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MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN



**GIRLS
EMPOWERMENT
NETWORK**

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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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NOT AVAILABLE ONLINE

Excluding Pests



When the weather turns towards autumn and leads into winter, many pests start looking for a cozy place which can often lead them inside your home. By performing a thorough inspection, you can locate areas where these pests may enter and stop them before they become a problem.

Inside the home, look around doors and windows and if you see light around them it's a sign there isn't a good seal and weather stripping should be replaced. Inspect the attic for holes or entry points for small mammals such as rats, mice, and squirrels. Attic vents should be covered with stainless steel screening to block animals from entering. Outside, inspect the perimeter of the home for cracks and crevices in the foundation that should be sealed. Locate pipe and wire penetrations that enter the structure and seal areas that allow pests to enter.

Ideas on how to exclude pests from your home:

- Trim back or prune any trees and shrubs that touch or overhang the home
- Seal pipe & wire penetrations with copper mesh, sealant, or expanding foam
- Replace weather stripping around doors and windows if there is not a good seal
- Repair or replace window screens with holes
- For homes with brick or stone facades, stuff weep holes with copper mesh
- Clean debris from gutters to reduce harborage areas for pests
- Inspect all furniture, boxes, and bags for pests before carrying them into the home
- Inspect all plants for insect pests before bringing them into the home
- Do not store firewood inside the home, against outside walls, or near doors
- Use sheet metal, hardware cloth, or steel wool to seal any areas where animals have chewed to enter the home**

**make sure animal is not in the home or you'll seal it inside!

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.

(Continued from Cover Page)

GIRLS EMPOWERMENT NETWORK PRESENTS WE ARE GIRLS AUSTIN 2019

WHERE CENTRAL TEXAS GIRLS CAN “BELIEVE IT & BE IT”

12th Annual Event brings girls in grades 3-8 and adults who care about them together for more than 60 different activities that ignite the power in girls

Girls Empowerment Network welcomes its 2019 featured speakers Aisha Thomas of San Antonio and April Bowman of Dallas to reinforce a powerful message for girls, BELIEVE IT & BE IT, at its twelfth annual WE ARE GIRLS AUSTIN on Sat., Nov. 16, 2019 from 9 a.m. – 3 p.m. (doors open 8 a.m.) at Anderson High School, 8403 Mesa Dr., in Austin, Texas. This year’s honorary chair is Dr. Collette Pierce Burnette.

“We Are Girls is an incredible day of education and self-discovery for girls,” says Julia Cuba Lewis, MSW, executive director, Girls Empowerment Network. “Girls walk through the doors and they learn that they are in charge of their day, choosing sessions where they can learn how to believe in their ability to succeed. We see many girls who open up their hearts to their moms who attended with them, transforming themselves and expanding their own views of what they believe is possible for themselves and for their relationships.”

WE ARE GIRLS is designed especially for girls in grades 3 through 8 and the adults who care about them. Its 2019 theme is BELIEVE IT & BE IT with inspiring speakers and dozens of activities and workshops covering everything from creativity and entrepreneurship to body image, bullying, and healthy relationships.

Aisha Thomas – Confidence Creator and Mental Health Advocate

Aisha Thomas aims to embed inclusion, self-love and motivation into the culture of each young person she encounters, resulting in healthier homes, schools and community climates. With an unstoppable mindset, Aisha overcame challenges including dating violence and sexual assault, to become an honor roll student at her high school. She graduated in the first computer networking program in her district, completed college, and joined the United States Air Force (USAF), where she has served for more than 14 years. She is a member of RAINN (Rape, Abuse & Incest National Network), the nation’s largest anti-sexual violence organization, and speaks at universities, community organizations and churches. She is also a lead Facilitator for the Department of Defense, educating civilian and military members on suicide and interpersonal violence.

April Bowman – Founder & Chief Executive Officer of Bold Believers United

Empowering people to reach their full potential is at the core of everything that April Bowman, M.S. does. She has worked

in education for over 15 years, impacting more than 20,000 young people across the country. Her experience includes leading afterschool programs and summer camps with Parks and Recreation; coaching and consulting with non-profits, schools and foundations; college and career guidance counseling; working in student affairs at Northwestern University; serving as the inaugural Director of Alumni Programs for Uplift Education – the largest charter school in North Texas; and, facilitating trainings on how to talk to about race, racism and equity through the Center for Racial Justice in Education. She currently leads Bold Believers United.

April is a recipient of the 2019 Dallas Business Journal Top 40 Under 40 award. She was also a 2018 finalist for the Dallas Startup Evangelist of the Year Award. In 2018, her client, Church Farm School, was awarded funding by the Oprah Winfrey Foundation for work April led with a 9th-12th grade boarding school to develop a successful college completion program.

As the first person in her family to graduate from college, April earned a Master of Science degree from Northwestern University in Learning and Organizational Change and a Bachelor of Arts from the University of Washington in Sociology and Geography. She is currently pursuing a Master of Divinity from the King’s University, where she also serves as President of the Graduate Student Council.

In addition to its featured speaker, We Are Girls Austin offers girls and adults a wide range of presentations, workshops and hands-on activities designed to promote well-being, creativity, goal-setting and more. Conference organizers recruit experts from areas including arts, education, social/emotional learning, health and wellness, dance, parenting, counseling, technology and entrepreneurship.

Tickets to We Are Girls Austin are \$30 and are available for purchase at the event and online at www.wearegirlsAustin.eventbrite.com. Scholarships are available. Admission includes lunch, GIRLSFair, supplies, goodie bag, access to all Featured Conference Speaker’s presentations, breakout workshops and resource fair.

About Girls Empowerment Network and We Are Girls - Girls Empowerment Network knows girls are powerful, and it’s their mission to help girls know it too. Through schools, camps and conferences, girls experience a self-efficacy curriculum that teaches them how to believe in their ability to succeed. WE ARE GIRLS was created in 2008 as a one-day event for girls to expand their view of what’s possible alongside experts and the people who care about them.



LETTUCE RECYCLE! The Plastic Bag Conundrum!

by Dena Houston

Plastic bags cause some of the biggest problems in the recycling world. Many plastic bags are marked “recyclable”; that makes people think they can be placed in any recycling cart. In fact, plastic bags can **ONLY** go to a special plastic bag collection bin. These collection bins are found at most grocery stores (see photo).

Plastic bags can **NOT** go into the blue curbside collection cart. Plastic bags get caught in the machinery at the recycling facility and their removal is costly.

Plastic bags can **NOT** go into the green curbside compost collection cart; they do not compost. **ONLY COMPOSTABLE BAGS** can go into the green carts.

Most plastic bags can go into the plastic and film collection bins at the grocery stores. Following is a list of what can go into these bins:



- Clean and dry zip lock bags
- Plastic cereal box liners
- Air pillows for shipping (deflate)
- Bubble wrap
- Shopping bags
- Bread bags
- Produce bags (remove labels)
- Newspaper bags
- Dry cleaning bags
- Product wrap on cases of water bottles, paper towels, etc.
- Plastic shipping envelopes (remove labels)

There are some plastics that cannot go into these bins because they are treated with special polymers. These polymers help keep food fresh or allow the plastic to hold more weight. This treatment prevents the plastic from being recycled. The following plastics can **NOT** go into grocery store collection bins and must go into the trash cart:

- Frozen food plastic bags
- Plastic bags for soil, fertilizer and compost
- Prewashed salad mix bags
- Candy bar wrappers
- Chip bags
- Six-pack rings

Here is the website for plastic bag collection <<https://www.plasticfilmrecycling.org/>>

CELLOPHANE AND FOOD-CONTAMINATED PLASTIC CONUNDRUM!

At this time, there is no way to recycle cellophane – UGH! So many things come packaged in cellophane or what seems like cellophane – pasta is one good example.

HOW DO YOU TELL THE DIFFERENCE BETWEEN CELLOPHANE AND RECYCLABLE PLASTIC?

Cellophane makes a crinkling noise and is usually transparent. It must go into the trash cart.

Plastic that has food product on it cannot be recycled. For example, hot dog plastic wrappers, bags with shredded or packaged cheese, and plastic that comes wrapped around hams or turkeys must all be placed in the trash carts.

(Continued on Page 5)

Lettuce Recycle... (Continued from Page 4)

QUESTION FROM A READER:

IF I DON'T KNOW IF SOMETHING CAN BE PUT INTO THE BLUE OR GREEN COLLECTION BINS, SHOULD I THROW IT IN ANYWAY AND LET IT BE SORTED BY THE CITY?

This is a great question and the answer is NO! If you are unsure about whether or not something can go into either of these bins, put the items into your trash cart. It is very costly to everyone when the wrong things go into our recycling and composting bins.

PLEASE REMEMBER, WHEN IT COMES TO RECYCLING:

WHEN IN DOUBT - THROW IT OUT!

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



Just a friendly reminder - do not put plastic bags in your blue recycling bin.



Bethany Marketplace

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November 9 • 9AM-4PM • Bethany Lutheran Church
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THE MONITOR

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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.



FOR MORE THAN A WORKOUT

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Learn more at
AustinYMCA.org

What's Happening in Meridian?

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*





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