

# F FAIR OAKS GAZETTE

April 2012

Newsletter for the Residents of Fair Oaks Ranch

Volume 2, Issue 4

## LANDSCAPES THAT ROCK

Maybe it's time to rock your garden. Droughts will come and go and so will water restrictions, and through it all your plants may struggle. But incorporating rocks in your garden will help maintain its beauty and lessen the need for water. Rock gardens look best open and uncluttered, drawing your eye from one area to the next. When budgeting for your garden, think of the rock as a piece of landscape that has little or no maintenance ever.

First, consider the rocks themselves. The size of the rocks is determined by the scale of your garden. Select and arrange the rocks so they look like they were there originally. Second, balance rocks of a certain color with plant material. For instance, never use white or gray rocks and gravel with like-colored plants (cenizo, germander, silver ponyfoot). Instead, pair neutral rocks with purple or red flowering plants like purple oxalis or *Salvia greggii*. Lastly, stones can increase your aesthetic options. Somewhat straggly looking plants like silver ponyfoot or clover fern are both perfectly good plants, but their appeal is heightened with something to climb over and cascade down.

If you need a starting point, try a naturalist rock garden. This informal style began in England in the late 1800s to mimic alpine and cascading plant features. This style works well in the rocky areas north of San Antonio, and on some of the exposed yellow rocks in southern Bexar County. Sedums, trailing lantana, skullcap, creeping germander, woolly stemodia or yarrow are lovely complements.

*Submitted by: Lisa Spears, Conservation  
Consultant for San Antonio Water System*

## Burglaries of Motor Vehicles

*The City of Fair Oaks Ranch has recently experienced several burglaries of motor vehicles, please remember the following:*

Open garage doors and vehicles offer criminals the chance to obtain personal items such as purses, checkbooks, and computers, which could then be used for their own personal gain. In order to prevent these crimes from occurring, citizens should not leave personal belongings in vehicles and keep garages closed when not in use. Please help to prevent yourself from becoming victims of crime by keeping garage doors and vehicles locked at all times and always use auto and home alarm systems, even when you are home. If you do not park your vehicle in the garage please ensure the windows are rolled up, lock the doors, and set the alarm. It only takes a minute or two for a burglar to remove items from your garage or vehicles while you are inside your home. If you are unable to park your car in a garage, it is important to park your car in a well lit area to help discourage a criminal from breaking into your vehicle.



## CALENDAR OF EVENTS

- April 19th..... City Council Meeting**  
7:00 PM – 9:00 PM | City Council Chambers
- May 17th..... City Council Meeting**  
7:00 PM – 9:00 PM | City Council Chambers
- May 28th..... Memorial Day – City Observed Holiday**

# 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 .....www.boerne-isd.net  
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

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### PUBLISHER

Peel, Inc. ....888-687-6444  
Article Submission ..... fairoaksranch@peelinc.com  
Advertising.....advertising@peelinc.com

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# FAIR OAKS RANCH

## Looking for a Lush Landscape?

Mention xeriscape and many homeowners imagine scorched gravel and cactus. It may not be the Gardens of Versailles, but South Texas isn't a desert either!

A landscape adhering to the seven principles of xeriscape should be both tough and green, without constant high maintenance that breaks our backs, budgets and aquifers. For inspiration, check out these local xeriscapes that use little or no supplemental irrigation:

- **Phil Hardberger Park** – A shady green space for outdoor living and enjoyment with nary a sprinklerhead in sight. Visitors hike and bike through patches of renewed savannah, brush and live oak woodlands, showcasing the junction of our three eco-regions.

- **The Shops at La Cantera** – With drip irrigation and a palette of xeric plants (even roses!), the Shops asserts a distinctive South Texas ambience and saves water for a few extra splashes, like fountains of reclaimed water from condensate.

- **Mitchell Lake Audubon Center** – The Leeper House cottage garden of native and Mexican plants explodes with living color in the form of flowers, hummingbirds and butterflies. And, it's all watered by hand with a hose.

- **San Antonio Botanical Garden** – The Cactus Garden elevates the classic formula with breezy, contemplative shade provided by mesquite, acacia and other carefree natives. Your guests will enjoy it, too: with the air gently stirred and no irrigation, mosquitoes are at a minimum.

*You, too, can pull the plug on your in-ground irrigation and set your landscape and your back free. It doesn't have to be wet to be lush!*

*Submitted by: Brad Wier, Conservation  
Consultant  
for San Antonio Water System*



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## Hill Country Pregnancy Care Center Celebrates 25 Years of Service

It was 1987. Robo Cop, Princess Bride and the Untouchables were big hits in the theaters. There was a major TV hit series called Dallas and a new phenomenon called Teenage Ninja Mutant Turtles was sweeping the nation. Here in Boerne a group of concerned individuals began meeting. They were from a variety of denominational backgrounds but were of a unity of heart. They sought to serve women and families experiencing crisis pregnancies. Together they formed the Hill Country Christian Action Council (now known as the Hill Country Pregnancy Care Center) on the upper floor of 615 Main St. in Boerne.

Their mission was, and is, to promote the sanctity of life, empower individuals to make Christ centered choices regarding pregnancy and sexuality, and to extend the healing presence and love of Jesus Christ. The Center was initially staffed completely by volunteers from the community and that first year they served 10 clients. In 2011 the Center provided over 1604 services to hundreds of individuals and families. What started out simply as caring volunteers providing lay counseling, has grown to a professional and administrative staff supporting the lay counselors. Lay counselors include nurses trained on a 3D sonogram machine, individuals trained in doing STD testing and an excellent curriculum for parenting classes in both English and Spanish. But the heart of this ministry has never changed. It's all about caring. It's all about showing the love of Jesus Christ to individuals and families in a very concrete way. It's all about serving the community.

The Hill Country Pregnancy Care Center is now located at 439 Fabra St. and the phone number is 830-249-9717. They are open Tuesday, Wednesday and Thursday from 10-4pm and Tuesdays until 8pm. Anyone interested in volunteering or in receiving services is welcome to call or just drop in.

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## UNOPPOSED CANDIDATES DECLARED ELECTED

After receiving the Certification of Unopposed Candidates from the City Secretary and pursuant to the Texas Election Code, the City Council, on March 15th, cancelled the May 12, 2012 General Election and declared the unopposed candidates elected to City Council:

**Cheryl Landman** ..... *Mayor*

**Fred Jones** ..... *Place 1*

**Glenn Damstra** ..... *Place 2*

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## Tips for a Diet that promotes Healthy Teeth

Of course we all know that a healthy diet is good for our bodies, but did you know that what you eat affects your teeth as well? Here is a list of simple ways you can improve your oral health by paying close attention to your diet. Brushing and flossing are vital to keeping your teeth healthy, but what you eat and drink in between your daily cleaning rituals also plays an important role in your oral health.

Plaque – an invisible, sticky layer of bacteria – regularly coats your teeth. When the starches and sugars present in many foods come into contact with this bacteria, acid is produced. This acid breaks down the enamel that protects the outside of your teeth, and over time can cause tooth decay. If you choose your foods wisely, you can decrease the amount of acid that attacks your teeth. Here are some diet tips for keeping your teeth healthy:

**Limit foods and drinks that are high in sugar**, like cookies, candies and sodas – remember even unsweetened fruit juices are high in sugar. **Read packaging labels** to find out how much sugar is included, and make educated choices in the products you purchase. **Limit dried fruits**, which are sticky and cling to the teeth – instead, eat fresh fruit, especially apples, which serve as natural tooth cleaners.

**Avoid snacks between meals** – but if you must snack, replace sugary treats with crackers, cheese, yogurt, nuts, and celery or carrot sticks, which produce less acid. If you do drink sugary liquids (soda, sports drinks, juices), **avoid sipping slowly** over a long period of time as this extends the period that acid attacks your teeth.

If you're a regular coffee or tea drinker, **reduce or eliminate added sugar**. If your

children snack at school, be sure they have **access to healthy snacks** (veggies, fresh fruits, cheese) instead of packaged foods that are high in sugar. If you occasionally treat yourself to a sugary snack, **brush your teeth afterwards** to reduce the acid effect – if you aren't near a toothbrush, **rinse with water or chew a piece of sugarless gum** to stimulate saliva, which helps clean your teeth.

Your diet also affects your overall health, which helps determine how well your body can fight off infection. If you aren't getting certain nutrients, the tissues in your mouth may not be as resistant, leaving you more prone to periodontal (gum) disease.

If you have any questions about your diet and its effect on your oral health, let us know. We'll be happy to guide you toward healthier eating habits.

*Submitted by Dr. Flury*

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# FAIR OAKS RANCH

## Early Packing List: When to Get Travel Vaccinations

**PLANNING AHEAD IS THE KEY TO SAFE, HEALTHY GLOBE-TROTTING**

*Submitted by Laura Guerrero, M.D., medical director for The Austin Diagnostic Clinic's Travel Clinic*

There are just a few days to go before your big trip overseas. You've triple checked your itinerary, memorized important maps, and maybe even practiced speaking a bit of the local language. But unless you have taken the proper vaccination measures well in advance, your health may be at risk.

One of the most overlooked to-dos on a busy pre-travel itinerary checklist is the need to get vaccines and other medical preparations taken care of weeks, sometimes even months, before a trip, says Laura Guerrero, M.D., an internal medicine physician and medical director of the Travel Clinic at The Austin Diagnostic Clinic (ADC).

"Depending on where in the world you are going, you may be exposed to diseases and other pathogens that your body just hasn't had to cope with here in the United States. Often, vaccines are the best preventative measure to protect your health," says Dr. Guerrero. "But what people sometimes forget is that many vaccines have to be taken over an extended period of time before they can effectively prevent an illness."

### **ROUTINE, RECOMMENDED, & REQUIRED VACCINATIONS**

The Centers for Disease Control and Prevention (CDC) divides travel vaccines into three categories: routine, recommended, and required. Dr. Guerrero says the number and type of vaccines you should receive will vary depending on what part of the world you are traveling to.

"Your particular vaccination and health needs can be as different as the Amazon jungle is to the Sahara desert," says Dr. Guerrero. "The only way to know what vaccinations are recommended for you is by consulting with your doctor at least one month before you plan on traveling abroad."



### **THE RIGHT VACCINE AT THE RIGHT TIME**

Routine vaccinations are designed to protect you from diseases that rarely occur in the United States, but are still common in many parts of the world. According to the CDC, routine vaccinations should be administered for things such as influenza, tetanus, hepatitis A and B, measles, chickenpox, and zoster (shingles).

Exactly what routine vaccinations travelers should get will also depend mainly on your age and gender. And if you are traveling with children, they will likely require different vaccinations than an adult. Infants may need to have their vaccines administered over a period of several days or weeks, explains Dr. Guerrero. Recommended vaccinations will also depend on where you are traveling. The CDC lists vaccine information about specific destinations around the world on its website, <http://wwwnc.cdc.gov/travel/destinations/list.htm>. The site includes detailed health information about specific countries.

"We will update your shot record so we know what vaccines you should be receiving," says Dr. Guerrero. "And we will also counsel you about what diseases may be present in your destination, and how you can avoid exposure." As far as required vaccinations

go, international health regulations currently only require a vaccination for yellow fever for travelers visiting certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is also required by the government of Saudi Arabia for annual travel during the Hajj—the term for the annual pilgrimage to Mecca, Saudi Arabia, which occurs sometime between November and January.

"Even if you do not get your travel vaccines in time, it's always a good idea to see your doctor before you travel abroad because you can still benefit from medications and other information about how to protect yourself from illness and injury while on vacation in another country," adds Dr. Guerrero.

### **HEALTHY TIPS WHILE ABROAD**

Once you have followed the vaccination schedule exactly, there are many other health considerations to take into account, Dr. Guerrero says. If you are taking prescription medications, for example, make sure you bring enough to last your entire trip and that you keep them stowed in their original containers. It's also a good idea to bring medicine for diarrhea, and to be cautious about drinking from local water supplies or eating things like raw seafood or other uncooked items.

"Part of ensuring a memorable travel experience abroad is making sure you are prepared for any potential health situations," explains Dr. Guerrero. "For example, if you have a preexisting health condition, it's always a good idea to know what your emergency care options are if something were to happen abroad. By taking the proper health planning measures, your trip of a lifetime can be filled with good memories instead of bad ones."





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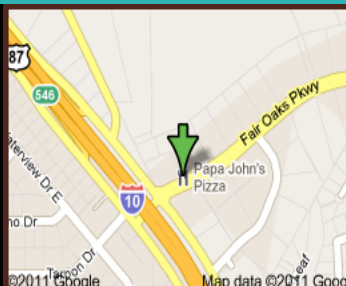
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## Auto Talk – Ask a Medic

*Recently my mechanic said my catalytic converter is defective and has to be replaced.*

### WHAT IS A CATALYTIC CONVERTER & HOW DOES IT BECOME DEFECTIVE?

A catalytic converter is a device that converts three harmful compounds (hydrocarbons, carbon monoxide and nitrogen oxides) in car exhaust into harmless compounds. Carbon monoxide is a poison for any air-breathing animal. Nitrogen oxides lead to smog and acid rain, and hydrocarbons produce smog.

A catalytic converter becomes defective when too much raw fuel enters the exhaust system—causing the metals inside to start imploding. When this happens, severe black exhaust fumes (smells like raw fuel) and/or “bogging down” can happen and causes back pressure on the engine. Your check engine light will illuminate on your vehicle’s dashboard when this occurs.

### WHAT CAN I DO TO PREVENT CATALYTIC CONVERTER FAILURE?

#### TWO SIMPLE THINGS:

- Make sure your vehicle is tuned up on time; every time. Why? Once the spark plugs become worn, they will not burn fuel optimally—this causes raw fuel to enter and/or collect in the vehicle’s exhaust system.
- Service your cooling system every two years or 30,000 miles (contrary to the manufacturer’s suggestion of five years or 100,000 miles. With wear and tear, your vehicle’s cooling system thermostat may be sticking “open,” causing continuous flow of coolant—never allowing the engine to reach its full operating temperature the majority of the time. The driver will never see this issue on the gauge. It’s a minute problem that will cause severe issues to the catalytic converter later down the road. If the vehicle continuously stays cool, the computer wants to dump more fuel in the engine than what is really needed. This again allows raw fuel to enter the exhaust thereby causing catalytic converter failure.

Tommy Bludworth is an ASE certified technician with more than 15 years experience. Advice and recommendations given are for your convenience. You should see a qualified, professional when having any automotive repairs made on your vehicle.

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**Deborah Young**

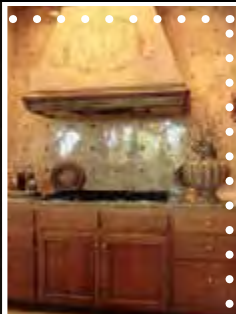
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### Who We Are

Giving Interiors is dedicated to improving the lives of people in our community by providing essential home furnishings to less fortunate individuals and families. Our organization was initially established in response to the lack of furniture for homeless people who secure housing. Many of these individuals and families have no furniture, and are forced to sleep and eat on the floor. But we discovered that there are many other populations out there that need our help as well.

### Who We Help

Giving Interiors would like to help everyone who needs our services. At this time, we are focusing our efforts on the following populations:

- ◆ Previously Homeless/Recently Housed
- ◆ Victims of Domestic Violence
- ◆ Teens Aging Out of The Foster System
- ◆ Disaster Victims
- ◆ Poverty-level/Low-income households

### How You Can Help

#### ◆ You can donate your time

- ◆ We can always use extra helping hands. Bring your area of expertise or just your time and become a volunteer with us.

#### ◆ You can donate items

- ◆ We are always in need of new or gently used furniture and other home furnishings (sheets, pillows, towels, pots/pans, utensils, etc.)

#### ◆ You can donate money

- ◆ We try to rely on cash donations as little as possible by focusing on other donations for most of our needs. But we often need money for certain items such as gas, webhosting, printing, etc.

*The mission of Giving Interiors is to enhance and enrich the quality of life of those less fortunate in our communities by providing much needed home furnishings and interior improvements in a compassionate and nonjudgmental way with respect and dignity for all of those we serve.*

If you can help in any of these areas, please contact us:

[info@givinginteriors.com](mailto:info@givinginteriors.com) or 210-338-5873

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