



The Jester Warbler

Official Publication of Jester Homeowners Association, Inc.

January 2016

Volume 11, Issue 1

SANTA VISITS JESTER!

by Teresa Gouldie, Social Chairman

Our Jester kiddos had a great time on December 12th as Santa stopped by our neighborhood via a fire truck. Excited children and grandchildren of our residents had an opportunity to sit on Santa's lap and relay what they hoped to receive under the tree this holiday season. The children enjoyed numerous activities including the holiday prize walk, tattoos, coloring sheets, and several ring toss games. Many thanks to our teenage volunteers who brought such fun and excitement to our event...our Jester kiddos LOVED them!

We really appreciate the firemen who took the time to stop by our neighborhood and create memories for our children. The firemen answered countless questions, graciously posed for pictures, and let the children explore all aspects of the firetruck, including sitting in the driver's seat!

This event could not have been possible without our volunteers. Special thanks goes to Eva Wisser, Susie Cohen, Edward Mokarzel, and Anne Moore. Our young volunteers included Hailey Nichols, Michael Phan, Michael Duncan, Tyler Sudderth, Kaitlin Moore, Sean Moore, Caroline Moore, Kevin Moore, Liam Moore, and Ben Cohen.

We are also grateful to Jester Club and manager Terri Milan for providing the location. And certainly, last but not least, thank you to Santa for making a stop in our neighborhood during this busy season!

Our next event will be the Easter Egg Hunt and Petting Zoo the weekend before Easter, on Saturday, March 19th.



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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 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.

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.

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.

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

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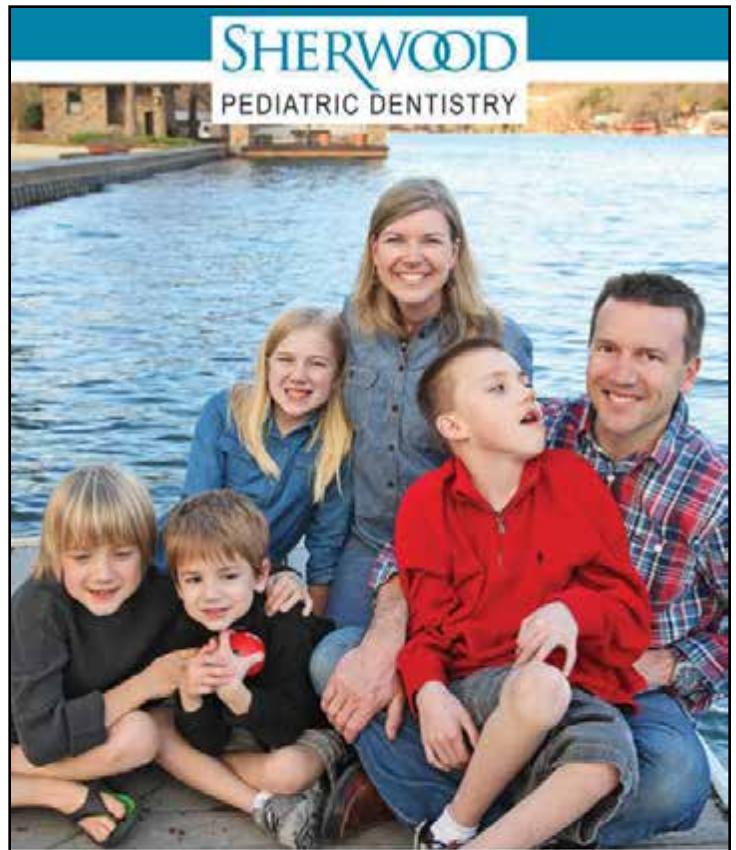
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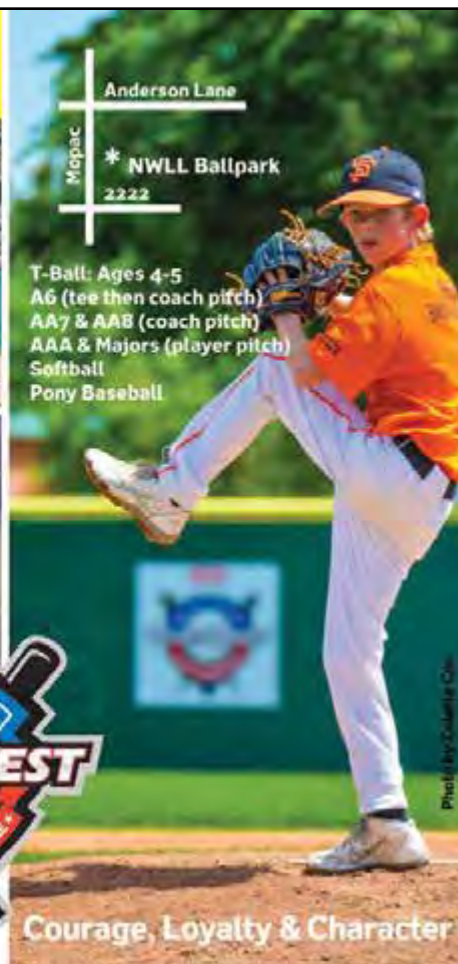
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Jester Lights Contest

by Rachelle Abercrombie

Wow, what a great representation for our annual lights contest! Our fabulous Jester residents continue to brighten up the night with fantastic light displays. This year, there was such a large number of decorated homes to look at that our judges were having to take extra time to see everything. With decor ranging between classic, elegant, fun and whimsical, there has been something to please everyone! We've certainly enjoyed seeing so many great lights, and some of them more than once! With so many to choose from, the judges haven't been able to see everything and make all the decisions before the deadline for this edition of the Warbler. Sorry to disappoint everyone, but we will have the winners announced in the February edition. Great work Jester neighbors! We look forward to awarding prizes soon!

WILDLIFE HABITAT

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This habitat also has drip irrigation, rain water collection and a plug-in vehicle. They are doing their share to protect our planet.



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Ladies Night Out

Thursday, January 21st

6:30 pm

by Debra Ellsworth

We had a great time for our Christmas Limo Night Out! What FUN it was! We looked at Christmas light displays, sipped on our favorites, danced, sang, and enjoyed some chocolate too! This month we are going to visit a place that is new to me: The Peached Tortilla.

Take a look at their website for details on the brick & mortar location. Their menu looks invitingly de-lish!

When: Thursday, January 21

Time: 6:30

Where: The Peached Tortilla

5520 Burnet Rd. Suite 100, Austin, TX, 78756.

<http://www.thepeachedtortilla.com/menus/>

*** Please RSVP to: Debra Ellsworth debra@ellsworthteam.com

Typically we get together the 3rd Thurs. of the month.

Let me know if you would like to host at your home for any month.

It's easier to chat to more people in a home environment than sitting at tables in a restaurant, but that has worked well too.

Otherwise, we will continue to explore restaurants in Austin.

If you have suggestions for locations or forms of entertainment, let me know!



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January Events

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

Jan. 7 - 10	Austin Boat Show <i>Over 20 dealers and 200 booths, including free lectures</i>	Convention Center austinboatshow.com
Jan. 14 - 17	The Amazing Acro-cats- <i>Who says cats can't be trained</i>	austintheatre.org
Jan. 15 - 18	Ben Hur Shrine Circus - <i>Traditional three-ring circus</i>	cedarparkcenter.com
Jan. 15 -	Tomas and the Library Lady	Zach Theatre
Feb. 14	<i>Based on a true story of a child and his thirst for knowledge</i>	zachtheatre.org
Jan. 16 - 24	Annie Jr.- <i>A musical adventure</i>	tex-arts.org
Jan. 22	Blood, Sweat & Tears <i>Legendary jazz and pop rock band</i>	One World Theatre oneworldtheatre.org
Jan. 23	Wild Kratts Live! <i>A show creature-crazy kids and their families will enjoy</i>	Bass Concert Hall texasperformingarts.org
Jan. 23 - 24	Le Garage Sale - <i>Austin's coolest independent boutiques and designers under one roof. Everything marked at clearance prices</i>	Palmer Events Center legaragesale.net
Jan. 23 - 31	Pattern People <i>A play about preliteracy skills needed to succeed in kindergarten</i>	The Long Center thelongcenter.org
Jan. 23 - 31	Floyd's of Mice and Men <i>Operatic rendition of John Steinbeck's iconic novella</i>	The Long Center thelongcenter.org
Jan. 28 - 29	Harlem Globetrotters 90th Anniversary World Tour <i>Our greatest trick is bringing families together</i>	Frank Erwin Center uterwincenter.com
Jan. 29	Kool & the Gang - <i>Legendary jazz band</i>	Moody Theater acl-live.com
Jan. 30	Austin Gorilla Run <i>Run a 5K in gorilla suit to benefit mountain gorillas</i>	austingorillarun.com
Jan. 30	Austin Mom EXPO - <i>Women's show for Moms of young families</i>	themomexpo.com
Jan. 31	Elephant & Piggie's We Are In A Play <i>A musical experience ripped from the pages of your favorite books</i>	Paramount Theatre austintheatre.org

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

The Spotlight

QUARTERLY
BUSINESS
DIRECTORY

FOUR POINTS
EDITION
WINTER 2016



Photo by Chris Diaz,
Shutterbug Studios

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 severe¹.

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 study² 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

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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)
- ★ 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.



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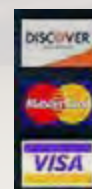
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Dr. Waters is a 1996 graduate from UT Dental School in San Antonio, a 1997 graduate of Advanced Dentistry from the University of Nebraska Medical Center and the 2001 Valedictorian from the St.

Louis University Orthodontic Program being the recipient of the 2001 J.P. Marshall Award for Clinical Excellence. He holds a Bachelor's Degree in Biology, Doctorate in Dental Surgery, a post-Doctorate certificate in Advanced Dentistry, post-Doctorate certificate in Orthodontics & Dentofacial Orthopedics and a Master's Degree in Orthodontics. Dr. Waters is a Diplomate of the American Board of Orthodontics since 2006 and a **Proud Steiner Ranch Resident** since 2001.

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Peel, Inc. specializes in publishing community newsletters for neighborhoods and homeowner associations. Our goal is to help build communities by connecting local businesses with residents and residents with relevant neighborhood information. We currently work with over a hundred communities and homeowner associations throughout the state of Texas. You can find us in Austin, Houston and San Antonio. To view our coverage map visit us online at www.peelinc.com.

Professional Quality

Our newsletters are designed using industry-standard tools like Adobe InDesign, printed on offset presses, folded, and saddle-stitched. This produces a higher-quality professional-looking newsletter than consumer-level tools like Microsoft Publisher and high-speed copiers. By mailing the newsletters directly to the residents we eliminate the need for costly door-to-door delivery services.

Reputable History

Peel, Inc. has been in business since 1977 and printing community newsletters continuously for over 24 years. That's twenty-four years of working with community leaders, homeowner associations, neighborhood associations, and management companies to help them communicate

effectively with their residents. Twenty-four years of working hand-in-hand with local editors ensuring articles are informative and relevant to the residents. Twenty-four years of helping local businesses advertise their presence. Twenty-four years of helping build communities.

Advertising:

Advertising is an investment in the growth and future of your business. Consumers who buy products or services from businesses like yours almost always buy them from a business that they knew about before their need occurred. Advertising increases the likelihood that more consumers will know who you are when they are ready to buy.

Advertising has other important benefits: it helps defend your revenue from competitors, it encourages repeat business, it can improve employee morale, and make it easier to hire the best people.

So should you advertise? Absolutely. The trick is finding the right medium for your business and budget. It's vital that whatever you choose, the media must reach enough of the right people, reach them frequently, and reach them with a compelling enough message to stick in consumer minds. Advertising monthly in a community newsletter is a great way brand yourself as well as reach people near your place of business. Call 512-263-9181 and start today.



Four Points Spotlight

The Four Points Spotlight is a quarterly supplement inserted in to all of our Four Points area newsletters and has a reach of 8,500 homes. Advertising is exclusive to only one business in their respective field. The next issue will go out in April. Call to reserve your space today: 512-263-9181.



When we began the process of starting our new business, my business partners and I drew out an advertising plan that we felt confident would produce steady revenue and growth. However, we learned quickly that we couldn't afford to limit ourselves to phone directories and internet marketing. After spending countless hours and more money than I care to admit we met Kelly Peel with Peel Inc. Kelly wasted no time in helping us determine the best market for our ad and custom tailoring an ad that would make our phone ring. Peel Inc. got us into the homes of 4000 residence in our target audience for for just a few cents per home. We have yet to find a more affordable and explosive form of advertisement. Peel Inc. has an obvious commitment to excellence and this is most evident in their diligent follow through, creative design work, and high quality newsletters.

Wade Lombard

Owner, Square Cow Moovers



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