

MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

CALLING ALL MERIDIAN MAMAS TO JOIN CIRCLE C MOM'S CLUB

Circle C Mom's is a group of neighborhood moms that coordinate events for children, moms and families. Children's events include weekly age-specific playdates, holiday parties and field trips. Weekly moms' events are usually hosted at members' homes or nearby restaurants and include activities such as bunko nights, book club, craft night, movie nights, recipe/supper club, ladies-only lunches and much, much more! These activities are a great opportunity for moms to get out and enjoy a little "adult" time and meet new friends.

If you're interested in joining the fun, please contact Kimberly De LaGarza @ delagarzakim@yahoo.com.



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

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**NOT AVAILABLE
ONLINE**

Join Baldwin PTA

If you haven't already, Baldwin PTA is asking for Baldwin Families and Community members to join the PTA and make your support of our school official! Visit BaldwinPTA.org to join now! Single memberships are \$8.50 and Family memberships are \$15 and we need your support to help enrich our school programs.

BUSINESS CLASSIFIEDS

SOUTH20 AUSTIN; Circle C area's only B&B; located Escarpment Blvd and Hwy 45. Two guest houses for overnight guest and small event center located on 20 beautiful acres. Book now for the holidays. www.south20austin.com; 512-338-0904 or south20austin@gmail.com

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or meridian@peelinc.com.



SKILLS, CHARACTER, TEAMWORK

At the Southwest Family YMCA, kids develop all of their skills, from catching and dribbling to teamwork and sportsmanship. Just as important, they learn firsthand the benefits of being healthy & active and that virtual games just can't compare to the real thing.

WINTER YOUTH SPORTS REGISTRATION OPEN NOW!
COED BASKETBALL AND VOLLEYBALL



SOUTHWEST FAMILY YMCA
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#CompassionUp Challenge

For this month let's see how many acts of kindness we can share via social media. Use Twitter, Facebook, Google+, or Instagram.

Discover kindness in yourself, your family, your community, and your world!

When you post to social media:

- Provide a short description of the act of kindness
- Be sure to add #compassionup to your post; and,
- Include the name of your neighborhood.

We'll let you know how we do!

YOUR COMMUNITY, YOUR VOICE

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.



facebook.com/Meridian411

Be the first to know about the good news and happenings in our great neighborhood. Get the scoop on:

- Meridian neighborhood activities
- Baldwin Elementary PTA programs and Spirit nights
- Cool Community updates
- Special offers and freebies from local Circle C/Meridian area businesses

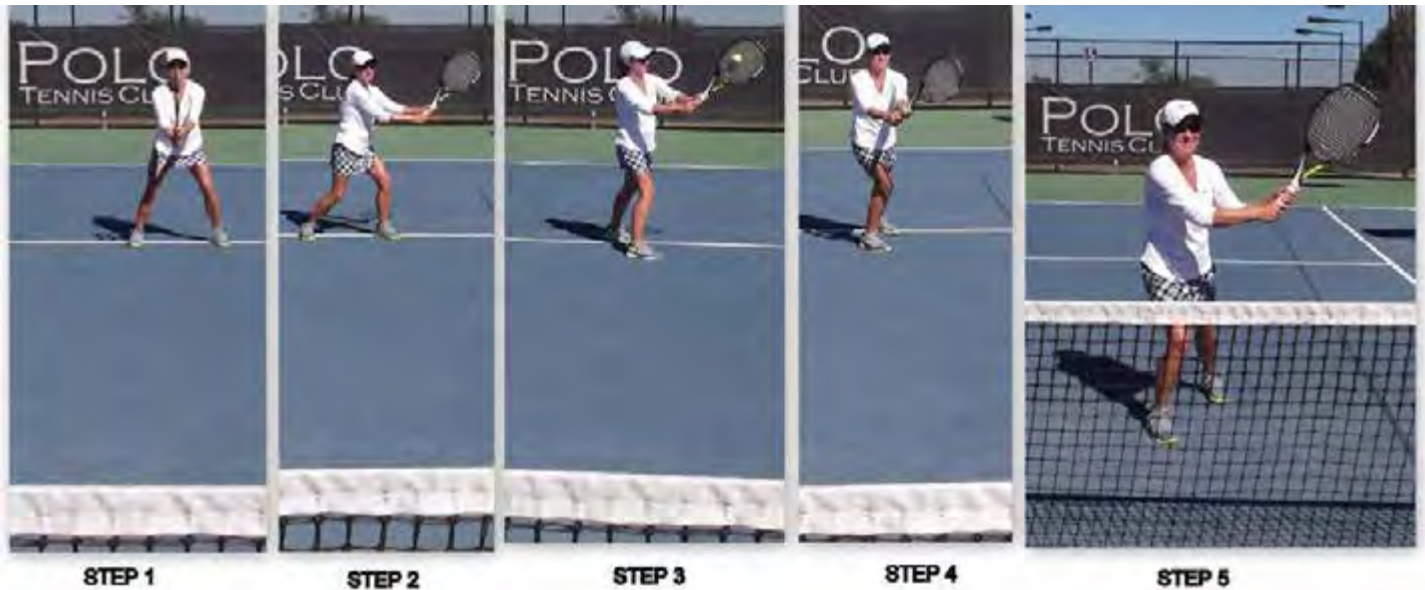
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TENNIS TIPS

*By USPTA/PTR Master Professional
Polo Tennis and Fitness Club, Austin, TX*



How to execute The Two-Handed High Backhanded Volley Approach Shot

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, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, and the forehand high volley approach shot.

In this issue, I will offer you instructions on how to execute the two-handed backhand high approach shot. This shot is used when a player is caught in “no-person’s land” (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley to the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put in a defensive mode and hits a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, “Pancho” Edwards, a player at The Polo Tennis and Fitness Club, shows the proper technique to execute this stroke.

Step 1: The Ready Position and Split Step: When she realizes that she is caught in “no-person’s land”, she takes the split step by bending the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball.

Step 2: The Back Swing: Once she realizes that the ball has been directed to her backhand, she will turn her upper body and will take the racket slightly back. Notice that the left hand next to the right hand to allow her to keep her center of gravity in the center.

She has loaded her weight on her left foot and will be ready to step forward to meet the ball. She will make a slight change toward the continental grip on both hands.

Step 3: The Point of Contact: She now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted toward the point of contact. Notice the right toe pointing to the ball meeting the racket. The face of the racket is open to allow her to hit behind the ball and allow maximum net height and allow her to hit the ball deep. The control of the ball will be made with the left hand, which is holding the racket tighter. The right hand is more relaxed and helps keep the face of the racket in a 45-degree angle at the point of contact.

Step 4: The Follow Through: Once she has made contact with the ball, she finishes the follow through with her wrist laid back. Her right arm is next to her body and her eyes have shifted toward her target.

Step 5: The Move for the Kill Volley: As the ball is headed toward her opponent and she realizes that her shot is deep, now she moves close to the net for the put away volley. If her shot was not deep, she will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she is ready to go for the “kill volley”.

Look in the next Newsletter for:
The One-Handed Backhand Volley Approach Shot

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**Based on 2015 ABOR data*

NATURE WATCH

Hardy Brushfoots

by Jim and Lynne Weber

Fall and winter are hardly a notable time for watching butterflies, except for those in the Nymphalidae family known as the brush-footed or brushfoots. Most of these species are medium-sized to fairly large butterflies that hold their wings flat when resting and have a reduced pair of forelegs. This group is also commonly called four-footed butterflies, because they are known to stand on only four legs while the reduced pair are held up against their mid-section or thorax.

In some species, these shorter forelegs also have a brush-like set of soft hairs called setae, and it is unclear why these forelegs have become vestigial, or appearing



Pictured above: Question Mark

to lose most of their ancestral function. One theory is that these forelegs may be used to amplify the sense of smell (yes, many butterflies 'taste' with their feet), while others believe they are used to improve signaling and communication between individuals of the same species, while standing on the other four. The latter seems to be the leading theory so far, as that ability would prove most useful in terms of reproduction and the continuing overall health of the species.

More remarkably, brushfoots are experts at overwintering, or the process by which they pass through or wait out the winter season. While many insects

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REACHING YOUR NEIGHBORS

and many others...

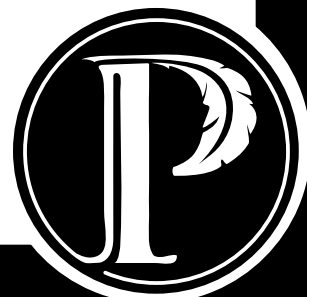
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overwinter as eggs or pupae, brushfoots overwinter as adult butterflies. They take cover in places such as building crevices, under loose bark, or beneath fallen leaves or other plant matter. These places shield the brushfoots from the adverse conditions of winter, and their activity ceases until conditions become more favorable. On the occasional warm winter day in Central Texas, these butterflies often emerge to bask in the sun and feed on various nutritional sources such as tree sap, rotting fruit, or animal scat. While many brushfoots are brightly colored on their uppersides, their undersides are largely dull and cryptic, mimicking dead leaves and bark, offering them additional protection in their chosen overwintering sites.

Examples of the most frequently encountered and easily recognizable brushfoots in our area include the Question Mark (*Polygonia interrogationis*), Red Admiral (*Vanessa atalanta*), and Common Buckeye (*Junonia coenia*). The Question Mark is fairly common in woodland openings, and is recognized by its deep orange wings spotted with brown and angled sharply at the edges. Its cryptic underside is textured brown, resembling a dead leaf, and its hind wing is 'punctuated' by a curved silver line and dot, which gives it its common name. Red Admirals are almost unmistakable, dark above with bright orange-red slashes and white dots on the outer part of the forewings, but exquisitely colored in mostly browns and

blues below. The Common Buckeye prefers open habitats, and can be identified by its overall golden brown color above, interrupted by large and striking multicolored eyespots.

The next time the weather is sunny and warmer, make a point to go outside and take a walk in the woods, a field or your garden, and see if you can find some of these hardy brushfoots!

*Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our book, *Nature Watch Austin* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.*

Pictured on the right: Common Buckeye



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