

MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

Meridian Memorial Day Charity BBQ Picnic Fundraiser & Ice Cream Social

Submitted by: Jacquelyn Waldrop, Realtor @ AustinRealEstate.com

A new Meridian neighborhood tradition was born last Labor Day after the kind-hearted neighbors of Meridian banded together to organize a BBQ lunch to help raise funds for Hurricane Harvey relief efforts. The Labor Day Charity BBQ was so successful, the Meridian Meat Mafia Pit Masters wanted to do it again, this time in support of one of our own, Mike Haynes, who is the Executive Director of the Lone Star Paralysis Foundation. The Meridian HOA donated the meat to be smoked, grilled and prepared by our neighborhood pit bosses, now known as the Meridian Meat Mafia. Neighbors donated plates, napkins, cutlery, sides, desserts and drinks. For a

recommended donation of \$20/plate, a couple hundred Meridian neighbors came out to enjoy each other's company and feast on the gorgeous spread of authentic Texas BBQ. Beverages were donated by Jacquelyn Waldrop, Realtor @ AustinRealEstate.com. Together, we raised approximately \$5,000.

In addition, the HOA provided an ice cream sundae bar to continue the ice cream social annual festivities. There was truly something for everyone on this un-official start of the summer event. Thanks to all who cooked, organized, donated time, money and resources for this super successful and fun day!



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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**NOT AVAILABLE
ONLINE**

Save the Date for Meridian Social Events*

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



SWIM LESSONS AVAILABLE
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Coming soon to a land near you...HOPE

Submitted by: Kimberly Paulson, Unbound Life Coaching

I coach a lot of moms of addicts. Most of you know I am a mom to two smart and beautiful daughters as well as a step mom to three little men. My heart lies in helping others through a really awful situation and to share hope with others despite the darkness. Today, I was given the blessing and go ahead from our church Campus Pastor to begin to lead a meeting that I hope will reach a lot of parents and grandparents of addicted loves ones in our community. www.palgroup.org

Along with a beautiful friend of mine, we will begin leading this weekly meeting this summer. I am honored to be holding this meeting on the land of our new church property. Most of you also know that this land was the land where I grew up, where my daughters grew up, and where I last remember my daughter being free (as pictured above).

I don't know where my daughter is today. I hugged her four days ago after another "friend" of hers alerted me to her location. After her near overdose, I had the police involved (again), an intervention team waiting in the wings (again) and a dear friend by my side holding my faith intact playing worship music as I cried, let down by another attempt to help her. I am not alone in this scary warfare. This meeting is to help others know they are not alone either. My daughter looked at me and yelled, telling me to stop trying and to leave her alone. Through tears, I drove off without her. Again. That doesn't make me a failure. That doesn't mean I give up.

Like I often tell so many of my clients, look for the good everywhere. Even in our darkest pain, look for a way to be a gift, a light, a servant. I am not asking you to do to something that I don't ask of myself and believe me girlfriend, it ain't a piece of cake, but my God gives me the courage and the strength to do the unthinkable.

In a space where my child used to play with her dollhouse, with animals, with her cousins and sister; where her grandparents held sleepovers and story time, where play pens and pony rides, birthday cake and laughter prevailed, I get to stand, with a friend by my side, and do my best to be a place of peace, love and hope for parents and grandparents who have, are or feel they will be in the middle of a spiritual warfare on their child. I will pray that one day, this same girl will stand at the podium and share her story of redemption.

I am thankful, in the mess, for the opportunity. Stay tuned for meeting times.

Love, Kim ~ kimpaulson@unboundlifecoaching.com

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.

Wednesday, August 7: 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.

Thursday, August 16th @ 3:30-5pm: Meet Your Teacher

School-wide annual Meet the Teacher. During this come and go event, come to school, find your classroom and meet your teacher and some of your classmates. If you ordered school supplies online, they will be available for pick up in the Cafeteria.

Friday, August 17 @ 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. Special guests in attendance! 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

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THE MONITOR

Need to Register for AISD schools for the fall?

Submitted by: Jacquelyn Waldrop, Realtor(R) @ AustinRealEstate.com



Students who live within AISD boundaries—even students new to the district—can now register online for the 2018–19 school year. Registration forms and the transfer request forms are available in the Parent Cloud at my.austinisd.org. Anyone who lives within district boundaries and has a Parent Cloud account can use the new online request forms. For more information, visit www.austinisd.org/enroll or www.austinisd.org/transfer.



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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GIVE SLEEP A CHANCE

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

Is there anything as delicious as a good night's sleep? Nothing renews us like sleep—It strengthens our bodies, can cement our memories and enhance creativity.

So, what can you do to improve your sleep habits?

Here are some tips to help ensure you get the best-quality sleep possible:

EVERYDAY

- Eat a healthful diet.
- Exercise most days of the week.
- Take “breathers” throughout the day to relieve stress. Try progressive muscle relaxation or meditation.
- Limit naps to 20 minutes.
- Save thrillers or exciting television for daytime viewing, especially if you know it affects your ability to fall asleep.

AFTERNOONS & EVENINGS

- Stay away from caffeine—whether in coffee, tea, or even chocolate.
- Avoid eating large meals late in the day, or meals that may cause digestion issues.
- Turn off your electronic devices at least a half-hour before bedtime.
- Create a relaxing routine before bed, such as soaking in a bubble bath, stretching or listening to soothing music.

RIGHT BEFORE BEDTIME

- Avoid alcohol. To prevent wakeful trips to the bathroom, drink fewer fluids right before you head off to bed.
- Keep a “worry journal.” Write down what’s on your mind, so you can free yourself of thoughts that may keep you up.
- Make your bedroom a sanctuary: Limit bright lights and loud sounds. Keep the room a comfortable, cool temperature. If you’re particularly sensitive, room-darkening shades, earplugs, or a fan might help.
- Keep a consistent sleep schedule that allows you to get at least 7 hours of sleep. Go to bed and get up at the same times, even on weekends or during vacations if possible.

IF YOU NEED MORE HELP

Be sure to see your doctor if sleep problems persist. Both medical and emotional issues may make it difficult to sleep well. You might even have a sleep disorder. Also, ask your doctor or your pharmacists about any medications or supplements that could be affecting your sleep. If you require a sleep aid, I can explain what you need to know about both prescription and over-the-counter medications.

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.

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		
	May 2018	May 2017	Change	2018	2017	Change
Single Family Sales	55	49	+12.2%	160	147	+8.8%
Condo/TH Sales	--	--	--	--	--	--
Total Sales	55	49	+12.2%	160	147	+8.8%
New Homes Only	7	2	+250.0%	19	14	+35.7%
Resale Only	48	47	+2.1%	141	133	+6.0%
Sales Volume	\$28,901,239	\$25,161,225	+14.9%	\$83,343,371	\$74,160,737	+12.4%
New Listings	64	66	-3.0%	213	268	-20.5%
Pending	45	52	-13.5%	184	184	--
Withdrawn	2	3	-33.3%	6	12	-50.0%
Expired	1	1	--	3	1	+200.0%
Months of Inventory	0.8	1.2	-36.2%	N/A	N/A	--

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Get Your Pantry In Order For Summer

Submitted by: Melynda Weiland, Order to Everything Professional Organizing

"I want to start eating better." "Why do I have 4 boxes of penne pasta in here?" "I need more space in my pantry!" Do any of these sound familiar? Having an unorganized pantry can be the cause of many things from overspending and eating poorly and add overall stress in your life. It can make the seemingly easy trek to the grocery store seem like a loathed chore because of what awaits when you get home to unload it all. And, it can be the culprit to those extra jars of seasonings and pasta boxes. If you can relate in some way, I've come up with a list of 7 ideas and products to make your pantry super functional. Let's dive in.

1. Out with the Old - The simple step of going through all of your pantry items and tossing anything that is past its expiration date or no longer eaten will spruce up your space in a jiffy. Do this twice a year.

2. Use Risers for a Lift - Risers are a wonderful way to save space and see what you have. Use them for organizing canned goods, condiments and oils, boxed soups, applesauce cups, spices, etc.

3. Lazy Susans Aren't So Lazy - A must-have staple of every pantry should be a Lazy Susan. These can be used for anything that stands up: drinks, oils, cans, spices, etc. They are a great way to utilize corners efficiently as well as keep straight shelf space tidy.

4. Contain the Beast - To contain or not to contain is always a question. They are not necessary all of the time, but bins and containers have so many pros, that I highly recommend using

them. When items are placed on a shelf uncontained, more often than not, items tend to get moved around making it more difficult to continue with the organized system you've put in place. In addition, keeping categories together and getting your loved ones to put things back in the proper spot can be especially challenging. Like Lazy Susans, bins keep the pantry tidy and make the space more visually appealing.

5. Think Outside the Pantry - Do you have some blank wall space in your pantry? Is there a door? Use spice racks, plastic bag holders, and foil and ziplock bag holders on the walls and, if you have a door, installing a door hanging storage unit is yet another wonderful way to create storage.

6. Go Vertical - Look up. In many pantries, there are large spaces between the top shelf and the ceiling that is just waiting to be used. If you can't afford to add shelving that matches your closet system, use items such as shelf risers, expandable shelves, and even small furniture pieces to create more shelving space.

7. Get Rid of Packaging - Removing packaging from your pantry items not only makes your space look tidier, it allows for easier access and more storage. Empty cereal boxes, pastas and flour/sugar into airtight containers and remove granola bars, oatmeal, and other snacks from their boxes and place into containers with other like items.

Want more storage tips? Visit <https://www.ordertoeverything.com>



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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

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Baldwin is a Firewise School

Submitted by: Jacquelyn Waldrop, Realtor



BALDWIN
ELEMENTARY SCHOOL
AUSTIN Independent School District

Did you know Baldwin Elementary School has been selected by the Austin Fire Department and AISD as Austin's first Firewise School demonstration project? As a Firewise School, Baldwin will provide examples of what schools and homeowners can do to minimize their wildfire risk.

On Saturday, May 5th, the community celebrated Wildfire Community Preparedness Day with special guest Smokey the Bear. Neighbors were invited to learn more about the school's new designation and see the refresh to the front entry garden, making it Wildfire Safe. Community members visited with the Austin Fire Department staff about wildfire prevention and firewise landscaping. Special thanks to Baldwin PTA board member and Meridian neighbor, Emily Mirkin, for her help in getting this garden created and this special even organized.



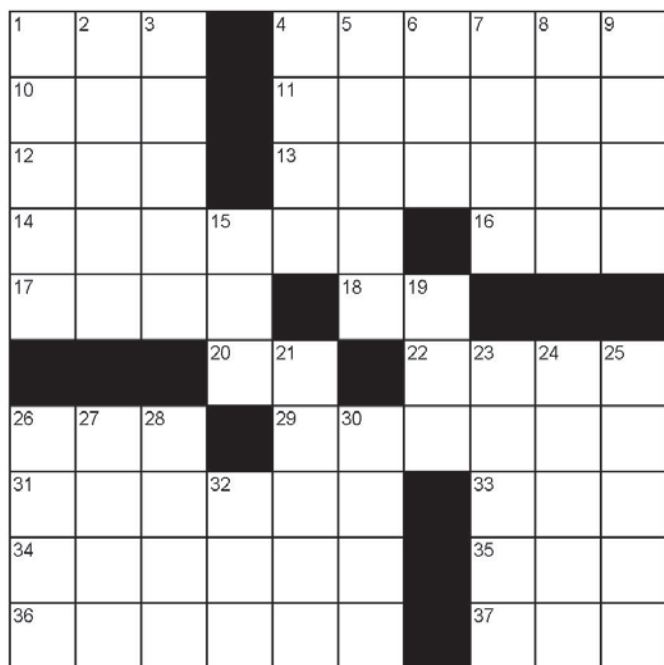
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ACROSS

1. Food and Agriculture Organization (abbr.)
4. Scales
10. Hovercraft
11. Type of phone
12. Regret
13. State capital
14. Indian weapons
16. Part of a min.
17. Information
18. Hey!
20. Fire department (abbr.)
22. Captain (abbr.)
26. Pouch
29. Woman in the Old Testament
31. Absence of values
33. Time period
34. National capital
35. Official canine registry (abbr.)
36. Pseudonym
37. Change hue

DOWN

1. Unit of electric capacitance
2. Sporty car brand
3. Unconcealed
4. Animal stomach
5. Crummy
6. Possessive pronoun
7. Welcome rugs
8. Cheese
9. In __ (together)
15. Clod
19. Fall mo.
21. Divinity
23. Leading
24. Jaunty
25. Draw over
26. Baby's "ball"
27. After awhile
28. __ girl
30. Sew together
32. First day of wk.

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