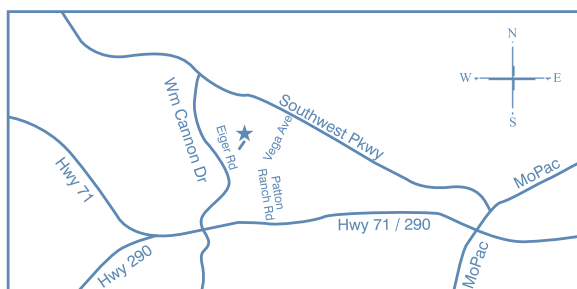
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## GOT STATS?

Circle C Ranch by Neighborhood	6 Months Sold History (03/2014-08/2014)						Current Market	
	TOTAL	AVERAGE					TOTAL	
	Homes Sold	Square Feet	Price / Sq. Foot	Sold Price \$K	Year Built	Days On Market	Available	Pending Sale
Circle C Central	38	3,054	\$ 134	\$ 409	1994	22	7	5
North	14	2,093	\$ 166	\$ 347	1996	13	4	5
On The Park	8	3,225	\$ 146	\$ 471	1997	24	0	0
Wildflower	7	2,027	\$ 165	\$ 335	2001	9	2	0
Park West	9	2,225	\$ 173	\$ 385	2000	16	5	1
Vintage Place	6	3,372	\$ 143	\$ 483	2003	9	1	0
Hielscher	23	3,192	\$ 148	\$ 474	2003	10	4	4
West	12	3,345	\$ 145	\$ 484	2004	24	9	2
Park Place	2	2,779	\$ 150	\$ 418	2006	5	1	2
Muirfield	6	3,614	\$ 147	\$ 530	2006	41	0	0
Enclave 1&2	3	2,700	\$ 155	\$ 417	2008	11	1	3
Lacrosse	9	2,741	\$ 156	\$ 429	2007	9	1	0
Alta Mira	6	3,045	\$ 144	\$ 440	2008	10	1	1
Fairway Estates	3	4,083	\$ 154	\$ 628	2012	80	2	0
Enclave Estates	3	3,954	\$ 156	\$ 615	2010	10	2	0
Avana	19	2,699	\$ 167	\$ 452	2013	58	23	5
Barstow Village	n/a	n/a	n/a	n/a	n/a	n/a	0	0
Barstow Court	1	1,869	\$ 182	\$ 340	2014	7	0	0
Greyrock Ridge	2	3,250	\$ 141	\$ 457	2014	14	0	1
<b>Circle C Ranch</b>	<b>171</b>	<b>2,931</b>	<b>\$ 151</b>	<b>\$ 442</b>	<b>2002</b>	<b>22</b>	<b>63</b>	<b>29</b>
<b>% Change Mo / Mo</b>	<b>4%</b>	<b>2%</b>	<b>0%</b>	<b>2%</b>	<b>0%</b>	<b>-2%</b>	<b>-5%</b>	<b>53%</b>
<b>% Change Yr / Yr</b>	<b>-20%</b>	<b>3%</b>	<b>10%</b>	<b>14%</b>	<b>0%</b>	<b>37%</b>	<b>163%</b>	<b>-33%</b>

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 09/08/2014. Texas License # 515586.

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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