

# MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

## Meridian's Winter Wonderland Celebration

*Submitted by: Jacquelyn Waldrop - Realtor @ AustinRealEstate.com*

Meridian held its annual holiday celebration, complete with cookies and cocoa at the pavilion, followed by yard decoration contest judging on Tuesday, December 19th. In addition, new this year, a gingerbread house contest added to the festivities.

Meridian was truly transformed into a Winter Wonderland.

Choosing the winning yards was said to be incredibly difficult, but ultimately, these were crowned the winners: 12001 Bryony, 12321 Aralia Ridge, 7612 Mitra, and 12421 Pratolina. Congrats to everyone that participated in the gingerbread house contest or decorated their yards for the holiday.



*(Continued on Page 2)*

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

# 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](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!

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### PUBLISHER

Peel, Inc. .... [www.PEELinc.com](http://www.PEELinc.com), 512-263-9181

Advertising ..... [advertising@PEELinc.com](mailto:advertising@PEELinc.com), 512-263-9181



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(Continued from Cover Page)





## Preparing for Cedar Season in Austin – what can you do?

*Submitted by: Aaron Williams, PharmD @ Brodie Lane Pharmacy*



Austin is a city known for allergens, and we are on the cusp for the granddaddy of them all: cedar, which rises in December, and peaks in January tapering in March. Those four months can wreck havoc on people sensitive to cedar pollen. The best way to manage cedar allergies is to stay ahead of the game.

If you use a nasal corticosteroid, like fluticasone, triamcinolone, budesonide, etc., seasonally for cedar, remember to schedule your refill or buy a non-prescription supply at your local pharmacy as soon as possible. We recommend starting your daily regimen the last week of November. It can take up to 7 days for the full benefit of a nasal corticosteroid to take effect, so start early and be consistent.

Have your antihistamines and decongestants ready. Antihistamines like diphenhydramine, loratadine, and cetirizine (the active ingredients in products like Benadryl, Claritin, and Zyrtec), or decongestants like pseudoephedrine or phenylephrine (available in products like Sudafed), work more quickly than nasal sprays. You may start these medications in anticipation of symptoms, but since they act more rapidly than nasal corticosteroids, they can be started at the first sign of symptoms.

Allergen avoidance is a key. During peak seasons, take steps to limit your exposure to cedar pollen, which is airborne and settles

on surfaces, so you may need to wear a mask when you are outside for prolonged periods. Any yard work or other tasks that involve disrupting settled debris like sweeping porches will stir up settled pollen, so a mask is essential. Remember that pollen will settle and stick to your clothes and shoes. Leave shoes outside or in a confined area and wash clothes immediately to reduce tracking it into your home. Change home air filters more regularly in allergy season to limit pollen levels indoors.

Completely avoiding cedar pollen is impossible but rinsing your eyes and nose after being outside can help. Using a saline nasal spray to flush the pollen from your nose and eyes will limit exposure to the allergen and reduce your body's reaction, which is responsible for those itchy, watery, sneezing symptoms. We also recommend carrying eye drops with you if you plan to be outside for a prolonged period. Artificial teardrops are good to flush away allergens, but if you are experiencing watery, itchy eyes consider using antihistamine drops like ketotifen or pheniramine. (There are several OTC brands like Bausch & Lomb and Visine, which have products containing these ingredients.)

Allergies tend to leave sufferers feeling tired and worn down. Poor rest and dehydration can make this worse. Drink plenty of water to help your body manage its response to, and elimination of, allergens. Work proactively to manage symptoms like congestion and cough from post nasal drip which can disrupt sleep and leave you tired.

Don't forget, we are here to help! Come see Aaron at the pharmacy and he'll recommend a personalized regimen you can start today.

## The Health Coach Difference

*Submitted by: Paige Newman, Holistic Health Coach @ Brodie Lane Pharmacy*

Have you heard of a health coach but not sure what that person does? Let's learn more about this position and how working with a coach can improve your life. As a health coach will guide clients to reach health and life goals by making step-by-step changes to food and lifestyle.

How Does Working with A Health Coach Differ From a Doctor or Nutritionist?

- The approach is client-driven. Instead of getting a one-size-fits-all meal plan based on a cookie-cutter approach or one fad diet, I create customized plans for my clients based on their individual circumstances, lifestyle habits, health condition and other needs.

- Coaching is goal, action and result-oriented, focusing on implementation and integration, so that healthy changes are integrated into your life. We live in the age of information overload – you don't need more information, you need to know which information to use and how to make them work for your life.

- Instead of treating the symptoms, a coach will work with my clients to get to the underlying causes of their health concerns. We look at how issues such as stress, emotional distress, physical activities, lack of "soul nourishment" etc. affect our overall well-being. A coach will help clients develop the awareness to improve all areas of their lives.

- Clients are supported to work with their body on healing itself so that they can eventually reduce the amount of medication that they rely on.

- Instead of forcing clients to stick to some "plan" which does not work for them, a coach will first listen to clients' needs and concerns, then work with them to get over blocks or resistance, making any behavioral changes they make stick.

If you want to learn more about the benefits of working with a health coach, contact Brodie Lane Pharmacy at 512-362-8083 to schedule a Free Discovery Session.

Paige Newman is a Holistic Health Coach at Brodie Lane Pharmacy.

## Healthy Ingredient Spotlight: Bok Choy

*Submitted by: Paige Newman - Health Coach @ Brodie Lane Pharmacy*

Bok choy is a leafy green vegetable that is closely related to cabbage. It is an excellent source of fiber, vitamin C, vitamin K and vitamin A. Bok choy is a very good source of folate, calcium and vitamin B6 as well. These nutrients support your bones, skin, eyesight and cardiovascular system.

While bok choy is one of the most popular vegetables to cook with in China, it is still not widely used in America. Bok choy is inexpensive and easily found at local grocery stores. Let's talk about some easy ways to add this superfood into your daily diet.

- Use in place of celery in salads
- Use the green leaves in place of spinach on a sandwich
- Chop and add to a stir fry
- Slice thin and add to soup

Want a quick dinner that highlights this versatile vegetable? Try this!

### ***Teriyaki Salmon with Roasted Bok Choy***

Serves 2

#### *Ingredients*

- 2 wild salmon fillets
- 2 heads of baby bok choy, sliced in half lengthwise
- 3 tablespoons teriyaki sauce (store bought or homemade)
- Salt & pepper
- Olive oil

Preheat oven to 400 degrees. Line a sheet pan with foil. Place salmon on the pan and brush on the marinade. Season the baby bok choy with salt, pepper and olive oil and put cut side down on the pan, next to the salmon. Roast the salmon and vegetables until the salmon is cooked through and the bok choy is wilted and starting to crisp, approx. 15 minutes.



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## 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		
	Nov 2018	Nov 2017	Change	2018	2017	Change
Single Family Sales	28	24	+16.7%	368	357	+3.1%
Condo/TH Sales	--	--	--	--	--	--
<b>Total Sales</b>	<b>28</b>	<b>24</b>	<b>+16.7%</b>	<b>368</b>	<b>357</b>	<b>+3.1%</b>
New Homes Only	5	1	+400.0%	37	31	+19.4%
Resale Only	23	23	--	331	326	+1.5%
Sales Volume	\$15,346,670	\$11,795,625	+30.1%	\$195,554,038	\$184,083,791	+6.2%
New Listings	26	21	+23.8%	445	470	-5.3%
Pending	32	22	+45.5%	381	369	+3.3%
Withdrawn	4	5	-20.0%	36	44	-18.2%
Expired	2	4	-50.0%	8	12	-33.3%
Months of Inventory	2.2	2.1	+4.2%	N/A	N/A	--

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## You're Doing it All Wrong?

*Submitted by: Kim Paulson, Unbound Life Coaching*

I had to laugh today. I am not a very prideful person, but I don't really like being called out on mistakes especially when I am feeling quite confident.

I was mad and humiliated and humbled, and then I was mad again for a second. You see, I have been going to the same gym for two years. I love myself when I am there. I do the same things I am asked day after day and I guess I got too comfortable with the routine.

Today, I was doing squats the same way I've been doing them all this time. Instead of my usual trainer today, another "bad to the bone", young, fit and amazing trainer called me out. "That's totally wrong! I wish I could take a picture of you and show you what you are doing!" Um, okay. My first thought was to flee and fast! I was a tad embarrassed. Instead, I tried harder to perfect getting my bootie closer to the ground and kinda quickly moved on to the next event.

What the trainer didn't know about me was that both of my feet were broken five years ago. Instead of being huffy and defending myself, I went to her after class and explained that while my feet didn't hurt anymore, the fear of injuring them was probably the reason I was not getting down low enough. I owned my stuff.

I asked her what I could do differently. I was thankful for the suggestions she gave to go slow, start over, and keep trying. I could've held a grudge. I could've been embarrassed. I could've stayed in a place of pride. What would any of that have done for me?

She wasn't intending to be mean at all. She was trying to help me be a better me. As a coach, I approach each client with the same overall technique in helping them achieve their goals, but I do custom tailor their path by asking them questions. What works for one, may be completely wrong for someone else. Like my trainer and my squats, I will expect amazing things from you and we will work together to find a new way to getcha where you want to be!

## Wastewater Averaging Begins November 2017 and Ends March 2018

*Submitted by Jacquelyn Waldrop, Realtor® - AustinRealEstate.com*

Don't forget-November marked the beginning of Austin Water's annual wastewater averaging period. The wastewater averaging period 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 2018-2019 service year. You can lower your wastewater costs for the next year by conserving water during these billing periods. Visit [www.austintexas.gov/wastewateraveraging](http://www.austintexas.gov/wastewateraveraging) to find the dates for your wastewater averaging period and for tools to help you estimate your wastewater average.

## The Girl Scout Cookies are Here!

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

The Girl Scouts of Central Texas Cookie Sale will run from mid-January through most 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. And, back by popular demand, is the S'mores cookie!

Girl Scout activities like the Girl Scout Cookie Program helps power unique and amazing experiences for girls, while also exposing them to essential life skills, life-changing opportunities to practice leadership, and supercharged confidence.

Through these activities, girls are also able to contribute to their council's ability to provide girl-centric programming in the community, and make a difference by carrying out amazing service projects that make the world a better place for them and for all of us.

Adults also play a key role as they coach and mentor girls by focusing on these three key learning approaches:

**Girl-led:** Girls play an active part in figuring out the what, where, when, how, and why of their activities. They lead the planning and decision making as much as possible.

**Learning by doing:** Girls engage in continuous cycles of action and reflection that result in deeper understanding of concepts and mastery of practical skills.

**Cooperative learning:** Girls work together toward common goals in an atmosphere of respect and collaboration that encourages the sharing of skills, knowledge, and learning.

That's why we ask you to buy the delicious cookies you crave all year from your local Girl Scout Cookie Professional—not from her parents. You will enjoy your favorite cookie even more knowing you helped her do all the amazing things she's got planned for this year.



## Back to School with Boxtops!

*Submitted by: Jacquelyn Waldrop, AustinRealEstate.com,  
Baldwin PTA- VP Fundraising*

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