

# MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

## November Health, Fitness & Small Business Expo

*Submitted by Jacquelyn Waldrop*



In November, Meridian held its first ever Health, Fitness & Small Business Expo, featuring give-aways, raffle prizes and live music! Neighbors who own or operate small businesses such as catering, jewelry design, arts and crafts, professional organizing, pest control, sewing, and landscape architecture businesses gathered to share their craft with the community with the notion that collaborating with good trustworthy people can help every business thrive. Participating vendor supplied either a give-away item or a coupon towards products or services to further emphasize their good neighbor network. Thank you to all the Meridian neighbors that came out to support the event!



# ASHLEY AUSTIN HOMES



**KIDS COLORING CONTEST, WIN A \$50 GIFT CARD TO TARGET!**



1. Have your child submit their best artwork by 2/1/18!

\_\_\_\_\_  
PARENTS NAME

2. Fill out the information to the right.

\_\_\_\_\_  
CHILDS NAME

3. Mail your artwork to Ashley Austin Homes  
**925 S Capital of Texas Hwy B-250**  
**Austin, TX 78746.**

\_\_\_\_\_  
CHILDS AGE

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
STATE & ZIP CODE

4. Winner will be announced on our Facebook page on 2/9/18!

\_\_\_\_\_  
PARENTS EMAIL

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## Preparing for Cedar Season in Austin – what can you do?

*Submitted by: Aaron Williams, PharmD @ Brodie Lane Pharmacy*

Austin is a city known for allergens, and we are on the cusp for the granddaddy of them all: cedar, which rises in December, and peaks in January tapering in March. Those four months can wreck havoc on people sensitive to cedar pollen. The best way to manage cedar allergies is to stay ahead of the game.

If you use a nasal corticosteroid, like fluticasone, triamcinolone, budesonide, etc., seasonally for cedar, remember to schedule your refill or buy a non-prescription supply at your local pharmacy as soon as possible. We recommend starting your daily regimen the last week of November. It can take up to 7 days for the full benefit of a nasal corticosteroid to take effect, so start early and be consistent.

Have your antihistamines and decongestants ready. Antihistamines like diphenhydramine, loratadine, and cetirizine (the active ingredients in products like Benadryl, Claritin, and Zyrtec), or decongestants like pseudoephedrine or phenylephrine (available in products like Sudafed), work more quickly than nasal sprays. You may start these medications in anticipation of symptoms, but since they act more rapidly than nasal corticosteroids, they can be started at the first sign of symptoms.

Allergen avoidance is a key. During peak seasons, take steps to limit your exposure to cedar pollen, which is airborne and settles on surfaces, so you may need to wear a mask when you are outside for prolonged periods. Any yard work or other tasks that involve disrupting settled

debris like sweeping porches will stir up settled pollen, so a mask is essential. Remember that pollen will settle and stick to your clothes and shoes. Leave shoes outside or in a confined area and wash clothes immediately to reduce tracking it into your home. Change home air filters more regularly in allergy season to limit pollen levels indoors.

Completely avoiding cedar pollen is impossible but rinsing your eyes and nose after being outside can help. Using a saline nasal spray to flush the pollen from your nose and eyes will limit exposure to the allergen and reduce your body's reaction, which is responsible for those itchy, watery, sneezing symptoms. We also recommend carrying eye drops with you if you plan to be outside for a prolonged period. Artificial teardrops are good to flush away allergens, but if you are experiencing watery, itchy eyes consider using antihistamine drops like ketotifen or pheniramine. (There are several OTC brands like Bausch & Lomb and Visine, which have products containing these ingredients.)

Allergies tend to leave sufferers feeling tired and worn down. Poor rest and dehydration can make this worse. Drink plenty of water to help your body manage its response to, and elimination of, allergens. Work proactively to manage symptoms like congestion and cough from post nasal drip which can disrupt sleep and leave you tired.

Don't forget, we are here to help! Come see Aaron at the pharmacy and he'll recommend a personalized regimen you can start today.





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# THE MONITOR

## Housing Market by the Numbers - November 2017

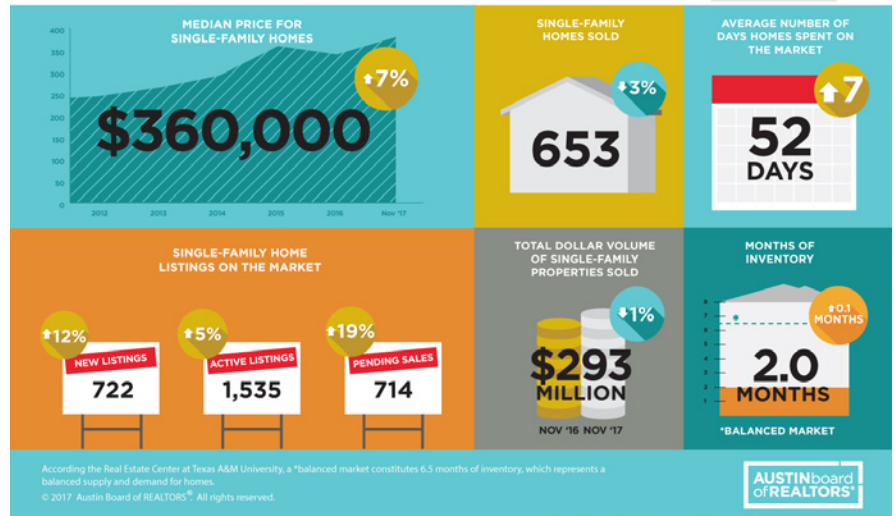
Submitted by Jacquelyn Waldrop, Realtor® - AustinRealEstate.com

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

- 2,196** – Single-family homes sold, 3.7 percent more than November 2016.
- \$296,500** – Median price for single-family homes, 2.9 percent more than November 2016.
- 61** – Average days homes spent on the market, six days more than November 2016.
- 2,377** – New home listings on the market, 12.1 percent less than November 2016.
- 6,391** – Active home listings on the market, 13.7 percent more than November 2016.
- 2,340** – Pending sales for single-family homes, 14.9 percent more than November 2016.
- 2.5** – Months of inventory, 0.2 months more than November 2016.
- \$803,851,183** – Total sales dollar volume, 3.7 percent more than November 2016.

### NOVEMBER 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/statsnov17](http://ABoR.com/statsnov17) for the full press release and other area-specific infographics.



### 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**  
Realtor®, CNE  
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## The Girl Scout Cookies are Here!

Submitted by Jacquelyn Waldrop, Realtor-AustinRealEstate.com  
& GSCTX volunteer



The Girl Scouts of Central Texas Cookie Sale will run from mid-January through most of February. Look for your friendly neighborhood Girl

Scout at your door step or at troop cookie booths right here in Meridian, at area grocery stores, restaurants and other retail locations nearby. And, back by popular demand, is the Smores cookie!

Girl Scout activities like the Girl Scout Cookie Program helps power unique and amazing experiences for girls, while also exposing them to essential life skills, life-changing opportunities to practice leadership, and supercharged confidence.

Through these activities, girls are also able to contribute to their council's ability to provide girl-centric programming in the community, and make a difference by carrying out amazing service projects that make the world a better place for them and for all of us.

Adults also play a key role as they coach and mentor girls by focusing on these three key learning approaches:



**Girl-led:** Girls play an active part in figuring out the what, where, when, how, and why of their activities. They lead the planning and decision making as much as possible.



**Learning by doing:** Girls engage in continuous cycles of action and reflection that result in deeper understanding of concepts and mastery of practical skills.



**Cooperative learning:** Girls work together toward common goals in an atmosphere of respect and collaboration that encourages the sharing of skills, knowledge, and learning.

That's why we ask you to buy the delicious cookies you crave all year from your local Girl Scout Cookie Professional—not from her parents. You will enjoy your favorite cookie even more knowing you helped her do all the amazing things she's got planned for this year.

## Baldwin Playground Renovations



Submitted by: Jacquelyn Waldrop,  
Baldwin PTA Board

Over the Thanksgiving week school holiday, the Baldwin playground was closed to the public for renovations to improve safety and to prevent erosion. Wow! What a difference. Thank you to the Meridian residents for steering clear during the holiday week to make room for these updates!



## Wastewater Averaging Begins November 2017 and Ends March 2018

Submitted by Jacquelyn Waldrop, Realtor® - AustinRealEstate.com

Don't forget-November marked the beginning of Austin Water's annual wastewater averaging period. The wastewater averaging period spans three consecutive billing periods beginning in mid-November and ending in mid-March. The water used during the averaging period will determine wastewater charges for most customers for the 2017-2018 service year. You can lower your wastewater costs for the next year by conserving water during these billing periods. Visit [www.austintexas.gov/wastewateraveraging](http://www.austintexas.gov/wastewateraveraging) to find the dates for your wastewater averaging period and for tools to help you estimate your wastewater average.

## Find Meridian on Facebook

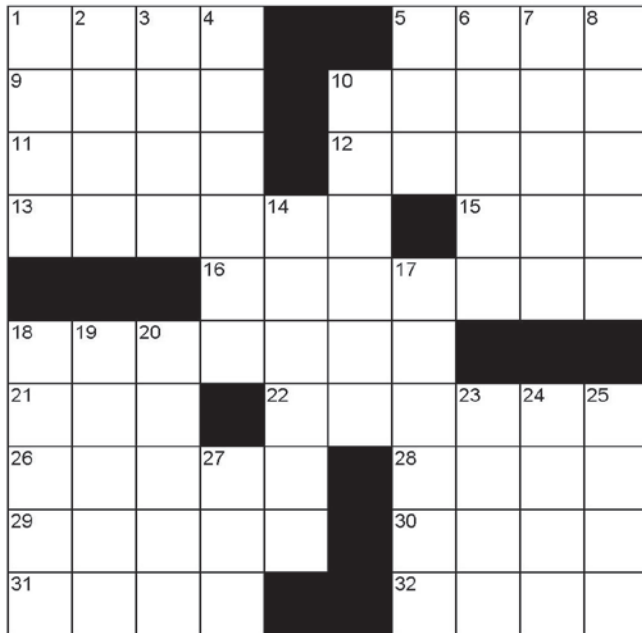
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## CROSSWORD PUZZLE



### ACROSS

1. Chances of winning
5. Association (abbr.)
9. Rise (2 wds.)
10. Horse-like animal
11. Eye
12. Foreign
13. Substitute
15. What a nurse gives
16. Heavy
18. Luau guitar
21. Moved quickly
22. Despot
26. Filth
28. Water (Spanish)
29. Devourer
30. Quieted
31. Brood
32. Glen

### DOWN

1. Stare at
2. One who gets things done
3. Fees
4. Spread out on the couch
5. Entire
6. Quoth
7. Melt ore
8. Girl detective Drew
10. Idly
14. \_\_-totter
17. President Ford
18. Goats
19. Gold weight
20. Marry
23. Accent mark
24. Void
25. Leggy
27. Kitten's cry

View answers online at [www.peelinc.com](http://www.peelinc.com)

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## Calling Meridian Mamas to Join Circle C Mom's Club

*Submitted by Jacquelyn Waldrop*

Circle C Mom's is a group of neighborhood moms that coordinate events for children, moms and families. Children's events include weekly age-specific playdates, holiday parties and field trips. Weekly moms' events are usually hosted at members' homes or nearby restaurants and include activities such as bunko nights, book club, craft night, movie nights, recipe/supper club, ladies-only lunches and much, much more! These activities are a great opportunity for moms to get out and enjoy a little "adult" time and meet new friends.

If you are interested in joining the fun, contact: Jacquelyn. Waldrop@gmail.com

## Back to School with Boxtops!

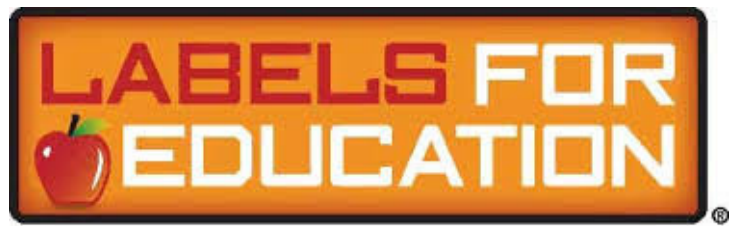
*Submitted by: Jacquelyn Waldrop,*

*AustinRealEstate.com, Baldwin PTA member*



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for collection sheets. Or, simply snip them, save them and drop them in the blue barrel in the Baldwin lobby any time school is in session. Look for labels on many of your grocery products: Betty Crocker, Campbell's soups, General Mills, Green Giant. Hefty, Pepperidge Farm, Pillsbury, Prego, Yoplait, Ziplock and many, many more.



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## 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.



## 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](http://www.PEELinc.com) or you can email it [meridian@peelinc.com](mailto: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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