



# The Jester Warbler

Official Publication of Jester Homeowners Association, Inc.

October 2015

Volume 10, Issue 10

## JESTER FALL GARAGE SALE

*Saturday, October 17th 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 512-751-8000  
tgouldie@gmail.com.

★ ★ ★ ★ ★ ★ ★ ★  
MORTGAGE SOLUTIONS!

**Calling Ladies that want to have FUN!**

## Join Us for October Ladies Night @out!

by Debra Ellsworth

**Wear a fun hat or however you want to express yourself to celebrate Halloween (or just come as you are!).**

**6:30 pm, Thursday, October 22nd  
7313 Foxtree Cove (Debra's home)**

**Bring an appetizer and your favorite drink!**

**\*\*\* Please RSVP to Debra Ellsworth at  
debra@ellsworthteam.com**

**Let me know if you would like to host at your home for any month. Otherwise, we will continue to explore restaurants in Austin. It's easier to chat with more people in a home environment than sitting at tables in a restaurant, but that has worked well too. Typically we get together the 3rd Thursday of the month (October is switching up a bit). If you have suggestions regarding locations or forms of entertainment, let me know!**

**November Ladies Night Out**

**Mark your calendar for Thursday, November 19th!  
Location to be announced.**

## JESTER HALLOWEEN PARADE

**SATURDAY, OCTOBER 31ST | 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!



## Board of Directors

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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](http://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](mailto: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](mailto:troy.reish@gmail.com) or call 241-0592.

**JESTER UNCORKED** - Wine lovers of Jester, unite! Join our ever-growing group of wine lovers. Contact Melissa Adams at 512-415-4361.

**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](mailto: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 Debra Ellsworth at 512-627-5323 or [debra@ellsworthteam.com](mailto:debra@ellsworthteam.com).

**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](mailto: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](mailto: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](mailto: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](mailto:JParker84@austin.rr.com)

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# EXPLORING BULL CREEK

*Saturday, October 3rd*

*by Dale Bulla*

This free hike is near Jester for those that would like to take advantage of it. The weather should be cooler by then. To register: <http://www.ci.austin.tx.us/water/wildland/onlineregistration/ecowebevents.cfm>

## LOCATION:

Located near the intersection of River Place Blvd and FM 2222. Directions sent upon registration.

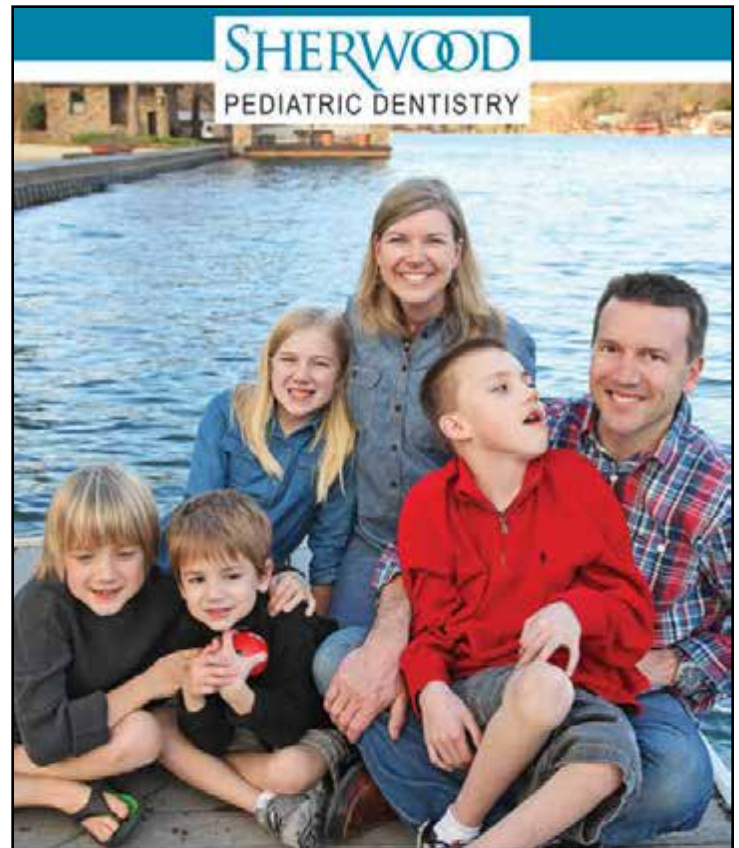
## DESCRIPTION:

Located near the headwaters of Bull Creek, this tract is a haven for wildlife. Participants will be led on a tour through a variety of terrain that will start on a rocky plateau, before descending a slope of rich wooded golden-cheeked warbler habitat. Further explorations will reveal meadows and a stream containing Jollyville-plateau salamanders before ascending back to road. Participants should be ready to hike over steep rocky terrain covered with vegetation. For ages 12 and up. All youth must be under parental supervision at all times and participants under 18 must be accompanied by an adult.

## CONSIDERATIONS:

Portions of the hike will occur off-trail. Therefore, participants should wear long pants, and closed-toe hiking-appropriate shoes for protection. Sun protection such as sunscreen and hats are strongly recommended. Participants must bring drinking water. No drinking water will be provided. Volunteer guides have the authority to deny participation due to basic unpreparedness.

Please note that a toilet, sinks or running water are not available on the hike. Smoking, pets, and collecting of plant materials are not permitted. Plan on staying for the entire hike as guides will not be able to divide the group to lead anyone out early.



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8122 Bottlebrush

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## WELCOME COMMITTEE NEWS

With the heat finally breaking and school in session, the busy season for the Welcome Committee is at an end, but not before we delivered 6 Welcome Bags to new residents. Our deliveries were to:

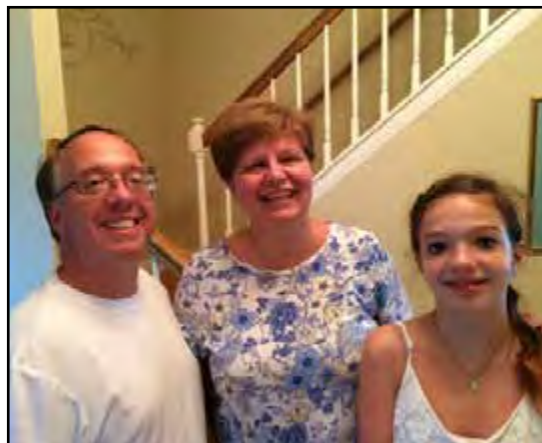
- Jen and Joe with children Catherine, in middle school, and son Alex, in college. They moved from a rented house in Jester to their new residence on Rockberry Cove. Jen's already been active in one of the Jester book clubs so knows several members of our Welcome Committee. They were originally from DC, with a stay in Plano before moving to Austin.
- Tom and Mary Jane with their 2 dogs moved into their new house on Pampas Cove.
- Joe and Maureen have moved to the 7600 block of Basil Drive. They have 3 grown children, and are originally from Chicago.
- Katherine and Rachel recently moved to Jester on the 7800 block of Lakewood Drive. They have lived in Singapore, and Rachel is in the 9th grade.
- Shannon and Meaghan just moved to Gingko Cove with their 4 children Thomas, Mary Kate, Sarah, and John and their sweet dog Ellie. They moved from Northwest Hills.
- Albert and Katrina with their cute dog Sadie moved to Desert Rose Cove from downtown Austin. They had heard about Jester from high school friends.

We felt lucky to find these residents at home, and felt very welcomed by them. We appreciate new residents that are willing to interrupt their busy lives and chat with us.

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.



*Albert and Katrina  
on Desert Rose*



*Joe and Jen with  
daughter Catherine  
on Rockberry*



## AIR PLANTS

# NATUREWATCH

*by Jim and Lynne Weber*

When the time of year arrives when leaves begin to fall and the landscape starts to appear a bit more barren, some things become more noticeable, even though they were present all along. One such thing is epiphytes, or plants that grow harmlessly upon another plant (such as a tree), and derive moisture and nutrients from the air. The word epiphyte comes from the Greek 'epi' meaning 'upon' and 'phyton' meaning 'plant.' Epiphytes differ from parasites in that they grow on other plants for physical support and do not necessarily negatively affect their host. They are also called 'air plants' since they do not root in soil. In central Texas, the most common epiphytes native to our area are Ball Moss (*Tillandsia recurvata*) and Spanish Moss (*Tillandsia usneoides*).

Members of the Bromeliad or Pineapple family, neither of these plants are real mosses, but true plants with flowers and seeds. Ball Moss is a scurfy herb with narrow leaves forming small, grayish ball-like clusters on the branches of deciduous trees. In North America, it is native from Florida to southern Georgia, Texas, New Mexico, and Arizona, with a disjunct population in central Louisiana. Slender, pale violet flowers appear on long bracts from June to August. Ball Moss grows well in areas with low light, little airflow, and high humidity, which is why it is often found on shade trees in the South. It photosynthesizes its own food by receiving water vapor from the air, nitrogen from bacteria, and other minerals from windblown dust. Wind is also the main method of Ball Moss seed dispersal, and its plentiful seeds are armed with fine, straight hairs that cling well to wet or rough surfaces such as bark.

Generally growing upon larger trees such as Southern Live Oak and Bald Cypress, Spanish Moss forms a cascading mass of slender, scaly gray leaves. These scales help the plant absorb water



*Ball Moss*



*Spanish Moss*

and nutrients, mostly from the minerals naturally leached from the foliage of its host tree. Its specific name 'usneoides' means 'resembling Usnea', which is also known as Beard Lichen, but this plant is not a lichen either. It grows in chain-like fashion to form hanging structures up to 20 feet in length, and bears tiny whitish-green flowers from April to June. Its primary range is the southeastern US, but is found as far north as Virginia, and it propagates both by seed and vegetatively with fragments carried by the wind to neighboring tree limbs. Spanish Moss has been used for various purposes, including building insulation, packing material, and mattress stuffing. It is still in use today for arts and crafts, and even in the manufacture of evaporative or swamp coolers. These coolers contain thick pads of Spanish Moss that are pumped with water, with the cooling effect of evaporation caused by a fan that pulls air through the pad and into the building.

There is a common misconception that these epiphytes are parasites, and that they harm the trees that serve as their hosts. While trees that are heavily infested with these plants can have increased wind resistance and result in fallen limbs, there is little evidence among the botanist community that a reasonable presence of these plants have a noticeable effect on the growth or health of the tree. In fact, the presence of these air plants serves as a benefit to many forms of wildlife by harboring small insects that provide food, supplying nesting material, and serving as shelter from the outside elements.

*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, check out our book, *Nature Watch Austin* (published by Texas A&M University Press), and our blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com).*

# Green Tips for October

*by Dale Bulla*

## SMALL STEPS TO BIG SOLUTIONS FOR AIR QUALITY

The Texas Natural Resource Conservation Commission is recommending solutions for Air Quality improvements in Central Texas. With the ozone standard being redefined, we all can benefit from reducing our emissions to avoid non-attainment so here are some of their recommendations.

1. Exchange your gas mower for an electric. Running a gasoline mower for one hour is about equal to the emissions of driving 100 miles.
2. Postpone filling your gas tank on hot sunny days until late in the afternoon or in the evening to reduce the time ozone-forming pollutants can "cook" in hot weather.
3. Don't overfill or "top off" your car's gas tank. Even if you don't spill gasoline, ozone-causing fumes escape.
4. Use an energy-conserving multigrade motor oil. These oils can improve your mileage by 1 or 2 percent.
5. Keep your tires properly inflated. Just 4 pound of underinflation can cost you ½ mile per gallon.

***For more ideas, go to the following links:***

*<https://www.tceq.texas.gov/airquality/monops/ozonetips.html>*

*<http://austintexas.gov/airquality>*



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## CROSSWORD PUZZLE



### ACROSS

1. Syllables used in songs (2 wds.)
5. Swiss mountains
9. Waterless
10. Expression
11. Unwanted plant
12. Striped animal
13. Seasickness symptom
15. Affirmative
16. Set loose
18. Pups
21. Epoch
22. Vapors
26. Vapor
28. Singing voice
29. Japanese city
30. Not mine
31. In \_\_ (together)
32. Skewer

### DOWN

1. Worship
2. Domain
3. In \_\_ of (instead of)
4. Totals (2 wds.)
5. Wood chopper
6. African country
7. Tiny skin holes
8. Hit
10. Rhododendron
14. Mystery
17. School writings
18. Spanish coins
19. Salaam
20. Encomium
23. Pig food
24. Decorative needle case
25. Classify
27. American Kennel Club (abbr.)

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

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# Jester Estates

## Jester Homeowner's Association Website!

[www.JesterNeighbors.com](http://www.JesterNeighbors.com)

Community Registration Code: 3328

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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.

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Community Registration Code: 3328 -

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Peel, Inc. - Kids Club

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Lakeway, TX 78734-4717

We will select the top few and post their artwork on our Facebook Page - [Facebook.com/PeelInc](https://www.facebook.com/PeelInc).

DUE: October 31<sup>st</sup>

Be sure to include the following so we can let you know!

Name: \_\_\_\_\_  
(first name, last initial)

Age: \_\_\_\_\_



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## October Events

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

Sept. 26 - Nov. 8	<b>Fall Festival &amp; Great Pumpkin Corn Maze</b> <i>Perfect setting to let kids enjoy true outdoor entertainment, including rides, games, Go Horns maze, pumpkin patch, local vendors and farm animals</i>	Bastrop <a href="http://bartonhillfarms.com">bartonhillfarms.com</a>
October	<b>Evita - Seven-time Tony award-winning musical</b>	<a href="http://zachtheatre.org">zachtheatre.org</a>
October, Fri / Sat	<b>Boo at the Zoo</b> - Oct. 9-10, 16-17, 23-24, 30 <i>Go on the train ride or trek through the haunted house</i>	Austin Zoo <a href="http://austinzoo.org">austinzoo.org</a>
Oct. 11 - 25	<b>The Pumpkin Express</b> - Pack a lunch and take a steam train to Bertram, pick a pumpkin & chat with Farmer Brown	<a href="http://austinsteamttrain.org">austinsteamttrain.org</a>
Oct. 15	<b>Texas Conference for Women</b> <i>Join inspiring speakers for inspiration and skill building</i>	Austin Convention Center <a href="http://txconferenceforwomen.org">txconferenceforwomen.org</a>
Oct. 15	<b>La Dolce Vita Food and Wine Festival</b> <i>Tastings of the best food/drink Central Texas has to offer</i>	Laguna Gloria <a href="http://thecontemporaryaustin.org">thecontemporaryaustin.org</a>
Oct. 17	<b>Oddball Comedy Festival</b> <i>An evening of laughter, libations and more</i>	Austin 360 Amphitheater <a href="http://austin360amphitheater.com">austin360amphitheater.com</a>
Oct. 18	<b>Loretta Lynn</b> <i>One of the greatest country-music voices in history</i>	The Moody Theater <a href="http://acl-live.com">acl-live.com</a>
Oct. 23	<b>Josh Groban</b> <i>Multi-platinum recording artist</i>	Bass Concert Hall <a href="http://texasperformingarts.org">texasperformingarts.org</a>
Oct. 23 - 25	<b>Formula 1 United States Grand Prix 2015</b>	<a href="http://circuitoftheamericas.com">circuitoftheamericas.com</a>
Oct. 24	<b>Lionel Richie - Legendary Singer</b>	<a href="http://acl-live.com">acl-live.com</a>
Oct. 24	<b>Warner Bros. presents "Bugs Bunny at the Symphony II"</b> <i>Projected on screen with live musical performance</i>	Dell Hall <a href="http://austinsymphony.org">austinsymphony.org</a>
Oct. 24 - 25	<b>AIA Austin Homes Tour</b> <i>Self-guided tour of 10 homes showcasing local architects</i>	<a href="http://aiaaustin.org">aiaaustin.org</a>
Oct. 25	<b>Halloween Children's Concert - Wear your Costume!</b> <i>Featuring mind-chilling songs, entertaining for all ages!</i>	The Long Center <a href="http://austinsymphony.org">austinsymphony.org</a>
Oct. 25	<b>Elton John</b> <i>One of the most acclaimed artists of our time</i>	Austin 360 Amphitheater <a href="http://austin360amphitheater.com">austin360amphitheater.com</a>

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



# The Spotlight

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QUARTERLY  
BUSINESS  
DIRECTORY

FOUR POINTS  
EDITION  
FALL 2015

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Photo by Chris Diaz,  
Shutterbug Studios



[www.BartlettRealEstateGroup.com](http://www.BartlettRealEstateGroup.com)  
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## Upcoming **Bartlett Real Estate** Events

### **OCTOBER**

Annual Food Drive October 16th  
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### **DECEMBER**

Annual Coats For Kids Drive  
With The Junior League of Austin  
Drop off at our office 6816 RR 620 N  
or call and we will pick up

### **FEBRUARY**

Annual Blood Drive  
Benefitting The Blood Center of Central Texas  
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*Dr. Loveless is a General Dentist with extensive training in cosmetic and restorative dentistry. As a testament to his ongoing commitment to learning, Dr. Loveless was awarded his fellowship in The Academy of General Dentistry - a distinction that only 6% of other Texas dentists hold. With approximately 15,000 dentists in Texas, that's pretty impressive!*

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LVI Fellows are those who have completed a minimum of 278 hours of training at the institute and who have successfully completed a rigorous, comprehensive examination. As a result, an LVI Fellowship is an extremely exclusive designation, with fewer than 374 Fellows having this honor worldwide. BridgeView Dental's Dr. Lance Loveless is, therefore, extremely proud to have been honored with this notable designation.

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# DON'T LET THE FLU KEEP YOU DOWN

Reviewed by Danielle Fryer, RN,  
ADC Practice Manager

## FLU SEASON

It's that time of the year when hand sanitizer, tissues and "vampire sneezes" are the talk of the town. Influenza is a serious, potentially life-threatening disease that begins to show up between October through March in the U.S. Flu can cause absences at school and result in lost production at work.

The Centers for Disease Control (CDC), estimate that in the United States, each year on average 5% to 20% of the population get the flu and more than 200,000 people are hospitalized from seasonal flu-related complications. Flu seasons are unpredictable and can be severe<sup>1</sup>.

### So, who should get the flu vaccine?

Anyone over 6 months of age should get a flu shot yearly, especially those individuals at high risk for flu including:

- Children younger than 5 (especially those younger than 2 years old);
- Adults 65 years and older;
- Pregnant women and
- Residents in nursing homes or long-term care facilities.

People with the following medical conditions are considered at high risk for flu and should also be immunized yearly:

- Asthma;
- Neurological conditions;
- Heart disease;
- Blood disorders (like sickle cell anemia);
- Kidney and liver disorders;
- Metabolic disorders;
- Weakened immune systems;
- People who are younger than 19 on aspirin therapy and people who are morbidly obese.

### Are there people who should not get a flu shot?

Talk to your doctor if you . . .

- have had a past reaction to the flu shot;
- are recovering from a moderate to severe illness, or
- have a history of Guillain-Barré Syndrome.

### When should you get vaccinated?

Flu season usually runs from October through May. Doctors recommend you get the vaccine as early as September to maximize protection for you and your family. It usually takes two to four weeks for the vaccine to give you immunity.

### Can I get the flu from a flu shot?

No. The *injection* you will receive is a dead virus - it cannot give you the flu. However, you may experience side effects such as a sore arm, mild fever or achiness that may last up to two days.

Some people may choose the flu vaccine *nasal mist*. The nasal mist is a live, weakened flu virus that is squirted in your nostrils. It cannot give you the flu. Side effects are minimal and include a runny nose, headache, sore throat, or fever lasting 1-2 days. It can only be given to people from 2 years of age up to the age of 50.

### What is the High Dose Flu Vaccine or Fluzone High Dose?

The high dose vaccine contains four times the amount of antigen (which prompts the body to make antibodies) as the regular flu vaccine. The high dose vaccine is approved for use in adults 65 years and older. As we age our immune systems weaken and immune responses decrease. A recent study<sup>2</sup> indicated that a high-dose vaccine was more effective in preventing flu in adults 65+.

### What is the difference between the flu and a cold?

A cold may begin gradually and develop over several days. The flu comes on suddenly and is accompanied by some or all of the following symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

\* It's important to note that not everyone with flu will have a fever.

The Austin Diagnostic Clinic, will offer flu shots for adults 18 years and older at all doctor's offices, including Steiner Ranch, during regular business hours. Parents should contact their pediatrician or family doctor to schedule flu shots for children under 18 years old.

- Flu shots \$40 (or will file insurance)
- High Dose Flu Shots \$60 (will file insurance)

For additional hours and information please visit **ADClinic.com/flu** or call our **Flu Hotline at 512-901-7117**.

Sources:

1. <http://www.cdc.gov/flu/index.htm>

2. [http://www.nejm.org/doi/full/10.1056/NEJMoa1315727?query=featured\\_home6](http://www.nejm.org/doi/full/10.1056/NEJMoa1315727?query=featured_home6)

# AVOID THE FLU VISIT AN ADC OFFICE NEAR YOU

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**512-901-1111**



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**Get a flu shot and protect  
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- ★ Flu shots for adults 18 years and older at all ADC offices
- ★ Cost: \$40 or we will file insurance - ask us about high-dose flu shots for adults 65+
- ★ Available during regular business hours Monday- Friday (check [adclinic.com](http://adclinic.com))
- ★ Flu shots after-hours and weekends at ADC Urgent Care in North & South Austin
- ★ Parents should contact their pediatrician to schedule flu shots for children under 18.



**DID YOU KNOW:**  
**A TYPICAL FLU SEASON**  
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