

MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

Cubs Conduct Carnival Clean-up

by Jacquelyn Waldrop, Baldwin PTA Board



Baldwin's 9th annual Fall Carnival, was held on Saturday, September 29th and while most Bobcats enjoyed their Sunday Funday, Cub Scout Pack 12 did their "good turn" by conducting their annual Carnival Clean-up Service Project. The Scouts, their parents and even some siblings arrived on campus on September 30th to help clean up after all the carnival fun.

The Scouts picked up trash and other items left on campus after the event, but most importantly, armed with leaf blowers, push brooms and giant trash bags, they cleared out the confetti from 600+ dozen confetti eggs. These boys had their work cut out for them, and they worked hard and had the campus clean in under an hour-a record! This proves strength in numbers and how collaboration and pays off. Most importantly, the job was done with a smile. Baldwin's campus was, perhaps, left even more clean than before the Carnival took place. Good job, Scouts!

The Baldwin PTA would like to thank Meridian residents and other community members for your participation and continued support of this exciting event, and especially



Cub Scout Pack 12 and their families for their continued clean-up efforts after the Fall Carnival. #Pack12Rocks



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

PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
Advertising advertising@PEELinc.com, 512-263-9181



**Find Meridian on
Facebook**
@MeridianSocialBuzz
@MeridianMamas

**NOT AVAILABLE
ONLINE**



FOR MERIDIAN HOA SOCIAL EVENTS*

Sun. Nov 11, 12-2PM

First Annual Meridian Chili Cook-Off and Neighborhood
Small Business Vendor Fair

Tues, Dec 18, time TBD

Holiday Cookies, Caroling & Cocoa @ the Pavillion +
Holiday Lights Content Judging

**See NextDoor & Facebook/Meridian Social Buzz for
additional details.**

**Dates and Activities Subject to Change*

Does Newsletter Advertising Work?

IT JUST DID!

**To Reach Your
Community Today Call**

512.263.9181

www.peelinc.com



Residential Real Estate Sales Statistics for 78739

by Jacquelyn Waldrop, Realtor

Zip Code 78739



Residential Statistics

Listings	This Month			Year-to-Date		
	Sep 2018	Sep 2017	Change	2018	2017	Change
Single Family Sales	30	28	+7.1%	318	306	+3.9%
Condo/TH Sales	--	--	--	--	--	--
Total Sales	30	28	+7.1%	318	306	+3.9%
New Homes Only	3	4	-25.0%	29	27	+7.4%
Resale Only	27	24	+12.5%	289	279	+3.6%
Sales Volume	\$15,767,420	\$13,899,205	+13.4%	\$168,543,948	\$156,539,261	+7.7%
New Listings	32	23	+39.1%	380	420	-9.5%
Pending	17	30	-43.3%	320	320	--
Withdrawn	5	3	+66.7%	28	36	-22.2%
Expired	1	2	-50.0%	6	5	+20.0%
Months of Inventory	2.2	2.4	-9.5%	N/A	N/A	--

Based on information from the Austin Board of REALTORS® (alternatively, from ACTRIS). Neither the Board nor ACTRIS guarantees or is in any way responsible for its accuracy. The Austin Board of REALTORS®, ACTRIS and their affiliates provide the MLS and all content therein "AS IS" and without any warranty, express or implied. Data maintained by the Board or ACTRIS may not reflect all real estate activity in this market.



FOR MORE THAN A WORKOUT

At the YMCA of Austin, we're more than just a gym. The Y is a nonprofit committed to helping everyone thrive at each stage of life. Our community brings together people of all abilities, ages, ethnicities, financial circumstances, genders, races, religions and sexual orientations.

For more than a workout. For a better us.™

8 locations across
Travis, Hays & Bastrop counties

Learn more at
AustinYMCA.org

MOVE ON WITH MORE MONEY



#DoesYourRealtorDoThis

AustinRealEstate.com

Our Listings sell 3x faster at nearly \$10,000 more per sale.



Jacquelyn Waldrop

P: 512.923.3099 | E: J.Waldrop@AustinRealEstate.com

LEARN MORE AT
www.WestTeam.info

TheWestTeamRealEstate

3103 Bee Caves Road, Suite 102, Austin TX 78746

7 Tips to Stay Healthy Over the Holiday Season

The holidays can be a source of many special memories.... and also temptation, stress, and oversized expectations. How can you possibly maintain your balance through it all, let alone stay healthy?

Check out these 7 tips for a healthier holiday season.

1. Beat the Bugs

Add “flu shot” to your to-do list, unless of course, you’ve already gotten one. Also, wash your hands often for at least 20 seconds. Lots of germs can easily “leap” from hands to nose and mouth—not to mention from you to other people.

When you fly or ride a bus or train, use a disinfectant wipe on armrests, tray table and latch, air vent, and seatbelt buckle. Also, drink plenty of fluids while traveling—try for 8 ounces of water each hour. Moist airways are less susceptible to viruses and bacteria.

2. Stay Active

And by active we don’t mean just shopping or wrapping presents! At the very least, put on some holiday music and dance! This may not be the best time of year to start a new exercise routine, but don’t let exercise go by the wayside. And when flying, be sure to move around the cabin every 60 to 90 minutes.

3. Handle Food Wisely

Keep raw meat, poultry, seafood, and eggs away from ready-to-eat foods. Make sure to cook foods at the right temperature and don’t leave perishables out for more than two hours.

4. Easy on the Eggnog

Sure, we know ‘tis the season to imbibe, just try not to go overboard. Before drinking any alcohol, be sure to have something to eat. Alcohol may react negatively to your medications. Consider serving juice or flavored water for a healthy alternative.

5. Resist Temptations

Holidays can mean unhealthy foods lurking at every gathering. Pack healthy snacks, such as fruit, nuts, or low-fat string cheese. And provide healthier options such as vegetable dishes at holiday events. Granted, these foods may not have the same appeal as mom’s pecan pie or candied potatoes, but they may keep you from overindulging. Whatever you do, don’t “save up” your calories for big parties and family meals. That can simply lead to overeating.

If you are cooking for family and friends, consider having a diabetic or low sodium friendly item. It’s just another way to ensure everyone can rave about your cooking!

6. Relax

Don’t let holiday hysteria overwhelm you. Try a 15-minute chair massage at your local salon or airport or shopping mall massage kiosk. Along with relaxing muscles, massages may lower levels of stress hormones and boost white blood cells, which can protect against infections.

What else calms you....? Relaxing music? Meditation? Walks in



the park? Be sure to prioritize YOU in the midst of this busy time. And, it goes without saying: get plenty of sleep, which can stave off sickness. One study found that people who sleep at least eight hours a night are three times less likely to catch a cold than those who sleep less than seven.

7. Check Your Meds—including Vitamins

Check your supply of prescriptions, over-the-counter medications, and vitamins before traveling. Aaron can go over this list with you. Make sure you have what you need before you are rushed and busy. We can help you with solutions to remember to take your drugs or to order refills—before you run out.

Wishing you a happy, healthy and safe holiday season!

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.

Be Prepared for Holiday Dining, Clear Your Refrigerator

by Melynda Weiland - Order to Everything Professional Organizing

November is clear your refrigerator month and for a good reason. Once the holidays hit, they fill up quickly!! Here are 5 quick steps to get your fridge nice and clean before the turkey (and all your leftovers) arrive.

1. Empty It Out - Grab a few towels before you begin and make some room on your table or counter for the food to rest while cleaning. Remove absolutely everything and place on the towels. This should include all packaging, bottles, etc. as well as drawers and shelves.
2. Check Expiration Dates - Check dates on everything. If it's past date, toss it.
3. Create Categories - While checking expiration dates, begin to categorize anything that will be staying. Put like items together such as dairy, meats, snacks, and beverages and keep them in the holding spot on your counter or table.
4. Clean It Up - Once everything is out, give your refrigerator a good scrub down. Warm soapy water will do the trick, no disinfectants please. Clean all surfaces (don't forget the doors) as well as the drawers and shelves you took out at the beginning. To keep surfaces looking streak free and to prevent condensation from messing with packaging and fruits/veggies, wipe down with a dry cloth after cleaning.
5. Replace - Keeping your categories together, return your food to the refrigerator. Although it's not necessary, using bins for items such as eggs, snacks, condiments etc. can be extremely useful in keeping it tidy and help free up a bit of space for all that extra food that will be coming soon.

Your refrigerator is now sparkling clean, let the holiday festivities begin!

You're Still Going, Right?

by Kimberly Paulson - Unbound Life Coaching

Kinda like the tree falling in the woods but no one is around to hear it. Does it still make a noise?

Even if no one noticed or if you couldn't post about it...do that thing you want to do...the thing that you know will bring you internal pride and have fun knowing what you accomplished. YOU and God know what you did...sometimes you'll get recognition, sometimes only you will applaud yourself. Your accomplishment still matters to you. Keep doing what fuels you so you can keep encouraging others

Love, Kim

Join Baldwin PTA Today!

by Jacquelyn Waldrop, Baldwin PTA Board



The Baldwin Elementary Parent Teacher Association (PTA) needs YOU! Join our mission of making every child's potential a reality by engaging and empowering families and communities to advocate for our children. Together, we create a forum where educators and

families unify to raise socially and academically strong students. You don't have to have a child at Baldwin to be a part of the PTA to share your voice and show your support.

Visit baldwinpta.org/pta-sign-up to join now! Single memberships are \$8.50 and Family memberships are \$15. Help us reach our goal of 400 members strong in supporting our kids and school! Membership@BaldwinPTA.org / Emily Mirkin/ Baldwin PTA ~ VP Membership

Baldwin PTA Family Benefactor & Business Booster Sponsorships

by Jacquelyn Waldrop, Baldwin PTA Board

We are pleased to announce our new fundraising program for our Baldwin families: Bobcat Benefactors and a new program designed with business partners in mind, the Bobcat Business Boosters. Both programs are a no-hassle, tiered program designed to fit every budget, offering loads of benefits and marketing opportunities. As a Baldwin Family Benefactor or Business Sponsor, you'll be taking part in supporting our PTA's vision and mission and building a foundation for our future leaders. Funds raised will be used to support the following efforts:

- Technology: hardware devices & tech support
- Learning-based software subscriptions for reading, math & science
- Great Leaps reading acceleration program & Blast Off to Reading dyslexia support curriculum
- Math manipulatives & other educational classroom games and supplies
- Physical Education equipment
- Watch D.O.G.S. program: "Dad" volunteers in school daily, enhancing security & reducing bullying
- Family Fun Community Nights: Bingo Night, Santa Night, Valentine's Family Dance, Art Open House
- Teacher Appreciation and Support
- Much, much more!

Learn more: <https://www.baldwinpta.org/sponsorship-programs>
Fundraising@BaldwinPTA.org

Jacquelyn Waldrop & Katie Sisk, Baldwin PTA VP Fundraising Team

THE MONITOR

The Monitor is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Monitor's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



Full Service Print Shop Large Run - Short Run

BOOKLETS • BROCHURES • BUSINESS CARDS
EDDM POSTCARDS • NOTEPADS • FOLDERS
DOORHANGERS • HANG TAGS • LETTERHEAD
CALENDARS • POCKET POSTCARDS • POSTERS
RACK CARDS • TABLE TENTS • & MORE

512-263-9181
QualityPrintingOfAustin.com

MENTION THIS AD AND RECEIVE 20% OFF
EXPIRES 11/30/2018

attention

Welcome back to a new school year, students! 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.



RELAY LIVE - Austin

Saturday, November 10, 2018

Please help the American Cancer Society finish the fight against cancer.

Please join us at the American Cancer Society's 1st annual Relay LIVE – Austin concert series. Please join us for a night filled with live music, food, drinks, games, activities, and a survivor celebration. With your support, help the American Cancer Society save lives, celebrate lives, and lead the fight for a world without cancer.

The American Cancer Society is working to finish the fight against every cancer in every community. We are the largest private, not-for-profit funder of cancer research in the United States, investing more than \$4 billion since 1946. Thanks in part to our contributions, more than 1.5 million lives have been saved in the US in the past two decades. Now, that is a reason to celebrate, so please join us.

We hope to see you at this cancer fighting music series!

About Us

For more than a 100 years, The American Cancer Society has been leading the fight to end cancer. With your support, we have helped usher in an era where more people survive cancer than ever before. By translating our research findings into action, we've seen a 20% decline in US cancer death rates since the early 1990s. Join us to help finish the fight.



Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at:
Peel, Inc. - Kids Club, 308 Meadowlark St, Lakeway, TX 78734-4717
We will select the top few and post their artwork on our Facebook Page - Facebook.com/PeelInc.
DUE: November 30th



Be sure to include the following so we
can let you know!

Name: _____

(first name, last initial)

Age: _____

Have A
Happy
Thanksgiving!

MER



PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

MER

ASHLEY AUSTIN HOMES



ASHLEY'S THE #1 REALTOR IN SW AUSTIN!

"Ashley was a godsend for us when it came to selling our home. While other realtors we spoke with wanted to list the price for a lot lower than what we wanted, Ashley thought we could list it for 13K more and offered to stage the home free of charge, which was huge for us. She sold the house sold for list price and was under contract in just 4 days. She knows how to properly handle every situation, and she's second to none when it comes to knowing the SW Austin real estate market!"

-The Bolton's

WWW.ASHLEYAUSTINHOMES.COM

512.217.6103

ASHLEY STUCKI

BROKER, REALTOR, CHLMS, CIPS, CRS
ashley@ashleyaustinhomes.com

ASHLEY'S AWARD WINNING SYSTEM IS SHOWN IN HER RECORD BREAKING RESULTS

Austins Platinum Top 50 Nominee and Award Winner 2015 – 2017 | *AIOREP Top 10 Agent for Client Satisfaction in Texas 2015 – 2017*

Austin Business Journal Top Producing Agent 2013 – 2017 | *Texas Monthly Five Star Agent 2013 – 2017*