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FAIR OAKS

GAZETTE

August 2011

Newsletter for the Residents of Fair Oaks Ranch

Volume 1, Issue 4

Drought Surcharge Tip

Since every month has 5 weeks, some water customers have the potential of 5 watering days.

A helpful way to avoid being assessed a surcharge is to reduce the irrigation time on your weekly watering day. Doing such helps conserve water and can reduce and/or eliminate drought surcharges which are assessed in Stage 2 beginning at 25,001 gallons of water. In Stage 3, the drought surcharge assessment begins at 18,001 gallons of water used.

To determine how much water is being used as well as to identify any possible leaks, you can monitor this through your meter.

How to Read Your Meter

To help you understand how much water your home or business uses, you will want to know how to read your meter. This also will help you to identify leaks and discover ways to conserve water.

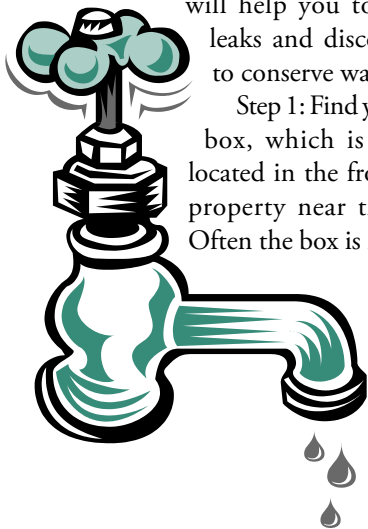
Step 1: Find your meter box, which is typically located in the front of the property near the street. Often the box is in a direct

line with the main outside faucet. It is housed in a concrete box usually marked "water." Carefully remove the lid by using a tool such as a large screwdriver. Insert the tool into one of the holes and pry the lid off.

Step 2: Once you open the meter box lid, lift the protective cap on the meter. On the face of the meter there is a large dial and a display of numbers. For the typical residential meter, each rotation of the dial measures 10 gallons.

Read the number display from left to right. Be sure to include the stationary zero (the blue zero in the photo at left). This is your meter reading. All meters measure water in gallons. However, Fair Oaks Ranch Utility charges for the amount of water consumed based on the number of 1,000 gallons used during a billing period. Compare that reading to what your bill states as your current or present reading.

Next steps: Keep in mind that you might be checking your meter on a date different from the one used for billing. This could result in a difference in the amount you find, compared with the amount on which your bill is based. However, if your reading is considerably higher than what is on your bill, check for a leak or try to determine the source of large water use. If your reading is significantly lower than the reading on your bill, please contact FORU customer service at 210-698-7685 or 1-866-258-2505 to request a meter re-read.



SAVE THE DATE

Community Shred Day

When:

February 11th,
9am to noon

Where:

City Hall Parking Lot

How Much:

FREE

FAIR OAKS RANCH

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Animal Control.....210-698-0990

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Will My Child Be Ready for Elementary School?

Submitted by: Brandi Muse

More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. However, the best programs go beyond helping children master basic academic skills to supporting their development as happy, confident, well-rounded individuals.

Research shows that from birth to age five, development in all areas is rapid. Children form strong neural connections during this time as a result of experiences they have with everyone and everything they encounter. The quality of those early interactions determines how children continue to learn and form relationships, strongly influencing their future success and happiness.

“Parents should look for preschool, pre-K, kindergarten and first grade programs that take a balanced approach to developing motor,

social-emotional, creative and academic skills,” said Brandi Muse, of Primrose School at Summerwood. “It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed.”

- **Academics:** Let's go beyond concentrating only on basic math and reading skills. Academic success is not just about memorization – it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in language skills like listening, speaking and writing.
- **Technology:** In today's technology-rich world, children need to have a grasp of technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate educational software and online resources should be integrated into the classroom.

- **Physical Development:** Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.
- **Music and Art:** Young children naturally engage in “art,” or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they encourage cognitive and emotional development.
- **Social-Emotional Development:** Preschool programs should focus on social and life skills to help your child establish positive relationships and transition easily to elementary school.

Rebecca Hudson

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FAIR OAKS RANCH

Going 100 Percent Organic Not Feasible?

By Melanie Dragger, M.Comm.

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, "Can eating an apple a day really keep the doctor away?"

The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- | | |
|--------------------------|----------------------------|
| 1. Apples | 7. Grapes (imported) |
| 2. Celery | 8. Sweet bell peppers |
| 3. Strawberries | 9. Potatoes |
| 4. Peaches | 10. Blueberries (domestic) |
| 5. Spinach | 11. Lettuce |
| 6. Nectarines (imported) | 12. Kale/collard greens |

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

- | | | |
|---------------|--------------------------|--------------------|
| 1. Onions | 6. Sweet peas | 11. Cabbage |
| 2. Sweet Corn | 7. Mangoes | 12. Watermelon |
| 3. Pineapples | 8. Eggplant | 13. Sweet potatoes |
| 4. Avocado | 9. Cantaloupe (domestic) | 14. Grapefruit |
| 5. Asparagus | 10. Kiwi | 15. Mushrooms |

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>. More information on the Alliance for Food and Farming can be found at <http://www.foodandfarming.info>. To learn more about the USDA's MyPlate, visit <http://www.choosemyplate.gov>, and to discover more about the WHO, visit <http://www.who.int/en>.



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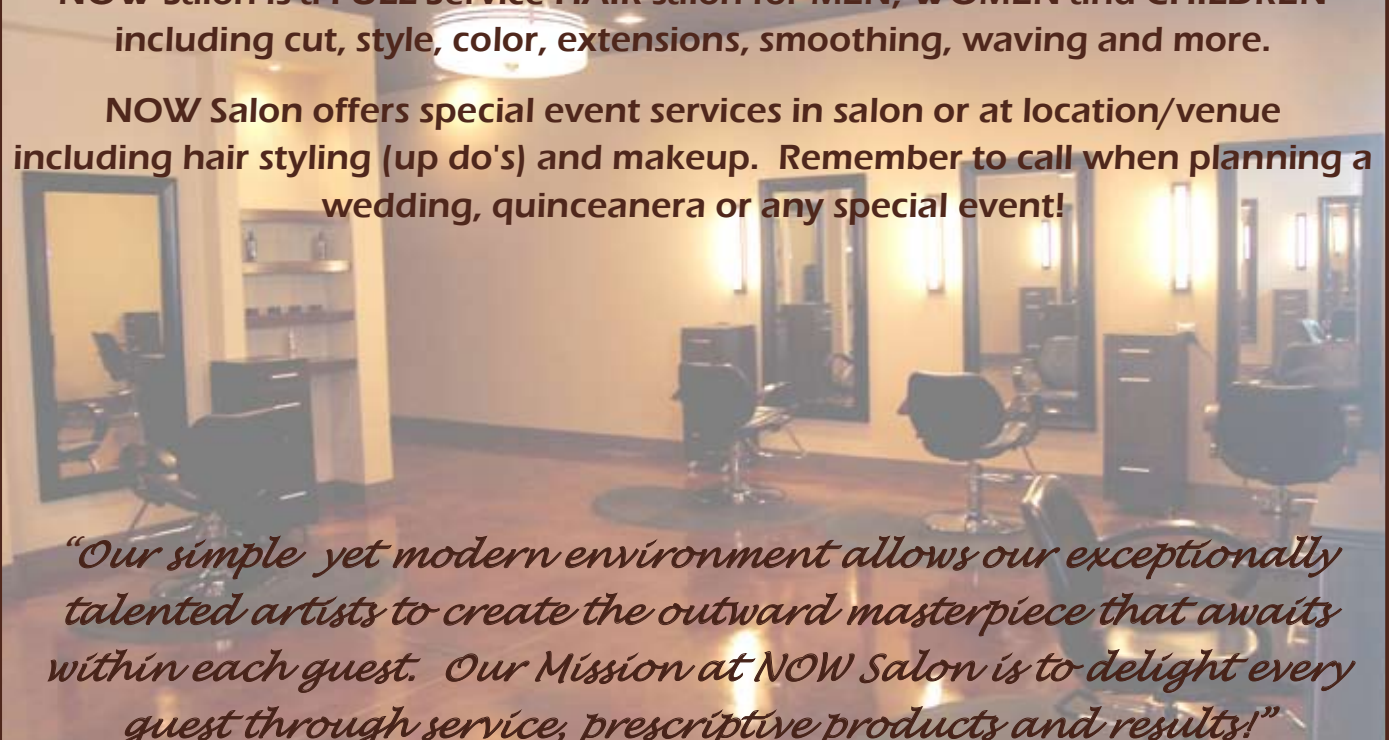
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Brittany



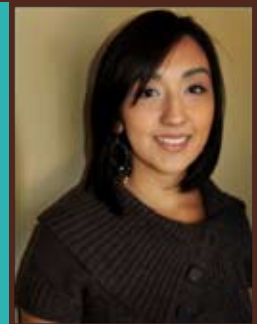
Alexa



Kristen

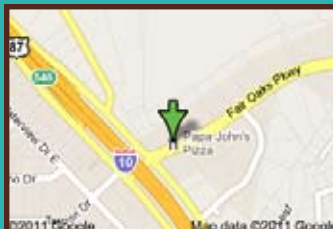


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TEXAS EVENTS

- 1-14—**MCALLEN:** “You Are Not Here” by Ron English See June 1 listing for more information.
- 1-14—**SAN ANTONIO:** All-School Exhibit at the Southwest School of Art See June 2 listing for more information.
- 1-14—**SAN ANTONIO:** Cecilia Hancock: Solo Exhibition See June 2 listing for more information.
- 1-28—**SAN ANTONIO:** Burgoyne Diller: Abstract Pioneer See June 15 listing for more information.
- 1-Sep. 5—**SAN ANTONIO:** Amazon Voyage: Vicious Fishes and Other Riches See June 1 listing for more information.
- 1-Sep. 11—**SAN ANTONIO:** George Nelson: Architect, Writer, Designer, Teacher See June 8 listing for more information.
- 1-Sep. 18—**SAN ANTONIO:** A Fine Line: The Woodcuts of John Lee See June 15 listing for more information.
- 1-Sep. 18—**SAN ANTONIO:** Football: The Exhibit See June 1 listing for more information.
- 1-Oct. 30—**SAN ANTONIO:** Texas Contemporary Artists Series: Rex Hausmann See July 2 listing for more information.
- 5-6, 12-13—**SAN ANTONIO:** Fiesta Noche del Rio The longest-running outdoor musical revue of its kind in the U.S features seven acts of songs and dances from Mexico, Spain, Argentina and Texas. Presented by the Alamo Kiwanis Club, with proceeds going to children’s charities. River Walk’s Arneson River Theatre. www.fiestanochedelrio.com 210/226-4651
- 6—**SAN ANTONIO:** First Saturdays at the Alamo Living history demonstrations include period cooking, corn-husk doll making and weapon displays. Hours are 10 a.m. to 4 p.m. The Alamo, 300 Alamo Plaza. www.visitsanantonio.com
- 12-13—**WESLACO:** Perseid Meteor Shower Party Park naturalists guide visitors through activities that highlight the skies and park wildlife. Bring insect repellent, food and drinks, blankets or folding chairs, plus a red-filtered flashlight for reading maps and charts without ruining your night vision. Reservations required. Bentsen-Rio Grande Valley State Park—World Birding Center. 956/584-9156
- 18-20—**PLEASANTON:** Cowboy Homecoming Enjoy live music, rodeo events and more. Pleasanton City Park. www.pleasantoncofc.com 830/569-2163

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SUDOKU

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	7	9			5	2		
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	5				6	9		
			7		8			
9								3

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

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- Nov 18** . . . Early Admission Deadline
- Dec 5** . . . Early Decision for Admission & Deadline for Financial Aid applications
- Jan 7** . . . ISEE testing at 9:00 a.m., pre-registration required by Oct. 14 (www.iseetest.org)
- Jan 13** . . . Alkek Scholarship Application deadline
- Mar 3** . . . Admission **Open House**, RSVP (210) 698-7171

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