



The Jester Warbler

Official Publication of Jester Homeowners Association, Inc.

October 2019

Volume 14, Issue 10

JESTER HALLOWEEN PARADE & ACTIVITIES

SATURDAY, OCTOBER 26TH

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!



Green Tips: The Natives Are Restless

If you had plants that died or looked sick during last summer, chances are you planted non-natives or exotic ones. These plants require great effort if they are to survive the summers and droughts of central Texas. This often includes extra water, fertilizer and insecticides. If you would like this year to be different, now is the time to plan.

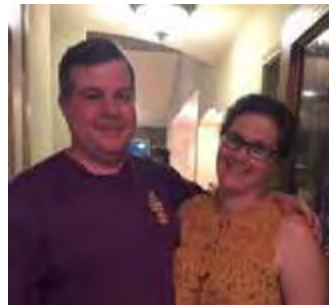
The Texas Parks and Wildlife reminds us that much money is spent each year to remove exotics from our local preserves and parks. These invasive species often crowd out our native plants that provide food, nectar and sustenance for our native birds and wildlife including the endangered Black Capped Vireo and Golden Cheeked Warbler.

The berries and seeds of these invaders can spread into the Balcones Canyonland Preserve where they can often overtake an area causing many problems. The water hyacinth and hydrilla are two examples that are in the news regularly because of the damage they do to waterways and the people that use them.

Because Jester is our home, we have a special obligation to protect

(Continued on Page 3)

Welcome Comittee News



Dave & Mary on Juneberry Cove

This month the number of bags we delivered has slowed down. We met two new families, and left one bag at a residence on the 8100 block of Bottlebrush where we knew the new homeowners had moved in. We managed to interrupt bath nights for the children – yes, school is now fully in session!

Bags were delivered to Dave and Mary on Juneberry Cove. They have children Vivian (7) and Finn (10) and they moved from Northwest Austin. They were very interested in the LSU-Texas Football game! We also delivered a bag to Vanessa and Jason on Desert Rose Cove. They moved in a few weeks before we met them. Their children are Lexi and Luke, and they have a dog named Sadie. They moved from their prior residence

(Continued on Page 3)

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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.*

(Welcome Committee News...Continued from Cover Page)

in Jester – they were interested in staying in the neighborhood but needed a larger house.

Welcome everyone!

As always, if you live near any new residents, please stop by and introduce yourself! Also, please contact JoAnn Welles at jawelles1@gmail.com or call her at 512 484 7588 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.

(Green Tips...Continued from Cover Page)

our beautiful environment. If you are replacing any of the following invaders, please consider using local native's species to protect our Preserve, reduce your expense and work as well as provide the food and shelter of your birds, butterflies and other wildlife.

Top 8 Invasive Species on the DO NOT PLANT LIST from the City of Austin:

Red-tip Photinia
Chinese, Japanese or Wax-leaf Ligustrum
Chinaberry Tree
Chinese Tallow Tree
Nandina
Mimosa Tree
Japanese Honeysuckle
Oleander

These are a few of the most common and the ones that have been observed in our neighborhood. If you still have these plants in your landscape, consider keeping them well pruned or removing the berries to prevent their spread into the Preserve.

For more information or help in identifying your plants, please contact us.

Please contact:
Dale or Pat Bulla
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NATURE WATCH

by Jim and Lynne Weber

AQUATIC APALONES

The genus Apalone is thought to come from the Greek apo meaning 'separate' and the Anglo-Saxon alone meaning 'solitary', and the Greek apalos meaning 'soft' or 'tender.' These terms apply to the members of this genus, which is comprised of the softshell turtles native to North America. Turtles of this genus exhibit marked sexual dimorphism, or the condition where the two sexes of the same species exhibit different characteristics beyond their sexual organs.

Females grow to twice the size of males, in terms of carapace or shell length. In males, the claws on their front feet are longer than those on the back feet, enabling them to better hold on to the female while mating. In females, the claws on the back are longer, for digging into sandbanks in order to lay her eggs. Lastly, males have a thicker, stout tail that extends well beyond the edge of its carapace, but the female's tail is relatively thin and barely extends beyond the carapace. From a behavioral standpoint, the female is much more solitary, wanders more, and requires deeper water, while the male often congregates with juveniles in sandy shallows and while basking along exposed banks.

There are two species of softshell turtle in Texas. The more common Spiny Softshell Turtle (*Apalone spinifera*) is found throughout the state, while the Smooth Softshell Turtle (*Apalone mutica*) is found only in parts of the eastern two-thirds of the state. The Spiny Softshell's olive-gray or tan carapace is leathery and flat, and has small spines along the front edge, which explains its species name. At home in rivers, lakes, ponds, and other bodies of water with muddy or soft bottoms, it spends its time feeding on aquatic insects, fish, and crayfish, basking or floating at the surface, or buried in soft, shallow substrates. Its long neck and snorkel-like nose allows the turtle to breathe at the water's surface without having to leave its buried location. Females typically grow to 22 inches, while males top out at 8.5 inches in length.

The Smooth Softshell's olive-gray to brown carapace is also leathery and flat, but lacks any spines, bumps, or projections. This characteristic is reflected in its species name, which means 'shortened' or 'docked.' It also prefers bodies of water with soft, sandy bottoms, and basks on banks, logs, rocks, or under shallow water with its long nose exposed. Primarily insectivorous, it will also consume vegetation and small invertebrates and fish. Smaller than the Spiny Softshell, females grow to 14 inches and males to 7 inches in length.

One odd but amazing fact about softshell turtles is that

they are believed to absorb 70% of their oxygen through their skin. The other 30% comes from pumping water in and out of their pharynx or throats, which contain many tiny projections of tissue with small blood vessels that provide a huge surface area for oxygen absorption. This adaptation allows them to remain underwater for several hours. Now that's one highly aquatic Apalone!

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



Spiny Softshell Turtle



Health and Wellness

Here's What Happens When You Eat Grapes for Two Months

The near-magic of grapes lies in their potent combination of vitamins, minerals, fiber, protein, and antioxidants. From disease prevention to better memory to a longer life, there is little that grapes can't do. They can even be used to chill drinks without watering them down like ice does.



1. Disease Prevention.

Antioxidants are highly beneficial compounds that help repair cellular damage caused by harmful free radicals. Grapes contain many types of antioxidants, primarily in the skin. Red grapes have the highest level of antioxidants, including the polyphenol resveratrol, which has been credited with significant heart-healthy benefits. It also regulates blood sugar and lowers your risk of developing cancer and diabetes.

2. Better Eye Health

The beneficial compounds in grapes may also help protect your eyes from common degenerative diseases. In test tube studies, resveratrol also protected human retinal cells from damage due to ultraviolet light. Grapes also contain a pair of antioxidants called lutein and zeaxanthin that further shield your eye health, especially from the blue light that comes from your phone.

3. Slower Ageing

Certain plant compounds found in grapes, including resveratrol, have been found to affect aging and lifespan. While resveratrol handles your insides, the vitamin C in grapes helps to keep your skin healthy. It plays an important part in the production of collagen, the substance that keeps skin smooth, elastic, and wrinkle-free.

4. Decreased Inflammation

Chronic inflammation is the hallmark of diseases like arthritis, but is actually a factor in every disease. Grape powder has featured in several studies that look at inflammation. In one study of 24 men with metabolic syndrome (a group of risk factors for type 2 diabetes and cardiovascular disease), a daily dose of grape powder equivalent to 1.5 cups of fresh grapes was found to significantly raise the level of anti-inflammatory compounds in their bloodstream.

5. Sharper Memory

One 12-week study done on 111 healthy older adults found that 250 mg of a grape supplement each day noticeably improved upon baseline scores for a cognitive test. Another study revealed that 8 ounces of grape juice per day can both boost your mood and increase your speed of memory recall.

6. Improved Bone Health

Grapes provide many of the minerals critical to bone health, vitamin K being chief among them. Vitamin K plays a strong role in keeping calcium inside your bones, preventing it from leaching out into the bloodstream. In a nice kind of synergy, grapes also contain some calcium, as well as phosphorus, magnesium, potassium, and manganese.

7. Bolstered Immune System

There are several compounds in grapes that can protect against viral and bacterial infections, including good old vitamin C and the magnificent resveratrol. With a daily dose of grapes, you too can become one of those annoying people who never seem to come down with the seasonal cold or flu. Grapes may also offer some protection against food-borne illnesses. (From RobHealth)



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HAPPY HALLOWEEN

Trick Or Treat





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"Teresa's stellar reputation in the Jester neighborhood is well deserved!"

Cecile and Martin Zelinsky – Holly Fern Cove

"Teresa showed sensitivity and respect as we reviewed our options in presenting our house to the public, kept us well-informed as the process moved forward, and supported us as we neared the end of the transaction. As a result, we never experienced any additional stress during the entire process!"

Thanks to Teresa and her staff for their super efforts in selling our home!"



October Events

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

Thurs., Fri., & Sat.	Austin Ghost Tours 90-minute walking tours downtown	austinghosttours.com
Fri. & Sat.	Boo at the Zoo: Oct. 4-5, 11-12, 18-19, 25-26 Go on the haunted train ride or trek through the haunted house	Austin Zoo austinzoo.org
Oct. 8 - 13	Jesus Christ Superstar - Awarding winning Broadway musical	texasperformingarts.org
Oct. 10 - 13	The 33rd Annual Gruene Music and Wine Fest The best in live Texas music, food, beer & wines	Gruene Hall gruenemusicandwinefest.org
Oct. 12	Texas Teen Book Festival Teens connect with local and award-winning authors	St. Edwards University texasteenbookfestival.org
Oct. 12	Bubble Run - Like running through Willy Wonka's factory	bubblerrun.com
Oct. 12	German-Texan Heritage Society Oktoberfest Live music, German food, a biergarten, kids' activities & more	German Free School germantexans.org
Oct. 19	Fall Native Plant Sale - Choose from nearly 300 species of hardy Texas native bred to thrive with our Central Texas climate	wildflower.org
Oct. 23	The ALTIMATE Tour - Multi-platinum band from Pennsylvania	hebcenr.com
Oct. 24	Youth Performance: Nobuntu All girl's a cappella quintet from Zimbabwe	Bass Concert Hall texasperformingarts.org
Oct. 25	Dane Cook - Stand-up comedy	acl-live.com
Oct. 26 - 27	Texas Book Festival - One of the largest and most prestigious literacy festivals in the country	texasbookfestival.org
Oct. 27	Pumpkin Express Apple cider, pumpkin patches & Farmer Brown	austinteamtrain.org austinsymphony.org
Oct. 27	Close Encounters of the Third Kind - See the film & orchestra	AISD Performing Arts Center
Oct. 27	Halloween Children's Concert Frightfully fun music for the entire family	austinsymphony.org

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