

MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

Baldwin Vocabulary Parade

Submitted by: Jacquelyn Waldrop, Realtor-AustinRealEstate.com

On Friday, October 27th, just in time for Halloween, Baldwin students conducted their 5th Annual Vocabulary Parade, led by Baxter the Bobcat, the front office administrative staff and the Gorzycki Tiger Drum Line. The students were each encouraged to select a new vocabulary word and dress up as the word. For instance, for the word "exhausted," the student could dress up in pajamas, a bathrobe, slippers and carry a coffee mug in their hand. Parents and

Meridian neighbors lined the school sidewalks and even a small portion of Meridian Park Blvd as spectators, to see the kids parade in their creative costumes. Our volunteer Watch DOGS assisted with blocking off the neighborhood streets and directed traffic flow to help neighbors and older students get on their way that morning. Thanks to our Meridian neighbors for your patience and assistance during this fun event for Baldwin students and families.



Holiday Cookies and Caroling at the Pavilion

Tuesday, December 19 @ 6-7:30pm

Come and join your neighbors for cookies and music at the pavilion before you go out and view the Christmas lights in the neighborhood. Awards will be given to the top decorated house in each section. See NextDoor and the Meridian Marquee for more details!

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*Based on 2017 ABOR Data YTD 11/2017


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What To Do If You Get the Flu

Submitted by: Aaron Williams, PharmD & Owner, Brodie Lane Pharmacy

I'm guessing that the flu isn't on your top-10 wish list, right? But just in case you get sick this flu season, here's a list of 10 things you can do to help ease your symptoms—and to stop the flu in its tracks and protect others.

1. Stock up. A few supplies may make it a bit easier to manage the flu. It's best to have these on hand before you get sick. Otherwise, send a healthy member of your family out on an errand, if you can.

- Acetaminophen, ibuprofen, or naproxen for reducing fevers and easing aches

- A thermometer
- Cough syrup or cough drops
- Saline nose drops or sprays
- Drinks such as fruit juices or tea (avoid caffeine)
- Easy-to-eat foods such as clear soups, crackers, or applesauce^{1,2}

2. Stay home! The first day you have symptoms, you may be tempted to venture out to work or school. Please don't! Not only do you need the rest, but this is also when you're most contagious.¹ Try to nap—and read or binge-watch your favorite television episodes.

3. Prevent the spread. In addition to staying home, wash your hands often and cover your cough and sneeze into your sleeve.²

4. Drink fluids, breathe steam. This is a great way to thin your mucus, making it easier to cough up. This may help prevent a lung infection. Using a humidifier (a cool mist) or breathing in steam from a hot shower may also help ease congestion.¹

5. Calm your cough. It can be exhausting, I know. Try over-the-counter (OTC) cough medicines—an expectorant helps thin mucus. Do not give a child under age 4 any type of cough medicine. Sucking on lozenges may also help your cough or scratchy throat.¹

6. Ease nose woes. You—or your kids—can try saline nose drops or sprays to ease nasal congestion. First, put a few drops into one nostril. Then gently blow the mucus and saline out. Repeat on the other side.¹

7. Treat other symptoms. Sure, a fever—along with chills and aches—is a sign your body is fighting off the virus. But that doesn't mean you need to suffer in silence. Ask your pharmacist if you have any questions about which fever reducer to take. But don't forget: Never give aspirin to someone younger than 19—it can lead to a serious illness.¹

8. Ask about antivirals. Your health care provider may advise you to take one. If you do this within 48 hours of when symptoms begin, you have a fighting chance of reducing their impact.^{1,2}

9. Know when to seek medical help. If you or a loved one has any of these symptoms, call the doctor:

- Dark urine
 - Dizziness
 - Fever of 100 degrees F for three or more days
 - Returning fever or sore throat after feeling better
- More serious symptoms require immediate medical care:
- Wheezing or shortness of breath
 - Coughing up blood
 - Chest pain or pressure
 - Balance problems or confusion²

10. Talk to your pharmacist! And of course it goes without saying: If you need guidance about any products—or any questions whatsoever—ask your pharmacist!

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

Sources

1. WebMD: "10 Tips to Ease Flu Symptoms." Available at: <http://www.webmd.com/cold-and-flu/flu-guide/coping-with-flu#1> Accessed 8-31-17.

2. Public Health: "Treatment of Flu." Available at: <https://www.publichealth.va.gov/flu/treatment/> Accessed 8-31-17.




Happy Holidays
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Housing Market by the Numbers

Submitted by Jacquelyn Waldrop, Realtor® - AustinRealEstate.com

Following are September 2017 single-family housing market statistics in the Austin-Round Rock MSA:

2,433 – Single-family homes sold, 4.3 percent less than September 2016.

\$291,464 – Median price for single-family homes, 5.3 percent more than September 2016.

53 – Average days homes spent on the market, five days more than September 2016.

2,940 – New home listings on the market, 0.2 percent less than September 2016.

7,588 – Active home listings on the market, 13.3 percent more than September 2016.

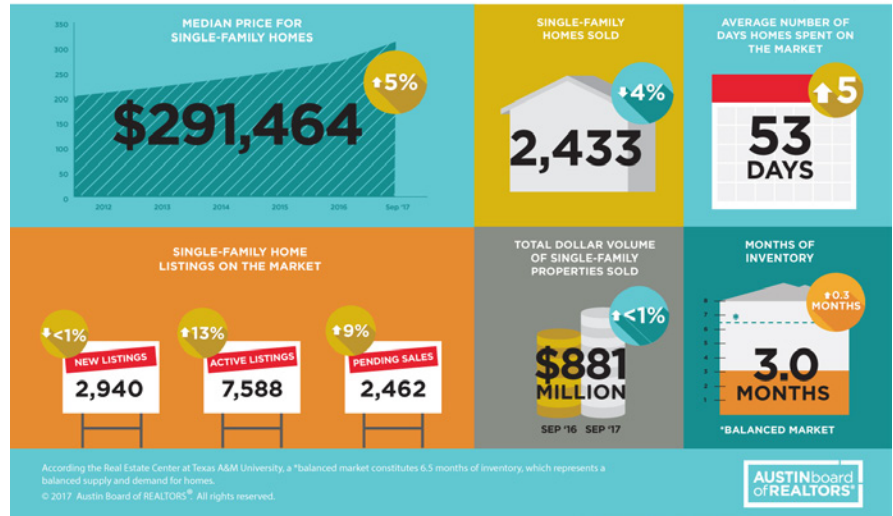
2,462 – Pending sales for single-family homes, 9.3 percent more than September 2016.

3.0 – Months of inventory, 0.3 months more than September 2016.

\$881,303,690 – Total sales dollar volume, 0.3 percent more than September 2016.

SEPTEMBER 2017 STATISTICS

The statistics below show an accurate picture of how the Austin-area housing market stands. These statistics are for single-family homes compared year-over-year. Visit ABOR.com/statssep17 for the full press release and other area-specific infographics.



Join Baldwin Elementary PTA

Submitted by: Jacquelyn Waldrop, Baldwin PTA Board

If you haven't already, Baldwin PTA is asking for Baldwin 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!

Mark your Calendars: 2017-2018 PTA Meetings

- Thursday, January 18 @ 8am
- Thursday, February 15 @ 6pm
- Thursday, April 19 @ 8am
- Thursday, May 17 @ 6pm

School News

Do you have a student at Gorzycki Middle School, Bowie High School or other area school? Your neighbors want to hear about all the neat things going on at your campus. Submit your good news to Jacquelyn Waldrop @ J.Waldrop@AustinRealEstate.com and see it printed in this publication.

Will you be Jacquelyn's Next Success Story?

"Jacquelyn took care of every detail of getting my house staged. We had 30 showings in less than 5 days and got three extremely competitive offers, and it sold for over asking price. –Timothy J.

"Jacquelyn is the best Agent I've ever worked with. She worked her tail off to make our house look gorgeous. We had five offers within the first few days and it sold for \$25K over list!" – Sylvia M.

"Thank you, thank you, thank you! I haven't purchased a home in 30+ years. You have made this so easy and have been such a big help!" –Bonnie Y.

"We were so fortunate to have Jacquelyn recommended to us. We are so happy with her results!" – Edward L.

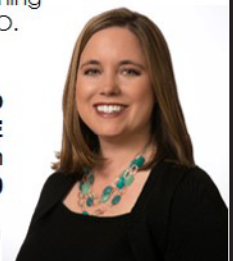
"Thank you, Jacquelyn! We really appreciated how you genuinely cared about us to get everything taken care of so well and quickly!" – Caitlin O.

Jacquelyn Waldrop
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THE MONITOR

Voters Approve District's \$1.05 Billion Bond Package

Travis County voters overwhelmingly approved the district's \$1.05 billion bond proposal, which includes 16 new or modernized campuses and 21st-century learning spaces for students throughout the district.

According to unofficial results from the Travis County Clerk's office, 72.06 percent of voters cast their ballots in favor of the proposition.

"We're grateful to the voters for placing their trust in Austin ISD, and we're excited to get started creating 21st-century learning spaces for all our students," said Superintendent Paul Cruz. "All means all. Now it's time to roll up our sleeves and work together as a community to make these critical investments a reality for the benefit of the nearly 82,000 students at 130 schools throughout the city."

Districtwide, all students will benefit from technology upgrades and new buses, as well as school-specific projects, such as a new facility for the Rosedale School, which offers tailored educational opportunities to our most medically fragile students.

In early voting, which was Oct. 23–Nov. 3, 68.1 percent of residents supported the bond. More than 15 percent of registered voters voted in the election. Results are unofficial until certified.

Thank you, Meridian neighbors, for your overwhelming and continued support!



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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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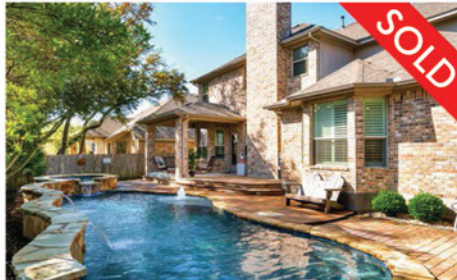
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