

The FAIR OAKS Gazette

June 2018

Volume 8 Issue 6

NEWS FOR THE RESIDENTS OF FAIR OAKS RANCH



FROM THE MAYOR'S DESK...

JUNE 2018

Election Produces Good Turnout

As you probably know, Mayor Pro-Tem MaryAnne Havard, Councilman Roy Elizondo, and Councilman Greg Maxton did not draw opponents and were declared elected. We appreciate their willingness to continue serving. MaryAnne was also elected by the council to continue serving as the Mayor Pro-Tem.

I am pleased to announce that we turned out almost 1,400 residents to vote in the mayoral election. Putting this turnout in context, Boerne, which is a larger city, had about 750 residents vote in their last mayoral election.

Our Council members, staff, and the many volunteers who have helped with various initiatives appreciated the positive response to the actions we are taking to manage growth responsibly and protect quality of life. More than 83% of those who voted, expressed their desire to continue down the path we are following. I especially appreciated the hundreds of residents who came by the tent during early voting and on Election Day to express their support for the changes we are making. We will all work diligently to continue to earn your trust and support. I am looking forward to my next three years as your mayor.

Foundational Studies Work and Stakeholder Involvements – Comprehensive Plan and Zoning

As I sometimes warn you, this section is a little complicated but I think it is important for you to understand the steps we go through to get an updated comprehensive plan, land use map, and zoning in place. Fair Oaks Ranch residents have always impressed me with their willingness to study the details so they can understand what is happening in the city.

As we discussed last month, we held a Citizen Town Hall meeting at Cibolo Creek Community Church on April 30th. We had 94 residents attend the meeting to review the updated Comprehensive Plan, Unified

Development Code, and the Future Land Use and Zoning maps

We held a joint meeting of the council and the P & Z Commission on May 10th to review the results of the Town Hall Meeting. The comments received were almost all positive with special emphasis on the transparency in the process used. We appreciated the involvement of so many residents on this final Town Hall.

The P&Z Commission met on May 14th and approved a preliminary report recommending the adoption of the comprehensive plan update and Unified Development Code, including zoning regulations and a zoning map.

The City Council received this recommendation at their May 17th meeting. This recommendation is necessary to move forward with the Special Called Joint P&Z and City Council Public Hearing on May 21st. The purpose of this meeting is to take public testimony regarding/ adoption of the comprehensive plan update, zoning regulations, and zoning map. No formal action will be taken at this meeting.

Following this joint meeting, the P&Z is scheduled to meet on one or more of the following dates: May 31st, June 4th, June 7th. The purpose of these meetings will be to discuss what was heard at the Joint Public Hearing and consider approval of a final report from P&Z regarding the adoption of the comprehensive plan update and Unified Development Code, including zoning regulations and a zoning map.

If all of this transpires as planned, City Council will have a Special Called Meeting on June 14th to consider and possibly take action on the 1st reading of an ordinance adopting the comprehensive plan update, zoning regulations, and a zoning map. Following this step, on June 21st at a Regular City Council Meeting, the council will consider and possibly take action on the 2nd reading of an ordinance adopting the comprehensive plan update, zoning regulations, and a zoning map.

(Continued on Page 3)

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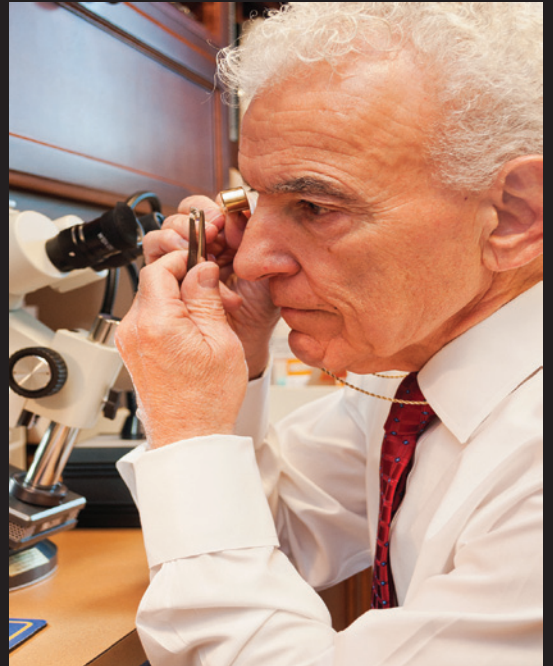
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(Continued from Cover)

I hope you successfully waded through all these steps. As is the case with many of the actions a municipality takes, state law guides us on the order and timing of the steps.

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 22nd and publishing ordinance caption(s) in The Boerne Star on June 29th.

30th Anniversary Celebration – Need Sponsors and Volunteers

Our city is 30 years old this year. On September 29th, the city is going to sponsor a huge family event to celebrate this occasion. We are planning a parade, food services, vendor booths, special play for kids, a silent auction for charity, maybe a live auction, and some musical entertainment.

We need sponsors for the event. If you have a business or a not for profit organization and would like to advertise with a booth, please call Kim Stahr at the city (210) 698-0900. We will also need a variety of volunteers to help with the event so please call Kim if you want to volunteer some time.

We really want to highlight the history of our city this time. The Fair family has been very gracious in working with us as we start planning for this event.

We'll get back to you later with more details.

Comprehensive Annual Financial Report (CAFR) Available on Website

For the first time, the City has prepared a Comprehensive Annual Financial Report (CAFR). This report differs from the Annual Financial Reports we have published in the past in the amount of statistical data provided in the report. You can think of this as moving to the next level of sophistication in financial reporting.

The decision to produce a CAFR was driven by the Council's strategic goal to "Provide for Financial Integrity into the Future." Our CAFR has been submitted to the Government Finance Officers Association (GFOA) for certification. This review process, which I understand can take as long as six months, is an important step in recognizing our growing sophistication in financial reporting.

This year we engaged ABIP, PC, which is a regional size CPA firm, to perform our audit. Moving to a larger firm to perform the audit function also supports our desire to increase the level of sophistication of our financial management.

The CAFR has been published on our city website (www.fairoaksranchtx.org). You can access the document from the Home page by clicking on "Our Government" and then on "Financial Transparency."

We recognize and appreciate the extra level of effort made by our Finance Officer, Sarah Buckelew and her dedicated team of

(Continued on Page 4)

Correction Notice

In the May edition, the article "Being Your Best Starts with the Core" was incorrectly attributed to Molli Williams but is actually by Dr. Jane Riley Ed.D, M.S., B.A. from the Fair Oaks Ranch Fitness Center.

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

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FAIR OAKS RANCH

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

professionals. Their commitment made this advance in sophistication of financial management possible.

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
- Ron Emmons reported that we are in the final stages of working through the “punch list” on the street improvement work.
- Please continue showing caution in driving through the construction zones.

Property Tax Servicing

At its May 17th meeting, City Council took action to approve signing an Interlocal Services Agreement for Tax Assessment and Collection Services with Bexar County. We are looking forward to working with Albert Uresti, Bexar County Tax Assessor and Collector, and his staff in the coming year. Mr. Uresti attended our council meeting with three of his staff members, made a brief presentation on their services, and answered questions from council and citizens. We appreciate his engagement as we begin this new relationship.

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 866 people following our page. We have had 2,731 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.
- Some of you may have noticed some signage at the intersection of Fair Oaks Parkway and Dietz-Elkhorn. City Council has taken action to approve constructing one sign as a pilot for delivering short messages that can be read from your car. If this works well, we will consider other locations. The desire is to cut down on the number of small, informal signs to announce city events and to replace them with more professional looking signage. Volunteers helping to look at the choices were: Greg Buschmann, Candace Collins, Julie Hall, Councilwoman Laura Koerner, and Debby Stephens. Kim Stahr is our city staffer working with this group. If you have any thoughts or comments on the signage, please direct them to Kim Stahr at the city.

Wishing and your families all the best,

Garry Manitzas
Mayor – Fair Oaks Ranch

VOLUNTEERING

The term “to volunteer” was first used in 1630’s meaning “one who offers himself for service”. That’s exactly what volunteers do – they offer themselves. . . and serve others.

Regardless of their particular skills, or their particular function they make a difference in the community.

But volunteering doesn’t just benefit the people who are served or the organization; a national study showed that volunteers benefit too.

- 95% of volunteers say makes them happier and enjoy life more
- Volunteers report feeling “helper’s high” when serving, they experience a sense of personal achievement
- 63% report it helps them feel less stressed or depressed and they meet interesting people and make friends

So, how about you – have you considered serving others?

The Hill Country Pregnancy Care Center needs volunteers to answer the phone, sit with clients during parenting classes, help clients “shop” in our material assistance “store”, help with clerical tasks – and more.

We’re nearby in Boerne and we’d love to have you join us!
Contact kimberlys@lifesprecious.org or call 830-249-9717.

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DRINK UP FAIR OAKS

Submitted by Dr. Jane Riley Ed.D, M.S., B.A.

Staying well hydrated at any time of year is a very important aspect of health maintenance. The body's requirement for water surpasses any other nutritional demand. The unfortunate thing is that our thirst detectors are not very refined and by the time you are feeling thirsty, you're already quite dehydrated. Often, people mistake thirst for hunger, so if you are trying to lose body fat, drink something first and see if you are really hungry or perhaps just thirsty. Often that cup of tea or glass of water does the trick and saves you from overdoing the calorie count. A slow water shortage in your body can switch on the thirst and drinking behavior in time to prevent serious dehydration, but a deficiency that develops quickly may not. The sweating athlete, the long distance runner, the elderly, infants, the gardener in hot weather or those who work or play outside pursuing tennis or golf need to drink and be conscious of their requirement for water before they feel the thirst. Our bodies lose water primarily through sweat when we are exercising, followed by water vapor lost in breathing.

Dehydration is serious business. The fact is that a 150 person's body contains about 90 pounds of water! In a child the percentage of water to other bodily constituents is even higher. This water is essential as the medium in which all metabolic functions take place. Water aids in the transport of nutrients to cells, and allows waste elements to be removed from your body. Water serves as a shock absorber and lubricant in the joints, and aids in the regulation of body temperature as well as provides lubrication throughout the digestive tract. These are the major reasons why we can live a long time without food but not without water. Daily water losses must be balanced with water intake otherwise we suffer significant health issues.

Older people who may take diuretics especially if combined with exercise, may experience significant water loss leading to dehydration exhibited by weakness, fatigue, confusion, increased body temperature, decreased blood pressure, nausea or an extreme

medical emergencies such as heat stroke which is life threatening. In fact, older individuals often partially lose their ability to sense thirst. They also may deliberately restrict their water intake because they are unsure of their ability to make it to a bathroom in a timely fashion when out and about. Although this may seem like a legitimate concern, dehydration can be deadly, so that everyone should take in half their body weight in ounces of water per day. This means if you weigh 150 pounds you should drink 75 ounces of water daily.

When exercising it is recommended that for every 250 calories expended one should take another 8 ounces of water. It is almost impossible to overdo water drinking. Water does not accumulate in the body, the urine simply becomes more dilute. The first symptom of dehydration is fatigue and sometimes this is accompanied by muscle cramping. This can occur with as little as of 2-3 % loss of body weight in water. At 5 % loss, muscular work capacity is decreased by 20 to 30%. The next step on this downward spiral is frank heat exhaustion where the face is red, people are confused and perhaps agitated and the person must be moved into the cool and given water. Nausea and diarrhea can accompany this stage which exacerbates the issue of dehydration. In hot and humid weather, sweat does not evaporate from the body as readily and our body builds up internal heat rapidly, heat stroke is a serious life threatening medical issue which can be avoided by drinking water before, during and after activities and monitoring body weight lost during activities. At the heat stroke level, a person may only be semi-conscious, and their skin will be dry because the sweat glands have shut down. Each pound of body weight lost must be replaced with 16 ounces of water. Oh yes, just in case you were wondering, alcohol depresses the brain's production of antidiuretic hormone which then increases urine output. The only fluid that will relieve dehydration is water. Play it safe and drink your water this summer.

CHICKEN ARTICHOKE DIP

Prep Time: 10 min
Cook Time: 5 min
Total Time: 15 min

Difficulty: 1 = easy
Serves: 8

INGREDIENTS:

1 can Kirkland Signature Chicken Breast in Water, drained
1 (15 oz.) can artichokes hearts, drained
1-cup mayonnaise
1-cup shredded parmesan
1 garlic clove, minced
2 green onions, chopped

DIRECTIONS:

Squeeze excess liquid from artichokes and chop. Shred chicken. Mix to combine all ingredients. Place in an oven-safe glass pie plate and microwave on high for 5 minutes. Serve with corn chips, nacho chips, or crackers.

FAIR OAKS RANCH

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