

MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

SEPTEMBER FOOD TRUCK NIGHT

Submitted by Jacquelyn Waldrop, Realtor

Thanks for coming to Meridian's last Food Truck Night of the year on Friday, September 23. This past month, Meridian residents were treated to a fun evening courtesy of HelloNabr events, the Meridian Social Committee and our neighborhood HOA. 805 Firewalker Brewery and Jacquelyn Waldrop, Realtor with AustinRealEstate.com provided a complimentary beer tasting, while live music played all night long. HelloNabr provided limbo and hula contests, musical chairs, sidewalk art and a DJ dance party for the kids. If you missed it, be sure to join us next spring when our Food Truck series continues. Special thanks to our sponsors and the Meridian's Social Committee volunteers who spend their valuable time planning these fun and exclusive events for our neighborhood.



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

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**NOT AVAILABLE
ONLINE**

Baldwin PTA Update

Submitted by: Jacquelyn Waldrop, Baldwin PTA Board

Save the Dates

Don't miss the Baldwin Carnival on Friday, October 14th from 5-8:30pm for our biggest FUNdraiser of the year! It's a great time for the entire family, even if your kids don't attend Baldwin. Get your tickets and wristbands at BaldwinPTA.org

***Baldwin PTA Meeting, Tuesday, Oct 25th from 6-7 in
the Baldwin Library***

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.

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7TH ANNUAL BALDWIN FALL CARNIVAL

FRIDAY, OCTOBER 14TH 5:00PM - 8:30PM

FUN FUN FUN

Pirate's Revenge * Mechanical Swing * Bounce House * Rock Wall * Photo Booth * Train * Tattoo Shop * Ring Toss * Football Throw * Book Walk * Confetti Eggs * Petting Zoo * Lollipop Tree * Mechanical Bull *... AND MORE!!!

FOOD TRAILERS

Red, White & Cue ** CraigO's Pizza ** Lone Star Kettle Corn ** Kona Ice ** Hot Dogs ** Cotton Candy
The Fall Carnival is one of Baldwin's biggest fundraisers of the year and a really fun event for everyone. Make plans to attend - you won't want to miss it!

WRISTBANDS AND TICKETS

Order your tickets and wristbands online at BaldwinPTA.org now until October 9th!!

- Please note: food, cotton candy, grab bags, confetti eggs, and glow shop items are tickets ONLY!
 - Our ticket booths will accept cash, checks, and credit cards!
- Wristbands will be available at the ticket booth for \$30.00. Wristbands cover all rides and activities, except for noted above.

Do you want an easy way to help our Carnival? Here's how:

BRING IN NEW OR GENTLY USED BOOKS

Thanks to everyone who has donated books for our Book Walk! The box has been filled up a couple of times. But we need plenty of books, so keep them coming. There is a collection box in the school foyer for books for all age groups from picture books to chapter books.

DRINK DONATIONS NEEDED BY OCT. 12TH

We are asking our families to donate drinks for the Carnival. Drop off your pack in the foyer.

- PreK & 5th - 24 count 16.9 oz bottle water
- Kinder - 24 count 16.9oz bottle water
 - 1st grade - 12 pack of Coke
 - 2nd grade - 12 pack of Diet Coke
 - 3rd grade - 12 pack of Sprite
 - 4th grade - 12 pack of Dr. Pepper

MERIDIAN NEIGHBORHOOD GARAGE SALE

**Saturday Morning,
October 8th**

Clean out those cabinets and closets and upcycle those items you've tucked away that are just taking up space!

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

NOW HIRING

Advertising Sales Representative

Description: The position includes marketing our community newsletters to local and area businesses. It is a flexible position that allows you to work from home and set your own hours.

Roles: Stimulate new advertising accounts in our community newsletters. Maintain current accounts assigned to you by Sales Manager. Service your accounts by assisting them from ad design to final proof approval.

Skills: Excellent communication through email and phone, with high level presentation and relationship-building skills. Strong prospecting and business development skills are a must. Previous sales experience preferred but not required.

Benefits: Commission Based
Apply by sending resume to jobs@peelinc.com



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Turn your Bedroom into a Sanctuary

Submitted by: Jacquelyn Waldrop, Realtor @ AustinRealEstate.com

Since we spend about a third of our lives sleeping, we should place high importance on the look and feel of the master bedroom. Follow these tips to transform one of the most important rooms of your home into a relaxing sanctuary.

What to Bring In

- **Neutral Colors** -- Light, neutral hues like creams, taupes, grays and blues provide a tranquil atmosphere. Use soft, coordinating colors for your bedding and walls.
- **Soft Lighting** -- Overhead lighting can sometimes be harsh or too concentrated. Create a soothing mood with soft, balanced lighting throughout the room. Add lamps to brighten dark corners and illuminate each side of the bed.
- **Window Treatments** -- A sense of privacy is essential to any sanctuary. Window treatments offer coverage from the outside world and can be a beautiful design element. If outside lighting disrupts your sleep, consider blackout curtains.

What to Take Out

- **Outdated Bedding** -- A relaxing bedroom begins with a comfortable bed. Most experts recommend replacing your mattress every eight years. Pillows should be replaced every two to three years or every six months if you have asthma or allergies.
- **Excess Furniture** -- Get back to basics by paring down your bedroom to just the essentials. Most people require little more than a bed frame, a couple of matching nightstands and a dresser or chest of drawers. Anything more can quickly become clutter.
- **Unnecessary Electronics** -- From more sleep to better family relationships, there are numerous benefits of having a technology-free bedroom. Reserve your master bedroom for rest and relaxation, and keep electronics out.

Make over your master bedroom into a serene space you look forward to at the end of a long day. These tips can help you get started.



Calling Meridian Mamas to Join Circle C Mom's Club

Submitted by Jacquelyn Waldrop: AustinRealEstate.com & Circle C Mom's club member

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.

Last month, the Circle C and Meridian Mamas held their Bunco Game Night at Sitric House & Home, a local interior decorator, showroom and gift boutique owned by the McGettrick Family and located at 3401 W. Slaughter Lane across from Whataburger and Maudie's restaurants. It's the cute little white house with black and white striped window awnings. Adorable! You've passed it 100 times and thought to yourself, "Hmm, I wonder what that place is?" Yes, that's the place! Thank you Sitric House and Home for opening up your space to our group.

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



Hurricane Preparedness for Your Pets

Don't forget to include your pets in your hurricane preparedness and evacuation plan. Storms can be scary for your animals, especially if they are moved out of their usual familiar environment.

Be sure to have their crate or carrying case ready along with extra bedding and toys. Bring along at least four days worth of food with dishes and one week of medications. Investigate pet friendly hotels or motels ahead of time to be sure they allow pets and do not have a number limit.

In addition, if you are not planning to leave your home and have the space, you might consider fostering one or two animals that may have nowhere to go during the storm period. After all, they ARE a part of the family.



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4 Spices with Surprising Health Benefits

When it comes to adding flavor to your favorite meals, there's more to seasoning than salt and pepper alone. There's a whole world of spices out there that can take your cooking game to the next level and offer some surprising health benefits along the way.

Spice up your meals with these top picks that are as healthy as they are versatile.

1) Oregano

Fun fact: One teaspoon of oregano has the same amount of antioxidants as three cups of spinach. This healthy herb also contains potassium, zinc, iron, protein, calcium, magnesium, and fiber.

Try it: Add a few pinches of oregano to a dish of melted butter. Brush it on fresh-baked dinner rolls for a flavorful finish.

2) Cinnamon

Sure, it's a tasty addition to all-things sugary and sweet, but did you know that cinnamon can help reduce blood sugar levels? Plus, it's been shown to help improve brain function, promote better heart health, and even protect against diabetes.

Try it: Top baked sweet potatoes with a dash of cinnamon and nutmeg. These two spices pair well together and their woody aromas make them top picks for holiday dishes.

3) Nutmeg

Speaking of nutmeg, did you know that this spice can help prevent cavities? It can also naturally detox the body, improve digestive health, and reduce inflammation and pain.

Try it: Sprinkle a pinch of nutmeg onto your morning bowl of oatmeal and pair it with your favorite fresh fruits.

4) Cumin

One tablespoon of this spice contains 20% of your daily iron, which plays a big role in carrying oxygen to all of your cells. It can also boost your brainpower and keep your immune system in tip-top shape.

Try it: Add a dash of cumin to your next batch of chili. It will add a hint of spice without turning up the heat.

Donna Kelly-Konopka

Back to School with Boxtops!

*Submitted by: Jacquelyn Waldrop, AustinRealEstate.com,
Baldwin PTA member*

Please continue to collect your Box Tops and Labels for Education for free funds for our school! Go to www.boxtops4education.com and www.labelsforeducation.com for collection sheets. Or, simply snip them, save them and drop them in the blue barrel in the Baldwin lobby any time school is in session. Look for labels on many of your grocery products: Betty Crocker, Campbell's soups, General Mills, Green Giant. Hefty, Pepperidge Farm, Pillsbury, Prego, Yoplait, Ziplock and many, many more.

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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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