

MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

STAY SAFE ON HALLOWEEN

Check your kids' candy
for choking hazards like
gum and hard candies.

Face paint is safer
than masks.

Stay visible with
a reflective bag.

Lighter-colored
costumes are easier
to see in the dark.

Always use a crosswalk
to cross the street.

Fire-proof your pumpkins by
lighting them with glow sticks.

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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Save the Date:

What's Happening in Meridian?

Social Events & HOA Board

Meetings

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. For more information, the Meridian HOA Board can be reached at: MeridianHOABOD@gmail.com



FOR MORE THAN A WORKOUT

At the YMCA of Austin, we're more than just a gym. The Y is a nonprofit committed to helping everyone thrive at each stage of life. Our community brings together people of all abilities, ages, ethnicities, financial circumstances, genders, races, religions and sexual orientations.

For more than a workout. For a better us.

8 locations across
Travis, Hays & Bastrop counties

Learn more at
AustinYMCA.org

Easy Ways to Improve Your Home's Health

(Family Features) Maintaining a healthy home is a goal most Americans share, but not all are confident they're doing the best job they can to protect their home's health.

According to a survey conducted by Second Nature, the nation's largest home wellness subscription service, 62% of respondents admitted they could do a better job of attaining a healthy home, with clean air ranked as the most critical factor in achieving home wellness.

Gain more confidence in the health and cleanliness of your home with these tips:

- **Remove your shoes when you enter the house.** Add entryway seating to encourage guests to take off their shoes. The bottom of a pair of shoes can contain anything from fecal matter to E. coli and pesticides. Leaving shoes at an entryway is one of the easiest ways to combat home pollution and promote a healthy home.

- **Replace air filters regularly.** The air filter in your home dictates the air you breathe and ensures that it is healthy enough for ingestion. More often than not, air filters are not top of mind when thinking about home wellness, but they are crucial to every home. That's why it's important to replace air filters on schedule – every three months as recommended by the National Institutes of Health.

If you're like many homeowners who struggle to remember when it's time to change your filter, or never have a filter handy when you do remember, you may benefit from a service like Second Nature, which provides a home delivery subscription that ensures your air filters are replaced on time. The company's high-quality air filters help reduce the risk of contracting allergies, sickness and infection while also ultimately lowering costs associated with energy bills, repairs and health-related expenses.

- **Change out your light bulbs.** Choose the right color temperature for a calmer home and use energy-efficient bulbs. The selection for light bulbs is massive, and with smart home technologies that allow you to change the color of your bulb with the swipe of a finger, you can also easily control your mood. Warm lighting typically has an overall positive effect on everyone in the home. One of the keys to home wellness is ensuring you are truly happy in your home, and lighting can play a pivotal role in cultivating this emotion.

- **Open windows on good weather days.** Most Americans (61%) believe the air inside their homes is cleaner than it is outside, according to the survey. However, the Environmental Protection Agency estimates indoor air is 2-5 times more polluted than the air outside. This is in part because



Americans tend to enclose themselves indoors, where the same air is recycled over an extended time. The smell of the meal you cooked for dinner, the trash in the garbage can and the candle you light on your nightstand all have an impact on the air quality in your home. Opening windows allows for polluted air to release itself from the home and, in turn, allows for cleaner air to circulate the space.

- **Filter your water.** Water is essential to any healthy lifestyle, and drinking clean water is a luxury that is often overlooked. However, what is also overlooked is how many chemicals and toxins that can affect your health are in the tap water you drink on a daily basis. Filtering your water is one simple step that can benefit not only your own health, but the health of everyone in the home.

Find more tips and advice for creating a healthier home environment at SecondNature.com.



*Photo courtesy of Getty Images
(parents and child in home)*

Austin Music Lovers Can Park Close to ACL & Help Young Artists

Austin High School Band annual fundraiser offers affordable convenience to festival goers

Austin, Texas – With ACL Festival parking near Zilker Park being sold on Craigslist for hundreds of dollars, smart concertgoers who REALLY love music are using their parking fees to invest in the future of music. By choosing one of hundreds of paved spots available in the Austin High School parking lot, ACL Festival attendees not only get a short walk to Zilker Park via the Mopac Bridge, they'll also be investing their \$40 in the future of some great young musicians.

"The Austin music scene not only supports internationally-known events like ACL Festival, it also fosters young artists through great school music programs. Our parking fundraiser allows concertgoers to support both at the same time," said Chessie Zimmerman, Austin High Band Boosters President. "On Saturday, October 5th, people not only get below-market rates for great parking, but they also get the satisfaction of knowing they're supporting the next generation of musicians."

Located at 1715 W. Cesar Chavez Street, the Stephen F. Austin High School parking lot is accessible from Cesar Chavez, just east of the intersection with MOPAC. Parking

is available off Veterans Drive by the tennis courts or on the east side of campus by Cesar Chavez. Look for the "Home of the Maroons" sign. Drivers are reminded that no animals can be left in vehicles. Parking at AHS is available on Friday and Saturday of both ACL weekends, with proceeds benefitting the band on Saturday, October 5th. New this year, guests can reserve parking in advance by purchasing online at www.parking.band.

DETAILS

ACL Parking at Austin High School
1715 Cesar Chavez Street
Friday and Saturday of both ACL weekends,
October 4 & 5 and October 11 & 12
\$40 per car

Proceeds support various student organizations at Austin High School, including the award-winning Austin High Maroon Marching Band on Saturday, October 5.

www.parking.band



**Bethany
Marketplace**

FREE ADMISSION | LOCAL ARTISANS | CAFE

November 9 • 9AM-4PM • Bethany Lutheran Church
3701 W. SLAUGHTER LANE • AUSTIN, TX 78749

Add Mexican Flair to Game Day Favorites

Football season, for many people, is just as much about the food as it is about the action. No matter who's playing and whether you're at a tailgate or living room watch party, one thing is for sure: football and flavor go hand-in-hand.

When you're huddling up to figure out how to score a touchdown with your game day spread, consider taking your snacks to the next level by adding an authentic Mexican flair. Opt for traditional Mexican ingredients like chorizo, queso fresco or cotija in meals and snacks that are already football mainstays, including nachos, tacos and quesadillas, and consider all the possibilities that incorporating these flavorful ingredients can add to other classic dishes like sliders and potato skins.

Ideal for tailgate season, Cacique, one of the country's top Mexican food brands, offers Mexican-Style Queso Dips – made with real queso fresco and available in Queso Blanco, Southwestern, Jalapeño and Chipotle flavors – and Fully Cooked Chorizos – made with authentically seasoned premium pork shoulder and available in classic, Chorizo with Bacon & Potato, Chorizo with Eggs and Chorizo with Queso varieties – to help fans easily add Mexican flavor to indulgent game day favorites. Both use high-quality ingredients and are microwavable, so they taste authentic and can be ready in minutes so no one misses any of the big plays or touchdowns.

Consider these twists you can add to your favorite game time snacks:

- **Loaded Avocados:** Give avocados the potato skin treatment by loading them up with delicious toppings like chorizo, queso fresco and crema – just don't eat the skin.
- **Cheese Fries:** Drizzle queso dip over French fries or top with crumbles of flavorful Cacique Chorizo and Cotija in a recipe like these Baked Sweet Potato Fries with Chorizo and Cotija.
- **Robust Sliders:** Skip regular beef patties and spoon the rich seasoning and punch of flavor that chorizo brings to your favorite slider rolls then top with your favorite cheese and salsa.
- **Mac and Cheese:** For a new take on mac and cheese, toss cooked macaroni noodles with your favorite Cacique Queso Dip and top

with crushed tortilla chips in a recipe like this Southwestern Mac and Queso.

Discover more ways to incorporate Mexican flair into your game day spread at caciqueinc.com.



Baked Sweet Potato Fries with Chorizo and Cotija

- 4 large sweet potatoes, peeled and cut lengthwise into 1/2-inch wide sticks
- 3 tablespoons olive oil
- salt
- freshly ground black pepper

1 package Cacique Fully Cooked Chorizo

1 cup Cacique Cotija, crumbled

2 tablespoons chopped fresh cilantro

Heat oven to 400 F and lightly grease large, rimmed baking sheet.

In large bowl, toss sweet potato sticks with olive oil.

Lay fries in single layer on prepared baking sheet and sprinkle lightly with salt and pepper. Bake 15-18 minutes, shaking pan several times, until tender and lightly browned.

When fries are almost done baking, microwave chorizo 3-4 minutes.

To serve, place golden brown fries on serving platter and spoon chorizo over top. Sprinkle with cotija and fresh cilantro.



Southwestern Mac and Queso

- 1 package Cacique Queso Dip
- 1 box macaroni, cooked according to package instructions
- 1/4 cup Cacique Queso Fresco, crumbled
- 1/2 cup tortilla chips, crushed

Microwave queso dip 2-3 minutes; stir. Pour over cooked macaroni and toss until thoroughly coated.

Sprinkle crumbled queso fresco and crushed tortilla chips over macaroni before serving.

Join Us for Fall Fest!

Food • Games • Spin Art • Costumes • And More!

Sunday, Oct. 27
12:30-2:30 p.m.

All Are Welcome...Rain or Shine!



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THE MONITOR

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Lettuce Recycle

by Dena Houston

RECYCLING CONFUSION - Even though I have been a recycling block leader for 27 years, there are still some areas I find confusing. Recently, I had the pleasure of visiting with the CEO of the Balcones Recycling Facility (this is one of the two recycling sorting facilities in Austin). He gave me some wonderful information I want to share.

LIDS ON PLASTIC AND GLASS BOTTLES - All lids need to be separated from GLASS bottles, even if they are small. Magnets in the sorting facility pick up the metal lids. Plastic lids are easily separated out.

Lids on PLASTIC jars and bottles need to stay on the bottles – do not separate them.

SHREDDED PAPER - Shredded paper should not go into the blue recycling cart, not even in a separate paper bag. This paper is difficult to contain and sort. Please put shredded paper into the green compost collection bin. It does not have to be bagged.

AS A GENERAL GUIDELINE, DO NOT PUT ANYTHING IN YOUR BLUE BIN SMALLER THAN A CREDIT CARD (except for the lids mentioned above). Please remember, when it comes to recycling:

WHEN IN DOUBT – THROW IT OUT!

CURBSIDE COMPOSTING SPECIAL TIPS

By now, many of you have received your new green curbside compost can. Some of you may wonder if you will use this since you already have backyard compost. There are many things you can place in your curbside bin that you should not or may not want to put in a backyard bin. They are as follows:

Avocado seeds, Bones, Chopsticks, Toothpicks, Facial tissue, Meat and dairy products, Microwave popcorn bags, Napkins, Paper bags, Paper cups, Paper plates, Paper that has gotten wet, Paper towels, Pizza boxes, Popsicle sticks, Shredded paper, Spoiled food

Here are some items you cannot put into your green cart:

Plastic bags, Waxed juice and milk cartons, Glass, Dryer sheets, Antiseptic wipes & Baby wipes.

Only compostable plastic bags can be used to collect food product that is placed in the bin. The plastic bag must be BPI-Certified Compostable and display this label:

Please send any compost questions to me at recycling@hpwbana.org

QUESTIONS FROM OUR READERS

WHAT DO I DO WITH FERTILIZER, COMPOST, AND SOIL PLASTIC BAGS? These bags are treated with special polymers to make them hold more weight and therefore cannot be recycled at the plastic collection bins at the grocery stores. The Recycle & Reuse Drop-Off Center used to take them but can no longer accept them. Their vendors have concerns about the bags being contaminated from the products they contain.

(Continued on Page 7)

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community newsletters



(Continued from Page 6)

CAN PAPER LEAF BAGS GO INTO THE GREEN CURBSIDE COMPOST BIN? Yes, they can.

WHAT DO I DO WITH EXTRA CARDBOARD BOXES THAT WON'T FIT INTO MY BLUE CURBSIDE BIN? Flatten them and tie them up if there are a lot of them and set them next to your blue bin on collection day. The driver of the recycling truck may not pick them up but will call a truck to come get them that day.

IS THERE A WAY TO SAVE MONEY ON PAPER BY RECEIVING THIS NEWSLETTER ELECTRONICALLY? Yes, there is. If you are still receiving a hard copy of the newsletter, you can get it electronically by email on the first day of each month. Please visit this website to make that happen: <https://peelinc.com/index.php/resident-subscriptions>

As the longtime author of this recycling column, I urge my readers to choose the electronic option. It saves on paper! You can also save each issue on your computer.

Here is a very informative City of Austin recycling website: <http://www.austintexas.gov/what-do-i-do>

Stay tuned for future tips that will include creative ways to recycle or reuse. If you have any questions or recycling ideas, please send them to: recycling@hpwbana.org

AUSTIN AREA PUMPKIN PATCHES

Barton Hill Farms - The Fall Festival & Pumpkin Patch in Bastrop will be open weekends from September 28 – November 3. Visit on Saturdays from 10am – 7pm or Sundays from 10am – 6pm

Sweet Berry Farm - Located in Marble Falls, this farm is open from September 21 – November 10 on Mondays, Tuesdays, Thursdays, Fridays, & Saturdays from 8:30 am – 5:30 pm and Sundays from 11am -5pm. Closed on Wednesdays

The Jersey Barnyard - This Pumpkin Patch in LaGrange is now open Monday – Friday from 10 a.m. – 6 p.m., Saturday from 9am– 6 pm and Sunday from 1 – 6 pm through November 28

Texas Big Worm Pumpkin Patch - Located in Bertram, TX the Texas Big Worm Pumpkin Patch is open from September 27th – October 27th on Fridays & Saturdays from 9 am – 6 pm and on Sundays from 10am-5pm

Crowe's Nest Farm - This farm, located in Manor is open each Saturday in October: Oct 5, 12, 19, 26 from 11 am – 5 pm

Nomad Ranch - Located in Bertram, TX, Nomad Ranch is open from 10 a.m. – 1 p.m. on Saturdays and Sundays

Your Community at Your Fingertips



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