

MERIDIAN

Community Monitor

NEWS FOR THE RESIDENTS OF MERIDIAN



Meridian Neighborhood
**GARAGE
SALE**
Saturday, April 27th
8am-1pm

Are you Marie Kondo-ing? Clean out those cabinets and closets and upcycle those items you've tucked away that are just taking up space! Meridian hosts two neighborhood garage sales per year. The first in April and the second in October. Updates posted on "NextDoor" and the Meridian Social Buzz Facebook page.

Save the Date: What's Happening in Meridian? Social Events & HOA Board Meetings

April*

- 2 ~ HOA Board Meeting
- 20 ~ Annual Spring Egg Hunt
- 27 ~ Spring Neighborhood Garage Sale

May

- 10 ~ Spring Food Truck & Movie Night
- TBD ~ Annual homeowners meeting
- 25 ~ Memorial Day BBQ

June

- 4 ~ HOA Board Meeting
- 14 ~ Food Truck Night & Pool Party

July

- 4 ~ Neighborhood 4th of July Parade

August

- 6 ~ HOA Board Meeting
- 15 ~ Middle School Pool Party w/DJ
- 23 ~ Back to School Food Truck Night & Pool Party

October

- 1 ~ HOA Board Meeting
- 26 ~ Fall Neighborhood Garage Sale

November

- 16 ~ Chili Cook-off

December

- 3 ~ HOA Board Meeting
- 14 ~ Holiday Lights / Snow Spectacular

* All dates subject to change and new events may be added. Annual homeowners meeting will be scheduled in May 2019. Goodwin Mgt will be sending out information soon. For more information, the Meridian HOA Board can be reached at: MeridianHOABOD@gmail.com

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

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NEWSLETTER INFO

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NOT AVAILABLE ONLINE

A Giant ROAR to our Bobcat PTA Supporters

Submitted by Jacquelyn Waldrop, Baldwin PTA Board

The Baldwin PTA would like to give a giant ROAR to our supporters this 2018-2019 year. Thank you for your gifts of time, talent and donations! Our school is so special, and we couldn't do it all without your support and generosity!



"Enchanted Forest" Baldwin Bash 2019

Friday, April 26th from 6:30-10pm @ Ranch Austin



Baldwin Bash fundraising dinner includes a silent and live auction, music, drinks and dancing! Proceeds 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. Last year was a tremendous success with nearly 150 guests in attendance. The event raised over \$26,000 and we plan to surpass that amount in 2019. Join us!

Get your tickets: <https://www.baldwinpta.org/baldwin-bash>

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. **For more information on sponsorships, email us at: fundraising@BaldwinPTA.org**

We hope you will join us for a delightful evening in the "Enchanted Forest".

Residential Real Estate Sales Statistics for 78739

Submitted by Jacquelyn Waldrop, Realtor ~ AustinRealEstate.com

Listings	This Month			Year-to-Date		
	Feb 2019	Feb 2018	Change	2019	2018	Change
Single Family Sales	21	23	-8.7%	31	39	-20.5%
Condo/TH Sales	--	--	--	--	--	--
Total Sales	21	23	-8.7%	31	39	-20.5%
New Homes Only	--	3	--	--	5	--
Resale Only	21	20	+5.0%	31	34	-8.8%
Sales Volume	\$11,005,495	\$12,128,132	-9.3%	\$15,605,995	\$19,502,222	-20.0%
New Listings	30	21	+42.9%	46	44	+4.5%
Pending	31	21	+47.6%	55	48	+14.6%
Withdrawn	4	1	+300.0%	5	2	+150.0%
Expired	--	1	--	1	2	-50.0%
Months of Inventory	1.6	1.3	+20.1%	N/A	N/A	--

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Healthy Ingredient Spotlight: Fermented Foods

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

During the fermentation process, foods develop good bacteria such as those touted in probiotic products, as well as helpful enzymes. The bacteria predigest certain food components, making them easier for your gut to handle and for nutrients to be absorbed when you eat them. Because the gut is the largest component of your immune system, introducing friendly bacteria into your digestive system may also help keep illness away. Evidence suggests that good gut health could reduce inflammation, allergies and autoimmune disorders in the body. If you aren't familiar with fermented foods, here are some of the most common ones.

- Kefir
- Kimchi
- Kombucha
- Miso
- Sauerkraut
- Yogurt

To get the greatest health benefit, avoid the packaged supermarket options and ferment your own ingredients at home. You'll avoid unnecessary salt and sugar and can stop the fermentation process when it suits your taste buds. Here's a simple recipe to try.



Beet & Red Cabbage Sauerkraut

Ingredients

- ½ medium red cabbage head, finely diced
- 1 medium beet root, peeled and grated
- 2 inch ginger piece, peeled and grated
- 1 tsp sea salt

Instructions

1. Add all ingredients in a large bowl, and use your hands for scrunching the mixture for two or three minutes, until the vegetables juices start to collect into the bowl bottom.
2. Transfer the mixture into a clean glass jar and press well. If the juices don't cover the mixture, add salted water (1 tsp sea salt for 1 cup of water).
3. Cover with a lid and let sit at room temperature for up to one week, until the taste becomes sour.
4. Keep in the refrigerator.

Baldwin Elementary PTA News

Submitted by: Jacquelyn Waldrop, Baldwin PTA Board

Save the Date for Upcoming Events:

- General PTA Meeting, Thurs Apr 4 @ 8am
- Earth Day Spring Grounds Clean-up, Sat Apr 13
- Spirit Night with Kona Ice, right after school, Tue Apr 16
- Spirit Night @ Austin Pizza Garden, Thur Apr 18
- Baldwin Bash, Fri Apr 26
- Spirit Night with Kona Ice, right after school, Tue May 14
- General PTA Meeting, Thurs Apr 16
- Last Day of School/Spirit Night at TCBY, Fri May 24

No time on your hands to volunteer? That's ok, but we need your voice!



Baldwin PTA needs families and community members to join the PTA and make your support of our school official! You don't have to have a child at Baldwin to be a part of the PTA and share your voice.

Visit **BaldwinPTA.org** to join now! Single memberships are \$8.50 and Family memberships are \$15 and we need your support to help enrich our school programs. We are a few members short of our goal to grow our PTA to 400+ members strong this year. Visit <http://baldwinpta.org/pta.php> to join today!

GO GREEN



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Simple Spring Projects to Prepare for Summer

Submitted by: Melynda Weiland

- Order to Everything Professional Organizing

Spring is right around the corner and it's time to prepare for the summer! Here is a list of 10 projects to consider in preparation for the summer months ahead.

1. Gather up bug spray, sun tan lotion, towels etc. and make a pool/beach bag with everything you need each time you go out for the summer.

2. Wash all of your coats/jackets/scarves and store them away.

3. Go through your children's clothes and make sure they have summer clothing, bathing suits, etc. that will fit for the season and purge everything they have outgrown.

4. Begin planning summer activities early to maximize your fun time. Put all camps, travel, special holidays and appointments on the calendar.

5. Organize your closets to keep your wardrobe updated and your closet space tidy.

6. Freshen up your space by changing out accent pillows and tabletop accessories. Add some organic accents to bring the outside in.

7. Spring clean your home. Work one item at a time to relieve the stress of doing it all at once. For example: all baseboards, all flooring, all light fixtures.

8. While spring cleaning, take note and stock up on surplus items you use regularly such as cleaning supplies and toilet paper.

9. Have a garage sale to remove everything you have purged in your speed round.

10. Create easily accessible space for bikes, lake and beach toys, travel items etc.

Implementing projects like these will help get you organized for summer! Make a plan and schedule some time now to free up your calendar when it's time to have fun!



Wash Your Hands

Reducing Spread of Disease While at Home and Work

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease – many could be avoided if everyone properly washed their hands.

From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom
- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change a diaper or clean up after children
- Handle an animal or animal waste

HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing “Happy Birthday” twice
- Be sure to wash palms, back of hands, fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)
- Rinse off soap under a stream of water

WHAT ELSE CAN YOU DO?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands.

FOR MORE INFORMATION

To learn more about how washing hands regularly can help prevent disease, ask your health care provider, or visit the CDC's creative Web site dedicated to raising awareness of the importance of hand washing at www.henrythehand.com.



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Twelve Top Travel Tips When Traveling with Your Pet

Traveling with your pet can be fun and rewarding – especially when you're prepared. In addition to the pet travel "basics" (safely restraining your pet, allowing adequate time for potty breaks, bringing comforting items from home, and so on), several additional simple practices can help make every trip easier and more pleasant for both you and your pet.

1. Schedule a veterinarian visit to insure overall health and current vaccinations. Ask for a health certificate and vaccination records, especially if you're traveling out of state.
2. Make sure your pet's identification tags are up-to-date and legible. Also, be sure his rabies tag and vaccinations are current.
3. Include your destination address and/or phone number on your pet's tags and cage/crate (if applicable).
4. Remember to pack water to prevent dehydration. To help insure convenient feedings bring along a collapsible food bowl.
5. Pack all medications and supplements to avoid missed doses.
6. Pack a first aid kit to insure readiness in the event of an injury or medical emergency.
7. Exercise your pet prior to departure. A tired pet is typically much more amenable to travel. Also, bring a lead or harness to allow exercise during pit stops.
8. Feed your pet at least four hours prior to departure to prevent car sickness. If the trip is long, feed a smaller amount that normal at least two hours before you leave.
9. Use a travel remedy, if necessary. If your pet is extremely anxious about travel, try a soothing non-prescription calming product.
10. Trim toenails to prevent snags and injury, especially if your pet will travel in a cage or crate.
11. Cover your car seats to keep them clean and free of hair shed on your trip.
12. Know your travel rules and restrictions, especially if you will travel on an airplane.



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community newsletters



Fit and Fun: Health Tips for You & Your Children

By: *Concentra Urgent Care*

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the US Centers for Disease Control and Prevention's website at:

www.cdc.gov/healthyyouth/physicalactivity/

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Easter at Oak Hill

Sunday, April 21

7 a.m.	Sunrise
8:45 a.m.	Traditional
10 a.m.	Contemporary
11:15 a.m.	Traditional



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