

MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

Meridian Spring EggStravaganza Celebration

Submitted by: Jacquelyn Waldrop

Thanks to the Meridian Social Committee and other neighborhood volunteers for your help in organizing the annual Meridian Egg Hunt for our neighborhood bunnies, on Saturday, April 20th. A great time was had by young and old, as the little ones hunted for eggs by age group, while their parents enjoyed coffee and waffles. This year, a petting zoo was added, which included bunnies, chicks, a bearded dragon, a hedgehog and many more sweet spring critters. If you missed it, be sure to join us next year for this annual event.



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

May

- 10 ~ Spring Food Truck & Movie Night
- 14 ~ 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

September

- 2 ~ Ice Cream Social

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!

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Teenage Job Seekers

Name	Age	Baby Sit	Pet Sit	House Sit	Yard Work	Phone
Altai, Rand.....	19.....	•.....	•.....	•.....	•.....	394-9690
Gonzalez, Byanka*+	18.....	•.....	•.....	•.....	•.....	512-667-3943
Jordan, Ryan.....	17.....	•.....	•.....	•.....	•.....	512-369-2504
Krueger, Ana*.....	16.....	•.....	•.....	•.....	•.....	907-522-0052
Scoma, Anika*+	15.....	•.....	•.....	•.....	•.....	737-932-1766
Tilton, Marijka.....	16.....	•.....	•.....	•.....	•.....	512-228-1682

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Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Meridian teenagers seeking work. Submit your name and information to meridian@peelinc.com by the 9th of the month!

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THE MONITOR

Meridian Annual HOA Meeting Tuesday, May 14th @ 6pm

Join us at the Baldwin Elementary cafeteria for important HOA updates and neighborhood happenings at the Annual Homeowners Association Meeting. Be informed and get involved. We need your help to make Meridian the best it can be! Updates posted on "NextDoor" and the Meridian Social Buzz Facebook page.

Baldwin Elementary PTA News

Submitted by: Jacquelyn Waldrop, Baldwin PTA Board

Save the Date: Thursday, May 16-Last General PTA Meeting of the Year

Our last Baldwin Elementary PTA meeting of the year will be held on Thursday, May 16 @ 5:30pm, where we will wrap up the year's business, get a Baldwin Bash fundraising update, introduce a new Leadership Board for the 2019-2020 school year and give a special thank you to our Family Benefactor and Business Booster Sponsors. See you there!

Baldwin Bash: Enchanted Forest -- A BIG Success

Thank you, Baldwin community and our Meridian neighbors! You showed up big to the 2019 Baldwin Bash! Fund raised will support our numerous Baldwin Elementary PTA efforts to improve the quality of education for our students, including 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 appreciate your support!

Save the Date: Incoming Kindergarten/Fall 2019 Playdates

Meet and mingle with future Bobcat cubs and parents at our summer playdates.

Wednesday, June 12 @ Baldwin from 5-6pm

Library Story Time, followed by popsicles on the playground. Siblings welcomed and encouraged!

Additional playdates to be announced soon! Need more info: Kristi Jackson Campbell / kristi.jackson@gmail.com

Baldwin Elementary PTA News

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

Bell peppers are sweet, mild and come in a variety of beautiful colors. Bell peppers are low in calories but high in nutrients. They contain vitamin C, which supports your immune system. Vitamin E found in bell peppers keeps skin youthful. The sulfur content in bell peppers makes them play a protective role in certain types of cancers. Bell peppers also contain vitamin B6, which is needed for the health of the nervous system. Bell peppers are delicious raw or cooked. Here are a few ways to include them in your daily diet.

- Slice a variety of colored peppers and eat with your favorite dip
- Roast and use in place of tomatoes on a sandwich
- Cut into chunks to brighten up stir fry
- Cut in half and crack in an egg. Bake until the egg is cooked for a new breakfast treat

I love bell peppers in Mexican dishes. Give my Bell Pepper Enchiladas a try. This is a great way to enjoy the flavors of enchiladas without gluten or additional carbs.

Bell Pepper Enchiladas/ Serves 4

- 2 medium bell peppers, any color
- 1 pound ground turkey
- 1 (10 oz) can enchilada sauce
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 1/2 cup shredded Monterey Jack cheese
- 1/4 cup chicken broth

Instructions

1. Preheat oven to 350 degrees.
2. Slice peppers in half lengthwise and and scrape out membranes and seeds.
3. Heat a skillet with 1 tablespoon of olive oil and brown the ground turkey.
4. Add the cumin, garlic powder, salt, and chili powder and cook for 2 minutes.
5. In a large bowl, combine the turkey and enchilada sauce.
6. Pour chicken broth into the bottom of a glass baking pan. Spoon the enchilada filling evenly into the pepper halves and place in the baking dish. Sprinkle the cheese over the tops of the stuffed peppers.
7. Cover the pan with aluminum foil and bake for 30 minutes. Remove aluminum foil and return to the oven to bake for an additional 10 minutes until peppers are soft and cheese is melted. Serve with your favorite toppings, such as avocado, tomato or diced onion.

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Mosquitoes



Mosquitoes can not only be irritating by biting, but they also are able to transmit various diseases to humans and animals. They are known to transmit heartworm in dogs and cats, and they can spread encephalitis (including West Nile Virus), Chikungunya, Zika, dengue, yellow fever, malaria, and

filariasis among humans.

Most female mosquitoes require a blood meal for egg production whereas males feed on nectar and do not bite. Eggs are laid on the surface of water or in dry locations that can be flooded by water. Eggs laid in dry locations can remain dormant for several months. Eggs hatch into larvae, or wigglers. Mosquito larvae live in water and feed on organic debris or microscopic plants and animals. Larvae molt into pupae which are non-feeding. Mosquito pupae spend the majority of their time at the surface of the water, only moving when disturbed.

Many things can help to reduce mosquito problems around the home. Since three of the four life stages of mosquitoes are in or near water, it is best to eliminate all sources of standing water. Containers such as watering cans, buckets, and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters,

flowerpots, and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians, and fish.

Avoiding outdoor activities during peak mosquito hours is the best method to avoid being bitten. When outside, wear loose-fitting, light colored clothing with long sleeves, and long pants. Repellants containing active ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-methane-diol (PMD), or 2-undecanone can be effective to keep mosquitoes from biting when evening activities cannot be rescheduled.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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THE MONITOR

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Fit and Fun: Health Tips for You and 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:



NATURE WATCH

DISTINCTLY DIFFERENT MILKWEEDS

by Jim and Lynne Weber

Much ado has been made of the more common and widespread milkweed species, but there are a handful of milkweed vines that are less common but more distinct, and just as useful as native host plants for Monarchs and related butterflies.

A fairly robust, twining vine 6 to 12 feet long growing in dry, light shade in thickets on rocky hillsides and woodland edges, Pearl Milkvine (*Matelea reticulata*) is best known for its heart-shaped leaves and flat, greenish-white flowers $\frac{1}{2}$ to $\frac{3}{4}$ of an inch across with pearly, iridescent centers. Also called Green Milkweed Vine, Net Vine Milkvine, and Netted Milkvine, its curious flowers have tiny white veins forming an intricate pattern on the surface of the petals, adding to their unusual look. In fact, *reticulata* refers to this pattern, which means 'resembling a net or network'. It blooms from April to July, especially in full sun, giving way to fairly large, interesting prickly follicles filled with seeds attached to silky threads. This native species is a host plant to Monarch butterflies.



Often mistaken for Pearl Milkvine is Plateau Milkvine (*Matelea edwardensis*), endemic only to the Edwards Plateau of Central Texas. This uncommon vine shares the same twining habit of Pearl Milkvine, but its leaves, while similar, generally have a somewhat wavy edge, and its flowers are bell-shaped instead of flat. Additionally, its greenish-white flowers do not have a pearl center, and its petals are not solely reticulate-patterned, having parallel veins in their lower halves and centers, and

reticulate or networked veins only on the edges or margins. Blooming in April and May, this species can be found on gravelly soils in open woodlands, often climbing on other plants, and it is a native host plant for Queen butterflies.



Usually found in the chalky soils of pastures and open ground, Purple Milkvine (*Matelea biflora*) has low-growing stems that radiate along the ground from a woody rootstock, and along with its opposite, triangular leaves, are covered with long, spreading hairs. From March to June, pairs of star-shaped, five-petaled, dark purple-brown flowers rise from the base of the leaves, which gives this plant its other common name of Star Milkvine. While its trailing stems can

grow up to 2 feet long, it inhabits grassy areas and as such is often hidden and overlooked, except by Queen and Soldier butterflies that use it as their native host plant.

Named for a small town in Chihuahua, Mexico, Talayote (*Cynanchum racemosum*) or Milkweed Vine is a climber that grows to 15 to 20 feet in full sun to part shade, and is a native host plant for both Queen and Soldier butterflies. Talayote produces clusters of small cream and green flowers that are held above and among the heart-shaped leaves, blooming in the hotter months from summer into fall, and attracting a host of other small but beneficial pollinators. Growing only in Central, South, and West Texas in the United States, this vine produces plump, smooth follicles 3 inches long, filled with silk-topped seeds, often remaining on the vine well into winter.



Take the time to seek out and appreciate these lesser known members of the Milkweed family, as they are beautifully and distinctly different!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our books, *Nature Watch Austin* and *Nature Watch Big Bend* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com





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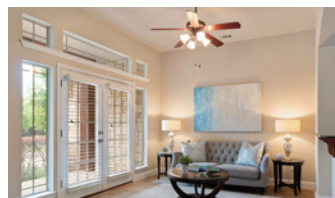
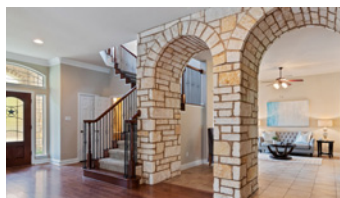
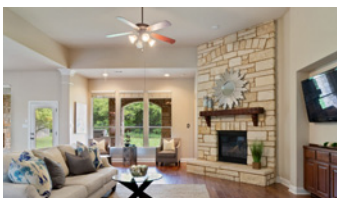
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