

MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

Fall Baiting For Fire Ants

The month of September celebrates Fire Ant Awareness Week, so get involved! While you may not be seeing too many mounds yet, fall is a great time to bait for fire ants. Baiting in fall can help reduce the number of mounds appearing in spring. Baits take time for results to be seen, so be patient and schedule a regular baiting program for every spring and fall. If you need fire ants killed quickly, you may want to use an individual mound treatment.

Tips on using fire ant baits:

- Make sure you have a bait, not a granular
 - o Baits are either broadcasted over an entire property or sprinkled AROUND individual mounds for fire ants to pick up as food. Baits should NOT get wet.
 - o Granulars are sprinkled on TOP of a mound and watered in to carry the pesticide into the mound to come into contact with the ants.
 - o Read the product label BEFORE YOU BUY to figure out if it is a bait or granular.
- Broadcasting baits using a handheld spreader saves time and reduces the amount of chemical applied to the environment.
- Use the proper amount of bait and application equipment for your yard size
 - o Read the label; it will tell you the rate of application and equipment required for application.
 - o Many baits are placed at a rate of 1-1 ½ pounds per acre.
 - o Many people do not follow the label and put out more bait than is needed.
- Check that fire ants are foraging before putting out bait.
 - o Place a hotdog slice or potato chip near a mound, leave for 10 minutes, then check for fire ant activity.
- Do not use stale or old bait.
 - o Smell bait to make sure it is not spoiled; spoiled bait smells rancid (if you are using spinosad fire ant bait, it smells somewhat funky normally so do not be alarmed).
 - o Store bait sealed in the original container out of reach of children and animals.
- Get your neighbors to bait the same time as you do; this will push reinvasion boundaries of fire ants further away from your property.
 - o Even better, organize a community-wide fire ant management program; they can help reduce the amount of fire ants within your community & save money on chemical costs for everyone in the neighborhood.

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

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

Save the Date:

What's Happening in Meridian? Social Events & HOA Board Meetings

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

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

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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.

PORTABLE FIRE EXTINGUISHER

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.

To operate a fire extinguisher, remember the word PASS:

- **PULL** the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- **AIM** low. Point the extinguisher at the base of the fire.
- **SQUEEZE** the lever slowly and evenly.
- **SWEEP** the nozzle from side-to-side.

For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.

Choose a fire extinguisher that carries the label of an independent testing laboratory.

Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out.

Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.



SWING Networking Group

Promote your business with local independent business owners. SWING (South west Austin Inclusive Networking Group) has been meeting every Thursday morning from 8AM to 9:30AM at the Waterloo Ice House on Escarpment for 14 years.

We have no dues, no initiation fees, we don't take attendance. Just pay for your own breakfast. The more often you show up the better we get to know you. We are an inclusive group, we will enjoy competition. So, bring your business cards and a good attitude and let's get to know you.

If you want more information, contact Liz Jensen at 512-301-6966 or lizleej@gmail.com or Peter Berardino (The King of SWING) at 512-695-2334 or peterberardino@gmail.com.



BRINGING FAMILIES CLOSER TOGETHER

The YMCA of Austin has something for the whole family—from youth programming like sports, dance, gymnastics and martial arts to state-of-the-art exercise equipment, gym facilities and pools. Time spent together at the Y will help build your family's connections, health, confidence and well-being. If you're looking to strengthen your family, the Y is the perfect place to start.

PLUS, Y MEMBERS SAVE ON
Youth Sports, Dance,
Gymnastics, Swim Lessons,
AfterSchool, Camps and more

Learn more at
AustinYMCA.org

The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2

hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.



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MAKING CONNECTIONS

3RD ANNUAL
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10/26/2019

Woodlawn Baptist Church
4600 Manchaca Road
Austin, Texas 78745

Registration opens at 8:30 am
Conference from 9-4:00 pm

TICKETS:

Register at
teamlukehopeforminds.org under the
"Events" tab. Payment can be made
online or at the door.
Cost is \$10/person

Continental breakfast & lunch provided
There will not be childcare.

Email ronda@teamlukehopeforminds.org for scholarships for
admission and/or travel expenses

Making Connections is a pediatric brain injury resource fair and conference presented by Team Luke Hope for Minds.

The purpose is to connect families and provide helpful resources and education. Parents will explore services, products, technologies, and other resources that would be of benefit to their children.

PRESENTED BY:



Keynote Speaker

Paul G. Harch, M.D.

TOPICS INCLUDE:

Hyperbaric Oxygen Therapy for Rehabilitation of
Acquired Pediatric Neurological Disorders

Stem Cells & Exosomes

Applying Functional Medicine and Nutrition to
Pediatric Brain Injury

Strategies for Life: Maximizing Function after Brain
Injury in Children

Transition 101: Transition to Adulthood

Medicaid Home and Community-Based Services
Waivers

Grief and Trauma in Families with a Child with a
Brain Injury

Navigating Public Education When Your Child has
a Brain Injury

Bent, Not Broken: The Management of Scoliosis
and Spinal Deformity after Brain Injury

Outpatient Cognitive Rehabilitation for Pediatric
Brain Injury

Music Therapy: Mind-Body-Spirit Connection



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Health and Wellness

Here's What Happens When You Eat Grapes for Two Months

The near-magic of grapes lies in their potent combination of vitamins, minerals, fiber, protein, and antioxidants. From disease prevention to better memory to a longer life, there is little that grapes can't do. They can even be used to chill drinks without watering them down like ice does.



1. Disease Prevention.

Antioxidants are highly beneficial compounds that help repair cellular damage caused by harmful free radicals. Grapes contain many types of antioxidants, primarily in the skin. Red grapes have the highest level of antioxidants, including the polyphenol resveratrol, which has been credited with significant heart-healthy benefits. It also regulates blood sugar and lowers your risk of developing cancer and diabetes.

2. Better Eye Health

The beneficial compounds in grapes may also help protect your eyes from common degenerative diseases. In test tube studies, resveratrol also protected human retinal cells from damage due to ultraviolet light. Grapes also contain a pair of antioxidants called lutein and zeaxanthin that further shield your eye health, especially from the blue light that comes from your phone.

3. Slower Ageing

Certain plant compounds found in grapes, including resveratrol, have been found to affect aging and lifespan. While resveratrol handles your insides, the vitamin C in grapes helps to keep your skin healthy. It plays an important part in the production of collagen, the substance that keeps skin smooth, elastic, and wrinkle-free.

4. Decreased Inflammation

Chronic inflammation is the hallmark of diseases like arthritis, but is actually a factor in every disease. Grape powder has featured in several studies that look at inflammation. In one study of 24 men with metabolic syndrome (a group of risk factors for type 2 diabetes and cardiovascular disease), a daily dose of grape powder equivalent to 1.5 cups of fresh grapes was found to significantly raise the level

of anti-inflammatory compounds in their bloodstream.

5. Sharper Memory

One 12-week study done on 111 healthy older adults found that 250 mg of a grape supplement each day noticeably improved upon baseline scores for a cognitive test. Another study revealed that 8 ounces of grape juice per day can both boost your mood and increase your speed of memory recall.

6. Improved Bone Health

Grapes provide many of the minerals critical to bone health, vitamin K being chief among them. Vitamin K plays a strong role in keeping calcium inside your bones, preventing it from leaching out into the bloodstream. In a nice kind of synergy, grapes also contain some calcium, as well as phosphorus, magnesium, potassium, and manganese.

7. Bolstered Immune System

There are several compounds in grapes that can protect against viral and bacterial infections, including good old vitamin C and the magnificent resveratrol. With a daily dose of grapes, you too can become one of those annoying people who never seem to come down with the seasonal cold or flu. Grapes may also offer some protection against food-borne illnesses. (From RobHealth)





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Austin Business Journal Top Producing Agent 2013 – 2018 | Texas Monthly Five Star Agent 2013 – 2018