



The Jester Warbler

Official Publication of Jester Homeowners Association, Inc.

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Volume 14, Issue 2

PROTECT YOUR HOME FROM **WILDFIRE**

30 FEET FOR FIRE SAFETY EVENT SCHEDULED FOR FEBRUARY

By Jeffrey Shapiro, Jester Firewise Committee Chairman



The 2019 wildfire season is approaching, and NOW is the best time for Jester homeowners to be thinking about wildfire safety. While you might think that rainfall reduces wildfire risk, it's not that simple. Rainfall leads to plant growth, and when summer winds and low humidity arrive to dry out plants, we're left with an abundance of wildfire fuel. Central Texas is fortunate to have avoided a major wildfire in the past few years, but what happened in California last year offers a sobering reminder of what can and has happened here.

WANT TO SEE HOW A WILDFIRE COULD IMPACT JESTER? Check out the recording of a Jester-specific Webinar that includes 3-D computer modeling of a nearby wildfire at <http://www.jesterhoa.com/committees.html>. The biggest risk to homes is flying embers that can travel a mile or more from flames. EVERY home in Jester is at risk, not just those along the canyon edge. But, you can prevent embers from starting a fire that destroys your home by taking some simple precautions.

Jester's annual "30 Feet for Firesafety" event is scheduled for the last two weeks of February. This is a great time of year to trim and remove brush and debris around your home before summer arrives. During the event, specially trained Jester residents will be available to perform a free and confidential Firewise risk evaluation of your property, focusing on the "ember ignition zone" within 30 feet of your home. To request an evaluation, go to <https://www.tinyurl.com/jesterfirewise>.

Our event will conclude with a special yard waste collection by Austin Resource Recovery beginning March 4th.

TO PARTICIPATE IN THE SPECIAL COLLECTION, YOU MUST REGISTER YOUR ADDRESS AT <https://tinyurl.com/2019JesterFirewiseEvent>. ONLY REGISTERED PROPERTIES WILL BE PLACED ON THE COLLECTION ROUTE.

Once your property is registered, all you have to do is get your brush, limbs and tree trunks stacked at the curb...no bundling required. This special pickup can save you hundreds of dollars versus paying a contractor to haul your yard waste to the dump.

Questions? Email us at firewise@jesterhoa.com

OAK WILT

IS COMING THIS WAY SO DO NOT TRIM OAK
TREES AFTER THE END OF FEBRUARY

Oak wilt is a disease that is devastating populations of Live Oaks and Red Oaks (Spanish Oak) in central Texas.

Oak wilt is caused by a fungus. The fungus originates on red oaks such as Spanish (Texas) Oak. On some infected Spanish Oaks, a fungal mat will grow underneath the bark. The mat will push the bark out and ooze a sweet, sticky substance that attracts beetles. Once the beetles walk on the fungal mat and get spores on their body and feet, they can transport the fungus to a fresh open wound (cut, break) on another oak up to one mile away (in extreme cases). Tree wounds can result from pruning – or any damage caused by wind,

(Continued on Page 2)

Jester Homeowners Association ANNUAL MEETING

Wednesday, Feb 20th at 7 PM

Registration starts at 6:30 PM
Red Lotus Restuarant
in Jester Village Shopping Center

Go to **JesterHOA.com**
for the latest speed
test results and graphs

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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.*

(Continued from Cover Page)



hail, vehicles, construction activity, squirrels, or birds.

After an oak initially becomes infected, the fungus will spread to nearby oaks through the root system. In fact, most oak wilt mortality is a result of infection spread this way. Roots from an infected tree interconnect or graft with other oaks' roots and pass the fungus on; oak trees within 100' – 150' radius may become infected.



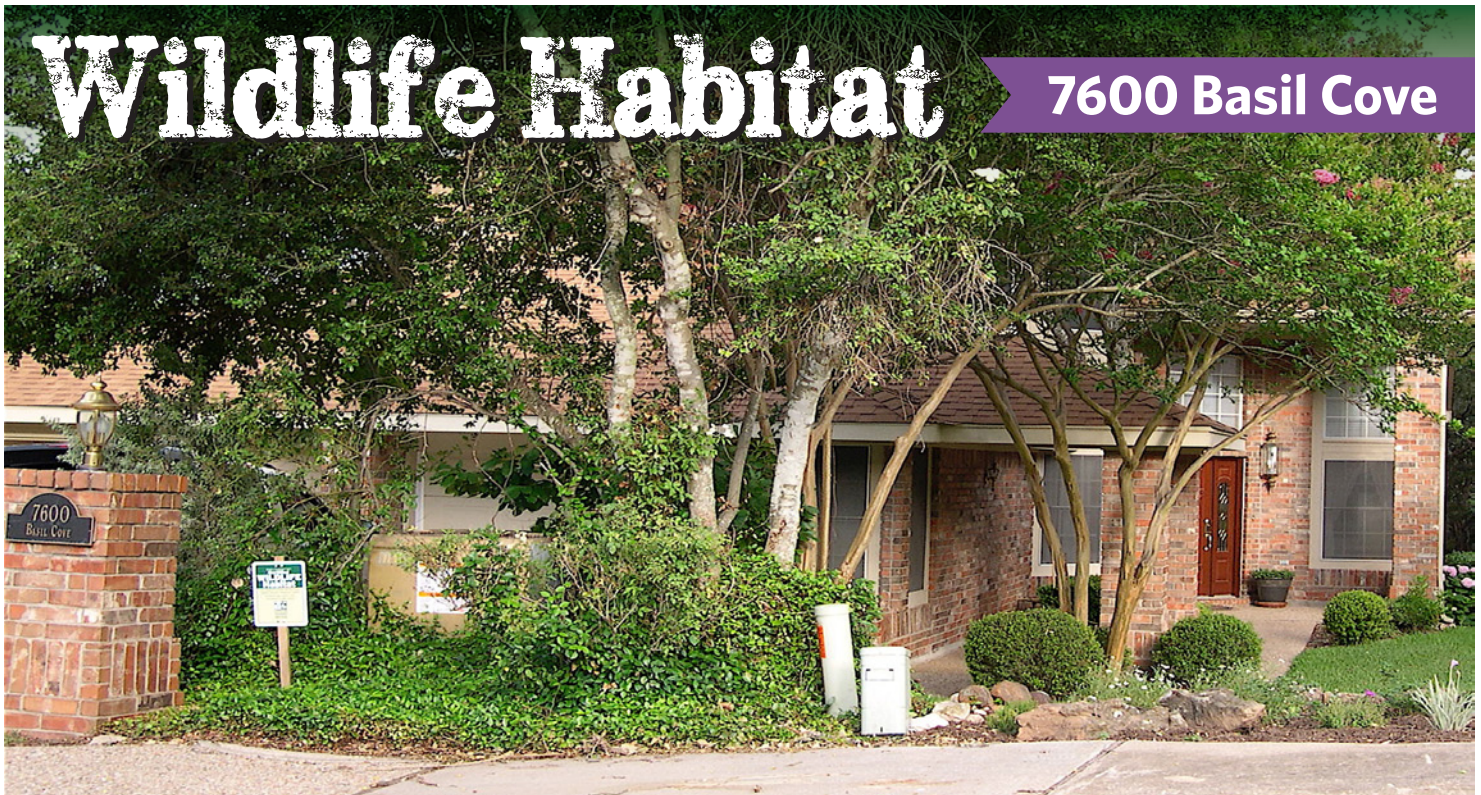
One of the easiest times to spot oak wilt is in the spring/early summer after temperatures start hitting 90 – 95 degrees, and the trees are pushing sap up into the leaves. Infected, symptomatic Live Oaks have a telltale sign – a yellowing of the leaf along the veins – because sap is being prevented from reaching the leaves due to clogged vascular channels. Spanish Oak leaves will become brown at the tips of the leaf lobes. (See www.TexasOakWilt.org for illustrations.) May through July

is the best time to walk your property and study the health of your oaks – tree leaves should be dark green and glossy. If you find leaves with telltale signs of oak wilt, on the trees or on the ground below the trees, contact an arborist or tree service specializing in oak wilt.

What you can do

- Walk your property every May or June and examine the tree leaves for telltale signs of oak wilt. Leaves should be dark green and glossy and not show telltale signs of oak wilt: see www.TexasOakWilt.org for illustrations.
- Only prune your trees in the coldest or the hottest part of the year (periods of low insect activity), if possible. (December/January/February, July/August)
- No matter what time of year you prune, IMMEDIATELY paint the wound with spray or latex paint, or wound dressing. Cut, and then paint the wound prior to cutting the next limb.
- When removing dead or dying oaks, paint the stumps. They might not be completely dead and oak wilt can still spread through the roots.
- Clean all pruning tools with 10% bleach solution or Lysol between sites and/or trees.
- Plant a diversity of tree species, and only oaks that have a low susceptibility to oak wilt such as: bur, lacey, monterrey, chinquapin, post, shin, and vasey.

Check out the helpful information at www.TexasOakWilt.org



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NATURE WATCH

CHORUS OF THE CRANES

by Jim and Lynne Weber



Adult Sandhill Crane

A sure sign that spring is on the way is the sound of loud, rolling, rattling calls of migrating Sandhill Cranes (*Antigone canadensis*) as they fly overhead. High above, their V formation is sometimes barely visible due to their travel at up to 12,000 feet in elevation. Large flocks of these cranes can travel up to 500 miles in one day, destined for their breeding grounds in the northern US states and into Alaska and Canada.

Sandhill cranes are large, tall birds with slate gray feather often tinged with a rusty wash, crimson caps, long necks and legs, and a short tail covered in a drooping feather 'bustle.' Adults grow to be 4 feet tall with almost 80-inch wingspans. While often described as gangly, they are known for their graceful and energetic dancing displays, where they stretch their wings, pump their heads, and bow and leap to attract a mate. Sandhill cranes mate for life, which can be as long as two or three decades, and they stay with their mates year-round. They defend themselves from aerial predators by jumping and kicking, and from land predators by hissing with wings open and performing stabbing motions with their pointed bills.

While sandhill cranes breed and forage in open prairies, grasslands, and wetlands, they prefer places with standing water. They generally begin arriving in Texas in November, and spend their days feeding in irrigated croplands and wetlands, and roosting on shallow lakes or rivers at night. By early February, these birds are ready to start their journey north to their breeding grounds.

The sandhill cranes that winter in Texas have often traveled 3,000 miles or more, and their return journey north is fueled by their omnivorous diet of seeds, grains, berries, tubers, amphibians, insects, and small rodents. Congregating at both fall and spring migration and at winter sites, groups of these birds can number into the thousands.

The unique tone of the sandhill crane's call is a product of their anatomy. Their long tracheas or windpipes coil into their sternum and help to produce sounds with a lower pitch and rich harmonics, which is often amplified by their habit of traveling in numbers. While it is this distinct rattling, croaking sound that accompanies their journeys, these cranes can also communicate by making moaning, hissing, purring, snoring, and trilling sounds.

As markers of seasonal change, sandhill cranes are among the most ancient of the world's birds. A crane fossil, identical to the structure to the modern sandhill crane, was discovered in Nebraska and estimated to be several million years old. Watching large flocks of these birds gather at night or take flight at dawn, is a wondrous sight. Hearing the chorus of the cranes as they migrate overhead tells us that spring is on the way!

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 books, *Nature Watch Austin*, *Nature Watch Big Bend*, and *Native Host Plants for Texas Butterflies* (all published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.

To view the Nature Watch article go to Peelinc.com and click on Jester Warbler February 2019.



Flying Sandhill Cranes

Spiking up your Metabolism at any Age

It is a well-known phenomenon that our metabolism declines with advancing years. Some of that has to do with declining muscle mass, and some of it has to do with decreased hormones as well as the diminishing effectiveness of the digestive tract. But at any age, whether you are north of fifty or at the polar ends of the scale, there is much we can do to maximize our metabolism and live healthily and lean.

Metabolism is essentially all of the various chemical processes that occur within that wonderful chemistry set known as the human body. We often simply use the term to describe how your body turns food into energy. As we age the metabolism typically slows down by about 5% per decade after the age of about 40 years of age, but there is much we can do to avoid and arrest that occurrence. Estrogen levels decrease in women's bodies, causing insulin levels to rise, and the thyroid (the body's chief metabolism regulator) to decrease its output of thyroid hormones. These changes result in an increase in appetite, which when taken with a decrease in muscle mass, leads to an overall shift in the lean body mass/ fat ratio. The shift is not in a positive direction!

To keep your metabolism at its peak and fight this decline, you must focus on your digestive tract health, and enhancement of your muscle mass with a prudent exercise regime. Detoxification of the decades of build-up in the digestive tract is a good start to speeding up your metabolism. A very beneficial way to start each day to help remove the intestinal "clog" is to drink cleansing teas, or drink warm water and lemon. Also important is to drink at least half your weight in ounces of water every day. Get your 30 grams of fiber each day, to help stay clean in your gut. Then, eat as cleanly as possible, avoid sugars, artificial colors and flavors and go by the rule if it wasn't "food" a century or two ago, it still isn't. Cleaning up your digestion is a primary way of speeding up your metabolism and also ensuring your health. The old adage that death starts in the bowel is apt.

The other aspect of speeding up your metabolism and staying healthy all lifelong is to exercise. The World Health Organization advocates that we should all get at least thirty minutes per day of aerobic exercise at a medium rate and at least a couple times a week get a good 45 minutes of anaerobic or resistance training in. This resistance training is especially important to maintain the muscle mass that is crucial for strength and to support your metabolism. Muscle mass uses food energy to move you, and fat of course does not. Exercise has many other benefits including correcting cholesterol ratios, improving lung capacity, regulating blood sugar levels and reducing high blood pressure, as well as making you fit, happy, strong and balanced. Live well and live long!



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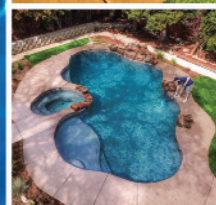
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The Ranch Orthodontics

Dr. Gerard DeSantis & Dr. Erin Arnold



WHY AGE 7?

**Why are so many elementary kids in braces these days?
We get this question all the time! Here's the scoop.**



Contrary to popular belief, the increase of children in early braces is NOT due to parents overly-concerned with aesthetics, or practitioners "pushing" treatment. Orthodontists have been doing early treatment for decades. However, when you and I were young, they used more appliances (think big removable chunks of plastic and metal). Today, we tend to choose braces over appliances. In addition, the pediatric dental profession has grown tremendously. With their specialized training, fewer children that need early orthodontic intervention are missed.

The American Association of Orthodontics and the American Academy of Pediatric Dentists recommend that all children be evaluated for orthodontic needs at age 7. This does not mean that all children need early treatment. Since some orthodontic problems can cause irreversible damage and some can only be treated before the skeletal structure is mature, it is important to identify which children may need treatment:



Early or late loss of baby teeth



Asymmetric face



Underbite



Severe crowding



Overbite, or protruding upper teeth



Crossbite in the front or back



Prolonged finger sucking habit



Irregularly erupting permanent teeth

In many instances, Dr. Arnold and Dr. DeSantis will recommend postponing orthodontics until all the permanent teeth are in, usually around middle school. We will monitor your child's growth and development over the following years until orthodontic treatment timing is right. These visits are always complimentary. If we do recommend an early round of treatment, it is often for one or more of the following reasons:

- Lower the risk of trauma to teeth and gums
- Reduce the chance for permanent tooth extraction
- Correct oral habits that alter the shape of the jaw bones
- Reduce the need for jaw surgery
- Simplify adolescent orthodontic treatment
- Improve appearance

Bottom line - you have nothing to lose by having your child evaluated for orthodontics. At a minimum you can rest assured that either no early treatment is needed, or if it is, that we didn't miss the window to intervene.

OUR ORTHODONTIC EVALUATIONS ARE ALWAYS COMPLIMENTARY. WE WOULD LOVE THE CHANCE TO GET TO KNOW YOUR CHILD'S GROWING SMILE AND BITE!

CONTACT OUR OFFICE

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February Events

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Feb. 9	MAP Motorsports Monster Truck Show <i>The most awesome metal munching monster truck superstars</i>	Travis County Expo Center mapmotorsports.com
Feb. 9	Fleetwood Mac - GRAMMY-award winning band	uterwincenter.com
Feb. 10	The Official Blues Brother Revue - Classic hits	oneworldtheatre.org
Feb. 13	James Taylor <i>With special guest Rock and Roll Hall of Famer Bonnie Raitt</i>	Frank Erwin Center uterwincenter.com
Feb. 15	Jeff Dunham-Passively Aggressive - With Peanut, Walter, José Jalapeño, Bubba J, and Achmed the Dead Terrorist	Frank Erwin Center uterwincenter.com
Feb. 15 - Mar. 3	Xanadu - Based on the 1980 film classic	tex-arts.org
Feb. 15	Pat Green <i>Texas-born country singer/songwriter</i>	The Moody Theater acl-live.com
Feb. 17	Austin Marathon and Half Marathon - Run, volunteer or cheer at this nationally recognized charitable event	youraustinmarathon.com
Feb. 17	BJ Thomas - GRAMMY and Dove Award winner	oneworldtheatre.org
Feb. 18	The Original Harlem Globetrotters <i>A one-of-a-kind basketball family entertainment</i>	H-E-B Center Cedar Park hebcenter.com
Feb. 20 - 24	Cirque du Soleil Corteo - Includes 51 acrobats, musicians, singers and actors from all around the world	H-E-B Center Cedar Park hebcenter.com
Feb. 21 - 24	Austin RV Expo - View options for traveling the open road	austintrvexpo.com
Feb. 23	The Inflatable Run & Festival - Inflatable obstacle course	theinflatable.run.com/austin/
Feb. 23 - 24	That Takes the Cake! - Competition and demonstrations	thattakesthecake.org
Feb. 27	The 37th Annual Austin Music Awards <i>Legendary performers, guests, and presenters</i>	The Moody Theater acl-live.com

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