

The FAIR OAKS Gazette

July 2013

Volume 3 Issue 7



NEWS FOR THE RESIDENTS OF FAIR OAKS RANCH

From the Mayor's Desk...

"Everyday is a Good Day in Fair Oaks Ranch"©

Summer is here full-time enticing lots of outdoor fun with family and friends. Fair Oaks Ranch offers a great environment to enjoy each season of the year. With more activity during the summer, each of must take precautions for our personal safety as well as others. The life saved may be yours, a loved one or your neighbor.

LANDSCAPE WATERING

The heat of summer is rising. More rain may come our way; it has certainly been helpful this spring. Still our area is not out of drought condition. The new Water/Drought gauge on the city's website is updated regularly to help awareness throughout the city. Boerne Star publishes the graphic as well. Fair Oaks Ranch maintains Water Conservation parameters year round with one-day-a-week watering Monday through Friday only. See chart below for your day and specific hours.

Irrigation of landscaped areas with hose-end sprinklers, soaker hoses, or automatic irrigation systems shall be limited to once a week between the hours of midnight to 10 a.m. and 8 p.m. to midnight on the authorized watering day according to the following schedule (No Weekend Watering):

| Street Address Ending in: | Authorized Watering Day: |
|----------------------------------|---------------------------------|
| 0 or 1 | Monday |
| 2 or 3 | Tuesday |
| 4 or 5 | Wednesday |
| 6 or 7 | Thursday |
| 8 or 9 | Friday |

For full details, see new Ordinance at: <http://www.fairoaksranchtx.org/ArchiveCenter/ViewFile/Item/458>

ANNUAL CITY BUDGET PROCESS

Each year beginning late Spring/early Summer, city staff begins the planning process for the next fiscal year's budget (City's Fiscal Year begins Oct 1st and ends Sept. 30th). This applies to both the

General Fund Budget and the Utilities Enterprise Budget. Proposed budgets are developed by staff with council and presented publicly for you to review, make comments, etc. The September Council meeting presents the proposed 2013-2014 budget to Council for Consideration/Action.

JUNE COUNCIL MEETING NOTES

There were three public hearings held on annexation petitions – one was the 2nd and the other two's 1st public hearing. The next date for the remaining two's 2nd Public Hearing is July 18th at the regularly scheduled Council meeting.

The Public Works Director asked Council for the opportunity to solicit Request for Qualifications for an Energy Savings Performance Contract (ESPC). The purpose of an ESPC is to identify, evaluate, recommend, design and the construction of energy or water conservation measures to reduce energy, water consumption or operating costs of government facilities. Council approved the request. One of the highlights of such a measure is the potential to provide Automatic Meter Reading capabilities throughout the city. There will be more to follow on this project!

Council also approved the Mayor to sign a Memorandum of Understanding with Trinity Glen Rose Groundwater Conservation District (TGRGCD) for a second monitoring well located in the city but on the other side of Cibolo Creek. There is no equipment cost to the city just some staff time to take and report readings. Our aquifer, the Trinity Glen Rose, is more flat/horizontal in nature than the Edwards. The placement of this second monitoring well will provide comparison data for the City thereby guiding us forward in our understanding of our underground water resource and flow movements - vital information for drought contingency planning.

(Continued on Page 2)

FAIR OAKS RANCH

ADVERTISING INFO

Please support the advertisers that make Fair Oaks Gazette possible. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@peelinc.com. The advertising deadline is the 20th of the month prior to the issue.

ARTICLE INFO

The Fair Oaks Gazette is mailed monthly to all Fair Oaks Ranch area residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the Fair Oaks Gazette, please email it to fairoaksranch@peelinc.com. The deadline is the 15th of the month prior to the issue.

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 | 210-698-1616 |

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 |
| GVTC - 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, fuds, ect.) 830-249-9303 |
| 5837 De Zavala Rd - San Antonio, TX..... | 210-641-0248 |

From the Mayor's Desk (Continued from Cover Page)

STAFF REPORT HIGHLIGHTS

Administration: Since October 1, 2012, approximately \$22,000,000 is added to property valuations. This is due to various permits issued: Building, Remodeling and Additions are the top three leaders with Remodeling doubling from last year.

Finance: The current budget is monitored regularly with monthly reports. Using the 12 month cycle, we take number of months completed (such as 7 months) and calculate 66.6% as a comparison gauge. General Fund Revenue through May 2013 is at 87.71%. Property tax revenue tends to come in October – January of each fiscal year. General Fund Expenses are running close to 57%; the 8-Year Street Maintenance Program is budgeted and shows that the \$ 250,000 plus will soon be expensed. The Utility Fund shows Revenue at 61.76% and Expenses at 61.87%. Budgets are available on website under FINANCIALS – upper left hand side of home page.

Police Department: From the monthly report, there were a total of 239 people receiving citations from Fair Oaks Ranch police. Out of that number, 198 are not residents. Speeding continues to be the number one offense with Expired Inspection following next. Most stops occur on Ralph Fair Road, Dietz Elkhorn and Fair Oaks Parkway. The monthly report shows a total of 269 citations issued and 483 written warnings.

Public Works: Our water comes from two sources – underground (TGR aquifer) and surface (GBRA/Canyon Lake). When the City of Fair Oaks Ranch's water customers use more than 50% of total consumption from surface water versus underground, TGRGCD exempts the city from Water Production fees. Beginning June 2012 through May 2013, our surface water consumption was 55.13%. On your utility statement, the item noted for TGRGCD will remain but the dollar figure will go to "zero". This increase in surface water usage demonstrates the residents' commitment for water conservation especially landscaping.

Much more goes on every day in our City...these are just highlights. I want to thank Peel, Inc. again for allowing us this special column every month. If you have a neighbor or friend in the city that is not receiving this monthly periodical, they only need to contact Peel, Inc. and their address will be added to their mailing list (The City does not provide addresses to Peel Inc.) One can call or go to www.peelinc.com and sign up!

Enjoyed sharing this time with you and if you have a questions or comments, please let us know.

Respectfully,
Cheryl Landman, Mayor

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on the 1st day of each month at www.PEELinc.com

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WELCOME

**NEWCOMERS
OF SAN ANTONIO CLUB**

Newcomers of San Antonio welcomes new members to its organization. Newcomers of San Antonio is a club whose main mission is to welcome new residents (those living in the Greater San Antonio area 2 years or less) and help them learn about the area and form friendships. For further information, contact us at: Newcomers_2001@yahoo.com or call 800-411-7559. Check out our web site at: www.newcomersofsanantonio.org.

Rotary Club of Fair Oaks Ranch

The Rotary Club of Fair Oaks Ranch meets every Wednesday at noon at the Fair Oaks Ranch Golf and Country Club.

The Rotary Club is serving the community with Meals-on-Wheels. If you know someone who may need the Meals-on-Wheels Service, please contact Fran Driskell (210-414-1981) for more information. Remember, Meals on Wheels is not means tested.

The recipient may be recovering from surgery, be shut-in (permanently or temporarily), etc.



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Trinity Glen Rose Groundwater Conservation District Water Conservation Audit

The sweltering days of summer are just around the corner and with increasing temperatures, come increasing pressures on our aquifers to meet water demands. Trinity Glen Rose Groundwater Conservation District (TGRGCD) would like to ask for your help in reducing that demand on groundwater. We offer a free on-site consultation to identify problem areas that could be resulting in higher water usage to home or business owners residing within our District. Following the visit, we offer recommendations to help reduce water usage both inside and outside the home and a "goody" bag full of conservation-related items, including a hose timer, moisture meter, and low-flow showerhead. We would love to work with you on conserving our water resources and helping potentially reduce your water bill as well!

To schedule a visit, give us a call at 210-698-1155!

To learn more about Trinity Glen Rose Groundwater Conservation District, please visit us at www.trinityglenrose.com.

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A FOCUS ON HEAT EMERGENCIES

Healthy Tips To Stay Cool In Extremely Hot Weather

By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity:

Heat Cramps, Heat Exhaustion, and Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS AND SYMPTOMS:

Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen
- Heat Exhaustion
- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

Heat Stroke

- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

CAUSES:

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

WHAT TO DO IN HEAT EMERGENCIES...

First Aid

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially

if the person is a child, elderly, or injured.

- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

- DO NOT give the person salt tablets.

- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.

- DO NOT use alcohol rubs on the person's skin.

- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/

References

Auerbach PS. *Wilderness Medicine*. 4th ed. St. Louis, Mo: Mosby; 2001:240-316.

DeLee JC, Drez Jr. D, Miller MD, eds. *DeLee and Drez's Orthopaedic Sports Medicine*. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.



FAIR OAKS RANCH

Cordillera Shindig Funds Birthing Classes For Community Through the Hill Country Pregnancy Care Center

The Hill Country Pregnancy Care Center (HCPCC) gratefully announces that the Cordillera Shindig has provided grant funding for free birthing classes for the community. Classes will be taught at the YMCA by trained Labor and Delivery nurses and staff from the HCPCC and will be available to anyone. In addition to the evening classes there will be a Saturday class taught once a month.

Class attendees will be eligible for free pre-natal vitamins, sonograms and other programs through the HCPCC. They will also be eligible for a free 3 month membership at the YMCA enabling them to take advantage of free childcare and post natal exercise classes which are being developed in conjunction with this program.

For further information about these free birthing classes and to register for all other benefits please call Karen at 830-249-9717.



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FAIR OAKS RANCH



IT REALLY IS A SMALL WORLD AFTER ALL

By Vicki Milana

This past school year has been an eventful one for twenty-two Houston area Ayusa families. In August 2012, these families opened their hearts and their homes to foreign exchange students from around the world. During the 2012-2013 school year; we had eleven countries represented in our area, some of the countries included were Germany, Brazil, Italy, Lebanon, China, Japan and Tunisia. The Ayusa foreign exchange student program is a great way to enrich not only the lives of your family members, but that of the folks in your community and the student themselves. "Both my wife and I have been hosting for the past five years and have enjoyed every minute of it!" says Theodore Odom of Pearland, Texas. "My wife and I have no children, so we are able to bring the students in for the full year and be their Host Parents. We believe it's a way of giving back. This year's student, Ina Zyfi of Albania has had a great time meeting new people, making new friends and volunteering her time to a local dachshund rescue."

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Connie Coutu, Regional Manager of Ayusa, a 501(c)(3) not for profit organization. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

"Our students really love giving back to the community", says Heather Wells, the Houston area Senior Regional Director. "One of our students, Nesrine Mbarek of Tunisia, participated in over 300 hours of community service. She was actually one of three students who won a trip for her community service and also attended a US Department of State "Teaching English as a Second Language" conference in April for her hard work. Other students have worked in food banks and have given presentations on their home countries in their schools."

This year, Ayusa is sponsoring over 900 students from 60 different countries in the United States. Volunteer host families are needed in our area to house these students for the 2013-2014 school year. The families need only provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program.

If you are interested in hosting an exchange student, please visit the Ayusa website at www.ayusa.org and complete the on-line application. You can view the students that are available for placement by clicking on the View Student Profiles on the home page. Help make this a memorable year for both your children and the prospective students. You'll be glad you did!



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Physical Symptoms Could Be Sign Of Depression

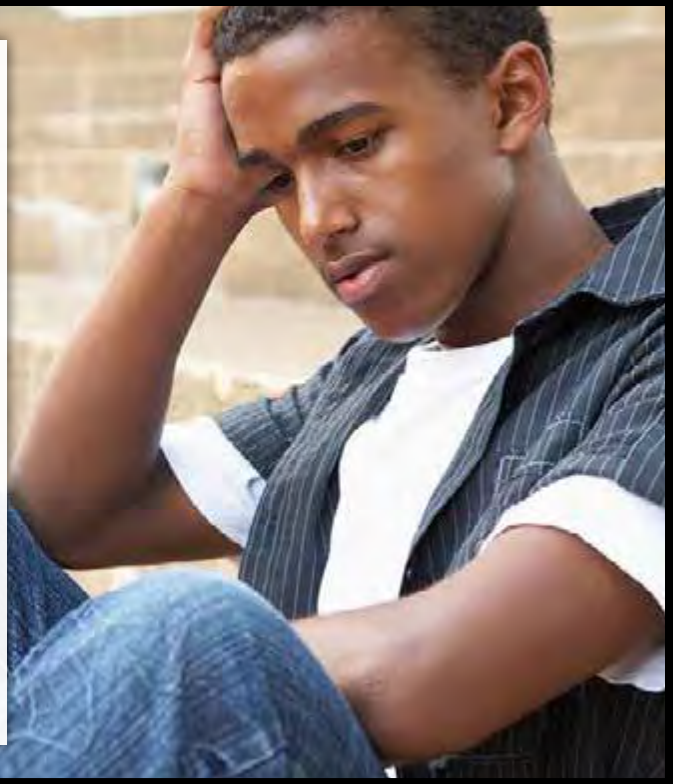
Depression and chronic mood disorders can manifest themselves through physical symptoms, said an expert at Baylor College of Medicine.

"Physical symptoms often drive a patient to see a primary care physician, and then the diagnosis of depression may emerge," said Dr. Sanjay Mathew, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Symptoms include gastrointestinal syndromes or chronic pain conditions. Many patients will have diagnoses of both a physical illness as well as depression.

The first step is to get a complete medical history and physical exam to rule out any medical conditions before making a psychiatric diagnosis.

Certain types of antidepressants and medications that help treat seizures also help with the physical symptoms of depression at low doses. This can help avoid the use of multiple medications.



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TENNIS TIPS



By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Backhand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash” and the forehand service return.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Julie Comey, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Ready Position: When Julie is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

Step 2: The Split Step: When the opponent tosses the ball into the air, Julie will take a hop with both feet off the ground, trying to time the split step with the contact of the ball on the

opponent’s racket.

Step 3: The Back Swing: Once Julie realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her left foot and will be ready to step forward to meet the ball.

Step 4: The Point of Contact: Julie now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the right knee being slightly bent and the right foot is pointing to the ball meeting the racket.

Step 5: The Follow Through: Once Julie has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her left elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

Look in the next Newsletter for: The Forehand High Volley Approach Shot

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Ongoing: Volunteers needed to stuff and distribute water safety packets info@colinshope.org

Ongoing: Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

Now-June 18: Discount Schlitterbahn Tickets for sale. <http://www.tinych.org/tickets>

June 18: World's Largest Swim Lesson at Schlitterbahn Waterpark New Braunfels

July 1: Colin's Hope Got2Swim Lake Austin 4 Miler (solo or relay) <http://www.tinych.org/got2swim4>

July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake <http://www.tinych.org/got2swimkids>

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