



# The Jester Warbler

Official Publication of Jester Homeowners Association, Inc.

October 2011

Volume 6, Issue 10

## The President's CORNER

For 19 years on the board and 13 years as president of the Jester HOA, I have enjoyed working with many great folks in the neighborhood to help keep Jester a great place to live. Now it is time to let someone else take the reins and I plan to resign my positions effective the end of the year.

Together we have accomplished a lot, including: Twice rebuilt the signage and planters at the three entrances to the neighborhood; Developed a program of at least four neighborhood social events a year; Worked with the city and other groups to help ensure reasonable development along RM2222 that complies with local ordinances; Published a monthly neighborhood newsletter; Increase the reserve fund from a few dollars to over \$80,000; Established the JesterNeighbors.com website; Worked to enforce the neighborhood deed restrictions in a reasonable manner; Developed an efficient architectural control process for the neighborhood

I have enjoyed being a part of this and working with many of you that wanted to contribute to the neighborhood. I know I will continue to enjoy my time in Jester.

*Philip Kolman*

## JESTER FALL GARAGE SALE

**SATURDAY, OCTOBER 1ST AT 8:00 AM**

Register your location for maximum exposure!

Maps with lists of garage sale addresses will be available at the entrances to Jester.

**To Register Your Location Contact:** Teresa Gouldie 751-8000 - [tgouldie@gmail.com](mailto:tgouldie@gmail.com)



## JESTER HALLOWEEN PARADE & ACTIVITIES

**SATURDAY, OCTOBER 29TH**

**9:30 AM | JESTER CLUB**

*(You do not need to be a member to participate)*

Parade route is up Jester, around Basil, and back.

Come out and cheer on our Jester kiddos, they love an audience!

## Austin Water Enacts STAGE 2 WATERING RESTRICTIONS

On Tuesday, September 6, Austin Water enacted Stage 2 Mandatory Watering Restrictions due to the exceptional drought in Central Texas. Stage 2 Watering Restrictions are in line with the City's Drought Contingency Plan which states, in part, that the City Manager may order additional water restrictions when the combined lake storage levels of Lakes Travis and Buchanan reaches 900,000 acre-feet. It is anticipated that the trigger will be reached next week.

The City of Austin believes it is necessary to implement additional restrictions to help ensure adequate water supply during the drought. To ensure that both residential and commercial customers follow restrictions, Austin Water staff will begin stepped-up enforcement. Violations of mandatory watering restrictions will result in an official warning followed by a citation if the violation is not corrected. Citations will be issued in Municipal Court with fines set during Stage 2 at \$475.

**Stage 2 Includes: Watering allowed 1 day per week for all Austin Water customers**

- Hand-watering allowed anytime
- No automatic-irrigation after 10 a.m. on designated watering day
- Vehicle washing on designated day before 10 a.m.
- No charity carwashes
- No automatic fill valves for pools or ponds
- No outdoor fountains except to provide aeration for aquatic life
- No water to be served at restaurants unless requested
- No washing of sidewalks, driveways, parking areas or other paved areas

*To report water waste, residents should call 3-1-1. For more info. on Stage 2 Restrictions and water conservation programs, visit [WaterWiseAustin.org](http://WaterWiseAustin.org).*

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Interested in submitting an article? You can do so by emailing  
diana0777@att.net or by going to:

[www.peelinc.com/articleSubmit.php](http://www.peelinc.com/articleSubmit.php).

*All news must be received by the 9th of the month prior to the issue.*

## WELCOME COMMITTEE NEWS

*The Welcome Committee ended the summer  
by delivering packages to the following new residents:*

Karen and Duane on Pampas Cove. They have two children, Dax (4) and Link (18 mos) plus dogs Badger and Trinity. They found Jester appealing because they were looking for an area with children.



*Karen and Duane on Pampas Cove*



*Tania and Dan on 8400 block of Asmara*

Tania and Dan on the 8400 block of Asmara. Tania and Dan have two children, Joel (3 1/2) and Marla (newborn). Marla was a mere 5 days old when we visited!

Homeowners on the 7100 block of Foxtree Cove. We caught them at dinner so didn't overstay our welcome! Welcome homeowners on Berrycone Cove. The Austin Home Search website as of the date this article was written shows 17 properties from Jester on the market, with 7 of those pending. So we expect to be busy this fall delivering Welcome packages! Please contact JoAnn Welles at (512) 346-0349 or joannn-welles@sbcglobal.net if you've moved to Jester lately and we haven't welcomed you officially. We may have tried to deliver a package but not found you home!



Welcome Committee Members meet to put together Welcome Packs. Pictured left to right: Janice Toreki, JoAnn Welles, Darla Rowan, and Eva Wissner. Not pictured are Debbie Lewis and Jennifer Schwan



## CERTIFIED WILDLIFE HABITAT



7008 QUILL LEAF COVE

## SIGN UP FOR JESTER EMAIL ALERTS!

Visit Jester Homeowner's Association website and sign up to receive pertinent neighborhood email alerts.

*www.JesterNeighbors.com*  
*Community Registration Code: 3328*  
**REGISTER TODAY!**

## FOODIES OF JESTER!

Enjoy food, drink and the company of others. Events include dining out, pot-luck, theme nights and more! Contact Rachelle Abercrombie at 512-779-5298 or join the group at [http://groups.yahoo.com/group/Foodies\\_of\\_Jester](http://groups.yahoo.com/group/Foodies_of_Jester).

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## Nature **PROPHETS & PHANTOMS** Watch

by Jim and Lynne Weber

While most think of fall as a time when nature is waning and lifecycles are nearing their end, some things are just beginning. This is the time of year when some of our most mysterious-looking insects, the praying mantids and the walking sticks, lay their eggs in anticipation of the next generation to hatch in the spring.

The scientific order for praying mantis (Mantodea) comes from the Greek meaning prophet, so named for its typical prayer-like stance. This term is often misspelled as 'preying mantis' since mantids are a predatory species. Several species exist in Texas, all of the genus *Stagmomantis*. Adult mantids are green to grayish brown, may reach 2 to 3 inches in length, and have well developed wings. They have two grasping, spiked forelegs in which prey are caught and held securely while eaten. Their hunting relies greatly on their vision, and they can rotate their head nearly 300 degrees. Consuming mostly insects, mantids are ambush predators that wait perfectly still until prey ambles near, and then strike with surprising quickness and agility.

Praying mantids are experts at concealment, using their protective coloration to blend in with or mimic foliage, better snare their victims, and avoid predation themselves. They do show a rocking behavior in which the insect makes a rhythmic, repetitive, side-to-side movement. It is thought that this behavior may help them resemble vegetation blowing in the wind, but also allows them to discriminate objects from their background by their relative movement. As generally sedentary insects, this behavior most likely replaces flying or running as a way to determine relative objects in their visual field. When threatened they will stand tall, spread their forelegs, and fan their wings out wide to appear larger, and if further provoked

will strike with their forelegs and attempt to pinch or bite.

In the fall after mating, female mantids lay between 10 and 400 eggs, depending on the species. The eggs are typically laid in a frothy mass on the underside of a leaf or on a twig, which hardens to a tan or gray foam-like material called an 'ootheca.' If this egg case survives the winter, the nymphs emerge in the spring with voracious appetites, often devouring each other in their race to become mature adults.

Members of the Phasmatodea order of insects are commonly known as walking sticks, stick-bugs, ghost insects, leaf insects, and stick insects. This scientific name comes from the Greek 'phasma' which

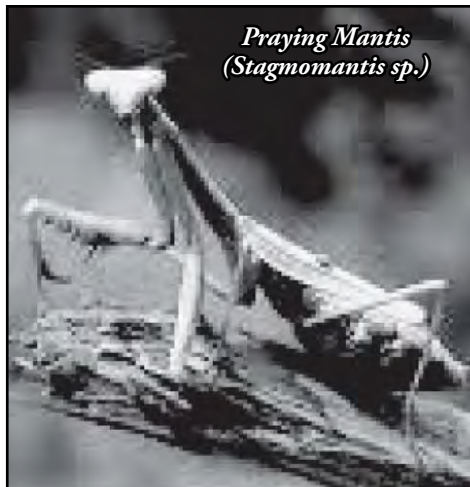
means apparition or phantom, and refers to many species closely resembling sticks and sometimes leaves. At 16 species, Texas walking stick diversity is second only to California. In fact, one species in Texas is the Giant Walkingstick (*Megaphasma dentricus*), which is the longest insect in the United States and grows to almost 7 inches!

Our most frequently seen phasmid is the Common or Northern Walking Stick (*Diapheromera femorata*). Adult males can be 3 inches long and are mostly brown, while females are larger at 4 inches and more of a greenish-brown. Their long, thread-like antennae are about to-thirds the size of their body. As part of their natural camouflage, their bodies are often further modified to include ridges resembling leaf veins and bark or bud-like tubercles, making them very difficult to spot. They are wingless, molt several times and may eat their shed skin as they grow to adult size.

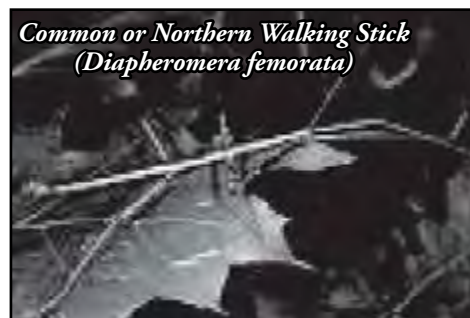
Phasmids feed mostly on the leaves of trees and shrubs, and often exhibit the same rhythmic movement as mantids, presumably to blend in to their surroundings and as protection from predators. At this time of year, the females lay anywhere from 100 to 1200 eggs individually, sticking them to vegetation or simply depositing them on the ground. These eggs resemble tiny plant seeds and remain dormant until spring.

While no doubt strange-looking and mysterious, mantids and phasmids are harmless to humans and beneficial components to keeping balance in our natural landscape.

*Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, published by Texas A&M University Press.*



*Praying Mantis  
(Stagmomantis sp.)*



*Common or Northern Walking Stick  
(Diapheromera femorata)*



## JESTER GIVES BACK!



(Above) Whitney Cook collected donations at her home. She is pictured with about one third of the items collected. Congratulations Jester on showing your support for the fire victims! (Left) Pictured left to right: Haven Erengil (project leader), Claire Winn, Julia Kramer, Elaina Hilliard, and back Sarena Webster. Haven organized this donation drive and she and her team collected a van-full of items along with \$1900 to support the fire victims. Items and funds were delivered to Austin Disaster Relief Network.

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## Navigating the Private School Admission Process

by Brandee Davis

Navigating the private school admission process can be a daunting task. With all your options, deadlines and paperwork to fill out going it alone is not for the weak at heart. Ideally you should begin your search for the right private school a year in advance of when you actually want to enroll. This simple guideline is designed to give parents an overview of a typical private school admissions process. Please make sure you double check with the specific schools that you are interested in to find out detailed information about each school's admission process.



### AUGUST

- Create a list of schools you are interested in
- Talk with a school placement consultant about assisting your family with your school search
- Develop a criteria list of what you are looking in a school

### SEPTEMBER

- Attend the K-12 Private and Independent School Fair
- RESEARCH. RESEARCH. RESEARCH.
- Narrow down list of schools that meet your needs
- Arrange school tours and attend open houses

### OCTOBER

- Request admission packet from best match schools
- Arrange for any SSAT/ISEE test preparation
- Register for SSAT and ISEE and any other entrance exam
- Ask persons for letters of recommendation

### NOVEMBER - DECEMBER

- Take any entrance exams
- Wrap up school visits and interviews
- Complete written school admission applications including essays

### JANUARY—FEBRUARY

- Submit all school application materials
- Request and complete financial aid forms
- Complete interviews
- If you are just starting to look for a school—RESEARCH.RESEARCH.RESEARCH!

### MARCH

- Decision letter for schools with January—February deadlines arrive mid-month
- PUBLIC OPTIONS:
- Visit your local charter and magnet school to pick up application
- Turn in application one to two weeks early

### APRIL—MAY

- By the end of May, all schools including magnet and charter school will have sent letters informing perspective students of their admission status
- If you were accepted into a school or school(s). Let respective schools know of your decision to attend or not.

### JUNE—JULY

- Get ready for a summer of fun if your new school offers a summer program
- Enroll in enrichment courses to beat summer brain drain
- Start getting ready for back to school—it'll be here before you know!



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Family Legal Planning Sessions are offered at limited times each month and they do fill up, so don't procrastinate!



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## PET REGISTRY

*Get your pets registered TODAY! This is a complimentary neighborhood service!*

**Mail (or drop off) your pet info to:**



Carol Philipson  
7502 Clematis Cv  
Austin, TX 78750



Include type of pet, name, male or female, description, age, medications, veterinarian's name, whether it is microchipped, and pet owner's name, address, and contact information.

**For lost or found pets, call 338-1519.**

## Neighborhood Youngsters VOLUNTEERS NEEDED!

This is just an idea that I wanted to pass by everyone. I have a project that would incorporate the Pick up the Pile campaign and give young entrepreneurs a chance to flex their prowess. Each neighborhood would set up a stand very similar to the lemonade stand and educate dog walkers on the hazards of pet waste. They would have pamphlets to hand out and then sell the window decals that are easy to install and remove. The proceeds for the decals will go to a no kill animal shelter or rescue group for their city. The window decals are part of a national movement... pardon the pun...to educate people about the hazardous bacteria that pet waste carries.

This is an opportunity to build skills in our budding citizens (our children), to be motivated for a cause, to be conscientious of our environment and philanthropy.

*If you would like to be a part of this campaign please contact me.*

*Tracy Johnson - [info@pickupthepile.com](mailto:info@pickupthepile.com)*

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## JESTER VOLUNTEERS NEEDED FOR A GREEN TEAM

As you know, Jester is one of only three "Green Neighborhoods" in the City of Austin. This fall, we would like to have a Jester Clean-Up Day, perhaps in October or November, to pick up litter, trash etc. that has accumulated over the last year. This will happen on a Saturday morning, to be selected when the weather cools off. Our main areas of concern are the trash buildup that occurs on Jester Blvd., Beauford and Lakewood as well as areas around Jester Village and Ladder Bend. These streets have large open areas where there are no houses and litter is often thrown. If you or your family would like to be notified of this event, please contact:

**Dale Bulla** | 345-9528 | [dale-bulla@pobox.com](mailto:dale-bulla@pobox.com)

We will make a list of those interested and contact you by phone or email when a date is selected. You can then decide if you are available. Thanks for keeping our neighborhood green.

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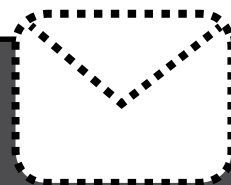
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## Target Heart Rate Range for Cardiovascular Exercise: Do You Know Yours?

- By Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing. I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

### A FEW THINGS TO REMEMBER ABOUT CALCULATING TARGET HEART-RATE RANGE (THRR):

- Always check with your doctor before starting or changing your exercise program. To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- **These estimates are for healthy individuals. Remember that conditions like pregnancy, health issues, and some medications can affect your heart rate.**
- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay. But use the THRR as a goal to work within most of the time.
- A good estimate of your maximum heart rate is 220 – your age.

### CALCULATING YOUR TARGET HEART-RATE RANGE:

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

$$220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} + \text{resting heart rate} = \text{_____ (low end of THRR)}$$

$$220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} + \text{resting heart rate} = \text{_____ (high end of THRR)}$$

### — STEP 1 —

#### CALCULATE YOUR RESTING HEART RATE.

The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

### — STEP 2 —

#### DETERMINE WHAT TRAINING ZONE YOU WILL USE BASED ON YOUR CURRENT LEVEL OF FITNESS.

Estimates provided by [www.acefitness.org](http://www.acefitness.org): Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

(Continued on Page 11)



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## Target Heart Range... - (Continued from Page 10)

### — STEP 3 —

#### CALCULATE YOUR TARGET HEART-RATE RANGE USING THE KARVONEN FORMULA.

### — STEP 4 —

#### LEARN HOW TO USE THIS HEART-RATE RANGE REGULARLY IN YOUR CARDIOVASCULAR WORKOUTS.

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

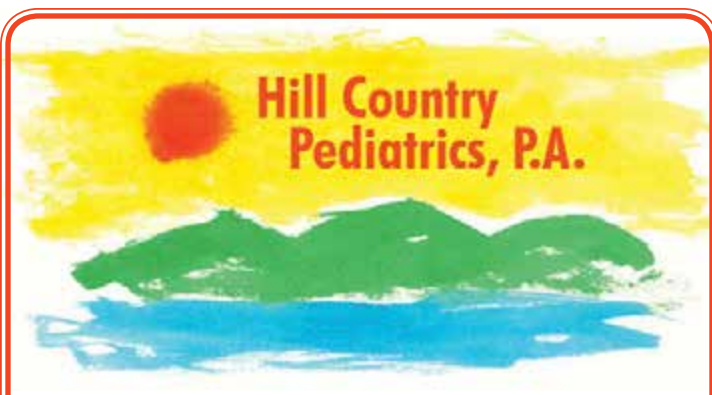
*Using this calculation, her target heart-rate range is 138 – 164 beats per minute.*

So the question is, “Now that I know my target heart-rate range, how do I actually apply that to my workouts?”

#### FOLLOW THESE STEPS FOR SUCCESS:

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
  - Determine and remember the range you should find in a 6-second pulse count. (Ex: 13-17 beats in 6-second pulse count, as this would equal 130 – 170 beats in a minute, which aligns with her THRR.)
  - She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.
- Practice and learn to take your pulse properly.  
Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:
  - Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
  - Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.
  - Use a watch with a second hand, or look at a clock with a second hand.
- Count your pulse for 6 seconds. Multiply this number by 10 (add a “0”) to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

*Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.*



We would like to announce that, together with our call partner, Dr. Mary Petropoulos, we are extending our Saturday sick visit clinics year round!

The phones are on from 8AM-11:30AM.

If your child has an urgent, same day sick issue, you can call **512.323.5465** to find out which office is open for Saturday morning hours and schedule an appointment.

You can call our office directly at 512-241-1370 to schedule an appointment with our nurse practitioner, Pat Budd, RN, CPNP. The phones are on from 1PM-5PM.

**Hill Country Pediatrics is now open on Sunday afternoons for sick visits by appointment only.**

*In addition to these exciting additions to services, we are pleased to announce that a new physician has joined our growing family!*

Dr. Theresa Willis started with Hill Country Pediatrics on July 18, 2011. Dr. Willis completed her residency in June 2011 at Baylor College of Medicine in Houston after attending medical school there as well. She brings with her 20 years of experience providing therapy, educating and advocating for children and their families in a variety of settings: as a speech therapist, as a resident counselor for at-risk adolescents, as an elementary school teacher (Austin Independent School District) and as a caseworker for at-risk children. She has 3 adolescent children (including a set of twins!)



*We think she will be a wonderful addition to our team, and will have a wide breadth of knowledge and experience to offer our patients.*

Please remember to sign up for our newsletter at [hillcountrypediatrics.com](http://hillcountrypediatrics.com) and to 'like' us on Facebook!



**hillcountrypediatrics.com**

**6618 Sitio Del Rio #A101 | Austin, TX 78730**  
**office: 512.241.1370 | fax: 512.241.1374**



## PLAYGROUPS

### Parents of Newborns - 3

Kate Murdock - KFM.associates2005@sbcglobal.net



### Parents of Children 3 – 5

Position Open – If you would like to serve as a contact person for this group please call Teresa at 751-8000 or email tgouldie@gmail.com.

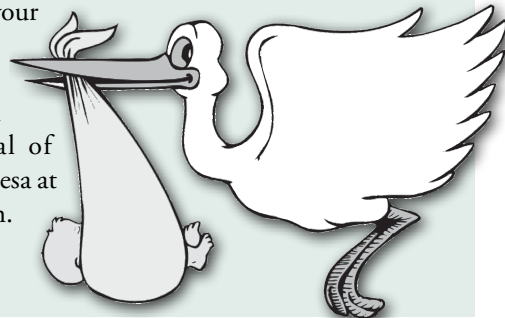
### Hill Fall 2011 Kindergarten Group

Contact Beth Schaffer at 342-8395 or at beth@schaffer.com



## JESTER STORK REPORT PLEASE SUBMIT INFO & PHOTO!

If you have a new arrival (baby or grandbaby), email us the pertinent information along with a photo and we'll publish it in the Warbler. Let your neighbors share in celebrating your happiness! Email info on the arrival of your little one to Teresa at tgouldie@gmail.com.



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## Your First Screening Mammogram: What To Expect

### QUESTIONS & ANSWERS ABOUT THE TESTING PROCESS

Did you know hundreds of thousands of women are diagnosed with breast cancer every year? Last year in Texas alone, an estimated 12,920 women were diagnosed with breast cancer and another 2,780 women died from breast cancer, according to the American Cancer Society. In the face of these troubling statistics, one early breast cancer test has been shown to save lives: a screening mammogram.

With October being National Breast Cancer Awareness Month, many women may have questions about their first screening mammogram. Dr. Curtis McClurg, Breast Imaging Section Chief at the Austin Radiological Association (ARA) and Dr. Sarah Avery, a fellowship-trained breast imager and board certified diagnostic radiologist at ARA, answer some of the most common questions about mammography and its importance.

#### WHAT IS A SCREENING MAMMOGRAM?

A digital breast mammogram is an X-ray examination that uses extremely low doses of radiation to obtain accurate images of the breasts, Dr. McClurg says.

"It is the best way of detecting small cancers even before they can be felt. The test itself takes about 10 minutes," he adds. "Once you are at the clinic, a registered female technologist will perform the actual exam by compressing each breast for a few seconds while the X-rays are taken."

"We do everything we can to make it a fast and worry-free experience," Dr. Avery says. "The actual test may be slightly uncomfortable, but it's a necessary process to get an accurate image of the breast."

#### WHAT HAPPENS AFTER THE MAMMOGRAM TEST?

Once the mammogram has been made, Dr. Avery and her fellow radiologists at the Women's Imaging Centers will examine the breast image for any visual signs that could indicate breast cancer. One of ARA's board-certified radiologists will then write and send a report to your physician and you will receive a letter with the findings.

"There's quite an overlap between findings that can be benign but could be suspicious for breast cancer," Dr. Avery explains. "That's why it takes a lot of thought and judgment to make a decision in terms of who requires a biopsy for further testing and who doesn't."

#### WHEN SHOULD I START GETTING A SCREENING MAMMOGRAM?

The American Cancer Society and other health organizations recommend women begin with a baseline screening mammogram at age 40, followed by an annual screening thereafter. However, women with certain risk factors, such as dense breasts or a family history of breast cancer, should consult with their doctor about getting mammograms at a younger age, Dr. Avery says.

**NOT AVAILABLE  
ONLINE**



## HEALTH BRIEFS

### OCTOBER 2011



#### **TOBACCO SMOKE CAN TRIGGER CHILD'S ASTHMA ATTACK**

Exposure to smoke can worsen your child's asthma and should be eliminated to help effectively manage symptoms, said a pediatric pulmonologist at Baylor College of Medicine. "Sometimes treating a child's asthma means treating the parent's tobacco addiction," said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and associate medical director of the Texas Children's Health Plan at Texas Children's Hospital.

If your child has asthma and you are a smoker, Farber said it's critical to get your tobacco dependence treated. "When you smoke, whether it's indoors or out, your child is exposed to the irritant," said Farber. He encouraged smokers to talk to their doctors and to call the free national smoker's help line at 1-800-QUIT-NOW (1-800-784-8669) for assistance to become smoke free.

#### **VITAMIN C PROTECTS, MAINTAINS HEALTHY BONE MASS**

Vitamin C plays an important role in maintaining bone mass - promoting the balance between old bone resorption and new bone formation, said a Baylor College of Medicine doctor. Most experts recommend vitamin D, calcium, exercise and bisphosphonates to keep bones healthy, said Dr. Kenneth Gabbay, professor of pediatrics - molecular diabetes and metabolism at BCM. Vitamin C is sometimes left out of the

healthy bone equation but studies show that it's equally important. Food high in vitamin C includes oranges, strawberries, dark, leafy lettuce, broccoli, bell peppers and fresh herbs. Most daily vitamin supplements also contain vitamin C.

#### **SLEEPING PILLS NOT EASY ANSWER**

When sleep doesn't come easily, some people turn to what they think is an easy solution - sleeping pills. But according to a Baylor College of Medicine sleep expert, sleep medications - whether prescription or over-the-counter - shouldn't be taken lightly. "All medications have side effects that need to be weighed whenever you take them," cautioned Dr. Phil Alapat, assistant professor of pulmonary, critical care and sleep medicine at BCM and medical director of the BCM Sleep Center. Some of the most common prescription sleep medications are non-benzodiazepine hypnotics, like Ambien and Lunesta. These medications are not physically addictive and will not cause withdrawal symptoms when a person stops taking them. However, many people depend on them because they believe they cannot sleep without them, Alapat said.

One of the most common over-the-counter sleep aids is the nutritional supplement melatonin. It is helpful for some people but Alapat cautioned that it is not , an FDA regulated substance. Over-the-counter sleeping pills may also contain antihistamines and while these can help a person sleep, they have other side effects, including dry eyes

and mouth. They may also cause an altered mental state, and this can be especially concerning in older adults, Alapat said. Before turning to any type of sleep aid, Alapat recommends a visit to a physician, or a sleep disorders specialist.

#### **BEST BETS IN BEVERAGES FOR KIDS**

When your kids need something to drink, reconsider reaching for that juice box. It's easy to get confused about what is and what is not a fruit juice. According to Roberta Anding, a registered dietitian at Baylor College of Medicine, if the label does not say 100 percent juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas. A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

Healthy beverage choices are important throughout the day to keep hydrated and provide good nutrition. Anding suggests following a beverage pyramid, much like the well-known food pyramid. "Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation," she said. "Limit sodas since they are full of sugar and have no nutritional value."

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*Parents can help their children make healthy beverage choice by making healthy options available and being a good role model.*

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## SOCIAL GROUPS

### CONTACT INFO

**BUNKO** - If you'd like to join or be put on the list as a sub, contact Elaina Griffiths at [emgriff@joseph-bolton.com](mailto:emgriff@joseph-bolton.com) or 512-343-1113. They are a lively group and play on the 1st Thursday of every month at 7 pm.

**CYCLING** - Want to join a Jester road biking group and participate in organized rides? Contact Troy Reish at [troy.reish@gmail.com](mailto:troy.reish@gmail.com) or call 241-0592.

**FOODIES OF JESTER** - Join our new group...meet friends and enjoy great food! Contact Rachele Abercrombie at 512-779-5298 or [rabercrombie@hotmail.com](mailto:rabercrombie@hotmail.com).

**HILL 2011 KINDERGARTEN GROUP** - This group is helping connect Jester families with others who also have children entering Hill Kindergarten in the Fall 2011. Email [beth@schaffer](mailto:beth@schaffer) to be added to our email distribution list.

**JESTER DOG LOVER'S GROUP** - Put a smile on your dog's face and a wag in his tail — sign up now to be a founding member of the Jester dog lovers group. Contact Carol Powell at 340-0321 or email her at [carolpowell@austin.rr.com](mailto:carolpowell@austin.rr.com)

**JESTER KIDS YAHOO GROUP** - This group is helping Jester parents connect with other parents who have children with similar ages or interests! Email [jesterkids-subscribe@yahooogroups.com](mailto:jesterkids-subscribe@yahooogroups.com) to subscribe.

**JESTER PAGE TURNERS** - Check out the Jester Page Turners, a neighborhood book group that meets the second Wednesday evening of each month. Contact Rachele Abercrombie at 512-779-5298 or [rabercrombie@hotmail.com](mailto:rabercrombie@hotmail.com).

**JESTER UNCORKED** - Wine lovers of Jester, unite! Join our ever-growing group of wine lovers. Contact Tonya Andrien at (512) 795-0086 or [tandrien@yahoo.com](mailto:tandrien@yahoo.com).

**KAYAKING** - Have some fun with this great water sport! For more info contact Dan Wolfson at [dwolfson@austin.rr.com](mailto:dwolfson@austin.rr.com) or call 795-8218.

**NETWORKING GROUP** - Are you a resident who owns a business or provides a service? Build your business by referral! One individual or company per professional category. Contact Paul (Griff) Griffiths at 241-1644 or [griff@albioncomputergroup.com](mailto:griff@albioncomputergroup.com)

**ROWING** - Interested in sweep rowing and sculling? Contact Julie Donnie at 340-0432 or [JulieDonnie@yahoo.com](mailto:JulieDonnie@yahoo.com).

**SPIRITUAL DEVELOPMENT GROUP** - Interested in developing relationships and sharing spiritual life experience? Contact Jim Irwin at [jimirwin@austin.rr.com](mailto:jimirwin@austin.rr.com) or 502-0797

**WELCOME COMMITTEE** - Darla Rowan and JoAnn Welles are co-chairs of this committee, which is designed to welcome new residents to Jester, including newborns. Volunteer to help by emailing JoAnn at [joann-welles@sbcglobal.net](mailto:joann-welles@sbcglobal.net) or call her at 346-0349

**WOODWORKING GROUP** - Join our woodworking group to share knowledge and techniques! Contact John Parker at 345-6991 or [JParker84@austin.rr.com](mailto:JParker84@austin.rr.com)



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## October Events

*Compliments of ...* Teresa Gouldie 751-8000 Coldwell Banker, United

Oct. 1 - 2	<b>Oktoberfest In Fredericksburg</b> <i>A colorful, festive, German celebration for the entire family.</i>	Fredericksburg <b>oktoberfestinfbg.com</b>
Oct. 7 - 8	<b>Girls Night: The Musical</b> <i>A touching and hilarious 'tell-it-like-it-is' look at the lives of a group of female friends!</i>	The Long Center <b>thelongcenter.org</b>
Oct. 6 - 9	<b>The 25th Annual Gruene Music and Wine Fest</b> <i>The best in live Texas music, food &amp; wines complete the Great Guitar Auction.</i>	Gruene Hall <b>gruenemusicandwinefest.org</b>
Oct. 8	<b>Charlotte's Web</b> <i>Enjoy this classic story of courage, creativity and selflessness.</i>	One World Theatre <b>oneworldtheatre.org</b>
Oct. 14 - 15	<b>Hoist's "The Planets"</b> <i>Conspire Women's Chorus + Narration &amp; images by NASA</i>	Long Center - Dell Hall <b>austinsymphony.org</b>
Oct. 20 - 27	<b>Austin Film Festival</b> <i>Eight days of films &amp; parties celebrating the art of film.</i>	Various Venues <b>austinfilmfestival.com</b>
Oct. 22 - 23	<b>Texas Book Festival</b> <i>Hear readings and attend signings with some of your favorite authors, visit the children's tent, and enjoy live music.</i>	State Capitol Building 477-4055 <b>texasbookfestival.org</b>
Oct. 23	<b>Halloween Children's Concert (Ages 2 - 10)</b> <i>Creepy, crawly &amp; so much fun, it's spooky! Wear your costume!</i>	Long Center - Dell Hall <b>austinsymphony.org</b>
Oct. 26	<b>Taylor Swift Speak Now World Tour 2011</b> <i>ACM Entertainer of the Year, and the top-selling digital artist in music history!</i>	Frank Erwin Center <b>uterwincenter.com</b>
Oct. 30	<b>6th Annual Goblins in the Garden</b> <i>Halloween festival features spooky fun activities and the Not-So-Haunted Tower. Wear your costume!</i>	LBJ Wildflower Center <b>wildflower.org</b>

*serving JESTER ... Just a Little Closer to Heaven!*