

Official Publication of Jester Homeowners Association, Inc.

March 2013

Volume 8, Issue 3

Jester Community-Wide Wildfire Safety Meeting

Thursday, March 21st 7 – 9 pm

Shepherd of the Hills Church 6909 W. Courtyard Dr.

Discussion on Jester's wildfire risk, what you/we can do to prepare for a wildfire, and how you can protect your home

Jester Certified Habitats Take First Place In the Habitat Challenge

by Dale Bulla

Thanks to all of you that made it possible for Jester to be awarded first place in the Habitat Challenge sponsored by Wildlife Austin. As an already recognized "Green Neighborhood" Jester continues to demonstrate its concern for our environment and love of nature.

As a result, Jester was honored with a proclamation from the Austin City Council and presented by Mayor Lee Leffingwell at an awards ceremony. You can watch the presentation on the web at: http://austintx.swagit.com/play/01312013-501/#24

Several residents were in attendance to accept the award.

At present, Jester has 174 certified wildlife habitat yards with 57 added in 2012. Those folks that joined during the challenge were given the opportunity to plant a Canyon Mock Orange seedling. This plant is rare and was grown from seed by the Balcones Canyonlands Preserve folks in an attempt to reintroduce it back into its native habitat. The Edwards Plateau is the only place on earth that it is found. Due to deer predation, their numbers have been in decline so our efforts to propagate them will help provide seeds for future growth of this lovely plant.

JHA Annual Meeting

Tuesday, April 7th 7:00 pm Shepherd of the Hills Christian Church 6909 West Courtyard Drive



Jester Estates

Board of Directors

www.JesterNeighbors.com

Diana Miller	(H) 512-496-0777
	diana0777@att.net
Treasurer	
Glen Brown	(H) 610-504-8999
	gm.brown@att.net
Social Committee Chair & Warbler	
Teresa Gouldie	(C) 512-751-8000
	tgouldie@gmail.com
CONA Committee Chair	
Glen Brown	(H) 512-241-0283
	gm.brown2@att.net
	N .
Architectural Control Committee C	hair
Ashby Mcdonald	

.....ashbymcdonald@austin.rr.com

Restrictions Violations Committee Chair

..... drew.sanders@goodwintx.com

Warbler Co-Editor and Email Alert Diana Miller.....diana0777@att.net Homeowner's Association Mgmt - Goodwin Mgmt Drew Sanders (W) 512-502-7045, (Fax) 512-346-4873

.....Drew.Sanders@Goodwintx.com

Office: 11149 Research Blvd, Suite 100 P.O. Box 203310 Austin, TX 78759

Mailing Address: Austin, TX 78720-3310

Newsletter Information

Co-Editors

Diana Miller..... diana0777@att.net Teresa Gouldie.....tgouldie@gmail.com Publisher Peel, Inc. www.PEELinc.com, 512-263-9181 Advertising......advertising@PEELinc.com, 512-263-9181

ARTICLE SUBMISSIONS

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

> www.peelinc.com/articleSubmit.php. All news must be received by the 12th of the month prior to the issue.

Mark Your Calendars!

Jester Spring Garage Sale Saturday, May 4, 2013 8 am

More info to follow in April issue

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.

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!**



Copyright © 2013 Peel, Inc.



Welcome Committee News

Since the holidays, the Welcome Committee has delivered 4 Welcome Packages to

• Valerie and Ben with their daughter Amaryn on the 6600 block of Lakewood Point Cove. They just moved here from LA.



 \bullet Mike and Katie Mills with their sons Isaac (4 years old) and Max (10 $\frac{1}{2}$ months) on the 6700 block of Jester Blvd.

• Tracy and Sam on Teak Cove. Several homes have recently sold or been for sale on Teak Cove. Tracy and Sam have met virtually all their new neighbors already and reported they're very welcoming.

• Heidi and Jonathan with their 3 year old daughter Reese on Barley Cove.



(Continued on Page 4)



HEALTHY SMILES Are our specialty

WHY OUR PATIENTS LOVE US: Empowering you to play an active role in your child's dental health.

Compassionate, individual patient care for your child's needs.

Enjoy a dental team focused on creating a positive dental experience for you and your child.

Utilitzation of the most recent technology.

You are invited to stay with your child through the entire appointment.

Monthly payment options available, including no interest financing.







CALL TODAY! (512) 454-6936

f Visit www.DrSherwood.net

(Continued from Page 3)

Please welcome these new residents if they're close neighbors of yours. Anyone who moves over the holiday season deserves a warm welcome!

This month, we've been able to add some more information to the Welcome packages which we hope will make it easier for new residents to acclimate.

The Austin Chamber of Commerce gave us new beautiful Austin Newcomer Guides which should be great for those unfamiliar with our beautiful city. Last month, all the new residents were either moving from within Austin, or had earlier ties to the city, but in the future the Newcomer Guides should be very helpful to those moving here from out of state.

Mike Linan, the Edward Jones financial advisor who with his staff just moved into the retail center at the bottom of the hill, provided adorable piggy banks. We can all use a place for our spare change.

Dale Bulla has started providing doggy bags as well as the environmental information he's provided in the past. It seems that most of our deliveries are to families with dogs.

Darla Rowan knits potholders and scoured websites looking for information of use to new residents. We now provide voter registration forms, emergency preparedness information, garbage schedules, city of austin calendars, Stage 2 watering rules, and menus from nearby restaurants.

Eva Wisser, one of the Welcome Committee members, is on the board of Jester Club. She's providing helpful information to new residents about the club. Many of the residents have small children, and are pleased to hear about the club's beautiful playground. Tennis is another drawing card for some of the new residents. We're upgrading the information we give out about the club, and it should be available in the next month.

Please contact JoAnn Welles at (512) 346-0349 or joannwelles@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!

BUSINESS CLASSIFIED

JOE KASSON PAINTING - Residential Specialist since 1976. Interior and Exterior Painting. Carpentry and Siding. Quality Work Competitive Prices. Experienced Dependable Insured. Neighborhood References. Free Estimates. www. joekassonpainting.com.

Classified Ads

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or *advertising@PEELinc.com.*



Welcome a New Addition to the Jester neighborhood!

Amy and Jason McCampbell on Rusty Fig announced the birth of their son, Reid, on November 11, 2013. He weighed in at 9.6 pounds. Reid is also welcomed by his brother Thomas, 2.



<u>Jester Estates</u>

Testimonials on Rooftop Solar in Jester

There are 29 addresses in Jester that have installed rooftop solar with rebates from Austin Energy as well as tax credits from the federal government. We will include one occasionally as a tribute to Jester's Green Neighborhood status. Below is one from Carol Philipson at 7502 Clematis Cove. If you would like to share your solar experience, please contact:

Dale Bulla, dale-bulla@pobox.com or 512-345-9528

I was one of the first Jester residents to get solar and I love it. The last three months have been credits of \$18-\$32. I believe it is the best way to help conserve energy, as it is silent, doesn't obstruct views and doesn't affect wildlife like wind power. Solar will only get better as electric costs continue to rise. It will also make my home more attractive to potential buyers should I ever decide to sell.

Jester Homeowner's Association Website!

www.JesterNeighbors.com Community Registration Code: 3328

PET REGISTRY • SPECIAL ANNOUNCEMENTS: ONLINE & VIA EMAIL • ONLINE SUGGESTION BOX: MAKE SUGGESTIONS TO THE ASSOCIATION BOARD • IMPORTANT HOMEOWNER ASSOCIATION DOCUMENTS ... & MUCH MORE



Register today! Sponsored by Jester Homeowners Association, Inc.

Is it worth it?

- ...to be ethical when others get ahead by cutting corners?
- ...to serve others when others seem to thrive by living for themselves?
- ...to be a Christian when it could mean facing rejection and ridicule?

Join us at Austin Baptist Church on Easter Sunday morning, March 31, to find out if it's worth it!



SUNDAYS Traditional Worship @ 9 am Bible Fellowship Groups @ 10:10 am Contemporary Worship @ 11:11 am

Dr. Gary Dyer, Pastor

RM 620 @ FM 2222 • 7016 Ribelin Ranch Drive • Austin



clamation

Be it known that Whereas,

The City of Austin strives to create habitats for wildlife within backyards, schoolyards, public areas, and places of business and worship; and Whereas.

The Parks and Recreation Department's Wildlife Austin Program recently concluded its Neighborhood Habitat Challenge. Winners organized wildlife habitat enhancement projects and certified the most individual residences as habitats with the National Wildlife Federation. These provide butterflies, songbirds, hummingbirds, frogs, lizards and other species with food, water, cover and places to raise their young; and,

Whereas,

The Jester Neighborhood placed first with 57 new certified habitats, the Travis Heights/South River City Citizens Neighborhood came in second with 56 and the Hancock Neighborhood was third with 10 new habitats;

Now, Therefore, I, Lee Leffingwell, Mayor of the City of Austin, Texas, do hereby proclaim

> The Jester, Travis Heights/SRCC and Hancock Neighborhoods

Winners of the 2012 Neighborhood Habitat Challenge

in Austin.

In witness whereof, I have hereunto set my hand and caused the seal of the City of Austin to be affixed this 31st Day of January In the Year Two Thousand Thirteen

See Seffingwell, May Dit of Austin



NatureWatch

by Jim and Lynne Weber

MARVELOUS MIMICS

The Hill Country of Central Texas is defined as an environmental ecoregion, which means it contains a certain set of plants and animals whose presence indicates specific conditions such as temperature range, rainfall, food supply, and physical characteristics of the land. This set of species, called indicator or signature species, can be among the most sensitive in a region, acting as an early warning of changing conditions to monitoring biologists. Several signature plant species are found on the Edwards Plateau, many of which are common, and several that are quite rare.

Found only in 5 Texas counties (Blanco, Comal, Hayes, Kendall, and Travis), Canyon Mock Orange (Philadelphus ernestii) is a rare low shrub with gracefully drooping grayish branches bearing small glossy green leaves and fragrant white blossoms. These blossoms are showy and numerous along the branchlets, and open in April and May. The tiny fruits that follow are shaped like a top, less than a quarter of an inch in size, and have 4 remnants of the flower projecting from the midpoint between the tip and the base. Canyon Mock Orange grows near springs, among boulders and on bluffs in shady, moist canyons, but it will adapt to different growing conditions. Endemic to (only found in) the Hill Country, a plant that is almost identical to Canyon Mock Orange is a more common but still uncommon species called Texas Mock Orange (Philadelphus texensis). It naturally occurs in Bandera, Edwards, Real, and Uvalde counties.

Aside from slight geographic differences in location, the key to properly identifying each of these species lies in the hairs that cover the lower leaf surface – Canyon Mock Orange has only short straight hairs and Texas Mock Orange has a mix of short straight hairs and long tangled hairs. Listed as a state 'species of concern' due to its declining numbers, Canyon Mock Orange is in need of environmental protection. While our native mock oranges are not widely known, they are highly desirable for use as ornamental shrubs, and should be planted in shady and deer-protected locations. Once established, they require little water, are cold tolerant, and are semievergreen. As they bloom on the previous season's growth, they may be pruned for denser growth soon after flowering.

The name 'mock orange' comes from the reference to the flowers on these plants, which look somewhat similar to those of oranges and lemons and often have a similar sweet fragrance. From a botany perspective, mock oranges are distant to citrus and jasmines and are actually part of the Hydrangea family. Regardless, our native species are ones that should be planted and nourished in our own wildscapes, as they are marvelous mimics and a definitive part of our unique Hill Country ecosystem!

Send your nature-related questions to 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.



JOIN US FOR GOLF AND A GREAT CAUSE!

DATE: Tuesday, April 30th 11:00 am Registration - 1:00 pm Start LOCATION: River Place Country Club FORMAT: 4-person scramble COST: \$165 per golfer* *Includes lunch, dinner and lots of swag

Dinner provided by:



Register online at: www.colinshope.org

Questions about the event? Contact Jancy Darling jancy.darling@colinshope.org (512) 413-7641

Pizza & Pastaria Homestyle Italian Cooking



<u>Jester Estates</u>

Green Tip: Avoiding Chemicals on your Lawn

by Dale Bulla

Thanks to all of you that have gone with organic pest and lawn services. Since we all live on a honeycomb of carst limestone, any chemicals put on the ground will quickly go into the ground water and into our creeks and streams. At the last water testing in the neighborhood, there were above normal nitrogen levels in the water, which indicates chemical fertilizer runoff. Using compost instead of chemical fertilizer is always the best choice for our ecosystem. Plus it lasts longer and so it is applied less often. The lawn services that I have contacted all say they offer an organic alternative but the customer must request it.





Interested in Hiking the Forest Ridge Section of the Balcones Canyonland Preserve?

Earning an Entry Permit: www.austintexas.gov/ecoweb

A preserve differs from a park in that it is created specifically for the protection of wildlife or natural resources. The Balcones Canyonlands Preserve (BCP) is actually a system of preserves consisting of several tracts of land in western Travis County. The Bull Creek Nature Preserve is one preserve within the larger Balcones Canyonlands Preserve system. The 1,140 contiguous acres making up the Bull Creek Nature Preserve were acquired by the City of Austin to protect the golden-cheeked warbler using funds expressly designated for the purchase of endangered species habitat. Because the Bull Creek Nature Preserve is considered prime habitat for the warbler, access during the breeding season (March 1 through July 31) is by permit only. Many recreational activities can have a negative impact on the behavior and productivity of birds. The Bull Creek Nature Preserve is open to hiking without a permit during the non-nesting season (August 1 - February 28th or 29th if a leap year). Bull Creek Preserve Entry Permits are issued in January & February of every year, just before the golden-cheeked warbler breeding season beginning in March. This is a free City of Austin program.

1. Read through the Bull Creek Nature Preserve EcoWeb Tour available year-round as an educational site.

2. Pass a 30-question multiple-choice test, accessible through confirmation, with a minimum score of 80. Only scores for those that have registered are accepted. Follow this link to the Permit Test.

3. Passing the test qualifies individuals to participate in a twohour staff-guided interpretive hike in the Bull Creek Preserve, the fourth and final step. Entry Permits are given or mailed following the completion of a hike. Register for hikes here:http://www.ci.austin. tx.us/water/wildland/onlineregistration/onlineregistration.cfm

4. Email a photo to Amanda.ross@austintexas.gov. This photo will be used on your permit.



Copyright © 2013 Peel, Inc.

Financial Focus Look Past "Fog of Uncertainty" When Investing

In Europe, the financial crisis drags on. China's economic growth has slowed from "wow" to "ho-hum." Here at home, we've seen heated political debates over taxes, spending and deficit reduction. Taken together, these factors have created a "fog of uncertainty" that has left many investors in the dark about their next moves. But is this "fog" really impenetrable — or can you, as an individual investor, see through it to a place of clarity?

To do so, you first need to realize that while the events mentioned above are certainly not insignificant, they also aren't the key determinants of investors' success. While these types of stories dominate the headlines, they also tend to obscure some of the factors that frequently do play a bigger role in the investment world. And right now, these factors are actually somewhat encouraging.

Consider the following:

• *The economy continues to grow.* The economy isn't going "gangbusters," but it is growing. And thanks to historically low interest rates, consumer debt payments have dropped significantly, leaving people with more money to spend elsewhere. Typically, this higher spending tends to contribute to future economic growth.

• Corporate earnings remain solid. Many companies have shown strong earnings over the past couple of years — and earnings tend to be a key driver of stock prices. When their earnings are strong, companies may use some of the profits to repurchase shares of their own stock, thereby reducing the number of shares held by the public — which means that even if profits remain the same, the earnings per share should increase.

• *Stocks are still attractively priced.* As measured by the price-to-earnings ratio (P/E), stocks are still priced relatively well. While no one can predict stock market performance,

this may be a good buying opportunity.

Of course, all these indicators of today's investment environment can change over time; at some point, they may well be not so positive. But if you truly want to see through the fog of uncertainty that always develops with unsettling political or economic news, you'll want to follow these basic, "all-weather" guidelines:

• *Stay diversified.* A diversified portfolio can help protect you from the harshest effects of market volatility. (Keep in mind, though, that diversification can't guarantee profits or protect against loss.)

• *Rebalance your portfolio.* Over time, your investment mix can shift, even without your intent. For example, some of your holdings can appreciate so much in value that they take on a greater percentage of your portfolio than you had intended. That's why it's important to periodically rebalance your portfolio so that it fits your investment objectives and risk tolerance.

• *Stay focused on the long term.* When confronted with short-term market fluctuations or scary headlines, many people overreact and make ill-advised investment decisions. You can avoid these behaviors by staying focused on the long term.

• *Invest in companies that are charting their own course.* When investing for the equity portion of your portfolio, look for companies with the ability to prosper in all economic environments.

With patience and perseverance, and by focusing on the key factors outlined above, you can navigate the fog of uncertainty and concentrate on your long-term investment goals. So don't be afraid to "set sail."

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Call or visit today to schedule a no-cost, no-obligation portfolio review.



Mike Linam Financial Advisor 512-372-1645

- Retirement Plan Reviews
- Education Savings
- 401(k) Rollovers, IRA's
- Stocks, Bonds, Mutual Funds
- Life Insurance
- Annuities
- Long Term Care Insurance



www.edwardjones.com Member SIPC



Jester Estates

NOT AVAILABLE



SOCIAL GROUPS CONTACT INFO

BUNKO - If you'd like to join or be put on the list as a sub, contact Vallie Marana at valliemarana@gmail.com or 925-408-5206 (cell). 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 or call 241-0592.

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

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@yahoogroups.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 Nicky Shore at Shorenm@gmail. com.

KAYAKING - Have some fun with this great water sport! For more info contact Dan Wolfson at 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

ROWING - Interested in sweep rowing and sculling? Contact Julie Donnie at 340-0432 or JulieDonnie@yahoo.com.

SPIRITUAL DEVELOPMENT GROUP - Interested in developing relationships and sharing spiritual life experience? Contact Jim Irwin at 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 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

			S	U		κι	J			
	6	1	8		2	9	3			
				5				9		
View answers online at www.peelinc.com						3	1			
w.peeli	3	8		4	5					nge
at ww			7					5	6	ire Excha
online					7		8			© 2006. Feature Exchange
inswers								7	2	0 20
View i		6								
		3			1		4			

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

Modern Medicine. Compassionate Care.

Treating you like family.



Full Service Hospital Digital Radiography Ultrasound Dog & Cat Boarding Kid's Lobby

Mon 7:30 AM-7:00 PM Tues-Fri 7:30 AM-6:00 PM Open 1st and 2nd Saturday of the month 7:30 AM-1:00PM



Shops at Riverplace 10601 FM 2222, Suite J Austin, TX 78730 (512) 276-2633 www.2222VeterinaryClinic.com

Dr. Frank, Dr. Mindi, and the Metzler Family

The Doggiest Day in the Whole USA!

The 15th Annual Mighty Texas Dog Walk will fetch even more Guinness World Records to add to the three already won, the most recent for "Biggest Fur Ball" in 2012 at a whopping 201 lbs.

Your dog's tail will wag, Saturday, March 23, 2013 at world record attempts for "Most Dogs Eating the Same Treat", "Most Dogs wearing the Same Bandana", "Most Dogs wagging Their Tails at the same Time" and other worldwide canine accomplishments.

Participating pooches will enjoy the latest in dog food samples, advice from top veterinarians, games of canine skill and even a doggie psychic, all at Austin's favorite outdoor venue, Auditorium Shores on the banks of beautiful Lady Bird Johnson Lake.

Each dog takes home a gold medal and a collector's Mauro Garza t-shirt for his favorite human.

100% of the proceeds benefit Texas Hearing and Service Dogs celebrating its 25th anniversary of transforming shelter dogs into assistants for disabled individuals free of charge.

Take advantage of early bird discounts by registering online at www.servicedogs.org.





Home Athletics Schedule March/April 2013

DATE	SPORT	OPPONENT	TIME
3/8	SB	Mary Hardin-Baylor (DH)	5:00 p.m.
3/9	SB	Mary Hardin-Baylor (DH)	2:00 p.m.
3/12	BB	Dallas (DH)	3:00 p.m.
3/22	BB	Sul Ross State	7:00 p.m.
3/23	BB	Sul Ross State (DH)	1:00 p.m.
3/28	SB	Texas Lutheran (DH)	2:00 p.m.
3/28	BB	Mary Hardin-Baylor	7:00 p.m.
3/29	BB	Mary Hardin-Baylor (DH)	1:00 p.m.
3/29	SB	Texas Lutheran (DH)	2:00 p.m.
4/9	BB	Trinity	7:00 p.m.
4/12	SB	Hardin-Simmons (DH)	4:00 p.m.
4/13	SB	Hardin-Simmons (DH)	2:00 p.m.
4/15	BB	Southwestern	7:00 p.m.

BB (Baseball) SB (Softball)

> CTX Athletics is Now Accepting Tornado Club Applications!!!

Sign Up for the Friends of Concordia Golf Tournament on April 1!!! alumni.concordia.edu/golf

For up-to-date information about CTX Athletics, please check out our website at:

athletics.concordia.edu

CERTIFIED WILDLIFE HABITAT



8000 Asmara Drive



What can BROWN paint for you?

INTERIOR/EXTERIOR PAINTING RESIDENTIAL & COMMERCIAL GENERAL REPAIRS/CARPENTRY SHEETROCK REPLACEMENT TEXTURING & FAUX FINISHES CUSTOM STAIN & VARNISH

Why should BROWN paint for you?

FREE ESTIMATES BONDED & INSURED EXCELLENT REFERENCES FAMILY-OWNED & OPERATED MEMBER OF TRCC

www.brownpaint.com 512.506.9740

<u>Jester Estates</u>

A Focus on Healthy Snack Ideas

By: Concentra Urgent Care

March is National Nutrition Month. Celebrate by trying out some of these healthy snack ideas:

- Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts
- Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat fruit, such as apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- · Bean burritos or burrito bites containing canned, fat-free refried beans, low-fat cheese, and salsa on a tortilla - roll up and cut into bite-sized pieces
- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce
- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- · Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- · Turkey sandwich on wheat bread
- Granola or cereal bar



For more information about healthy snacks and diets, contact your health care provider, your Concentra health specialist, or visit the Department of Health and Human Services at: http://www.health. gov/dietaryguidelines/dga2005/recommendations.htm



Austin Newcomers Club March 2013 ANC Publicity Input



Submitted by Joe Jelinski

Austin Newcomers Club is dedicated to introducing new residents to Austin while extending a hand to make new acquaintances and join fun Interest Groups.

This month our luncheon program will feature Brigadier General Charles A. Miller, Jr., the Chief of Staff of the Texas State Guard. He'll speak to us about our own Texas State Guard, and its mission to serve Texas.

General Miller is a native Texan, born in Taylor TX but as the son of an army officer moved around the country to a series of military installations guring his growth years. He is a graduate of Killeen High School, in Killen TX in 1961, the United States Army Armor School, the Military Police and the United States Army Command and General Staff College. He holds a Masters Degree from Southwest Texas State University.

As the Chief of Staff, General Miller is the second in command of the 2,000-plus Texas

State Guard, which has Army, Air, Maritime, and Medical components. Its members, all volunteers, owe allegiance exclusively to the Governor of Texas, which is different from the National Guard. Each member is screened prior to entry and generally serves for no pay unless there is a state emergency. Their primary mission is disaster relief, especially in case of hurricane strikes.

The monthly luncheon will be held on Wednesday, March 20 at Green Pastures restaurant, located at 811 West Live Oak in Austin. We get together at around 11:00 a.m. for a social hour with lunch at 12:00 noon. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, March 14.

The club website is www.AustinNewcomers. com and the telephone number is 512-363-2566.



THE BEST OFFER IS BACK AND BETTER THAN EVER!

Combine up to \$3,200 in Rebates with a Low-Interest Loan for Energy-Efficiency Improvements.

LIMITED TIME OFFER:

Thanks to bonus rebates available through a federal grant it has never been more affordable to make needed energy-efficiency improvements to your home. Visit www.austinenergy.com and click on "Participating Companies" and get your free home energy analysis.

<u>Jester Estates</u>

CROSSWORD PUZZLE



ACROSS

DOWN 1. Id's counterparts

2. Eat

- 1. Tails 5. Tableland 9. Billy or nanny 10. Expressing dislike word 11. Capital of Norway 12. Dote 13. Eludes 15. Beverage 16. Crime 18. Crayon name 21. Cause of sickness 22. Merchant 26. Arc 28. Dwell 29. Ballerina skirts 30. Among 31. Dueling sword
- Painter of melting clocks
 Breezy
 Soil
 Show emotions
 Lark
 In the lead
 Fuss
 Booths
 City
 Social position
 Shred (2 wds.)
 Having wings
 Fancy car
 Vile

© 2006. Feature Exchange

- 25. Do it again
- 27. Regret

View answers online at www.peelinc.com

Go Green Go Paperless

Sign up to receive *The Jester Warbler* in your inbox. Visit PEELinc.com for details.

At no time will any source be allowed to use the Jester Estates Community Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Jester Estates Homeowner's Association and Peel, Inc. The information in the newsletter is exclusively for the private use of Jester Estates residents only.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



Support Your Community Newsletter



Kelly Peel VP Sales and Marketing 512-263-9181 ext 22 kelly@PEELinc.com

www.PEELinc.com

32. Fly alone



PRSRT STD U.S. POSTAGE PAID PEEL, INC.

