



The Jester Warbler

Official Publication of Jester Homeowners Association, Inc.

April 2016

Volume 11, Issue 4



Jester Toy Swap

Sunday April 17th 3-6pm
at the Jester Clubhouse parking lot
Come join us for this free event!

How it works:

- Bring your gently used or unused children's toys, books, and clothes to donate at 3pm the day of the swap. Please pre-sort them by age. There will be tables set up for various age groups.
- Take as many toys, books and clothes as you would like.
- You do not have to bring anything in order to participate so please come by and check it out!
- Anything remaining at the end will be donated to Safe Place.

For questions please contact Kelly Smentek at 714-876-5839 or Kelly@smmentek.com



Register your location so you can get maximum exposure!

JHA is sponsoring a Jester Garage sale on Saturday May 21st at 8 am. Ads will run in the American Statesman on Thursday, Friday, and Saturday promoting this neighborhood-wide sale. Please email Teresa at tgouldie@gmail.com or call her at 512-751-8000 if you would like to register your garage sale location. Maps with lists of garage sale addresses will be available at the entrances to Jester.

Saturday, May 21st
8:00 AM

NatureWatch: Mud Hens

by Jim and Lynne Weber

Spend any amount of time observing wildlife around freshwater wetlands, swamps, marshes, suburban lakes, and sewage ponds, and you'll no doubt see a Mud Hen or American Coot (*Fulica americana*). Commonly mistaken to be ducks, coots belong to a distinct scientific order and differ significantly from other species of marsh birds.

An overall blackish, plump, chicken-like bird with a rounded head, red eyes, a sloping whitish bill with a dark band near the tip, and a small reddish brown forehead shield, coots swim like ducks but do not have webbed feet like ducks. Their yellow-



American Coots are commonly called 'Mud Hens'. Their yellow-green legs end in long toes with broad lobes of skin on either side that help them kick through the water. Each time the bird lifts its feet, the lobes fold back to facilitate walking on dry land. Their tiny tails and short wings make them awkward and clumsy fliers, and they often require many wing beats and long running takeoffs to get airborne. Coots mainly eat aquatic plants and can dive in search of food, but they can also forage and scavenge on land for terrestrial plants, arthropods, fish, insects, and mollusks. Mating season occurs in May and June, with coots requiring heavy stands of aquatic vegetation along a shoreline with some standing water within those stands. It is here that they make their nests, which consist of multiple structures used as display platforms, egg nests, and brood nests. Egg nest material is woven into a shallow basket and lined with finer grasses to hold the eggs. The entire nest is anchored to upright plant stalks and is generally a floating structure. Females deposit eggs between sunset and midnight, one per day, until the average clutch of 9 eggs is complete. Both males and females share the 21-day incubation responsibility.

Being persistent re-nesters, coots will replace lost clutches within 2 days during the deposition period. Additionally, once hatching begins and a certain number of chicks are present, coots will abandon the remaining eggs. Unlike the drab color of the adults, coot chicks are quite colorful, having conspicuous, orange-tipped,

(Continued on Page 3)

Board of Directors

www.JesterNeighbors.com

President

Diana Miller.....(C) 512-496-0777
.....diana0777@att.net

Social Committee Chair & Warbler Co-Editor

Teresa Gouldie(C) 512-751-8000
.....tgouldie@gmail.com
Ron Herzfeld.....(C) 512-567-1500
.....ronherzfeld@gmail.com
Edward Mokarzel(C) 512-569-0914
.....ed_mokarzel@yahoo.com
Eva Wisser.....(C) 512-587-7968
.....evawisser@gmail.com
Chris Holland(C) 512-296-7626
.....chris@chcaustin.com

Architectural Control Committee Chair

Wayne Hicks(H) 512-282-7116
.....whickspar@yahoo.com

Restrictions Violations Committee Chair

Drew Sanders 512-502-7045,
.....drew.sanders@goodwintx.com

Warbler Co-Editor and Email Alert

Diana Miller..... diana0777@att.net

Jester Club

..... 512-794-8867
..... jesterclubmanager@yahoo.com, www.jesterclub.org

Homeowner's Association Mgmt - Goodwin Mgmt

Drew Sanders (W) 512-502-7045, (Fax) 512-346-4873
..... Drew.Sanders@Goodwintx.com

Office:	Mailing Address:
11149 Research Blvd, Suite 100	P.O. Box 203310
Austin, TX 78759	Austin, TX 78720-3310

Newsletter Information

Co-Editors

Diana Miller..... diana0777@att.net
Teresa Gouldietgouldie@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.*

WELCOME COMMITTEE NEWS

There was only one delivery scheduled last month, but the resident's move was one that we loved to hear about. Rhonda and Julien moved 3 blocks to the 7100 block of Foxtree Cove. They wanted to stay in Jester but needed more room for their teenagers and found it almost literally down the street. It's not the first time, by any means, that we've heard about an intra-neighborhood move, but it's always fun to find out our new resident is someone that a lot of people in Jester already know!

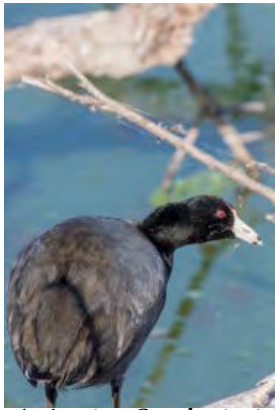
If you live near any new residents, please stop by and introduce yourself! Also, please contact JoAnn Welles at (512) 484-7599 or joann-welles@sbcglobal.net if you've moved to Jester lately and we haven't welcomed you officially. We may have tried to deliver a bag to you but not found you home.

WILDLIFE HABITAT

6816 Jester Wild



(Continued from Cover)



An American Coot showing its lobed feet.

ornamental plumes covering the front half of their bodies, often referred to as 'chick ornaments.' While these plumes get bleached out after about 6 days, experiments have shown that chicks with more of this ornamentation are given preferential treatment by their parents. The oldest known coot lived to be more than 22 years old.

In winter, coots can be found in large groups or 'rafts' of mixed waterfowl and in groups numbering thousands of individuals. They can consume very large amounts of aquatic vegetation, but because they live in wetlands, they can accumulate toxins from pollution sources including agricultural runoff, industrial waste, and nuclear facilities. As such, scientists monitor coots as a way of measuring the effect these toxins have on the health of the environment at large.

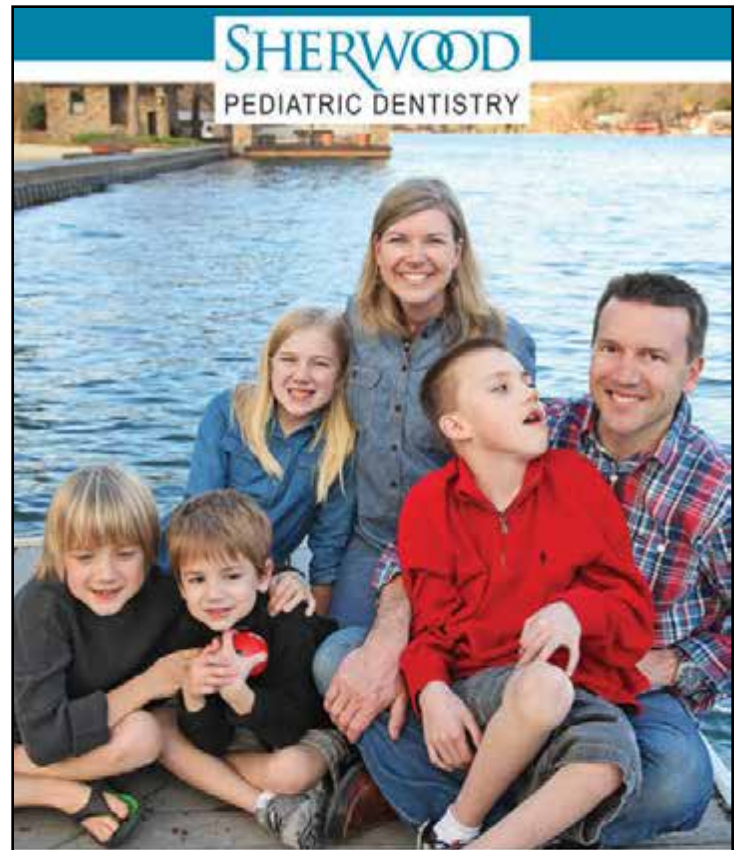
Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. Check out our book, *Nature Watch Austin*, published by Texas A&M University Press, and our blog at naturewatchaustin.blogspot.com if you enjoy reading these articles!



Call today for more info
512.263.9181



QualityPrintingOfAustin.com



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.

Utilization 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.

**\$50
OFF**

Mention this and receive
\$50 off New Patient
cleaning, fluoride and exam.
(New patients only, this offer cannot be
combined with other offers, restrictions apply.)



STEPHEN SHERWOOD, DDS

CALL TODAY!
(512) 454-6936



Visit www.DrSherwood.net

Alzheimer's Respite Center in Austin

In today's world almost every family is touched by Alzheimer's. Someone in the family falls prey to this dreaded disease and it eventually impacts immediate and often extended family. The person with the greatest responsibility is the primary caregiver. Alzheimer's sufferers often reach a stage of the disease that demands that someone be with them twenty-four hours every day. This places the caregiver in an extremely stressful position. If family does not live in the same city or if family is unavailable to help, the burden on the caregiver can become overwhelming. Accomplishing the simplest tasks become sometimes impossible because of the pressing needs of the person they are caring for.

A public, on-campus Alzheimer's respite center was established in Austin, TX several years ago. The center provides four hours of weekly care for people with Alzheimer's so that their caregivers can have a few hours of respite to do whatever they need to do. Great Hills follows the guidelines of the Alzheimer's Association Capital of Texas Chapter, and works closely with their Executive VP and Program Director to be sure that their Alzheimer's respite center meets all required standards.

The Great Hills Baptist Church Radiant Friends Alzheimer's Respite Center is located at 10500 Jollyville Road, Building A, Austin, TX 78759. Alzheimer's patients are welcomed with skilled caregivers, enjoyable activities, a nutritious meal, and safe exercise free of charge every Tuesday from 9:30 am until 1:30 pm. If you have a need in this area, contact Barbara Cross at 512-250-0826 for more information, and/or to apply for services.



NOW ENROLLING
childrenscenterofaustin.com



CCOA-STEINER RANCH 4308 N. Quinlan Park Rd. Suite 100 Austin, TX 78732 512.266.6130	CCOA NORTHWEST AUSTIN 6507 Jester Boulevard Building 2 Austin, TX 78750 512.795.8300	CCOA-WESTLAKE 8100 Bee Caves Rd Austin, TX 78746 512.329.6633
--	---	---

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.*

Jester Estates Stork Report

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



STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain Line Inspections
- Free Estimates
- Satisfaction Guaranteed

Steve Brougher
512.276.7476



2605 Buell Ave



JOIN US FOR GOLF AND A GREAT CAUSE!

DATE: Wednesday, April 27th

11:00 am Registration - 1:00 pm Start

LOCATION: Flintrock Falls Country Club

FORMAT: 4-person scramble

COST: \$165 per golfer*

*Includes lunch, dinner and lots of swag

Register online at:

www.colinshope.org

Questions about the event?

Contact Kim Flasch

or Wendi Baldwin

(512) 750-8161 or (512) 657-3067

info@colinshope.org

We
envision
a WORLD
where
CHILDREN
DO NOT DROWN

WWW.COLINSHOPE.ORG

Jester Estates

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.

NOT AVAILABLE
ONLINE



ADVERTISE
YOUR BUSINESS
TO YOUR
NEIGHBORS

support your community newsletter

Kaylene Hindman

Khindman@peelinc.com • 512-791-1130

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!



AT LAST ...

You can *RELAX!*

**and *Trust* your real estate
GOALS will be met.**



John Wilson
REALTOR®



CALL ME TODAY! 512.956.3988

For the latest real estate market information, visit our website:

www.IntelligentRealEstate.com



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

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

JE



Teresa Gouldie

Jester Resident / Broker

751-8000

tgouldie@gmail.com



***Counsel
You Can
Trust!***

Proven Neighborhood Expert!

When you are ready to
SELL YOUR HOME -
make a sound *business* decision.

Let me show you how my knowledge of the area and my
work ethic can make the difference!

Teresa



April Events

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

Apr. 8 - 10	Sesame Street Live "Make a New Friend" <i>Explore the fun of friendship and celebrate cultural similarities</i>	Erwin Center uterwincenter.com
Apr. 13 - 17	Where the Wild Things Are <i>Everyone's favorite children's book comes to life on stage</i>	The Long Center thelongcenter.org
Apr. 15 - 17	Austin Reggae Festival <i>Bands be jammin' for the Capital Area Food Bank</i>	Auditorium Shores austinreggae.com
Apr. 15 - 23	Austin Fashion Week <i>One of the premier fashion events in the country</i>	afw.fashionxatx.com
Apr. 21	Foreigner - One of the most popular rock acts in the world	Moody Theater acl-live.com
Apr. 22 - 24	Austin Food & Wine Festival <i>Food & Wine hosts this epicurean adventure</i>	austinfoodandwinefestival.com
Apr. 23	Monster Jam - More car-crushing action	uterwincenter.com
Apr. 23 - 24	Wiener Dog Races <i>It's worth the drive</i>	Buda City Park budalionsclub.com
Apr. 23 - May 1	Rossini's The Barber of Seville <i>Beloved comic opera</i>	The Long Center thelongcenter.org
Apr. 24	Tony Bennett <i>Legendary singer who touches the hearts & souls of audiences</i>	Bass Concert Hall texasperformingarts.org
Apr. 29 - May 1	Art City Austin <i>Nationally recognized artists and live music</i>	Palmer Events Center artallianceaustin.org
Apr. 30	iHeartCountry Festival 2016 <i>Country music's biggest superstars</i>	Erwin Center uterwincenter.com
Apr. 30	Eeyore's 53rd Annual Birthday Party	Pease Park: eeyores.com
Apr. 30 - May 1	Dragon Boat Festival and Race <i>Dragons race on Lady Bird Lake</i>	atxdragonboat.com

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

The Spotlight

QUARTERLY
BUSINESS
DIRECTORY

FOUR POINTS
EDITION
SPRING 2016



Photo by Chris Diaz,
Shutterbug Studios

Spring Forward with GOOD FOOT CARE

Ana Urukalo, DPM
ADC Podiatrist Steiner Ranch

TIRED, ACHY FEET?

Show your feet some love this spring!

According to estimates from the American Podiatric Medicine Association, the average person will travel 75,000 miles on their feet by the time they reach the age of 50.

Popular shoes like high heels and flip-flops lack good arch support so, it is no wonder many Americans are often complaining of tired, achy feet.

Feet need to last a lifetime, so ADC podiatrist, **Ana Urukalo, DPM** shares her tips for keeping your feet in tip-top shape this season.

Wear the appropriate shoe for the activity.

You might think this is common sense, but how many people still mow the lawn in flip-flops? Wearing the correct footwear for whatever activity you are doing will limit your risk of injury.

Wear the right size shoe.

Although feet do not actually "grow" past our teenage years (when growth plates close) they do "lengthen and widen" as we age. Dr. Urukalo recommends checking your shoe size at least once a year. Wearing shoes that are too small can cause hammertoes, bunions and ingrown toenails.

Change up your heel height.

If you wear high heels, be sure to alternate between high and low heels daily to limit your risk of injuring your tendons and muscles.

Apply sunscreen to the tops of your feet.

Remember to extend the sunscreen past your ankle and in-between your toes to help limit your skin cancer risk.

Take a nail polish vacation.

Going without polish every few months will keep your nails from becoming brittle or developing a fungus.

Dry your feet thoroughly after bathing.

Make sure your feet are dry, including between your toes, before putting on socks and shoes to decrease your chances of developing athlete's foot fungus.

Retire your running or walking shoes after six months or 500 miles.

The inside and support for your shoes begin to break down after repeated use. Replacing your shoes regularly will reduce the risk of foot and heel pain.

Keeping your feet in tip-top shape will reduce your risk of injury or pain. If you have had a nagging foot pain that hasn't gotten better with rest or home remedies, make an appointment with a podiatrist, your feet will thank you.

Dr. Urukalo is a board-certified, podiatrist practicing at ADC's Steiner Ranch Clinic where she is also an active resident in the Steiner Ranch and Lake Travis area. She joined ADC in 1999.



ADC
THE AUSTIN DIAGNOSTIC CLINIC

Resources

<http://www.crozerkeystone.org/news/press-releases/2013/april/treat-your-feet-april-is-foot-health-awareness-month/APMA>

YOUR PRIMARY AND SPECIALTY CARE DOCTORS IN YOUR NEIGHBORHOOD

ADC STEINER RANCH
5145 RM 620 N, Bldg I
512-901-1111



The Austin Diagnostic Clinic Steiner Ranch offers primary and specialty care doctors close to home for the whole family. We offer specialists in Allergy, Dermatology, Family Practice, Neurology, Ob/Gyn, Otolaryngology (ENT), Pediatrics, Podiatry and Rheumatology along with an on-site Lab and Infusion Services. How may we care for you & your family?

**Call us today at 512-901-1111 or
visit ADClinic.com.**

ADC
THE AUSTIN DIAGNOSTIC CLINIC

Caring for Central Texas Since 1952
ADClinic.com ★ 512-901-1111

Braces at 7-Years-Old, Is That Too Young?

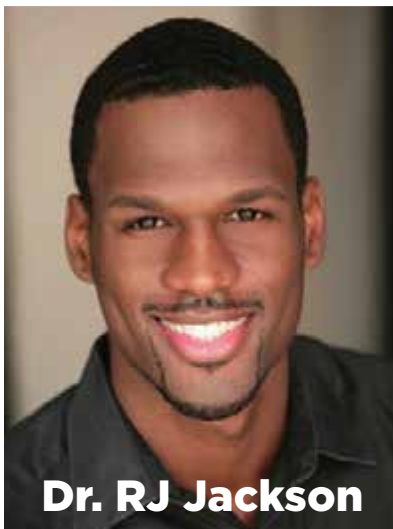
For years, orthodontics have been a “reactive” profession. Parents would slowly watch their child’s teeth go from bad to worse while waiting for the baby teeth to fall out, then finally visit an orthodontist for a set of braces. Today, orthodontics has evolved into a “prevention focused” profession. Longterm research studies have proven that preventing a problem from occurring is better than allowing the problem to occur and then fixing it. The American Association of Orthodontics (AAO) and the American Board of Orthodontics (ABO) both recommend every child have an evaluation no later than age 7. Timing is of the essence, because the ability to correct certain problems greatly diminishes as the child develops over time.

Early detection and correction can also prevent future extractions, improve self-esteem, decrease the overall cost of orthodontic treatment, and decrease the chances of dental complications later on. Another benefit of early correction includes

improved stability which decreases the likelihood of teeth shifting back to the original, improper position later in life.

Although there are many benefits to treatment at an early age, it is not recommended for every child. Children treated unnecessarily can negatively impact their dental health, and increase the total overall expenses for parents. This is one reason it is imperative for parents to choose a board-certified orthodontist for treatment. A board certified orthodontist has demonstrated competence and is held accountable for their work by the American Board of Orthodontics. Only 1 out of 3 orthodontists are board-certified, so do not make the mistake of assuming an orthodontist holds this recognition. Your board-certified orthodontist will inform you if the time is right for orthodontic treatment.

Contact RJ Orthodontics today to schedule a complimentary examination with a board-certified orthodontist.



Dr. RJ Jackson



RJ ORTHODONTICS
Making Austin Smile

512-363-5792
www.rjorthodontics.com

**Located Behind the Walgreens at the
Intersection of 620/2222**

Problems to Watch for in Growing Children

Malocclusions (“bad bites”) like those illustrated below, may benefit from early diagnosis and referral to an orthodontic specialist for a full evaluation.



Crossbite of Front Teeth

Top teeth are behind bottom teeth



Crossbite of Back Teeth

Top teeth are to the inside of bottom teeth



Crowding



Open Bite

Front teeth do not meet when back teeth are closed



Protrusion



Deep Bite



Underbite

The lower teeth sit in front of upper teeth when back teeth are closed



Spacing



Oral Habits

Sucking on thumb, fingers

In addition, if you notice any of the following in your child, check with your orthodontist:

- early or late loss of baby teeth
- difficulty in chewing or biting
- mouth breathing
- jaws that shift or make sounds
- speech difficulties
- biting the cheek or the roof of the mouth
- facial imbalance
- grinding or clenching of the teeth

Final treatment decisions should be made among the parent, child's dentist and orthodontist.

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 July. Call to reserve your space today: 512-263-9181.



Thank you so much for guiding me through the ad process! This was the first time that I've advertised my tutoring in a publication and you made it so easy! Your team did a great job of creating the ad - it looks very professional and it was extremely effective! I only ran my ad twice and the students who found me through your publication have already more than compensated me for the cost of the ad. Thank you!

Laura Ringwood
Math Tutoring



PEEL, INC.
printing & publishing


www.peelinc.com
512.263.9181

Think.
Create.
Make it
Happen.



www.WildBasinFitness.com

512-266-6161

 /wildbasinfitness

 /@wildbasinfitx

Join a community, not a facility.

We're celebrating 10 years of serving
Four Points families. Let us be a part of yours.

10 Days for \$10 **Unlimited use pass.**

Enjoy 10 days of unlimited use of all
facilities for just \$10.

Introductory offers valid for new customers only and cannot be combined with any other offers.
10 days begins with your first visit and must be used on 10 consecutive days.

10 Classes for \$10 **Pick 10 for \$10.**

Try Yoga, Pilates, Barre, Spin,
Bootcamp, or any other classes for \$10.

WBFX Athletes

There's no off-season with WBFX
Athletes. Train year-round in small
groups or join our summer training
programs.

All of our training programs are conducted by highly trained personal trainers and are available
for individuals, small groups, and families. Come see us for more information or to try a free session.

Personal Training

Kickstart your fitness program with
personal or small group training.
Individualized programs just for you.

**Celebrating 10 years
in Steiner Ranch.**

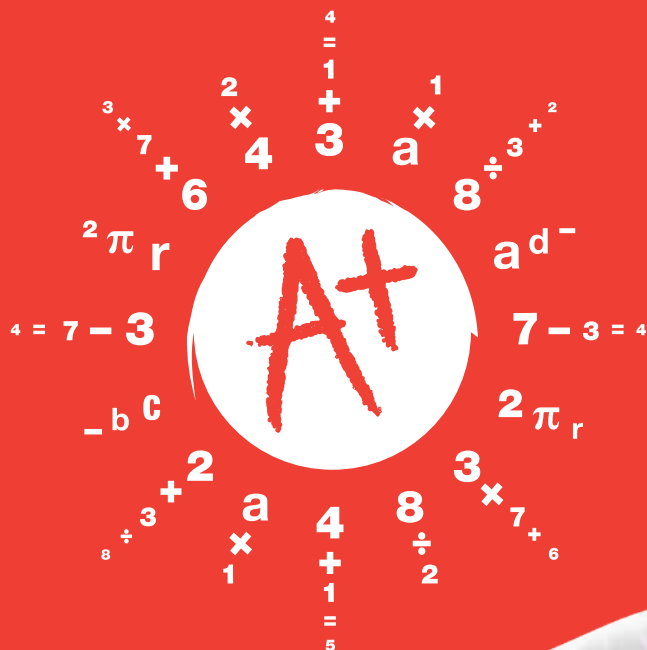
 **WILD BASIN FITNESS**

Sunny, with **100%** chance of success.

We make math make sense.

At Mathnasium, we teach math in a way that makes sense. Our summer programs are designed to combat summer learning loss—we'll help your kids retain all they learned in math class this year, so they're well equipped for a strong start in the fall!

**Pre-enroll for summer
TODAY!**



MATHNASIUM®
The Math Learning Center

Mathnasium of Steiner Ranch

4300 N. Quinlan Park Rd., #215

Austin, TX 78732

(512) 284-9849

www.mathnasium.com/steinerranch

***DURING THE SUMMER, MANY STUDENTS
LOSE 2.5 MONTHS OF THE MATH
COMPUTATIONAL SKILLS THEY LEARNED
DURING THE SCHOOL YEAR.***

OUR SUMMER MEMBERSHIPS INCLUDE:

Customized Mathnasium "Summer Workouts" At Mathnasium, summer programs are all about preventing summer learning loss and helping students prepare for what lies ahead. For some students, that means a solid review of previous material. Others benefit from previewing upcoming concepts. **Flexible Visits** Set your own summer schedule and drop in on the days you choose! Spread out your visits through summer, or complete in just a few weeks.

Summer Fun Join in on our Game Days on Fridays from 10am-12pm! Enjoy fun games for each age level to develop logic and number sense!