

MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

Daisy Girl Scouts Host Bake Sale to Raise Funds for Beloved Baldwin Teacher

Submitted by: Jacquelyn Waldrop & Daisy Troop 44614



On January 15th, Daisy Girl Scout Troop 44614, consisting of Baldwin 1st graders, hosted a bake sale in the hopes of raising funds for Baldwin teacher, Jessica Ramsey and her young son, also, a Baldwin student. Troop leaders say the tremendously successful sale was due, much in part, by the Baldwin and Meridian community. While troop members and families contributed to make the baked goods,

older Baldwin student neighbors heard about the effort and also pitched in to bake their favorite treats to make available for sale. The Baldwin and Meridian community came out in masses to support the sale, ultimately raising \$1200+ from bake sale proceeds and donations for the cause. Daisy Troop 44614 would like to thank the Baldwin and Meridian community for their tremendous support.

Jessica's story: Jessica's son, underwent treatment for brain cancer at St. Jude's Children's Hospital last spring. Jessica was by his side, for the first symptoms, the scary diagnosis, surgery and radiation and therapies. Then for his graduation held 700 miles away from home at St. Jude's. Jessica was always there, sleeping in uncomfortable hospital chairs, researching his condition and

the impossible choices, missing meals and showers, never leaving him alone, no matter how hard each day might be. Six months later, he was declared cancer free and returned to playing with legos and riding his bike. Going into the fall, with more than ever to be grateful for, Jessica's own unexplained symptoms grew worse. On Thanksgiving Day, Jessica was diagnosed with stage 4 mantle cell lymphoma. And today, she is fighting harder than ever! She is a single mom and a special education teacher, who has touched countless young hearts with her talents and warm heart. She has lost income from her time off with her son's illness and again with her own. Want to help? <https://fundly.com/m2/love4jess>



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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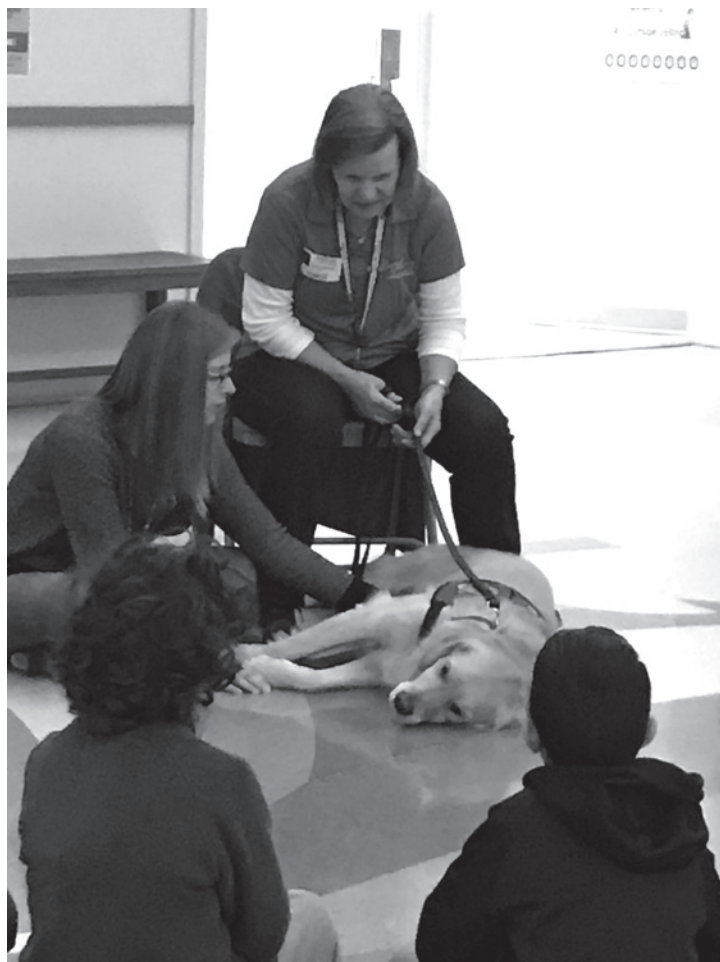
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Baldwin's SEL Program Goes to the Dogs

Submitted by Jacquelyn Waldrop, Baldwin PTA Board Member

Did you know that Baldwin is one of AISD's recognized Social Emotional Learning (SEL) campuses. Social and Emotional Learning is a process for helping children and adults develop fundamental skills for life effectiveness. SEL teaches the skills we all need to handle ourselves, our relationships, and our work effectively and ethically. These skills include recognizing and managing emotions, developing caring and concern for others, establishing positive relationships, making responsible decisions, and handling challenging situations constructively and ethically. Want more info: <https://www.austinisd.org/sel>

In addition to weekly curriculum presented in each classroom by one of two Baldwin counselors on a variety of SEL topics, Baldwin administration has gone one step further. Twice a month, Abner, the therapy dog, visits the school. In addition to meeting with various classes for some warm hugs and gentle pets, he also makes appointments with specific students who might benefit from a one-on-one interaction. The kids love him and look forward to his visits. Thank you, Abner and his handler for your time and sharing your talents with our community's kids!



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		
	Dec 2018	Dec 2017	Change	2018	2017	Change
Single Family Sales	30	32	-6.3%	400	389	+2.8%
Condo/TH Sales	---	---	---	---	---	---
Total Sales	30	32	-6.3%	400	389	+2.8%
New Homes Only	1	3	-66.7%	38	34	+11.8%
Resale Only	29	29	--	362	355	+2.0%
Sales Volume	\$14,619,760	\$16,304,410	-10.3%	\$211,227,337	\$200,388,201	+5.4%
New Listings	17	10	+70.0%	462	480	-3.8%
Pending	17	21	-19.0%	398	390	+2.1%
Withdrawn	6	4	+50.0%	42	48	-12.5%
Expired	4	3	+33.3%	12	15	-20.0%
Months of Inventory	1.9	1.3	+42.2%	N/A	N/A	---

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Save the Date for the Baldwin Bash ~ "Enchanted Forest"

Evening of Friday, April 26th @ Ranch Austin

Submitted by: Jacquelyn Waldrop, Baldwin PTA, VP Fundraising

Proceeds from Baldwin's biggest adult-only party of the year, 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.

We have an amazing list of silent auction items including trips, birthday party packages, summer camps, spa and restaurant certificates and much, much more. The live action has some favorites returning from last year and some new surprises! You won't want to miss it!

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. Contact us: Fundraising@BaldwinPTA.org

Last year was a tremendous success with over \$23,000 raised and we plan to surpass that amount in 2019. Join us, even if you don't have a student at the school. We appreciate your support!

Free Funds for Baldwin PTA Programs

Submitted by: Jacquelyn Waldrop, Baldwin PTA - VP Fundraising



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Healthy Ingredient Spotlight: Tumeric

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

Tumeric is a root. Like ginger, you can buy tumeric in the root form in the produce section of the grocery store or ground and dried in the spice section. Both forms have the same impressive health benefits. Tumeric is known for its bright yellow color. When used in cooking it will give your food a beautiful golden color.

Turmeric is loaded with essential minerals, including magnesium, potassium and calcium. It's also an excellent source of fiber, vitamin B6, zinc, and vitamin C. Research has shown that turmeric may help reduce gas and bloating, decrease congestion and improve skin conditions such as eczema, psoriasis and acne.

Tumeric can be a supporting player in almost any dish. Here are a few ways to incorporate this spice.

- Add to chicken bones and vegetables to enhance a homemade stock
- Add to boiling water when making rice
- Sprinkle into a mug of warm water and lemon
- Mix olive oil, salt, pepper and tumeric and pour over veggies before roasting

I like to use tumeric in salad dressings. Here's a great one to try.
Turmeric Ginger Dressing

Ingredients:

- 6 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 4 tablespoons honey
- 4 teaspoons ground turmeric
- 1 teaspoon ground ginger
- ¼ teaspoon kosher salt

Instructions:

1. Combine all ingredients in a mason jar or other lidded container.
2. Shake until well mixed.
3. Add 2 tablespoons over your favorite salad.



Organizing Resolutions: 4 Words To Get You Started

Submitted by: Melynda Weiland, Order to Everything ~ Professional Organizing

Now that the month of planning the perfect year is over, it's time to set yourself up to win and implement. When it comes to organizing, there are some things that you must have in order for that to work. If you've made any New Year resolutions to get organized or have some organizing To Do's on your list, implement these four actions or mindsets to help get you there.

1. Intention ~ We must be intentional with our time, actions and space if we are going to be organized. Create a list To Do list and spaces you want to organize, but don't stop there. Assign dates and deadlines, think of what needs to be done first, reverse engineer your time and projects and break each item down into actions. By doing this, you are setting the stage to act in detail rather than being overwhelmed.

2. Mindful ~ In order to support our intentions, we need to be mindful and aware of what is happening in our lives. It allows us to ask questions and stay in check. Am I going upstairs

empty handed? Is this FB scrolling taking my time away from what I really want to do? Even if you don't know the answers, you are giving yourself the ability to act instead of react.

3. Consistency ~ You can create wonderful systems and have a beautifully organized space, but if you are not consistent, you will find them difficult to maintain.

4. Motivation ~ There must be something driving you. If you don't have it, use my favorite boost, fear. What do you do when you're going to have an unexpected guest in an hour? We all do it.... Sweep clutter into a corner, toss things in rooms where they don't belong just to get them out of the way. This is all because we don't want people to see our mess, be judged or embarrassed. Use whatever fear you have to drive you.

Use these steps to help you become make your resolutions a reality. Happy Organizing! Need a trusted partner to help get you on the right track? Contact me for a consultation.



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THE MONITOR

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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 to find the dates for your wastewater averaging period and for tools to help you estimate your wastewater average.

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10 Easy Ways to Make Your Home Safe

A home should be a sanctuary and a safe haven. You can ensure that you and your loved ones remain out of harm's way in the precincts of your homestead.

To avoid all kinds of accidents you should make it an accident-proof dwelling. It's really simple if you observe specific steps to keep mishaps at bay.

Here are 10 easy ways to make your home safe and secure. These will help you take care and protect yourself, family members and house-guests. Employ these effective tips:

1. Keep interiors and exteriors well lit. This is important at nighttime and also in winters when daylight is not very effective. Critical areas that need to be illuminated are the stairs, outdoors and foyers.

2. Never leave electrical problems pending at any point. The slightest fluctuation should be attended immediately. Make it a cardinal rule to switch off appliances after use.

3. Smoke alarms are a necessity and you must have the very best. Practice regular safety drills with your family to ensure awareness of procedures.

4. Keep ordinary appliances safely as they could be dangerous. Especially with kids around. Make electrical outlets safe by safety plugging and child proofing them. Keep sharp objects like scissors, knives, weapons and match boxes out of reach.

5. Ensure locks and bolts on doors and windows are in order and tamper-proof. Keep an eye out for suspicious characters and never invite strangers into your home. Teach your children not to entertain queries from strangers.

6. Do not share information about working or school hours. Teach family members to avoid telling people about schedules and routines. Do not put personal information online and never respond to voicemails.

7. The risk of accidents goes up when you are getting maintenance or repair work done. Ensure safety and precaution and be prepared to react quickly to accidents or injuries.

8. Do not attempt repair work of appliances involving undue risk. Many home accidents are the result of improper tampering with tools like lawnmowers and trimmers.

9. Maintain caution when driving vehicles in or out of your home. If you are backing the car up, watch out for children and pets on the road.

Make sure you don't leave stuff on stairs that may cause people to trip and fall. Be watchful when clearing snow from pathways that you do not heap it up in areas where people might walk.

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

JacquelynWaldrop@ J.Waldrop@AustinRealEstate.com and see it printed in this publication.



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☒ **EXPANSIVE NETWORK** - From mortgage brokers, title companies to general contractors, Ashley works with the best in Austin to make sure you have the best!!

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