

# FAIR OAKS GAZETTE

February 2012

Newsletter for the Residents of Fair Oaks Ranch

Volume 2, Issue 2

## FAIR OAKS RANCH COMMUNITY SHRED DAY

**Saturday, February 11, 2012  
9:00A.M. To 12:00 Noon**

City Hall Complex  
7286 Dietz Elkhorn Fair Oaks Ranch, Tx 78015

### FREQUENTLY ASKED QUESTIONS:

***Who is hosting the event?***

Fair Oaks Ranch Homeowners' Association (FORHA) and the City of Fair Oaks Ranch are jointly hosting the event.

***Who is sponsoring the event?***

GVTC is the total event sponsor.

***Is there a cost to have your papers shredded?***

**No.** GVTC is covering the cost of the event.

***How much paper can I have shredded?***

**A maximum of four items** (not to exceed 30 lbs. each)

Either copy paper boxes (approximately 11" wide x 17 1/2" Long x 9" tall) or 13-gallon kitchen trash bags will be accepted.

***What can be shredded?***

Personal /financial papers. Attendees do not have to remove staples, paper clips or metal clips. **No** CDs or 3-ring binders accepted. All boxes/plastic bags will be returned to the attendee or scrapped.

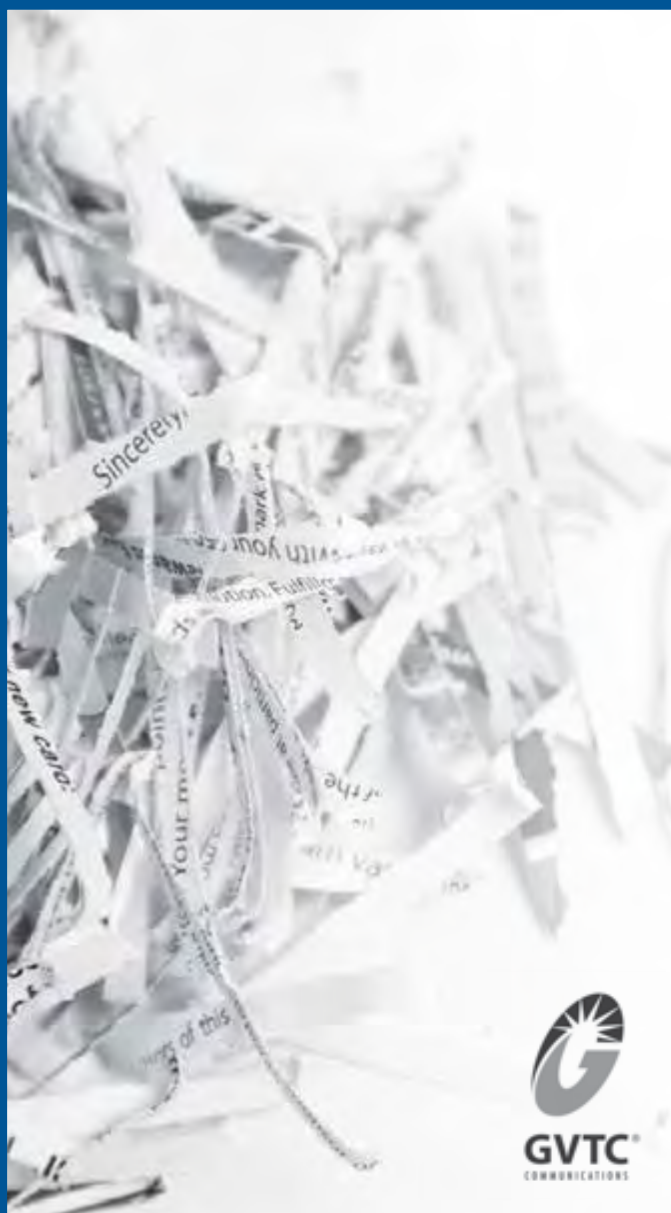
***When will the shredding event be held?***

The event will be held Saturday, February 11, 2012.

Rain/ice default date – Saturday, February 18, 2012.

The event will run from 9 a.m. to 12:00 noon.

*(Continued on Page 2)*



# FAIR OAKS RANCH

## IMPORTANT NUMBERS

### EMERGENCIES NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance .....	911
Fair Oaks Ranch Police Department.....	210-698-0990
Animal Control.....	210-698-0990

### SCHOOLS

Boerne ISD .....	<a href="http://www.boerne-isd.net">www.boerne-isd.net</a>
Fair Oaks Ranch Elementary .....	210-698-616

### UTILITIES

Allied Waste Services - Garbage & Recycling.....	210-648-5222
AT&T - Telephone.....	800-464-7928
CPSEnergy.....	(new service) 210-353-2222
.....	(service trouble or repairs) 210-353-4357
Fair Oaks Ranch Utilities - Water.....	210-698-7685
GVCS - Cable & Telephone.....	800-367-4882
Pedernales Electric Co-op.....	888-554-4732
Time Warner - Cable.....	210-244-0500

### OTHER

United States Post Office.....	
607 E. Blanco. Rd. - Boerne, TX.....	830-249-2414
.....	(delivery info, stops, fivds, ect.) 830-249-9303
5837 De Zavala Rd - San Antonio, TX.....	210-641-0248

## NEWSLETTER INFO

### PUBLISHER

Peel, Inc. ....	888-687-6444
Article Submission .....	<a href="mailto:fairoaksranch@peelinc.com">fairoaksranch@peelinc.com</a>
Advertising.....	<a href="mailto:advertising@peelinc.com">advertising@peelinc.com</a>

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## DON'T WANT TO WAIT FOR THE MAIL?

View the current issue of Fair Oaks Gazette  
on the 1st day of each month at [www.PEELinc.com](http://www.PEELinc.com)

**Community Shred Day-** (Continued from Cover Page)

**Where will the shredding event be held?**

At the City Hall complex, 7286 Dietz Elkhorn.

**Is confidential destruction guaranteed?**

Yes, by the bonded contractor.

**Is the free shredding limited to Fair Oaks Ranch residents and FORHA members?**

**Yes.** The event is limited to city residents and FORHA members. Event information is available on the FORHA website ([www.forha.org](http://www.forha.org)) and the

City of Fair Oaks Ranch website ([www.fairoaksranchtx.org](http://www.fairoaksranchtx.org))

EVENT SPONSORED BY GVTC

## FEBRUARY CALENDAR OF EVENTS

### FEBRUARY 11TH

Community Shred Day  
9:00 AM – 12:00 PM  
City Hall Parking Lot

### FEBRUARY 16TH

Regular City Council Meeting  
7:00 PM - 9:00 PM  
City Council Chambers

### FEBRUARY 20TH

Presidents Day  
City Observed Holiday

## Business Classifieds

**WATSON & WATSON INTERIOR IMAGES IN BOERNE.** Specializing in Upholstery and Antique Restoration. We make custom Bedding and Draperies. 10% off materials w/ this ad. We are a Hunter Douglas Priority Dealer selling Blinds, Shades and Shutters. Store location , 437 Turner Ave. Boerne, TX. [decorateboerne.com](http://decorateboerne.com), [wwii437@gmail.com](mailto:wwii437@gmail.com) 830 249-2759.

### Classified Ads

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Fair Oaks Ranch, limit 30 words, please e-mail [fairoaksranch@peelinc.com](mailto:fairoaksranch@peelinc.com).

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

# FAIR OAKS RANCH

## Deer Management Research Project

The City Council, at their November 17, 2011 Council meeting, authorized the Mayor to sign a contract with the Caesar Kleberg Wildlife Research Institute at Texas A&M for a Research Project that evaluates the viability of treating whitetail deer with a contraceptive in order to reduce and/or stabilize the herd size.

The Project has three goals. First, address the concerns of Texas Parks & Wildlife on the migration of the whitetail deer in and out of Fair Oaks Ranch. This will be done by trapping 300 to 400 deer and placing ear tags and/or radio collars on them. The deer will then be released and monitored by the Researcher to determine whether they stay within Fair Oaks Ranch or migrate into the surrounding properties. The second objective will be to obtain a scientific census of the whitetail deer population within the city. The third and final goal will be to use migration patterns and census data to determine the number of female deer needed to be treated with contraceptive in order to reduce or stabilize the population.

The Research Project will start mid-January 2012 with the trapping, ear tagging and collaring of the deer which will take about two months. The Project will be completed in August 2014 with a final report presented to the City Council. The information provided in that report will assist the Council in deciding what future course of action (if any) to take on managing the deer population. It will also assist Texas Parks & Wildlife to determine whether they would issue a permit authorizing contraception as a whitetail deer management tool.

The total cost of the Research Project and trapping is approximately \$120,000 over two and a half years. In an effort to offset the cost to the taxpayer, axis deer caught while netting the whitetail deer will be sold and the proceeds credited against the cost of the project.

If you have any questions please contact Roy Thomas, City Administrator at 210-698-0900.



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# NOW LEASING!

## NOTICE OF CANDIDATE FILING PERIOD

*for the May 12, 2012 Election*

The Mayor's seat and City Council Places 1 and 2 are up for election this year and deadline information on filing an application for a Place on the City Council can be found online here - [www.fairoaksranchtx.org/DocumentView.aspx?DID=184..](http://www.fairoaksranchtx.org/DocumentView.aspx?DID=184..)

Applications can be picked up at City Hall or can be downloaded from the Secretary of State's website [www.sos.state.tx.us/elections/forms/index.shtml](http://www.sos.state.tx.us/elections/forms/index.shtml).

## My Dashboard

Customization now available on the City of Fair Oaks Ranch website! With the launch of the new MyDashboard feature, users to this website site can now customize their viewing experience.

By clicking "Log In" on the MyDashboard bar at the top of the screen, you may create a login for the site or use your Facebook profile to access MyDashboard. Once logged in, you can choose the modules, features and keywords that you'd like to see most often, including calendars and news items. You can also save favorite pages within MyDashboard, encouraging more-frequent visits and making important information even easier to find! Check out MyDashboard and customize your own page.

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# FAIR OAKS RANCH

## Animal Services

### ORDINANCE & PET REGISTRATION

The City of Fair Oaks Ranch has an Animal Control Ordinance which regulates the care and keeping of animals within the City limits. For any questions on animal control ordinances, pets, or wildlife, you may contact animal control at (210) 698-0990 during normal business hours, Monday - Friday 8:00 am - 5:00 pm.

City ordinance requires all dogs and cats to be licensed 30 days after obtaining a dog or cat over 4 months of age. You can obtain the city license / tag at City Hall. Licenses are valid for one year, concurrent with the pet's annual rabies vaccination. All dogs and cats must have their city tags and rabies tags attached to their collars and or have a current working microchip provided when registering your pet.

### LICENSE FEES

**\$5.00 for spayed/neutered | \$10.00 for unspayed/unneutered**

### LOST PETS & FOUND PETS

During normal business hours, please call City Hall at (210) 698-0990 with a description and last known location of your pet. After hours or weekends, call Boerne Dispatch at (830) 816-3194 to contact an available FOR police officer with the information.

### WILDLIFE

Any wildlife that appears to be suffering from an infectious, contagious, or communicable disease, or that is showing signs of a physical injury physical disorder, or traumatic injury needs to be reported immediately to animal control at (210) 698-0990 during normal business hours or (830) 816-3194 for dispatch after normal business hours.

It is advised that all of your pets are currently vaccinated against all diseases. This will help prevent pets from contracting diseases from most wildlife in the event they come into contact with a wild animal. Your veterinarian can help you with the required vaccinations.

Equine (horses) should also receive their required vaccinations to prevent disease's from being contracted from wildlife or other animals.

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<b>Longhorn \$0.50/Watt Rebate:</b>	<b>-\$3,000</b>
<b>Installer Contract Cost:</b>	<b>\$6,508</b>
<b>Federal 30% Tax Credit:</b>	<b>-\$1,952</b>
<b>Total Out of Pocket Cost:</b>	<b>\$4,556</b>

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**D/FW | 469.222.7134**

**San Antonio | 210.678.6711**

# FAIR OAKS RANCH

## Bulk Trash & Hazardous Waste Materials

### BULK TRASH/BRUSH PICK UP SERVICE

The City of Fair Oaks Ranch contracts with Allied Waste Services (800-275-4234) to provide a bi-annual bulk trash/brush pick up service. A notice of the pick up schedule (usually the first of the year and at the end of the year) is sent to all customers two weeks prior to their scheduled pick up date. The notice also includes information regarding the service.

When hiring a contractor to cut and trim your trees, shrubs, etc. or to replace decks, carpets, etc. please make arrangements for the Contractor to remove the waste. Otherwise, you need to contact Allied Waste for a price quote to remove the waste for you.

Illegal Dumping (i.e., trash on vacant lots) is a violation of State Law with fines and/or jail penalties. Please place your brush/bulk trash on your own property. The City's goal is to ensure a speedy and effective brush/bulk trash removal with the intent of keeping our beautiful city a great place to live and visit. This can only be accomplished with your cooperation.

### HOUSEHOLD HAZARDOUS WASTE

Disposal of hazardous materials such as lead batteries, oil, gasoline, tires, electronic equipment, paint, etc. is not provided by the City of Fair Oaks Ranch. Retail establishments that sell batteries and

tires collect a disposal fee at the time of sale. They are required to dispose of your old batteries and tires responsibly.

*Disposal of some items may be available through county services. Contact your county of residence for available county provided services.*

### BEXAR COUNTY | COMAL COUNTY | KENDALL COUNTY

Additional information may be available by contacting the city office at (210) 698-0900 or (866) 258-2505. You may also obtain tips and helpful information at Earth 911 at (800) CLEANUP, at Keep Texas Beautiful, or at GreenerChoices.

**Technology Recycling Services** (210-967-5400) disposes and/or recycles computers, monitors, printers, faxes, and other office electronics. They also recycle batteries, catalytic converters, and air conditioners, as well as copper and aluminum.

**Cellteks** ([www.cellteks.com](http://www.cellteks.com)) in Boerne recycles cell phones.

## Do You Have Reason to Celebrate?

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# FAIR OAKS RANCH

## FEBRUARY IS *American Heart Month* *Submitted by Karen Behrend*

February is American Heart Month! Here are some facts and tips to help you keep your heart healthy and help prevent Heart Disease.

### COOL HEART FACTS:

- o The heart beats 2.5 billion times in a lifetime (65 yrs) (if you take care of it, maybe more!)
- o It takes 23-24 seconds for a drop of blood to circulate through the entire body
- o Your body pumps 1 million barrels of blood in a lifetime!
- o Your body has 60,000 miles of blood vessels
- o Every day over 650 Americans have coronary bypass surgery.

### RISK FACTORS:

#### I. Unalterable Risk Factors you CAN NOT change:

- o Family History (father/brother had heart disease before age 55, or mother/sister before age 65).
- o Gender (men have a higher risk)
- o Age (Men over 45 and Women over 55 are at increase risk)

#### II. Risk Factors you CAN alter:

- o High Blood Pressure (three readings at 140/90 in a month, see your doctor)
- o Smoking (#1 preventable cause of heart attacks in the US. Smokers have a 70% great risk than nonsmokers). Tough habit to break, but sooner or later you will quit!
- o Cholesterol (Blood cholesterol of 200 mg/dl is desirable, 239 mg/dl is borderline and 240 mg/dl+ is high) Know your numbers and get a complete breakdown of your total cholesterol, HDL, LDL and Triglycerides. Have your doctor explain the numbers to you!
- o Obesity (more than 30% of your desirable weight) Eating too much of the wrong foods can make you fat! Focus on 5 fruits or veggies a day for the next 20 days.

- o Physical Inactivity (Choose to move! 30-60 minutes 3-4 times a week!)

### III. Other contributing Factors

- o Diabetes
- o Stress/Tension
- o Hormonal Factors
- o Alcohol

Primary Risk Factors have the strongest relationship to heart disease (family history, smoking, high blood pressure, high cholesterol and physical inactivity), when two or more of these are present, the likelihood of heart disease greatly increases.

### 10 TIPS TO HELP DEVELOP HEALTHY HABITS AND PREVENT HEART DISEASE IN YOUR FAMILY

#### Take care of your heart and your children's hearts by:

1. Regular daily physical activity (walk, bike, hike together)
2. Participate in age-appropriate sports, lesson or clubs. Let kids try a variety and find what they like
3. Participate in household chores (the physical kind)
4. Follow a healthy diet; low in fat and high in complex carbohydrates. Be supportive. Focus on positive instead of negative. Praise for a job well done!
5. Don't reward kids with food...find other ways to celebrate!
6. Be supportive. Focus on positive instead of negative. Praise for a job well done!
7. Limit TV, video game and computer time...disconnect from it! 1-2 hours a day max!
8. Be a positive role model and practice what you preach
9. Set goals and limits. Daily activity, 1-2 desserts a week
10. Learn CPR. The next life you save may be someone you love!



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# FAIR OAKS RANCH

## What Causes Sensitive Teeth & What To Do About It

Do you experience discomfort in your teeth? Do you find it difficult to drink icy or hot beverages? You may have a case of sensitive teeth. Luckily, it's very treatable. Find out what causes sensitive teeth and how to change your habits to avoid sensitivity.

### *What does it mean to have sensitive teeth?*

If you experience pain or discomfort when consuming foods or beverages that are hot, cold, sweet, or sour; when brushing or flossing; or even when breathing sharp, cold air, you may have sensitive teeth.

### *What is the reason for sensitive teeth? Common causes of tooth sensitivity:*

- **Over-brushing** – brushing your teeth too hard may wear down enamel or irritate the gum line, causing it to recede and expose the tooth's sensitive roots.
- **Cracked teeth** – a crack or chip in your tooth may expose the underlying dentin or may fill with bacteria from plaque, causing the nerve to inflame.
- **Teeth grinding** – over time, grinding or clenching your teeth can erode enamel and expose dentin.
- **Gum disease** – gum disease leads to tooth decay which breaks down enamel; gum disease can also lead to infection which may attack the tooth's roots or cause the gum line to recede.
- **Tooth whitening** – using products with peroxide or baking soda can seriously aggravate exposed roots or dentin.



- **Age** – studies have shown that tooth sensitivity occurs most often in people between the ages of 25 and 30.

It is possible to experience tooth sensitivity after routine dental procedures such as the placement of a filling or crown, tooth restoration, or even tooth cleaning. Such sensitivity is temporary; if it does not cease after four to six weeks please consult your dentist.

*How should I take care of my teeth if they are sensitive? Tooth sensitivity is very treatable, no matter what the cause. Here are a few remedies you can take advantage of at home:*

Try a **desensitizing toothpaste** which contains chemicals that block sensations like hot and cold from reaching the nerves in your teeth. Use a **soft-bristled toothbrush** that will be gentler on both your teeth and gums. Switch to a **fluoride mouthwash**. **Avoid acidic foods** such as tea, tomatoes, and citrus fruits. Maintain **good oral hygiene** by brushing twice every day and flossing once daily.

Depending on the cause and severity of your sensitivity, you may benefit from professional treatment. If you suffer from sensitive teeth, please be sure to contact your dentist. We can set up an appointment to discuss what is bothering you and determine the best way to address the problem.

*Submitted by Dr. Flury*

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# FAIR OAKS RANCH

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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**5:30-11:30 PM**



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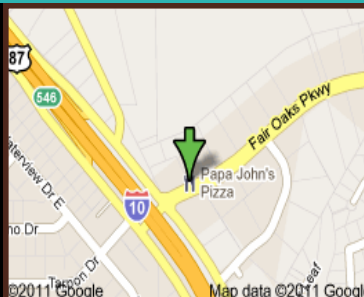
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# - Kids Stuff -

Section for Kids with news, puzzles, games and more!

## When It's Just You in an Emergency



"Mom!" you yell down the stairs. "Where's my math book? I can't find it and the bus is coming! Please help me ... it's an emergency!"

It is kind of an emergency with the bus coming and all, but what about a medical emergency? That kind of emergency is usually more serious. If you don't have your math book or miss the bus, that would be bad. But a medical emergency means someone needs care from a doctor right away. Let's find out the right thing to do.

### QUICK THINKING: WHAT WOULD YOU DO?

Liz and her little brother Jamie are out for a walk. Jamie decides to race ahead down a very steep hill. He's running pretty fast when he suddenly trips. Over and over he falls, rolling down the hill at high speed until he's sprawled out on the sidewalk at the bottom.

Liz rushes to her brother's side, hoping that he's OK. Then she sees some blood on the pavement. And Jamie isn't moving at all. What should she do? First things first: Liz should call for help right away.

Calling for help is the most important thing a kid can do in an emergency. If you are going to be the one making the emergency phone call, here's what to do:

- Take a deep breath to calm down a little.
- Tell the operator there's an emergency.

- Say your name and where you are (the exact address if you know it).
- Explain what happened and how many people are hurt. (The operator will need all the information you can provide, so give as many details as you can.)
- Stay on the line until the operator says it's OK to hang up.

After calling for help, your first thought might be to rush over to the person who's injured. But stop and look before you do. Make sure the scene is safe. If it's not, wait in a safe spot until a grown-up or an emergency team arrives.

If the scene is safe, and as soon as Liz is sure someone is calling 911 – or she has called it herself – she could return to her brother and wait until help arrives. (She shouldn't move her brother at all because he could have a neck or other bone injury. Moving someone who has that sort of injury can make it much worse.) She can help him feel calm by being calm herself.

### IN CASE OF EMERGENCY

The best way to handle an emergency is to be prepared for one. Knowing what to do ahead of time can help you stay in control so that you can help. Here are some suggestions on how to be ready to help in an emergency:

When you are outdoors, make sure you are in an area where you can call out for help even if you don't have a phone with you.

- Know how to dial 911 or your local emergency number. In most areas in the United States, it's 911.
- If you have one, carry a cell phone or know how to use your parent's cell phone.
- Learn first aid. Look for basic first-aid classes with your local Red Cross, the YMCA or YWCA, the Boy or Girl Scouts, 4-H clubs, your local hospital, and other organizations. Or ask your school nurse to have a first-aid class just for students in your school.

It's scary to think about someone getting hurt. But the truth is that accidents can and do happen. They happen when people are being careless and careful. Sometimes, kids are the ones who get hurt. Sometimes, grown-ups get hurt. Either way, it's good to know what to do if someone needs emergency medical help. Even though you're a kid, you can make a big difference by doing the right thing.

Reviewed by: Kate Cronan, MD • Date reviewed: August 2007



### Be a Hero - the Smart Way

In an emergency, a kid might think about playing the superhero by driving a car or racing into a burning building. Do do it! you could cause another accident or make the situation worse. If you get hurt, too, who will call 911?

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

# Kids' Club

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Color the drawing below and mail the finished artwork to us at:

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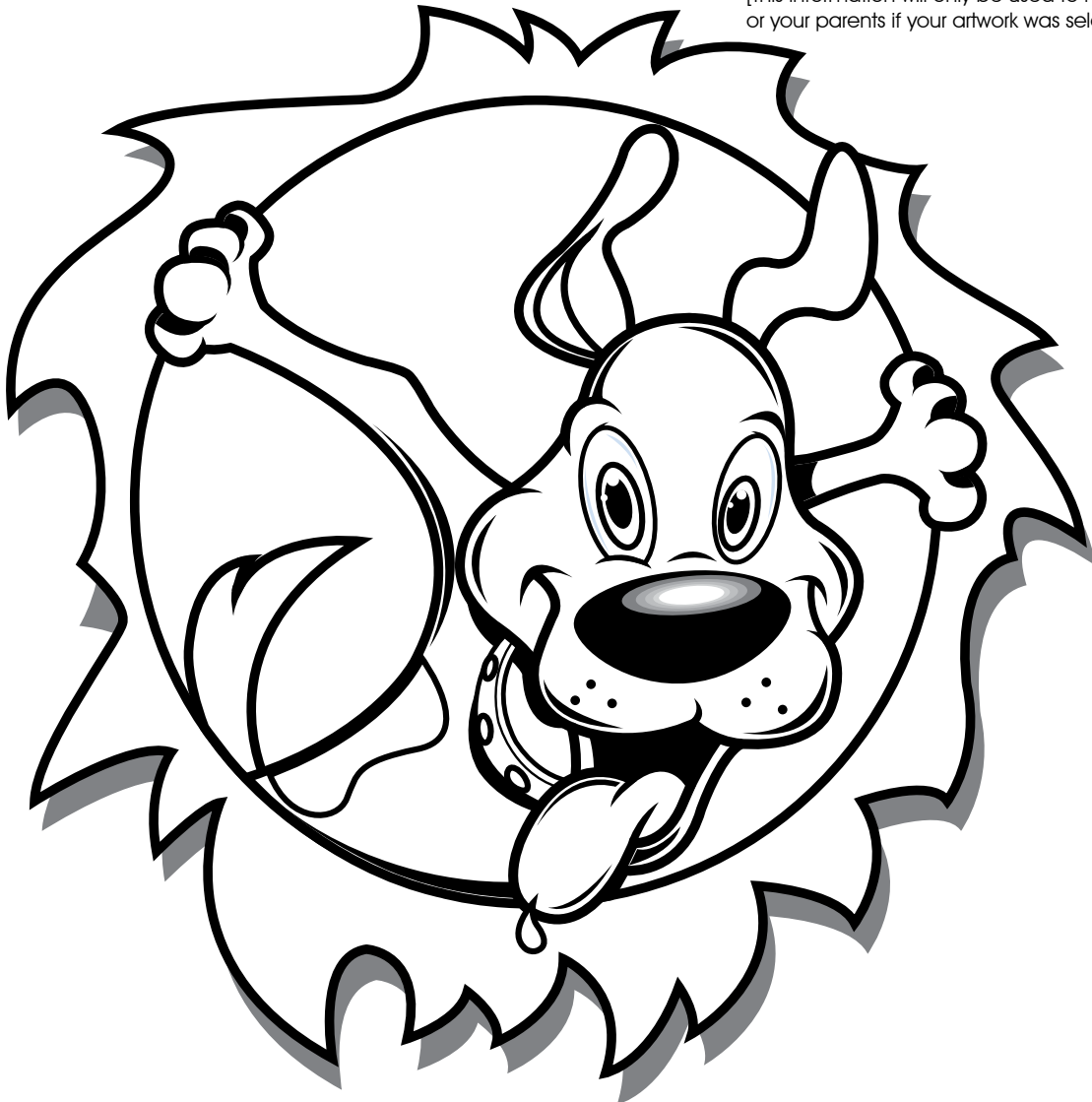
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