

MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN



December Holiday Party:



COOKIES, COCOA AND CAROLING

Submitted by Jacquelyn Waldrop

On December 19th, Meridian held its annual Cookies, Cocoa and Caroling at the Pavilion, followed by a tour of the neighborhood's finest holiday light displays! Neighbors gathered to spend to enjoy these holiday festivities. Thank you to all the Meridian neighbors that came out to support the event and to our wonderful Social Committee for organizing the celebration!



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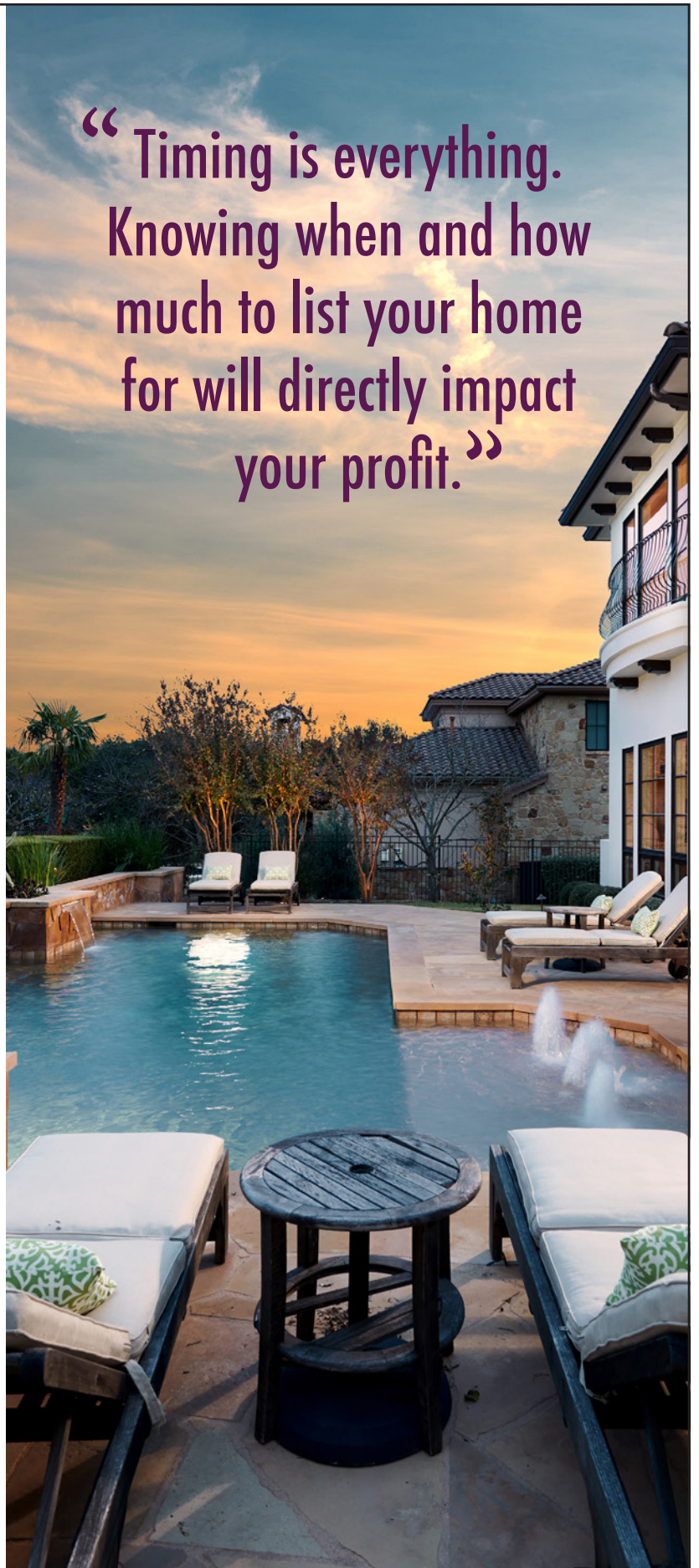
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much to list your home
for will directly impact
your profit.”



December Holiday Lights Contest Winners

Submitted by Jacquelyn Waldrop

Congratulations to the Holiday Lights Contest Winners! Thank you, Meridian, for spreading holiday cheer throughout the neighborhood!

8613 Alophia

12425 Pratolina

7612 Mitra

(featured in the photograph)

12321 Aralia Ridge Dr.



The Girl Scout Cookies are Here!

*Submitted by Jacquelyn Waldrop, Realtor-AustinRealEstate.com
& GSCTX volunteer*



The Girl Scouts of Central Texas Cookie Sale is going on now through the end of February. Look for your friendly

neighborhood Girl Scout at your door step or at troop cookie booths right here in Meridian, at area grocery stores, restaurants and other retail locations nearby.

Be sure to get a box of your favorites before they are gone, including Thin Mints®, Peanut Butter Patties®, Carmel deLights® and back by popular demand: Girl Scout S'mores™ Cookie in honor of the Girl Scouts Centennial Birthday last year!

Not only will you enjoy this once-a-year treat, but you'll enjoy it even more knowing you helped a future leader develop important life lessons and financial skills. Find a troop near you selling cookies: <http://www.gsctx.org/en/cookies/find-cookies.html>



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Healthy Heart Habits

Submitted by: Aaron Williams, PharmD @ Brodie Lane Pharmacy

As you began the new year, did you resolve to have healthier habits? Unfortunately, according to a long-term study, Americans aren't doing as well as they were 20 years ago in maintaining a heart-healthy lifestyle,¹ which increases their chances of having a heart attack, stroke, or heart disease.² In an effort to reverse this trend, the American Heart Association has published a list of seven steps that can lead to healthy lifestyle changes: Life's Simple 7. In that study, the percentage of Americans who met these heart-healthy goals dropped their risk of developing heart disease from 8.5% to 5.8%.

Life's Simple 7:

1. Eat a balanced diet.
2. Get active.
3. Manage your weight.
4. Stop smoking, or using tobacco.
5. Manage blood pressure.
6. Control cholesterol.
7. Reduce blood sugar.

What's best for Women?

In the past, it was thought that hormones protected women from heart disease until menopause. Now we know that's not the case. Two recent studies show there may be subtle differences in what's best for women vs. men. In one study, women who followed these six habits cut their risk of heart attack by a whopping 92%.³

1. Don't smoke.
2. Maintain a normal body mass index (BMI).
3. Exercise—moderately to vigorously—at least 2.5 hours a week.
4. Watch no more than seven hours of TV each week.
5. Drink no more than one alcoholic beverage each day.
6. Eat plenty of fruits and vegetables, whole grains, and fish or omega-3 fatty acids. Limit sugary drinks, processed and red meats, trans fats, and sodium.

Even women who adopted just one or two of these healthy habits lowered their heart risk, with a normal BMI having the greatest impact.

What works best for Men?

A Swedish study tracked 20,000 men, and found that men with the following habits cut their risk of heart attack by 86%:

- Don't smoke.
- Eat a healthy diet.
- Drink no more than two alcoholic drinks a day.
- Stay physically active (i.e., walk or bike at least 40 minutes a day).
- Maintain a waist circumference of less than 37 inches.³

For men, healthy diet and moderate drinking appeared to have the most impact on reducing their heart risks.

Know your numbers.

Your numbers include: blood sugar, cholesterol, and blood pressure—as well as your weight. The next step is to talk with your doctor about ways to improve. Call or stop by Brodie Lane Pharmacy, so we can also give you tips on tracking—and improving—these critical numbers. For example, if you want to track your blood pressure at home, we can advise you on how best to do that. Remember: high blood pressure is a “silent killer,” so the only way to know whether or not it's lurking is to check it. Nearly 30% of Americans have high blood pressure. And nearly half don't have it under control with either lifestyle habits or medication.² If your doctor has prescribed blood pressure medication, be sure to take it. For some people, that's the only way to keep it at bay.

The bottom line is that it's never too late to start on the path to a healthier lifestyle. Even small changes can make a big difference. Stop by Brodie Lane Pharmacy and we can help. We're always just a phone call (or visit) away.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.



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Baldwin Elementary PTA News

Submitted by: Jacquelyn Waldrop, Baldwin PTA Board



At the January PTA meeting, a nominating committee was formed, per the PTA Bylaws, to solicit volunteer nominations and will then present a slate to elect the 2018-2019 PTA Board at the April PTA meeting. In addition, this group will also be working to help

fill committee chair positions.

- Open Board positions: President, VP of Fundraising, VP of Membership, VP of Programs, Secretary and Treasurer
- The new President will appoint a Parliamentarian and Historian.
- Visit <http://baldwinpta.org/contacts.php> to learn more about these open roles and their corresponding responsibilities.
- Feeling called to help, but not quite sure you want to take on a leadership position? There are countless ways you can help, in a way that fosters your interests and talents: <http://baldwinpta.org/volunteer-programs.php>

No time on your hands to volunteer? That's ok, but we need your voice!

Baldwin PTA needs families and community members to join the PTA and make your support of our school official! You don't have to have a child at Baldwin to be a part of the PTA and share your voice.

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. We are a few members short of our goal to grow our PTA to 400+ members strong this year.

Visit <http://baldwinpta.org/pta.php> to join today!

Mark your Calendars: 2017-2018 PTA Meetings

- Thursday, February 15 @ 6pm
- Thursday, April 19 @ 8am
- Thursday, May 17 @ 6pm

**GO GREEN
GO PAPERLESS**

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Save the Date for Baldwin Bash 2018

Do you remember going to the circus as a kid? I know I do. It was the first time I tasted cotton candy; the first time I saw an acrobat fly through the air and when I decided I was skeptical of clowns. Baldwin Elementary PTA hopes to infuse the excitement and nostalgia of the circus to our annual fundraising dinner, Baldwin Bash. This year's affair, Under the Big Top, will be held on April 27, 2018, from 6:30 pm to 10 pm at Ranch Austin.

Baldwin Bash will support our numerous Baldwin Elementary PTA efforts to improve the quality of education for our students. Funds raised provide technology enhancements to every classroom; aid in beautifying our campus while offering new ways to instruct outdoors; allow us to supplement classroom instruction by fulfilling wish lists from our dedicated teachers and staff; and plan for the future of our school community.

Last year was a tremendous success with nearly 150 guests in attendance. The event raised over \$23,000 and we plan to surpass that amount in 2018.

We hope you will join us for a delightful evening "Under the Big Top". To purchase tickets or to sponsor the event, please visit: <https://charityauction.bid/BaldwinBash2018>.

**THE WEST
TEAM**

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The service was outstanding & included at no extra cost to me:

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- Useful, real-time feedback on showings
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- Constant updates on market trends, comps, and great analyses in order to best respond to the market
- A genuine level of compassion that is rare and smooths out the bumps during the crazy sales process
- Solid negotiating skills when executing the contract

In sum, choosing Jacquelyn Waldrop with The West Team was clearly a genius move!" —Olga V.

#DoesYourRealtorDoThis

**Jacquelyn Waldrop
Realtor®, CNE**
J.Waldrop@AustinRealEstate.com
512-923-3099

AustinRealEstate.com
3103 Bee Caves Road, #102 ~ Austin, Texas 78746

Save the Date: Events at Gorzycki Middle School



GORZYCKI
MIDDLE SCHOOL
AUSTIN Independent School District

Feb 14: PTA General Member Meeting,
9 AM – 10 AM (GMS Library)

Feb 16: 7th & 8th Grade Valentines Dance,
6 PM – 8 PM

Feb 21: Parent Advising Session for Bowie High School,
3:30 PM – 5:30 PM (GMS Library)

Feb 26-Mar 1: Spring Book Fair

Mar 1-3: Spring Musical: Annie

Mar 9: Tiger Day, 1 – 3PM

Mar 22: Instrument Placement for 2018-19 Students,
4 PM – 6 PM

**DO YOU HAVE A STUDENT AT GORZYCKI
MIDDLE SCHOOL, BOWIE HIGH SCHOOL OR
OTHER AREA SCHOOL? YOUR NEIGHBORS
WANT TO HEAR ABOUT ALL THE NEAT THINGS
GOING ON AT YOUR CAMPUS. SUBMIT YOUR
GOOD NEWS TO JACQUELYN WALDROP @
J.WALDROP@AUSTINREALESTATE.COM AND
SEE IT PRINTED IN THIS PUBLICATION.**

Wastewater Averaging Begins November 2017 and Ends March 2018

Submitted by Jacquelyn Waldrop, Realtor® - AustinRealEstate.com

November marked the beginning of Austin Water's annual wastewater averaging period, which spans three consecutive billing periods beginning in mid-November and ending in mid-March. The water used during the averaging period will determine wastewater charges for most customers for the 2017-2018 service year. You can lower your wastewater costs for the next year by conserving water during these billing periods. www.austintexas.gov/wastewateraveraging

There are several simple ways to save water, most of these cost little or nothing, and don't require a major lifestyle shift. Small water savings can add up over the course of a year.

Indoor Water Conservation Tips:

- Check your toilet for leaks. Put a few drops of food coloring in the tank. If color appears in the bowl without flushing, you have a leak that needs repair.
- Replace older toilets. WaterSense® labeled high-efficiency models use 1.28 gallons per flush. Consider installing a dual flush model that can use even less water.
- Take shorter showers. Try for less than 5 minutes. If you take a bath, only fill the tub half full. Replace bathroom faucet aerators and showerheads*. Aerators use 0.5 gallons per minute and showerheads use 1.5 gallons per minute or less.
- Turn off the water. Don't use water while you shave, brush your teeth, lather in the shower, and shampoo/condition your hair.
- Fix leaky/dripping faucets. Even a slow drip can waste several gallons a day.
- Only run your dishwasher with a full load. Scrape food from plates instead of rinsing them.
- Chill drinking water. Put water in the refrigerator to cool instead of running the faucet.
- Replace your clothes washer. Energy Star® rated models use less water.

Calling Meridian Mamas to Join Circle C Mom's Club

Submitted by Jacquelyn Waldrop

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 are interested in joining the fun, contact: Jacquelyn.Waldrop@gmail.com

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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