



FAIR OAKS GAZETTE

January 2013

Newsletter for the Residents of Fair Oaks Ranch

Volume 3, Issue 1

NEAR AND DEER

By Brad Wier

If you've tried using "deer-resistant" plants in your home landscape, you've likely figured out that the label isn't a 100 percent guarantee. To a famished whitetail, a perfectly manicured yard looks like a tantalizingly tasty menu at a gourmet restaurant, with your freshly planted "deer-proof" shrubs comfortably lined up like platters of delicacies. Once deer have established a comfort level and grazing routine around your lawn, they'll make repeat visits for the foreseeable future. Deer are creatures of habit, but these tips may alter their routine:

Cage it – To protect new plants, look into making protective cages. Any new planting will need a temporary cage or fencing for protection until its roots are strong enough to keep tugging teeth from yanking it out.

Create roadblocks – Dense, spiny plantings can make effective barriers (if wide enough) around established trees and shrubs. Agave is particularly effective and makes a nice groundcover, too!

Toughen up your landscape – Aim for the thorniest, oiliest, fuzziest and smelliest plants! Not surprisingly, these are the most successful landscape plants for the Hill Country: cenizo, sumac, agarita, sotol, lantana, salvia and rosemary.

Remember, a hungry deer will nibble on anything. Protect new plantings with cages and use aromatic or prickly native plants to keep deer from entering your lawn. You don't want your landscape to become the new trendy eatery for local deer, do you?

Brad Wier is a conservation consultant for San Antonio Water System.



FAIR OAKS RANCH

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Boerne Champion's golfer/Captain, Zander Lozano, took first place (Individual Medalist) at the O'Connor Fall Regional Preview Tournament. The 4A high school competition took place at the Cedar Creek Golf Course in SA which included 19 teams, a field of 82 players. Zander scored 78 in the first round on November 30th and followed up with one under par, 71, in the second round on December 1st. The Champion Chargers team placed third overall. Congrats, Zander and Chargers!



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Cedar Fever or Common Cold?

Knowing the Difference is Key to Effective Treatment

WINTER IS CEDAR FEVER SEASON

The common cold and the Mountain cedar allergy called “Cedar Fever” often begin the same way: runny nose, sneezing, sinus pressure, scratchy throat, and headache. Yet knowing the difference between a cold and cedar pollen allergies can be very important when it comes to effective treatment options.

Cedar Fever is the popular term for cedar pollen allergies, which strike many residents in Central Texas during the winter months, when mountain cedar plants emit large amounts of pollen. The common cold, meanwhile, is caused by a virus and can occur any time of year. The problem is that the cedar season is also the height of the cold and flu season.

COLD VS. ALLERGY SYMPTOMS

“Despite the many similarities in symptoms between Cedar pollen allergies and a cold, there are some clear indications that can help you understand which condition you are suffering from,” says Dr. John Villacis, an allergist and immunologist with The Austin Diagnostic Clinic (ADC). “While a cold and related symptoms may only last a few days to one or two weeks, symptoms of cedar pollen allergies may persist for several weeks or months.”

Another important difference in symptoms has to do with the excess mucus production that both conditions tend to produce. While people with a cold may experience discolored mucus, those with cedar pollen allergies will experience clear mucus production. And while people with a cold may develop a fever, people who have cedar pollen allergy will not develop a fever.

WHEN IN DOUBT, ASK A DOCTOR

Dr. Villacis says people who are not sure if they have a cold or cedar pollen allergies should consult with a physician as soon as possible in order to get an accurate diagnosis and effective treatment options.

John Villacis, M.D., is an allergist and immunologist for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than seven locations throughout Austin and Central Texas. Dr.

Villacis sees patients at the ADC Main Clinic, at 12221 North MoPac, and at ADC Circle C, 5701 West Slaughter Lane, Building C. For more information, visit www.adclinic.com or call 512-901-4052.





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