

# MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

## MERIDIAN NEIGHBORHOOD GARAGE SALE

Saturday morning, April 21st  
@ 8am-1pm

*Submitted by: Jacquelyn Waldrop, Realtor*

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

Meridian hosts two neighborhood garage sales per year. The first in April and the second in October.

Updates posted on "NextDoor" and the Meridian Social Buzz Facebook page.



## Meridian Social Event Calendar 2018

Saturday, March 31st.....	Egg Hunt
Saturday, April 21st.....	Garage Sale
Friday, May 4th.....	Food Truck and Movie Night
Monday, May 28th.....	.....Ice Cream Social and BBQ Fundraiser
Thursday, June 21st.....	Food Truck and Pool Party
Wednesday, July 4th.....	4th of July Parade
Thursday, August 16th.....	DJ Middle School Pool Party
Friday, August 24th.....	.....Back to School Food Truck/Pool Party/Laser Show
Monday, September 3rd.....	Labor Day Charity BBQ
Saturday, October 13th.....	Garage Sale
Nov.....	TBD
Tuesday, December 18th.....	Holiday Lights

*Dates Subject to Change*

## 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!

## 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](mailto:advertising@PEELinc.com). The advertising deadline is the 9th of the month prior to the issue.

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## Are You Getting Enough Calcium?

My advice for maintaining healthy bones.

*Submitted by: Aaron Williams, PharmD*

Taking calcium—either through diet or supplements—is a little like making deposits into a bone bank account. If you keep a healthy balance of this mineral, your body is able to build and maintain bone tissue, which is a living, and ever-changing. Not only does calcium keep bones and teeth healthy, it also helps with clotting blood, sending signals between nerves, and regulating heart rhythms.<sup>1,2</sup>

If you fail to make calcium “deposits,” your body starts to pull calcium out of your bones and “overdraws your account.” Worse than a painful overdraft fee, however, this calcium imbalance can cause porous, weakened bones. This condition is called osteoporosis. In the U.S., it affects 8 million women and 2 million men, resulting in 1.5 million fractures each year.<sup>1</sup>

How much calcium do you need? It varies, depending on your age. Your preteen or teen needs more. Banking calcium at this stage is really like making an early investment in “retirement.”

The National Academy of Sciences recommends:

- 1,300 mg/day for children ages 9–18
- 1,000 mg/day for men and women ages 19–50
- 1,200 mg/day for men and women ages 50 or older<sup>1,3</sup>

Some guidelines suggest 1,500 mg for postmenopausal women who don’t take estrogen.<sup>2</sup> That’s because—due to a loss of estrogen at menopause—women start to have bone loss earlier than men.<sup>1</sup>

If you take calcium supplements, it’s best to divide the dose. Take half in the morning and half at night.<sup>2</sup> Stop by the pharmacy or call me if you have questions about different types of calcium supplements and different foods that provide the much-needed mineral. I can also discuss any prescription medications that might interfere with calcium absorption. And I can give you tips on how to handle any calcium side effects, such as constipation or indigestion. To limit side effects, be sure to take no more than 2,000 mg daily.<sup>2</sup>

Foods rich in calcium include dairy products, dark leafy greens, dried beans, nuts, and calcium-fortified foods, which may include orange juice, cereal, and bread.<sup>1,3</sup> Some recent studies suggest that food sources of calcium may be better than supplements. Last year, a study reported on in the American Journal of Clinical Nutrition showed that participants who got most of their calcium from diet had better bone density than those who got most of it from supplements.<sup>4</sup> It’s too soon to know why, but it might have to do with better absorption, or other food compounds that enhance bone health.

What else can you do to prevent bone loss as you age? Try weight-bearing exercise, such as walking or running, and make sure to get enough vitamin D.<sup>3</sup> This vitamin helps your body absorb calcium. To get enough of it, you should spend at least 15 minutes in the sun several times a week.<sup>5</sup> You can also take supplements or eat foods rich in vitamin D—salmon, tuna, or fortified milk, margarine, or cereal.<sup>6</sup> Try to get 800 International Units (IU) daily, but no more than 2,000 IU, which can be toxic.<sup>2</sup>

*For Sources, visit: <http://brodielane-pharmacy.com/advice/>*

## Dangers of the Dryer Vent

Submitted by: Jacquelyn Waldrop-Realtor



A friend called me the other day to ask if I had a recommendation for an appliance repair person that could come look at her clothes dryer. Before offering up a suggestion, I asked her what seemed to be the problem. She indicated that the dryer wasn't drying the clothes very well, that it would

take several cycles to get a load "nearly" dry.

I am no appliance expert, but I then asked when the last time was that she had her dryer vent cleaned. She said she faithfully cleans the lint trap between every load but wasn't sure when the last time she had the actual vent that extends to the outside of the house cleaned, which is common. In my real estate career, I have seen many (dare I say, nearly all) inspection reports that identify a clogged dryer vent duct in need of cleaning, which is red-flagged as a fire hazard, with the added impact of decrease in the functionality of the dryer.

In looking into this further, I uncovered a report from the U.S. Consumer Product Safety Commission that more than 2,900 fires are ignited each year by clothes dryers. Lint and other debris can build up in dryer vents, which reduces the air flow to the dryer (the reason why the dryer may not be at optimum function) and causes a back up in the dryer's exhaust gas, creating conducive conditions for a fire to blaze.

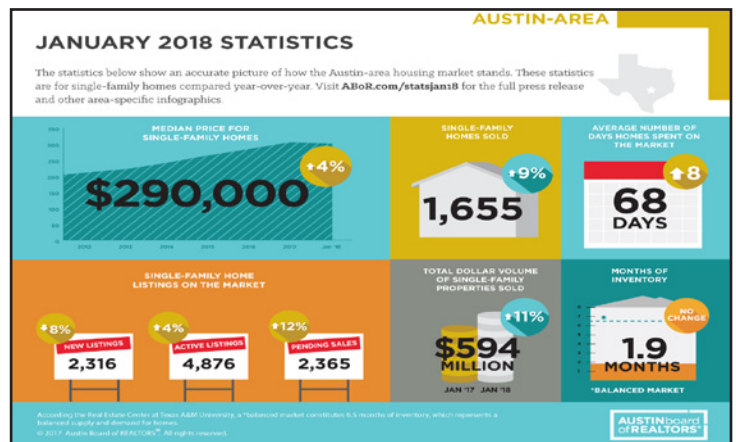
For this reason, when I see this pop up on inspections reports, I always urge my clients to have this safety hazard resolved immediately. There are DIY kits available on Amazon.com and at the local hardware stores or a professional chimney sweep can get the job done for you. The last time I had this service done by a professional, it was less than \$150, which is money well spent for the peace of mind it brings. Be safe, y'all. Get your dryer vent cleaned. Protect yourself, your home and your family! [https://www.usfa.fema.gov/prevention/outreach/clothes\\_dryers.html](https://www.usfa.fema.gov/prevention/outreach/clothes_dryers.html)

## January 2018 Austin - Round Rock Home Stats

Submitted by: Jacquelyn Waldrop-Realtor

Following are **January 2018** single-family housing market statistics for the Austin-Round Rock MSA:

- 1,655** – Single-family homes sold, 8.5 percent more than January 2017
- \$290,000** – Median price for single-family homes, 3.6 percent more than January 2017
- 68** – Average days homes spent on the market, 8 days more than January 2017
- 2,316** – New home listings on the market, 7.9 percent fewer than January 2017
- 4,876** – Active home listings on the market, 4.2 percent more than January 2017
- 2,365** – Pending sales for single-family homes, 12.2 percent more than January 2017
- 1.9** – Months of inventory, the same as January 2017
- \$593,796,056** – Total sales dollar volume, 10.6 percent more than January 2017



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## SCHOOL NEWS CORNER

### Get your Tickets for "Under the Big Top"

Baldwin Bash 2018 is Friday, April 27th  
from 6:30-10pm @ Ranch Austin



Baldwin Elementary PTA hopes to infuse the excitement and nostalgia of the circus to our annual fundraising dinner, Baldwin Bash. 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. Join us!

Do you have a small business? We are looking for sponsors, silent and live auction items. This is an excellent opportunity to reach our extraordinary community.

We hope you will join us for a delightful evening "Under the Big Top". Tickets are on sale now! Purchase tickets or to sponsor the event, please visit: <https://charityauction.bid/BaldwinBash2018>.

### SAVE THE DATE:

### Events at Gorzycki Middle School



Mar 9: Tiger Day, 1 – 3PM

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

### Baldwin Elementary PTA News

*Submitted by: Jacquelyn Waldrop, Baldwin PTA Board*



The Baldwin PTA Board Nominating Committee is seeking nominations for the 2018-2019 PTA Board. The committee will then present a slate for election of 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](http://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, April 19 @ 8am
- Thursday, May 17 @ 6pm

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](mailto:J.Waldrop@AustinRealEstate.com) and see it printed in this publication.



# THE MONITOR

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## 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



"Over the last 22 years I have had to sell five residences, and I can easily say that **Jacquelyn Waldrop of The West Team @ AustinRealEstate.com** is the best real estate agent I have ever encountered. Along with her team, she brings expert experience, honest answers, and genuine care for clients.

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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**

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## READY. SET. SUMMER!

**YMCA of Austin Camps offer children & teens safe, exciting, and memory-making experiences. At the Y, campers gain a sense of accomplishment, build relationships, and find their sense of belonging.**

### Summer Camp Registration Now Open

- For ages 4-14
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Spaces Are Limited!

**Register at [AustinYMCA.org/camp](https://austinyymca.org/camp)**  
or call Program Services at 512.236.9622

## CLEARING THE CLOSET

### No better Time than National Clear Out the Closet Week

*Submitted by: Melynda Weiland, Order to Everything-Professional Organizing*

Do you have a closet where, when you walk in, your anxiety level goes up 10 notches? Or perhaps one where items spill out when the door is opened? You're not alone. It's National Clear Your Closet Week and I have 5 simple steps to help you clear your clutter and free you from your closet overwhelm. As a bonus, this will help you get ready for our Meridian Garage Sale next month.

1. Remove everything, that's right, everything. It's important to see and touch all of your clothing, shoes, etc. to make accurate decisions on whether you will keep them or not. Viewing the empty space also gives a different vantage point allowing you to see all the possibilities of placing your items.
2. Ask yourself some questions in your decision process. Does it fit? Will I ever really wear it? Are there any rips or tears? Do I love it? Be honest with yourself. Just because you may lose weight this summer, will those jeans really be what you want to wear? When going through your items, divide them into 6 piles: keep, relocate, donate, sell, recycle, and trash. Whatever is in the keep pile goes back in, everything else goes.
3. Create categories to keep your closet orderly and put like with like. Having categories (tank tops, sweaters, long sleeve, short sleeve, etc.) will not only make the space look better, it will also make it easier to find what you are looking for.
4. Make an inventory list and go shopping. Now that you know what you're going to keep, it's time to gather any bins, hangers, etc. you may need to put it all in place. Begin by putting everything back in the closet where you want it to go. Create a list of containers, shelves, hangers, etc. needed to house your items and measure, measure, measure. You may think that measuring the shelf is enough but measuring what is being placed there is essential in finding the right size container. With your measurements of height, width, and depth of your items and space, it's time to go shopping!
5. Put it all in place. With your new containers, place all of your items in their new homes. Create labels for bins and, voila! You have an organized closet.

Here are a few tips to aid in your closet organizing project:

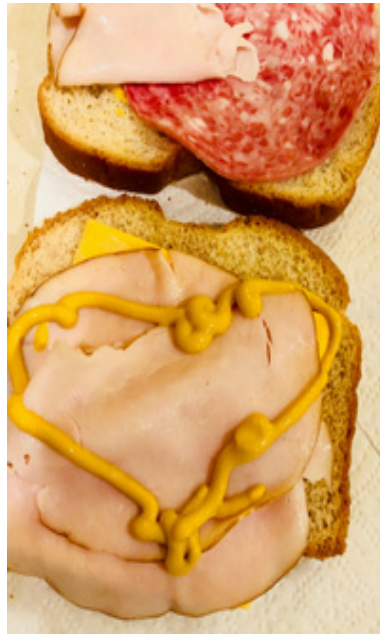
- Velvet hangers streamline the look of a closet, eliminate hanger bumps on clothing and maximize hanging space.
- If you're tight on time, start working on one section of the closet first and move on to other sections as you go.
- In addition to categories, take it one step further and organize your clothing by color within each category.
- Use space saving shoe holders or shoe bins to create more space for your shoes.

- Always measure the largest item to go in an area when measuring for bins to ensure everything will fit.
- Think vertical. Most closets have a ton of space above the top shelf. Store luggage, stack bins with lids or add shelving to use the space to your advantage.

The third week in March is Clean Out Your Closet Week. I'm going to be tackling my Master Closet, what closet are you going to conquer to clear your clutter!

## FIND THE BEAUTY IN ANYTHING

*Submitted by: Kimberly Paulson, Unbound Life Coaching*



Wowzers. Sometimes it really is just one of those series of days. Yes, even as a coach, I face some of the funk that all of us do (of course).

Lately, it has been a bit trying around the Paulson household. Tonight though, as I was making school lunches for four, I realized I had drawn a heart made of mustard. I know, you have to look hard to see it but it's there, I promise.

In the midst of some challenges, my soul is still trying to make beauty out of things I do. My kids won't even notice this act of love. They don't need to know. I did it for me. I did it to make something I do each night feel special. I did it so my kids would be blessed with a little extra dose of love that they don't even know about and that made it just a little bit more special to me tonight.

How are you touching others in ways they don't even know about? What does it do to your spirit? What could others possibly be doing for you that you don't notice?

It's all around us, even if it is just a sandwich. Find the beauty.





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