

MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

Baldwin Bash = Big Success

Submitted by: Jacquelyn Waldrop, Baldwin PTA Board

Thank you, Baldwin community and our Meridian neighbors! You showed up BIG to the 2018 Baldwin Bash! We raised more than \$21,000, thanks to your support! Funds raised will support Baldwin Elementary PTA efforts to improve the quality of education for our students, including 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. We appreciate your support! Photo credit to Gina Stecher Photography



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!

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NEWSLETTER INFO

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ONLINE**

Save the Date for Meridian Social Events★

Thur, June 21:

Food Truck Night & Summer Pool Party

Wed, July 4:

4th of July Parade

Thur, Aug 16th:

Middle School Glow-in-the Dark Swim Party with Live DJ

Fri, Aug 24th:

Back to School Food Truck Night & Pool Party/Laser Show

Mon, Sept 3:

Memorial Day BBQ Benefit Fundraiser

Sat, Oct 13:

Neighborhood Garage Sale, 8am-1pm

Tues, Dec 18:

Holiday Cookies, Caroling & Cocoa @ the Pavilion + Holiday
Lights Contest Judging

**Dates and Activities Subject to Change*



MAKE A SPLASH THIS SUMMER

The water is waiting for you this summer at the Y – along with all of your favorite group exercise classes, personal training programs and summer enrichment activities for kids. Kick off your day with a splash, cool down post-workout, spend quality time with the family or relieve some stress with a few laps after work. No matter your reason, jump on in!

Join today at AustinYMCA.org



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Welcome to Kindergarten!

Save the Date:

INCOMING KINDERGARTEN/FALL 2018 PLAYDATES

*Submitted by: Jacquelyn Waldrop, Baldwin PTA Board,
Incoming Kinder Chair*

Meet and mingle with future Bobcat cubs and parents at our summer playdates.

**Tuesday, June 12 @ Circle C Metro Park Playground
from 5:30-6:30pm**

Bring a water bottle and feel free to bring a picnic dinner. Light snacks will be provided. Siblings welcomed and encouraged!

TBD date in August: Bobcats in the Building

Join us for Story Time in the Baldwin Library and a short tour of the playground followed by a Cafeteria Picnic (no food will be served, BYOL ~ Bring Your Own Lunch). This is a special day when our building will be open to Kinder Baby Bobcats and their parents to help get our Baby Bobcats acclimated with the building.

**Friday, August 17 from 9:30-10:30am
Kindergarten Kick-Off Celebration**

This is a special playdate where your Bobcat cub will have the opportunity to meet children in his/her class on Baldwin's large playground. Snacks will be provided. Don't miss the celebration and the opportunity to meet new friends and classmates!

Get up-to-date playdate info, class reminders and more on our Kinder Family-only page: Search for "Baby Bobcats-Incoming Kinder 2018-2019" so you can be approved and added to this closed group for security purposes.

Need more info: Jacquelyn Waldrop / J.Waldrop@AustinRealEstate.com / 512-923-3099

8 Screening Tests Men Shouldn't Ignore

Submitted by: Aaron Williams, Brodie Lane Pharmacy, Pharm D



Are you one of those guys who can't remember the last time you stepped foot in a doctor's office? Maybe you've gone in for something urgent, but what about scheduling an annual exam or screening test? Regular checkups and screenings aren't something you can afford to ignore. Baseline

tests can help your doctor know how your health is changing over time. Plus, silent killers such as high blood pressure or high cholesterol can wreak havoc on your body. **Here's a simple screening cheat sheet to make your life easier:**

- **Blood pressure:** Starting at age 18 get tested at least every 2 years if your blood pressure is lower than 120/80 or once a year if your blood pressure is between 120/80 and 139/89. Discuss treatment with your doctor if your blood pressure is 140/90 or higher.
- **Diabetes:** Starting at age 18, get screened if your blood pressure is higher than 135/80 or if you currently take high blood pressure medication.
- **Cholesterol:** The American Heart Association recommends that all adults age 20 or older have their cholesterol checked every four to six years.
- **Colorectal cancer:** Are you age 50 to 75? Screening may include one or more tests, such as fecal occult blood testing, sigmoidoscopy, or colonoscopy.
- **Depression:** Over the past weeks you have felt sad or hopeless

(Continued on Page 4)



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THE MONITOR

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or you have lost interest or pleasure in doing the things you normally enjoy?

- **Hepatitis C virus (HCV):** Were born between 1945 and 1965, received a blood transfusion before 1992, or have ever injected drugs?

- **Lung cancer:** Are aged 55 to 80 years, have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years?

- **Overweight and obesity:** Find your body mass index (BMI) by entering your weight and height into an online BMI calculator.

Share with your pharmacist your challenges or concerns about weight, blood pressure, anxiety, etc. Think of us as your partners in health. Call to schedule a blood pressure screening or discuss any questions you have about other health screenings.

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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Wanna Get Organized? Let's "S.O.R.R.T." It Out.

Submitted by: Melynda Weiland, Order to Everything Professional Organizing

So you've carved out some time, got some motivation and want to get this organizing party started. But where do you begin? Lack of time, energy, and the know-how of where to start are all culprits in creating clutter and chaotic spaces. Gaining knowledge of how to declutter will allow you overcome some of your obstacles and get you one step closer to being organized.

How, you say? In organizing any space, there is a simple method you can use to move you through the process. To get into your decluttering groove, "S.O.R.R.T." it. "S.O.R.R.T." is a simple system I created to help you remember how to divide and conquer all that clutter.

S - Save Anything that you want to stay in the space goes in this pile. Sort everything first and categorize it later (books, files, envelopes, printer supplies, etc..) or categorize as you sort.

O - Offer Up This is anything you want to donate and/or sell. Make a pile for each.

R - Relocate Anything that doesn't belong in the space, and you're not donating/selling, needs to be relocated to another area in your home. Try to resist putting things away in other spaces while you're sorting to avoid distraction.

R - Recycle Be sure to make a run to Goodwill or your favorite non-profit within a day or two of your decluttering so it doesn't become another overwhelmed area in the home. Loading it in your car immediately can help with this.

T - Trash Well..., you know.

Gather a bin for each pile and label them with the categories above to set up your sorting system. You can use cardboard boxes, plastic bins, large trash bags, etc. to corral your piles. Now you're armed, ready to declutter and get your organizing party underway! Got questions? I love them. Contact me: Melynda@OrderToEverything.com



Residential Real Estate Sales Statistics for 78739

Submitted by Jacquelyn Waldrop, Realtor ~ AustinRealEstate.com

Zip Code 78739

Residential Statistics

Listings	This Month			Year-to-Date		
	Mar 2018	Mar 2017	Change	2018	2017	Change
Single Family Sales	28	30	-6.7%	67	63	+6.3%
Condo/TH Sales	--	--	--	--	--	--
Total Sales	28	30	-6.7%	67	63	+6.3%
New Homes Only	5	3	+66.7%	10	9	+11.1%
Resale Only	23	27	-14.8%	57	54	+5.6%
Sales Volume	\$14,418,660	\$15,065,282	-4.3%	\$33,920,882	\$31,098,682	+9.1%
New Listings	48	67	-28.4%	92	138	-33.3%
Pending	40	45	-11.1%	88	85	+3.5%
Withdrawn	--	1	--	2	5	-60.0%
Expired	--	--	--	2	--	--
Months of Inventory	1.1	1.3	-12.6%	N/A	N/A	--

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SPROUTS & CHERRIOS

Submitted by: Kim Paulson, Unbound Life Coaching



Let's face it. We all want to stick to something. We all want to consult someone and do what they do if they have the results we are seeking. How do we remain on any given path when there are literally thousands of self-help books, diet plans, training methods, life skill techniques, books, seminars, challenges, work outs proven to work, Bible Studies proven to keep you on task, Keto diets, cleanses, detoxes....and I could go on and on. I am exhausted trying to keep up.

Today, dear friends, I was told to start growing my own sprouts and drinking celery juice every day to cleanse my gut (nice image, right)? But in all seriousness, I know this will work and it will help with some things I am currently facing. I've done it before, so I know I can do it again.

As soon as I ordered my fancy sprout bag and loaded up on celery stalks, I had an undeniable craving for Cheetos. Let's face it, I have kids and a husband in the house so as I healthy as I try to be, Cheetos are in the house. I realized at this point I was going to do one of two things.

1. I was going to "deprive" myself of the salt and strange synthetic orange color and feel pretty good about myself, or

2. I was going to "give in" and just deal with it.

I ate the Cheetos. I had three. It's all I wanted. I trusted my own body and just kind of followed what I wanted to do, and the automatic gag reflex or health meter kicked in and took over. Let us think about this. Had I denied the Cheetos, I would likely still be obsessing about them.

I can coach the heck out of this scenario, ask myself a bunch of questions, and come up with why exactly I wanted something on the day I was about to turn my stomach into a temple of goodness only, but I will save that for my clients. :)

The bottom line here is that I followed my instinct and just let it all run the natural course that needed to happen. What's going on in your life that needs to be faced with trusting yourself, allowing yourself and loving yourself through with faith, laughter and self-love? Be free. Kim / kimpaulson@unboundlifecoaching.com

AISD Bond Update

On Nov. 7, 2017, a majority, 72 percent, of Austin voters passed Austin Independent School District's bond proposal for \$1,050,984,000 to create 21st-century learning spaces for all students.

More than two years of intensive analysis, planning and work went into the bond, which is designed to replace, improve, renovate and equip facilities for our approximately 83,000 students and 12,000 employees. Every school benefits.

Key projects in the bond include:

- Constructing 17 new or modernized campus facilities;
- Improvements to address overcrowding and critical needs; and,
- Districtwide improvements to technology for teachers and students and transportation.

After the bond passed, the district quickly initiated the first phases of implementation for our school modernizations: procurement and planning.

We have contracted design-build teams—in other words, a single company responsible for design and construction—for the following modernization projects:

- GOVALLE ELEMENTARY SCHOOL
- MENCHACA ELEMENTARY SCHOOL
- MURCHISON MIDDLE SCHOOL AND DOSS ELEMENTARY SCHOOL
- T.A. BROWN ELEMENTARY SCHOOL

We have contracted construction-management-at-risk companies—in other words, the general contractors—for the following modernization projects:

- EASTSIDE MEMORIAL EARLY COLLEGE HIGH SCHOOL AND INTERNATIONAL HIGH SCHOOL AT ORIGINAL L.C. ANDERSON
- NEW SOUTHWEST ELEMENTARY SCHOOL
- NEW BLAZIER RELIEF CAMPUS
- ANN RICHARDS SCHOOL FOR YOUNG WOMEN LEADERS
- BOWIE HIGH SCHOOL

Modernizations that will be under contract soon include the ROSEDALE SCHOOL and the LBJ Vertical Elementary School Modernization at NORMAN ELEMENTARY SCHOOL.

Working with principals from our individual school communities, we have also established Campus Planning Teams and Campus Architectural Teams for some of the multi-site projects included in the bond. CATs generally include nine to 10 members from their respective school community, and they are responsible for advising the district on how to modernize their facility and shape the environment for 21st century learning. These groups have already begun meeting with their respective communities to ensure smooth transitions as these projects come to life. Visit the school modernizations page at AISDFuture.com to learn more.

Many districtwide improvements are also underway; new buses were ordered in February to ensure students can continue to get to school and back home safely.

Additionally, new members of the Community Bond Oversight Committee have been appointed by the AISD Board of Trustees. This group of volunteers ensures all bond projects remain faithful to the voter-approved programs and to monitor and ensure projects are completed on time, with quality and within budget. For more information on the CBOC, please visit AISDFuture.com.

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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.





School News

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.



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Join www.nextdoor.com for the fastest and easiest way to get neighborhood updates.

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

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