

Official Publication of Jester Homeowners Association, Inc.

June 2015 Volume 10, Issue 6



## Saturday, July 4 - 9:30 am PARADE & ACTIVITIES

Paint your wagons, decorate your bikes, your pets, and yourself, and join in this festive parade! Gather at Jester Club at 9:30 am (you don't need to be a member of the club to participate). Parade route will be up Jester, around Basil, and back. Games and activities to follow!

Please contact Teresa at 512-751-8000 or tgouldie@gmail. com if you would like to help at this event!



### NATUREVVATCH

by Jim and Lynne Weber

#### **SERIOUS ABOUT SALAMANDERS**

Humans often wonder why efforts are made to protect biodiversity and save endangered species. Biodiversity is defined as the variety of life in the world or in a particular habitat or ecosystem, and preserving it provides us with tremendous and vital benefits. Among others, these benefits include air purification, medicines for better health, fresh water, pollination of crops, carbon sequestration (or storage), and preserving the fertility of the soil.

Forests purify our air by filtering particulates and regulating the composition of the atmosphere. They act as massive carbon reservoirs, essential to the Earth's global carbon cycle, and significantly contribute to regulating the global climate. Natural forest soils, with their active microbial and animal populations, have a higher content of total nutrients and biomass, supplying the right nutrients to plants in the right proportions. Soils and wetlands also act as a filter for water, helping to reduce nitrogen loading, which is a significant form of pollution that occurs as a side effect of development in many parts of the world.

Roughly 50% of the medicines currently available are derived from natural products. Of these, at least 120 chemical compounds derived from 90 different plant species are critically important drugs in use around the world today. Many flowering plants rely on a great variety of animals to pollinate them, including one third of the world's food crops. In the U.S., it has been estimated that honeybees alone pollinate approximately \$10 billion worth of crops.

Recently, the U.S. Fish and Wildlife Service protected the Austin Blind Salamander (Eurycea waterlooensis), and the Jollyville Plateau Salamander (Eurycea tonkawae) in addition to a total of 4,451 acres of critical habitat. These salamanders live no where else in the world, and saving them is also an important step for our region's long-term water quality and health. They cannot survive in waterways polluted with pesticides, industrial chemicals, and other toxins, so they are excellent indicators of the health of the environment.

The Austin Blind Salamander has external feathery gills, a pronounced extension of the snout, no external eyes, and weakly developed tail fins. It occurs in and around Barton Springs, which is fed by the Barton Springs segment of the Edwards Aquifer. The conditions that threaten

(Continued on Page 5)

### **Board of Directors**

### www.JesterNeighbors.com

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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 512-484-7588.

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

Last month the Welcome Committee members met several new neighbors who had done beautiful renovations before moving in. Two of the new residents we met had moved from elsewhere in Central Texas and 2 from California.

This month the list of new closings is impressively long, so the Welcome Committee won't run out of deliveries to do over the summer. Summer is always moving time in neighborhoods with lots of schoolage children. Jester is a nice combination of families with children, SCUPPIES (used to be YUPPIES but are now Senior Citizens), empty nesters, young couples, and yes, even a few singles. Also lots of cats and dogs!

Our deliveries were to:

Shelby and Jonathan on Curly Leaf. They moved from LA with their beautiful Tuxedo cats Xander and Binx.

New residents on Berrycone Cove moved from Wimberly.

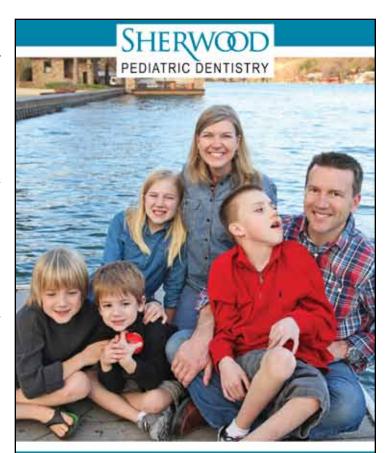
Roxanne and Bryan moved to the 7000 block of Anaqua with their dog Jack. They formerly lived in downtown Austin.

Coralie and Christian with their two children moved to the 7900 block of High Hollow. They most recently lived in California.

If you live near any of these new residents, please stop by and introduce yourself! Also, please contact JoAnn Welles at (512) 484-7588 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.



Coralie, May and Christian on High Hollow



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The Jester Warbler - June 2015

### The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

• a set bedtime and wake time that does not vary by more than 2 hours

on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.



### Nature Watch (Continued from Cover Page)

this species include degradation of its aquatic habitat from pesticides and fertilizers, as well as low flow conditions in the aquifer and the springs. The Jollyville Plateau Salamander is physically similar to the Austin Blind Salamander, but has generally well-developed eyes, except for some cave-dwelling forms that exhibit eye reduction, head flattening, and loss of color. Typically, their habitat is spring-fed, and they occur in depths of less than one foot of cool, well-oxygenated water. While this salamander lives in the Jollyville Plateau and Brushy Creek areas, significant population declines have been observed, likely as a result of degrading water quality from rapid urban development.

Perhaps one of the most fundamental benefits of saving endangered species is an aesthetic one, as the loss of biodiversity impoverishes our world of natural beauty, both for ourselves and for future generations. It is yet another good reason for us to be serious about salamanders!

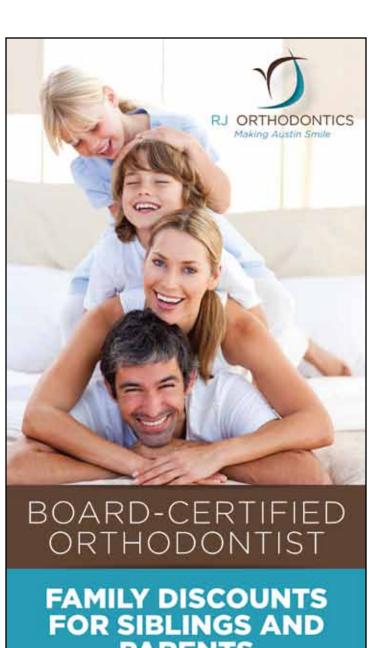
Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our book, Nature Watch Austin (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



Austin Blind Salamander



Jollyville Plateau Salamander



## **PARENTS**



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APPOINTMENTS AS EARLY AS 6:45AM & AS LATE AS 7PM

### Jester Estates







## Solar Savings

by Jester Resident, Ray Smith 8324 Jancy Drive

My wife and I moved to Jester in July 2006 into a 2,880 sq. ft. home that has a swimming pool. In 2012 I set a goal to make my home as energy efficient as possible and eventually not having a monthly electric bill. To achieve this goal, I did the following:

- Replaced the 18 year old air-conditioning unit June 2012
- Installed a solar system with 26 PV panels August 2012
- Replaced all windows September 2012
- Installed a 2nd solar system with 12 PV panel December 2012
- Added 8 additional panels to the 2nd solar system January 2014

The chart below shows that I spent \$1,650 for electricity in 2011. At the end of December 2014 I had a \$287 credit which means I did not pay any electric bills last year. My goal was achieved...



Austin Energy currently reimburses you \$1.10 per watt up to a maximum of 50% of the cost to install a solar system. The federal government provides a tax deduction of 30% of the cost of your solar system. If you are thinking about installing a solar system, I recommend that you do it now. Since I installed my 1st solar system in 2012, the amount Austin Energy reimburses continues to decrease.

Frequently Austin Energy increases our electric and water rates. To reduce my monthly utility bills even further, I hired a landscaping contractor last year to Xeriscape my yard. I have all native plants that do not require a lot of water. I replaced my lawn sprinkler heads with a drip irrigation system that delivers water to each plant instead of spraying the entire yard. My water bill has been significantly reduced by Xeriscaping my yard.

In 2011 my total expense for electricity, water, and trash was \$4,427. In 2014 my expense was only \$1,141 or an annual utility expense decrease of \$3,286. If you would like to reduce your utility expenses, I highly recommend adding solar and Xeriscaping.



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### Jester Estates Stork Report

Congratulations! Let us help celebrate... email info on the arrival of your little one to diana0777@att.net.



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### **PET REGISTRY**

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### 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!** 

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## Featured Smile Makeover of the Month by Dr. Lance Loveless



**Before** 

After



Before

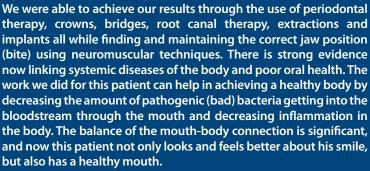
After





Before

\*Actual patient of Dr. Loveless \*\*Actual results may vary



-Dr. Lance Loveless

CALL TO SCHEDULE YOUR COMPLIMENTARY CONSULTATION!

### Jester Estates

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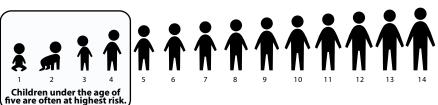




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DROWNING IS THE NUMBER ONE CAUSE OF ACCIDENTAL DEATH FOR CHILDREN UNDER FIVE, AND A LEADING CAUSE FOR CHILDREN AGES 1 - 14.



13 Texas children have already lost their lives to drowning in 2015 **DROWNING IS PREVENTABLE** 

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# The Benefits of Hosting Span Borders Traveling the world and amount of the states.

Traveling the world and experiencing new cultures is something many dream of but few are able to do. Hosting an Ayusa exchange student provides the opportunity to experience the world while bringing other benefits to their family and local community.

For schools, opening their doors to an exchange student provides their students the opportunity to experience new cultures and expand their understanding of the global society. Not only will students be able to expand their circle of friends, they will be able to reference different perspectives of world events. The new perspectives that both local and exchange students gain through the exchange experience are invaluable for the ever-expanding global community.

Ayusa exchange students are eager to learn and participate in school and community programs. They take their role as ambassadors for their country seriously. Ayusa students are not simply bystanders to their program year; they are active participants looking to make a difference in their host school and community.

Aysua exchange students are strong academic performers, well-

rounded, and open-minded. Prospective students go through an extensive interview process in their home countries and are evaluated for maturity, strength of goals, leadership skills, and academic background. Ayusa honors all school enrollment standards, academic requirements and student placement criteria specified in school or district policies.

Host families also reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



### **ABOUT AYUSA**

Ayusa is a non-profit educational organization that promotes global learning and leadership through foreign exchange and leadership program programs for high school students from around the world. Ayusa offers unique, richly personal cross-cultural experiences for students, volunteer host families, schools, and local communities.



JΕ





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## **June Events**

Complime	ents of Teresa Gouldie 751-8000 Coldv	vell Banker, United
May 27 -	Mothers and Sons - A provocative, beautiful new play	Zach Theatre
Jun. 21	about who we are and who we lovetoday	zachtheatre.org
June - July	Children's Day Art Park (Wednesdays)	Symphony Square
,	Wed. mornings, June 10 – July 29 (except July 1)	austinsymphony.org
Jun. 3 -	Sound and Cinema (Wednesdays)	The Long Center
Aug. 12	Free nights of live bands & classic Hollywood movies	thelongcenter.org
Jun. 11	Maudie's Moonlight Margarita Run and Party	Lady Bird Lake
	Nighttime 5K followed by aTex-Mex party with margaritas	thetrailfoundation.org
Jun. 13	Johnny Mathis - Perhaps best known for "Chances Are"	thelongcenter.org
Jun. 17	Chef Robert Irvine - More than just a cooking show, it's a	The Long Center
	high energy, multimedia and multisensory theatrical experience	thelongcenter.org
Jun. 18	An Evening with Neil DeGrasse Tyson	The Long Center
	Award-winning astrophysicist and host of FOX's Cosmos	thelongcenter.org
Jun. 20	The Legend of Zelda: Symphony of the Goddesses	The Long Center
	Master Quest – multimedia concert experience	thelongcenter.org
Jun. 21	Father's Day Concert - Marches, musicals, and patriotic	Zilker Hillside Theater
	melodies - Bring a lawn chair or spread a blanket under the oaks	asband.org
Jun. 21	Million Dollar Quartet - Broadway musical	thelongcenter.org
Jun. 24	KGSR's Blues on the Green - Free blues music	Zilker Park kgsr.com
Jun. 24	Regis and Rickles: One More for the Road	Bass Concert Hall
	Legendary entertainers and peerless comedy icons	texasperformingarts.org
Jun. 27	Keep Austin Weird Festival + 5K	keepaustinweirdfest.com
	Celebrate the great city of Austin, one-of-a-kind weirdness	
Jun. 28	Color in Motion 5K	Travis County Expo Center
	Wear white and they do the rest	co.travis.tx.us/exposition
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