The Jester Warbler

Official Publication of Jester Homeowners Association, Inc.

May 2015

Volume 10, Issue 5



SATURDAY, MAY 16TH 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







Fun with the Easter Bunny!

Our annual Easter Egg Hunt was a huge success! Many excited children (and grandchildren!) of Jester residents gathered at Jester Club in anticipation of finding eggs filled with candy and surprises. Their faces lit up as they got to meet and get their pictures taken with the Easter Bunny himself! Children of all ages enjoyed many games and activities, including the prize walk, ball toss, hopscotch, coloring sheets, bunny tattoos, and more. The biggest hit was the petting zoo, where the kiddos were actually able to hold and cuddle many of the little animals. It was a morning enjoyed by adults and children alike, and we were truly blessed by a beautiful day in all respects.

Many Jester residents were willing to give of their time and energy to create memories for our children. Thanks go out to Eva Wisser and Edward Mokarzel who are there to lend a hand

By Teresa Gouldie, Social Chairman

at almost every event, and Celeste Roll, Patricia Sudderth and JoAnn Welles who allowed us to use their homes as Easter Egg Drop Offs. Thanks also to the businesses from Jester Village that participated in our event...Studio Bella Spa, The Children's Center of Austin, Art Amoré, and Sole Songs Dance Academy. They gave away free gifts and even offered face painting for the kiddos!

A very special thanks goes to these amazing teenagers for getting up early on a Saturday morning and helping out: Luke Heckmann, Evan Martinez, Alan Yanez, Tyler Sudderth, Brandon Daniels, Andrew Foster, Sarah Smith,



Our Teenage Volunteers!

Sophie Garsa, Caroline Pham, Alexa Hresko, Dana Bruhis, Joey Pyclyn and Tori Botello. They set a great example for our young children (and the kiddos enjoy working with them more than us anyway!).

A note of appreciation also goes out to Terri Milan and Jester Club. It's great to have the

(Continued on Page 7)

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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.

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 UNCORKED - Wine lovers of Jester, unite! Join our evergrowing group of wine lovers. Contact Glen Brown at 610-504-8999 or gm.brown2@att.net.

JESTER MOMMIES - We're the Jester group for moms who would like to get to know other neighborhood moms. We go to local restaurants or enjoy evening activities nearby, usually without our kids. Interested in the next outing? Contact Suzi Brown Paulsen at oksuzi@hotmail.com.

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.

LADIES NIGHT OUT - Kick back and have some fun with girlfriends from the neighborhood of all ages! Events include appetizer potlucks at neighborhood homes and excursions to area restaurants. Contact Teresa Gouldie at tgouldie@gmail.com or 512-751-8000.

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 Diana Miller at 512-496-0777 or diana0777@att.net.

TEXAS HOLD'EM GROUP - Join the fun and play tournament style Texas Hold'em. We meet once a month. Contact David Singerman to be put on the list. Email dsingerman@gmail.com or call 512-207-0930.

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



WELCOME COMMITTEE NEWS

Spring has come to Central Texas and we have quite a few new neighbors. As has been the case recently many are doing renovations before moving in, but we were able to deliver 4 Welcome bags. All of this month's deliveries were to neighbors who had made local moves. They are:

Leigh and Chad with their dog, a Cavalier King Charles named Miles. They moved from downtown and now reside on Guava Cove.

Chris and Gwyneth, with their children Adeline, Aravis, Ezra and Elodie. They moved from North Austin to their new home on the 6500 block of Winterberry.

Keith and Trina with their children Trinity and Kinsley (6 year old twins) and Teagan (3). They moved from Avery Ranch to the 8200 block of Asmara. They are very pleased with the neighborhood and with the twins' teachers at Hill.

A couple on the 7800 block of High Hollow Drive. We knew they had moved but haven't been able to deliver a bag. We left it by the garage and it was not there the next day so we're hopeful they received it. Unfortunately we couldn't leave cookies for them!

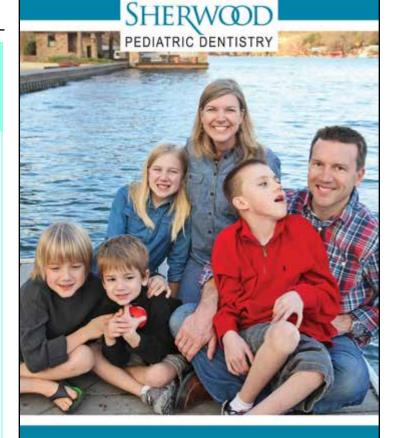
If you live near any of these new residents, please stop by and introduce yourself! Also, please contact JoAnn Welles at (512) 346-0349 or joann-welles@sbcglobal.net if you've moved to Jester lately and we haven't welcomed you officially. We may have tried to deliver a bag to you but not found you home.



Keith and Trina with family on Asmara



Chris and Gwyneth with family on Winterberry



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May is National Stroke Awareness Month

Submitted by Tom Henry, Community Relations, Longhorn Village

Strokes can happen to anyone at any time, Including newborn babies, children, teens and adults. It is important to understand not only how to identify a stroke, but also to know that up to 80 percent of strokes are preventable.

What is a stroke? A stroke is a "brain attack." It happens when blood flowing to an area of the brain is cut off. When brain cells are deprived of oxygen, they begin to die. When cells in the brain die, the abilities controlled by the affected area can be damaged or lost completely. The affect of a stroke depends on where in the brain it occurs, and how much it is damaged. Damage can range from minor problems such as temporary loss of strength in an arm or leg, to major permanent damage that may include paralysis on one side of the body or the ability to speak. According to the Centers for Disease Control and Prevention, Strokes are the 5th leading cause of death, and is one of the leading causes of adult disability in the United States.

Act FAST! Each year, nearly 800,000 people in the United States experience a stroke. According to The National Stroke Association, quick detection and treatment will more likely lead to a better recovery. FAST is a commonly used acronym to remember the warning signs of stroke. Things to check in a suspected stroke victim:

F - FACE: If you ask the person to smile, does the face droop on one side?

A - ARMS: Ask the person to raise both arms; does one of the arms drift downward?

S – *SPEECH:* Ask the person to repeat a simple phrase. Is their speech strange or slurred?

T-TIME: If you observe any of these signs, call 9-1-1 immediately If possible, note the time of the first symptom. This information is important and can affect treatment decisions.

Additional symptoms can include:

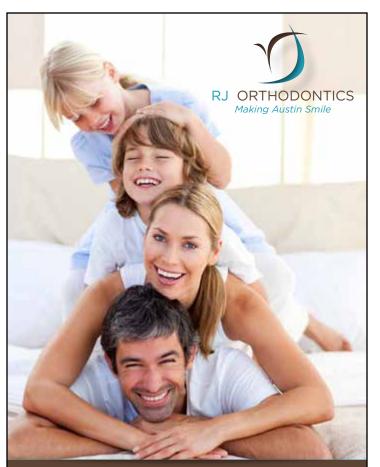
- Sudden confusion or trouble understanding
- Sudden troubled vision in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with unknown cause

Preventing a Stroke – **What You Can Do:** You can help prevent stroke happening to you or others by knowing and reducing controllable risk factors through lifestyle changes and if needed, medication. Learn to recognize the symptoms and signs of a stroke by memorizing FAST. Respond quickly to the first sight of a stroke and you can help save lives.

Stroke Recovery: Many stroke survivors can continue to improve over a long period of time. Recovery involves making changes in social, emotional, and physical aspects of your life. Rehabilitation is about returning to your normal life and living as independently as possible. You must take an active approach to ensure that your quality of life improves, and goes on. With good rehabilitation and care, there is life after a stroke.

For additional resources and information please visit:

The National Stroke Association Website http://www.stroke.org/ Centers for Disease Control and Prevention – Stroke http://www.cdc. gov/stroke/index.htm



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BREAST CANCER Importance of Early Detection By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician

Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- · Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- · Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: http://nbcam.org/



(Easter...Continued from Cover)

support of the club in providing a beautiful setting for our event.

Please let me know if you would like to volunteer to help with our next event, the 4th of July parade. It's a wonderful way to contribute to your neighborhood and we'd love your help! We are also always looking for input and suggestions to make these events bigger and better. To volunteer email Teresa at tgouldie@ gmail.com or call 512-751-8000.







Jester Estates

Jester Estates Stork Report

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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

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!

Jester Homeowner's Association Website!

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Featured Smile Makeover of the Month by Dr. Lance Loveless



Before



Before





After

After



*Actual patient of Dr. Loveless

Being a General Dentist, I have many tools in my "tool box". Having training and experience in multiple areas of dentistry gives me the unique ability to combine different aspects of Dentistry to accomplish my patients' smile makeovers. Some of the more common "tools" we use include: Invisalign, whitening, laser gum lift, implants, crowns, bridges, and veneers. Some of our more challenging makeovers have included all of the above; most can be done in office so that we can limit the need to go all over town seeing multiple doctors. For example, this patient had a tooth size discrepancy, narrow upper arch, yellow misshaped teeth and an uneven gumline. He didn't know exactly what he wanted, just the fact that he wanted a better looking smile. I had to evaluate everything and come up with a plan to address all his issues. His plan included Invisalign, whitening, laser gum lift and all porcelain restorations. Without the ability to combine all those "tools" and techniques, we would not have been able to achieve the fantastic results that we did!

CALL TO SCHEDULE YOUR COMPLIMENTARY CONSULTATION!

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KEEP AUSTIN WILD by Jim and Lynne Weber NATUREWATCH

As Austin and surrounding areas grow and expand, encounters with urban wildlife become increasingly frequent, especially during the spring and summer breeding seasons.

Wild animals often make their homes in or around our homes, and they can be unwelcome and even destructive. Be aware that trapping is not always the answer, and should only be used as a last resort. Unless the source of the problem is eliminated (uncapped chimneys, holes in decks or attics, pet food left outside), another animal will likely move into the same spot. Additionally, during spring and summer, you may trap a mother whose babies will be left orphaned if she is removed.

Trapping is also quite stressful for animals, and they often injure themselves when trying to escape. They can be exposed to the elements and left trapped for an unknown number of hours or days, without food or water. If they are relocated, they may have trouble finding food, water, or shelter, as they will be disoriented in their new environment. They can also be considered intruders by the resident animal population, and be driven away or attacked, with a very uncertain outcome.

To avoid all of these situations,

there are humane solutions to prevent common wildlife problems before they occur. These include installing L-shaped mesh barriers under decks, sheds, and around gardens, adding bungee cords to trash can lids or keeping the cans inside the garage until collection day, capping the top of the chimney, installing mesh covered attic vents, taking pet food indoors overnight, and adding squirrelproof baffles to bird feeders.

If you do run across wildlife babies, remember that they cannot digest cow's milk properly, so they should be brought to Wildlife Rescue as soon as possible. Fawns are often left alone and curled up in the grass for up to 10-12 hours while their mothers forage, so if their mouth is warm, bottom is clean, and they are not being overrun by fire ants, leave them alone. Young feathered birds are frequently found on the ground and belong there, as it is natural for them to fledge the nest and learn to fly, feed, and avoid predators, all under the watchful eyes of their parents, who are likely nearby. Unfeathered baby birds can be safely united with their parents by creating a makeshift nest, nailing a small plastic bowl as high as you can reach onto a tree, first poking a few small drain holes in the bottom, adding some dry grass or leaves, and placing the nestlings in it. Within a few hours, the parents should return to resume feeding them.

Recently, the National Wildlife Federation ranked America's largest cities based on three criteria for wildlife: percentage of parkland, citizen action to create wildlife habitat, and school adoption of outdoor learning in wildlife gardens. Austin, Texas was named as "the clear-cut (#1) choice as America's best city for wildlife, boasting the most Certified Wildlife Habitats (2,154),



most certified Wildlife Habitats per capita, and most Schoolyard Habitats (67). Famous for its Congress Avenue Bridge that's home to 1.5 million bats, the City of Austin is certified as a Community Wildlife Habitat. Its residents not only want to Keep Austin Weird – they're the best in America at keeping their city wild."

However, as more and more of our landscape is bulldozed and developed, we leave less and less for the native animals that call it home. The least we can do is be

cognizant of these changes, prevent conflicts when possible, and learn to treat our native wildlife as humanely as possible!

HUMANE RESOURCES for wildlife conflicts:

Austin Wildlife Rescue: 512-472-9453 or www.austinwildliferescue. org

Austin Area Wildlife Rehabilitation: 512-709-6335 or www. austinareawildliferehab.org

Tips & Advice: www.humanesociety.org/wildneighbors

State Laws: www.tpwd.texas.gov

Please also note that Austin Wildlife Rescue benefits from the Randall's Good Neighbor Program. Present your Remarkable Card with the Wildlife Rescue Organization Number (#2780) and a percentage of your purchase will be donated back to this wonderful non-profit organization!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. Check out our blog at naturewatchaustin. blogspot.com if you enjoy reading these articles!





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