

The FAIR OAKS Gazette

May 2018

Volume 8 Issue 5

NEWS FOR THE RESIDENTS OF FAIR OAKS RANCH



FROM THE MAYOR'S DESK...

MAY 2018

Foundational Studies Work and Stakeholder Involvements – Comprehensive Plan and Zoning

Following up on last month's article about setting up a Planning and Zoning Commission, I want to report that we conducted Planning and Zoning training for both the Planning and Zoning Commission members and the City Council on March 28th. The training was provided by our City Attorney and our City Manager.

Following that, Gap Strategies and the City Manager presented the process for completing the Stakeholder deliverables regarding the Comprehensive Plan Update and the Unified Development Code (UDC) including zoning and subdivision regulations. This workshop was conducted on April 2nd by Gap Strategies and the City Manager.

Next, the City Manager and staff conducted the first regular P & Z meeting to review the Comprehensive Plan update and the UDC on April 12th. At this meeting, the Commission members elected Michael Rey, a partner in the Overland Partners architectural firm, as the Chairman and Frank Trapasso as the Vice Chairman.

Due to a scheduling overlap, we have moved the Citizen Town Hall meeting originally scheduled for April 16th was moved to April 30th. This meeting was opportunity for citizens to review and comment on the Comprehensive Plan Update, the UDC, and the Future Land Use and Zoning maps. The Town Hall meeting is not a legal requirement but the council wanted to have this additional community discussion before moving forward.

We have tentatively provided additional meeting dates for Council and P & Z on April 23, May 4, May 10, May 14, and May 17 to review and discuss these items. It may not be necessary to use all of these dates, but we want to allow plenty of time for the discussions.

We are tentatively planning a special joint meeting of Council and P & Z on May 21

to take public testimony regarding the comprehensive plan update, zoning regulations, and the zoning map. No formal action will be taken at this meeting.

We are also tentatively scheduling special meetings of the P & Z on May 31 and June 4 to discuss the Joint Public Hearing and consider approval of a final report from the P & Z regarding adoption of the comprehensive plan update and UDC, including zoning regulations and a zoning map.

We anticipate City Council receiving the final report from the P & Z on June 7 with 1st and 2nd readings of an Ordinance adopting the comprehensive plan update, zoning regulations, and a zoning map on June 14 and June 21 respectively.

Final planned steps are filing the adopted ordinance with the City Secretary and posting future land use maps and zoning maps in City Hall on June 22 and publishing ordinance captions(s) in The Boerne Star on June 29.

Road and Bridge Construction and Water/Wastewater Improvements

- Information on our road reconstruction project can be found at
 - o The project website FairOaksRanchRoads.org
 - o The city website FairOaksRanchTX.org
 - o The Fair Oaks Ranch Homeowners Association website FORHA.org

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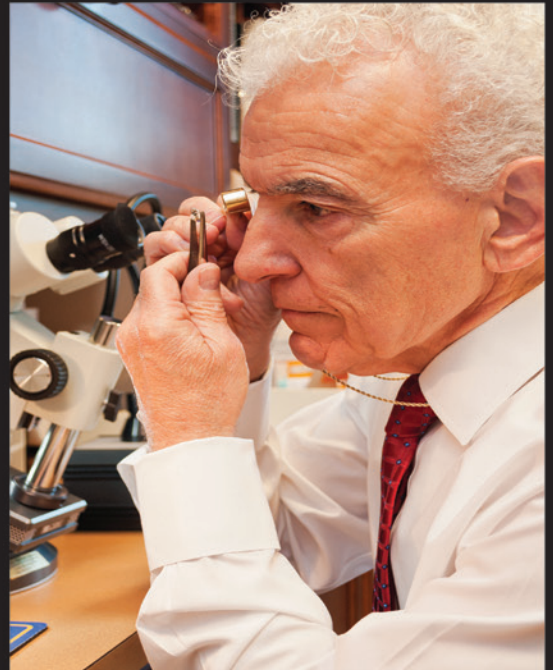
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FAIR OAKS RANCH

(Continued from Cover)

- I am sure everyone has noticed that the striping of the Parkway has started. I will remind everyone that the white stripe on the right hand side is just a guide to denote the edge of the driving lane. The area between the white line and the edge of the road is an improved shoulder. It is not a designated bike lane, walking lane, or golf cart lane. Chief Rubin points out that, although golf carts have the same access rights to the driving lane as autos, it is perfectly acceptable to pull over to the right to let a faster moving vehicle by. We do not ticket people for being courteous.
- Please continue showing caution in driving through the construction zones.

Property Appraisal Information

By now you should have received your 2018 property appraisal notice from your respective county appraisal office. If you have not, please reach out to them or view on line at:

Bexar – www.bcad.org
Comal – www.comalad.org
Kendall – www.kendallad.org

Please remember that the city has no input or control on the appraised value of your property.

Resident Volunteers/City Staffers at Work

Following are some updates on the work being done by volunteers and city staffers:

- Our city Facebook page is continuing to attract readers. We currently have 834 people following our page. We have had 2,642 visitors as of this writing. For those of you who are Facebook fans you can find us at City of Fair Oaks Ranch, TX. Our page is used for sharing information about the city, but it is not a public forum. The page is monitored and objectionable or off topic material will be removed.
- Our Wildlife Education Committee would like to remind everyone that the fawns are starting to show up. In the early days of their life, the newborns are not mobile enough to travel with their mothers. As a defense against predators, the mother deer will often leave the young animals alone for extended periods of time. The young have natural camouflage and are born with no scent to attract predators. I have personally almost jumped out of my skin on a couple of occasions when I nearly stepped on one of the new babies. Please do not touch the fawns unless there is a clear and present danger like a large ant bed nearby. Mom will be back to check on her baby.
- MaryAnne Havard tabulated the results of a survey administered at the Pig Out on the Ranch event. Probably the most interesting question on the survey was asking whether they were seeing more, fewer, or the same number of deer following the implementation of the no feeding ordinance.

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

SCHOOLS

Boerne ISDwww.boerne-isd.net
Fair Oaks Ranch Elementary210-698-1616

UTILITIES

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AT&T - Telephone.....800-464-7928
CPSEnergy.....(new service) 210-353-2222
.....(service trouble or repairs) 210-353-4357
Fair Oaks Ranch Utilities - Water210-698-7685
GVTC - Cable & Telephone800-367-4882
Pedernales Electric Co-op.....888-554-4732
Time Warner - Cable.....210-244-0500

OTHER

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FAIR OAKS RANCH

From the Mayor's Desk (Continued from Page 3)

There were 57 respondents spread pretty evenly across the Ranch. The tabulation was 10 said more, 21 said fewer, and 26 said the same. I'm not trying to rekindle the discussion, just wanted you to know what we heard.

We appreciate the contributions of all of our volunteers. We are all blessed to be a part of this community.

Wishing and your families the best as we head toward summer vacations,

Garry Manitzas

Mayor – Fair Oaks Ranch



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Being Your Best Starts with the Core

Submitted by Molli Williams

Fair Oaks is all about living the good life - golf, tennis, fitness and healthy wellbeing. We are a community dedicated to living life well and to the fullest. As a fitness, health and wellness expert, I am dedicated to helping everyone to having the best life possible when it comes to their health and a focus on the core of the body not only optimizes one's golf game, tennis match or fitness program it flows over into everyday wellness that is enhanced in functional fitness.

The core is not simply the "mirror muscles" of the 6 pack. Those rectus abdominus muscles look great for sure but they are only the outward sign of some of the core muscles. The core includes the internal and external obliques which work for twisting the torso, and the low back muscles which stabilize the spine. It is virtual impossible to have a strong golf game or tennis game or be in truly great shape without specific attention to all of the core muscles.

There are several well-known modalities to work the core. One well respected and developed modality is Pilates. Pilates is a rather recent form of exercise that came to America in the 1980s. Before Pilates we were confined to doing mostly sit-ups and leg raises. Yoga is another familiar exercise modality that has significant core focus although not quite as much as Pilates affords. Yoga has been around as a fitness form for over 5 thousand years. Anything standing the test of that much time must have something going for it.

Suspension training and body weight training has emerged as another very effective method of challenging the core and developing not just the outward, visible, abdominal muscles but the inner supportive muscles required for twisting and delivering power through a swing or a volley. Using equipment such as the TRX straps or the newer addendum the "Rip Trainer" which accompanies TRX training can train all the core muscles to deliver the kind of explosive power needed to optimize sport and recreation pursuits as well as insure that the back, and torso muscles can and will support the spine in everyday pursuits. Doing planks and bridges with the various modifications also ensure strong connectivity through the entire framework of the body.

Stability training is also an important using bosu balls, Pilates balls, stability balls and other methods of adding unstable core work so that the abdominals and low back muscles are able to cope with changes in the environment or in recreational pursuits that are presented, without ripping or being otherwise compromised.

If the arms and legs are strong but the flow of power through the body is arrested or reduced because of a weak center, the effectiveness of any swing is reduced. Simply put, in biomechanics, momentum and power is multiplied through each joint that is capable of delivering the movement onward, if there is a weak link anywhere

(Continued on Page 6)

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FAIR OAKS RANCH

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along the chain, the movement becomes compromised and diffused.

A weak core also leads to malignment of the body, low back issues, sometimes upper back issues and generally poor posture. As the old saying goes, you are only as good as your weakest link. The core is foundational to all active pursuits as well as simply being in good shape.

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NATURE WATCH

BLAZING BEETLES

by Jim and Lynne Weber



'Big Sand Tiger Beetle

an unusual form of pursuit where they alternatively sprint quickly toward their prey then stop and visually reorient, eventually running down their target. In fact, some tiger beetles can run at a blazing speed of 5 mph, and are considered one of the fastest running land animals for their size!

Tiger beetles are believed to be closely related to ground beetles, but they differ in terms of their proportions. Tiger beetles are about one inch long on average, with a head wider than its thorax, which is located between the head and the abdomen. They also have large bulging eyes, long spindly legs, and oversized sickle-shaped mandibles to grab prey and devour it on the spot. Tiger beetles are important predators in the insect world, feeding on a wide variety of ants, beetles, grasshopper nymphs, flies, and spiders. They are most often found in sandy areas, stream edges, clay banks, and woodland paths. Many are active in the daytime, and the colors and patterns on their oblong elytra (or wing covers) are often iridescent and striking.

Some of the more common tiger beetles in our area include members of the *Cicindela* genus, which comes from the Latin and means 'glowworm', referring to the fact that most of these

Over 2500 species and subspecies of tiger beetles are currently described worldwide, with more than 45 species occurring in Texas. Tiger beetles get their name from their cat-like predatory behavior, performing

species have metallic, flashy elytra. In Eastern and Central Texas, the Big Sand Tiger Beetle (*Cicindela formosa*) and Festive Tiger Beetle (*Cicindela scutellaris*) prefer the dry sandy areas of post oak woodlands. The Big Sand Tiger Beetle has luminous reddish-purple elytra with irregular white marks around the edges and the Festive Tiger Beetle's elytra are iridescent reddish-bronze to purple to



Six-spotted Tiger Beetle

blue-green or blue-black with reduced or absent spotting. Both species can be sighted late spring into fall. Abundant along water edges, the Ocellated Tiger Beetle (*Cicindela ocellata*) is most active in the summer, and can be identified by its bronze elytra speckled with 8 cream-colored spots (4 on each elytra). Ocellated means having one or more ocelli, or eye-like markings. The Six-spotted Tiger Beetle (*Cicindela sexguttata*) is the probably the most commonly observed species on dirt paths in grassy areas seldom far from woods, and has brilliant green elytra with typically six white spots on the lower half (3 on each elytra).

Tiger beetles are also excellent indicators of environmental quality and are often studied as bioindicators. Many require undisturbed sandy areas and specific microclimates for their burrows. With rapid urbanization and human disturbance of natural areas, these blazing beetles have fewer places to live and survive. They are very sensitive to changes in the environment, and are among the first species to react to pesticides, misuse of natural habitat, and climate change.

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our books, *Nature Watch Austin* and *Nature Watch Big Bend* (published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



Ocellated Tiger Beetle



Festive Tiger Beetle



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