



FAIR OAKS GAZETTE

October 2011

Newsletter for the Residents of Fair Oaks Ranch

Volume 1, Issue 6



EXCEPTIONAL DROUGHT RAMIFICATIONS

There is an ongoing Exceptional Drought status in our city as well as the State of Texas; it is currently projected, at least, to persist through November 2011 (plan for longer). Reducing outside irrigation needs to continue with more conviction.

FAIR OAKS RANCH WATER EMERGENCY MESSAGE *Work Together. Limit Outside Watering*

There is an ongoing Exceptional Drought status in our city as well as the State of Texas; it is currently projected, at least, to persist through November 2011 (plan for longer). Water consumption decreased 5.9% the month of July only to increase 13.5% from August 1st – 17th. Reducing outside irrigation needs to continue with more conviction.

Aside from lack of rain, this drought creates other issues for any water system infrastructure. As the ground continues to dry up, water mains/pipes break due to the excessive ground pressure and movement. Such a break occurred here last weekend losing 300,000 gallons out of the affected water storage tank. There are three major issues: (1) the loss of the water, (2) lack of water in tank for emergency needs, and (3) a need of 48-72 hours to refill the tank. Such a situation begins to threaten our fire emergency service capability.

The City's well production system (Trinity Aquifer) is showing abnormal strain. We lost the production of three water wells due to pump and/or motor failure; repairs are in process. Six more potable water wells are pumping air intermittently which requires they be operated manually to reduce risk of damaged pumps/motors. The top priority is to keep our water system intact to avoid (1) potential contamination, (2) inadequate water supply and (3) inability to distribute the water.

(Continued on Page 3)

CITY COUNCIL APPROVES

2011 Property Tax Rate, Exemptions, and Discounts

For the 2011 property tax year, the property tax rate is \$.2461 on each \$100 taxable valuation on all city property. Discounts for early payments are available and property tax exemptions are offered.

The City of Fair Oaks Ranch contracts with Kendall Appraisal District to bill and collect its' CITY property taxes and very shortly, you will receive your property tax statement in the mail.

Taxes are due October 1 of each year, or upon receipt of statement. The last day to pay without penalty or interest charges is January 31, 2012. The City offers the following discounts on your city property taxes:

- 3% discount when paid in full in October
- 2% discount when paid in full in November
- 1% discount when paid in full in December

Please contact Kendall Appraisal District at 830-249-8012 or visit their website at www.kendalltax.org if you do not receive a tax statement by October 14, 2011.

Exemptions offered by the City on city property taxes include \$5,000 for homestead, \$20,000 for 65 and over (if the owner is a full time resident in the homestead), and that is required by law for disabled veterans. If you are eligible for an exemption and have not filed for one, please contact your appropriate County appraisal district office for the appropriate form.

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Exceptional Drought Ramifications - (Continued from Cover Page)

All in all, one-third of the water wells demonstrate significant stress. The daily plant meter shows well production capacity has decreased nearly 50% in this Exceptional Drought indicating that the ground water table level has dropped significantly. This drought also affects the City's ten non-potable irrigation wells for both equipment failure and production capability (they serve the Country Club's irrigation).

The water system, both from supply and distribution, can provide for our inside essential needs (cooking, drinking, bathroom, etc.). Our outside irrigation is threatening those basic needs both short term and long term in this Exceptional Drought.

So how can we minimize the effects of this uncontrollable drought on our water supply?

1. Limit Outside Watering
 - a.) Run irrigation system/sprinklers only on your designated weekday
 - b.) Volunteer to reset your irrigation system between these new hours: 3:00 am to 8:00 am and/or 8:00 pm to 10:00 pm
 - c.) Remember NO IRRIGATION SYSTEMS OR SPRINKLERS on weekends

2. Evaluate inside water usage habits and conserve, such as:
 - a.) Full loads only for dishwasher/washing machine
 - b.) Turn water faucets off versus letting them run
 - c.) Listen for toilet leaks, etc. and fix promptly
 - d.) Initiate other daily water conservation opportunities in your home
 - e.) Check your yard for potential water pipe leaks and fix quickly

What happens if there isn't a volunteer decrease in water consumption?

1. To ensure water supply for FIRE and to avoid contamination possibilities, the Mayor may declare a Public Health and Safety Emergency resulting in no outside water irrigation superseding Drought Stage 3 and Drought Stage 4 triggers.
2. If Exceptional Drought no longer a threat, the Drought Contingency/Conservation Plan continues. Follow Water Well Level Updates at: <http://fairoaksranchtx.org/index.aspx?NID=218> (copy and paste into browse)



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Time to Foster Some Fall Fare

By Mark A. Peterson

The temperature may be sweltering, but now is the time to start planting your fall garden! Delay in planting some vegetables could result in less produce on the table later.

For a comprehensive list, check out Jerry Parsons' fall vegetable seeding guide for San Antonio (Region III). In the meantime, here are few plants and dates to get you started:

VEGETABLE

Oct. 16: Herbs (cilantro, chives, dill, basil, parsley)

Nov. 15: Spinach

Watering is the most important activity in determining success in the garden, with fertilizing a close second. Drip irrigation efficiently satisfies both the plant's water requirements and frees you up from hand watering every other day.

Nothing tastes better than vegetables from your own garden. It's time to venture into the sun and sweat for those tasty morsels.

*Mark Peterson is a conservation project coordinator for
San Antonio Water System.*

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FAIR OAKS RANCH

BRITT'S BOOK BUZZ: THE HUNGER GAMES

by Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game" where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

Their experience at the Capitol and the whole tradition around the hunger games is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog:

<http://brittsbuzz.blogspot.com>



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Target Heart Rate Range for Cardiovascular Exercise: Do You Know Yours?

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing.

I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

A FEW THINGS TO REMEMBER ABOUT CALCULATING TARGET HEART-RATE RANGE (THRR):

Always check with your doctor before starting or changing your exercise program.

- To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- These estimates are for healthy individuals. Remember that conditions like pregnancy, health issues, and some medications can affect your heart rate.
- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay. But use

the THRR as a goal to work within most of the time.

- A good estimate of your maximum heart rate is $220 - \text{your age}$.

CALCULATING YOUR TARGET HEART-RATE RANGE:

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

- $220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} + \text{resting heart rate} = \text{_____}$ (low end of THRR)
- $220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} + \text{resting heart rate} = \text{_____}$ (high end of THRR)

STEP 1: Calculate your resting heart rate. The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

STEP 2: Determine what training zone you will use based on your current level of fitness.

(Continued on Page 7)

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Target Heart Rate- (Continued from Page 6)

Estimates provided by www.acefitness.org: Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

STEP 3: Calculate your target heart-rate range using the Karvonen formula.

STEP 4: Learn how to use this heart-rate range regularly in your cardiovascular workouts.

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

Using this calculation, her target heart-rate range is 138 – 164 beats per minute.

So the question is, "Now that I know my target heart-rate range, how do I actually apply that to my workouts?" Follow these steps for success:

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
 - Determine and remember the range you should find in a 6-second pulse count. (Ex: 13-17 beats in 6-second pulse count, as this would equal 130 – 170 beats in a minute, which aligns with her THRR.)
 - She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.
- Practice and learn to take your pulse properly.
 - Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:
Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
 - Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.
 - Use a watch with a second hand, or look at a clock with a second hand.
- Count your pulse for 6 seconds. Multiply this number by 10 (add a "0") to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.

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