

# The FAIR OAKS Gazette

March 2019

Volume 9 Issue 3

NEWS FOR THE RESIDENTS OF FAIR OAKS RANCH



## FROM THE MAYOR'S DESK... MARCH 2019

### FOUNDATIONAL PROJECT WORK

The engineering firm of Freese & Nichols, Inc. (FNI) is scheduled to present their Water, Wastewater, and Reuse System Master Plan at the February 21, 2019 regular council meeting. FNI worked with our staff and stakeholder group for several months to conduct workshops and gather input to develop this master plan. Their deliverables included:

- Capital improvements plan for water and wastewater systems including long-term maintenance
- Future water supply and demand assessments
- Hydraulic model updates
- Water/Wastewater Standard Specifications, Details and Design Standards that can be applied to future construction
- Capital Improvement Plan (CIP)
- Infrastructure improvements
- 73 specific projects recommended

Describing the scope of FNI's work vastly exceeds the space limitations of this publication. We have a great description of the work and recommendations in the Agenda package for the February 21st council meeting. You can access this through our city's website ([fairoaksranchtx.org](http://fairoaksranchtx.org)) under Agendas and Minutes. The information pertinent to this body of work is found on pages 12 through 45 of the Agenda. FNI's entire final report is included in the package. There will be a significant amount of follow on work to prioritize and do the financial planning required for implementation.

I will remind everyone that when you are looking for detailed information on topics council is addressing, it will be documented as part of the agenda package. Our agenda packages sometimes run more than 100 pages of information about topics discussed.

The minutes are designed to provide only a record of council actions taken. They are not intended to provide either detailed topic information or a transcript of comments made.

Unified Development Code (UDC) Joint Public Hearing Scheduled for March 7th

As you are aware, we have been working toward completing a Unified Development Code this spring. The UDC pulls together all the Master Plans we have been working toward to give us the firm base we need to have a rational and organized development process.

I asked Ron Emmons, Director of Public Works and Engineering Services, to explain the significance of the UDC. Ron commented, "While the UDC pulls the Master Plans together, it also brings all of our formative strategy and plans together to provide a comprehensive structure for us to grow with a managed plan. This document includes Zoning and an updated Subdivision regulations. It also frames out what our City may look like when we fully develop, particularly our commercial, logistics, and other areas of our City form. There are detailed guidelines for infrastructure. It is a long overdue document and one that I believe all residents will be glad that we have as a tool going forward."

I reported to you last month that the Planning and Zoning Commission had given Gap Strategies approval to move ahead with producing a final UDC. The Joint Public Hearing of P&Z and Council will be where that final UDC is presented and public comments are received. The Joint Public Hearing will begin at 6:30 p.m. on March 7th. After that meeting is completed, the regular council meeting will begin.

The P&Z will meet on March 14th to conduct the initial

*(Continued on Page 2)*



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(Continued from Cover)

review for recommending approval to the council. Presuming the document is approved by the P&Z, we anticipate the 1st reading of the UDC for adoption will occur at the March 21st Council meeting.

Comprehensive Annual Financial Report (CAFR) for the Year Ended September 30, 2018

Sarah Buckelew, our Finance Director, and partners from ABIP, PC our Independent Certified Public Accountants, presented the Comprehensive Annual Financial Report for the most recent fiscal year. The audit resulted in an unmodified ("clean") audit opinion. Council is scheduled to take action to accept the audit report at the February 21st regular meeting.

Presentation of the Government Finance Officers Association (GFOA) Award for Excellence in Financial Reporting

At the February 21st regular meeting, we will play a video from GFOA recognizing our city for excellence in financial reporting. GFOA has had a program in place (CAFR program) since 1945 to encourage and assist state and local governments to go beyond the minimum requirements of generally accepted accounting principles to prepare CAFRs that evidence the spirit of transparency and full disclosure and to recognize individual governments that succeed in achieving that goal.

Reports submitted to the CAFR program are reviewed by selected members of the GFOA professional staff and the GFOA Special Review Committee (SRC), which comprises individuals with expertise in public sector financial reporting and includes financial statement preparers, independent auditors, academics, and other finance professionals.

2018 was the very first year a CAFR was submitted by the City of Fair Oaks Ranch. We were notified in January that we had received the prestigious GFOA Certificate of Achievement. This is an extraordinary accomplishment for the first year of participation. Winning this award shows the City's commitment to financial reporting that is organized and transparent. The council congratulates our financial staff and our city leadership on this extraordinary accomplishment.

## PLANNING AND ZONING COMMISSION (P&Z)

The P&Z serves as a recommending body to the City Council. I have begun reporting on their activities in this newsletter as part of the regular city activities.

- At the February 14th P&Z meeting, the commission approved the final plat that establishes Comal County Unit 15 (River Valley Unit 2). This plat will go to council for final approval at their February 21st meeting. Significantly, at final plat approval stage, the developer has the engineering plans in place to support drainage work impacting Keeneland Drive.

- At the same meeting, P&Z approved the final plat establishing Front Gate Unit 4. This final plat will also be presented to council for final approval at the regular February 21st council meeting.

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## IMPORTANT NUMBERS

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

### SCHOOLS

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Fair Oaks Ranch Elementary .....	210-698-1616

### UTILITIES

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.....	(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

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## ELECTION UPDATE

Incumbent council members Steve Hartpence, Laura Koerner, and Snehal Patel filed to stand for re-election. No one filed to run against the incumbents. As required by law, the City Secretary will prepare a Certificate of Unopposed Candidates to present to council at the March 7th regular council meeting. The City Secretary will also prepare a Resolution Declaring Unopposed Candidates in the May 4, 2019 General Election elected to office and cancelling the General Election and present that resolution for adoption at the same March 7th council meeting. These actions will save the city the cost of staging an election.

I personally appreciate the willingness of these three council members to continue their service. We appreciate our residents showing this confidence in our current council members and I look forward to the team of council members, city staff, and resident volunteers continuing to move forward our agenda of managing growth responsibly and protecting our quality of life.

## UPCOMING HOUSEHOLD HAZARDOUS WASTE

Thank you for your cooperation on the recent bi-annual brush/bulk pick up service. Please start planning for the next Household Hazardous Waste event which is scheduled for March 16th. A flyer will be mailed shortly on this event. We will be having to

impose some limits on how much household hazardous waste can be collected from each household at this year's event. We vastly exceeded the amount budgeted in our contract with Republic Services at the first event. While they graciously covered the overrun the first time, we cannot continue imposing on their kindness and we do not have money programmed in the current budget to fund a significant overrun. The flyer will address limitations. As a reminder, the HHW event is a new service the city added to our contract with Republic Services. The HHW event will take place once annually.

## WATCH OUT FOR SCAMMERS!

Three of our good residents (V.J. Bila, Tom Hannibal, and Bernal Reneer) asked me to post a warning to watch out for scams that seem to be working their way around, especially those aimed at all of us senior citizens. V.J. and Tom have been around The Ranch forever and have heard about a number of people being victimized or getting close to it. Bernal is a retired FBI agent and has had the experience of working the law enforcement end of these types of crimes. So when the phone rings, and someone tells you your grandson is in jail and needs money for a lawyer, beware!

Chief Scott Rubin has provided the following link courtesy of Therese Keller, Outreach Manager for seniorliving.org:

(Continued on Page 6)

# GOLF CART SERVICE AND REPAIR

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# FAIR OAKS RANCH

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(<https://www.seniorliving.org/research/common-elderly-scams/>)  
This is an excellent site and covers many of the common scams. It is worth your time to read it.

Remember, if it sounds strange, it is probably a scam. Make your first call to our police department at 210-698-0990.

Thanks to V.J., Tom, and Bernal for bringing this to my attention.

## BEWARE OF YOUR INFORMATION SOURCES

I try to minimize my time on social media because so much of the information there is misleading, incomplete, or simply not true. Dedie keeps an eye on it for me and lets me know when trends of misinformation are showing up that may need addressing. I want to encourage everyone to qualify your sources before getting excited about anything you read on social media.

Our City Charter names two authorized spokespersons for the city: the Mayor and the City Manager. Anyone else posting city information is an unofficial source. Many of these unofficial sources have personal agendas, biases, or just simply axes to grind that tilts their reporting to a predefined narrative.

That is not to suggest that all social media postings are misleading. Some of our council members, notably Councilman Elizondo, have posted very thoughtful and accurate responses to questions.

Tobin and I, as the official spokespersons, do not engage in

“posting ping pong” on social media. Both of us, however, make ourselves available for face to face or ear to ear conversations with residents who want to have a serious conversation. Boots Gaubatz, our first mayor, had a good approach: “Don’t spread a rumor. Call me and I’ll tell you the truth.” That was good advice back then, and it still is.

If you want to have a serious conversation about a city related issue, write to me at [mayor@fairoaksranchtx.org](mailto:mayor@fairoaksranchtx.org) or to Tobin at [TMaples@fairoaksranchtx.org](mailto:TMaples@fairoaksranchtx.org). Either of us will be happy to schedule time to visit.

## RESIDENT VOLUNTEERS/CITY STAFFERS AT WORK

- Our city Facebook page is continuing to attract readers. We currently have 1,462 people following our page. 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.

- I delivered a State of the City address at the Fair Oaks Ranch Golf and Country Club on February 5th which was attended by around 150 people. We appreciated the participation in this event. We especially appreciated the gold level sponsorship of The Fair

(Continued on Page 7)



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**ONE DAY!  
HUGE IMPACT!**

**Mark Your Calendars for  
Thursday, March 28th  
BigGiveSA!!!**

This annual event is 24 hours of online giving to your favorite nonprofits, where you can **make a difference** in your community!



Last year hundreds of supporters like YOU gave to Hill Country Animal League on Big Give day, almost \$25,000! The funds allowed us to continue our spay/neuter mission by keeping our prices affordable for everyone, thank you all so much! And...you can **DOUBLE** your impact, because two generous donors are providing \$10,000 in matching funds on March 28th!!! Spay/neuter not only reduces animal overpopulation, but also helps to reduce the spread of rabies, the need for euthanasia, and tax burden from overwhelmed shelters across the 15 counties we serve. Keep an eye on all our social media feeds as we approach Big Give day and take part in the excitement, fun, and satisfaction of making a difference in our communities!



Visit [www.thebiggivesa.org](http://www.thebiggivesa.org) and look up Hill Country Animal League to learn more!

(Continued from Page 6)

Oaks Ranch Rotary Club, The Homeowners' Association of The Falls at Fair Oaks Ranch, Pape-Dawson Engineers, and Denton Communities. Our Rotarians and the folks from The Falls have always been good community members and active volunteers. Similarly, Pape-Dawson Engineers and Denton Communities have had ongoing work relationships with our city for many years and we appreciate their partnering. I also expressed my appreciation to the First Lady Of Fair Oaks Ranch (FLOFOR) who managed to make a strategic return from the ladies' room just as I started recognizing her! Thanks for your help, Dedie.

## RECOGNIZING RACHEL BROWN OUR EMPLOYEE OF THE YEAR

• As part of the State of the City program, we recognized Rachel Brown as our Employee of the Year. Rachel, who is also a resident of The Ranch, distinguished herself during the year by her unselfish willingness to work with her co-workers. We are very proud of Rachel and our many other fine employees. Rachel serves as the Building Codes Administrative Assistant.

*Best regards to you and your family,  
Garry Manitzas  
Mayor – Fair Oaks Ranch*

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## TRX and the RIP Trainer Proven Exercise Strategies to Dramatically Improve your Game!

Whether your game is tennis, golf or simply being in the best shape of your life, using suspension training such as the brand name TRX or Rip Trainer by TRX is an effective and powerful method of achieving core stability and power. One of the primary benefits to using suspension training is that you can complete a virtually endless number of exercises using one training tool. This is because your body position and body weight increases or decreases the resistance. The workouts incorporating the TRX and the Rip Trainer do not just improve your core however, they provide a total body workout, using isolation exercises, and integrated exercise, to build strength, power, rotational strength and co-ordination, balance and cardiovascular fitness. The two pieces of equipment are also portable lightweight and safe. The TRX and Rip Trainer provides a far greater number of exercise options than big expensive machines that are limited to just one function and one plane of motion.

Your body's core muscles are challenged with every exercise that you perform in suspension training, and it is the core that improves your body stability, balance and flexibility. Everything physically that we do in life connects through the core, and having a strong and flexible core prevents low back injury as well as improves any rotational movement. Because life takes us into all planes of movement, rather than simply forwards and backwards as in most exercise modalities, the TRX training system mimics real life and prepares us to be strong in all planes of movement while improving balance and co-ordination. The emphasis in this type of training is rotational and asymmetrical movement which is critical in any sport such as tennis or golf, baseball or hockey. It also has notable effects for rehabilitation and for those who want a streamlined, time efficient and effective total body workout.

The Rip Trainer and the TRX Trainer are used by professional athletes in the NBA, MLB, NFL, MMA and NLL to achieve more power, drive, a competitive edge and a leaner more efficient physique.

The Fitness Center at Fair Oaks Ranch has TRX Trainer and Rip Trainer classes with Dr. Jane for you to take your game to the next level. Find out why the pros use these modalities to take their competitive edge over the top. Call the Fitness Center at Fair Oaks for details or call Dr. Jane at 808-212-8119.





# FAIR OAKS RANCH

## Aeration Now Can Help Your Spring and Summer Irrigation



In order to prepare your lawn for a healthy spring growing season, you should employ basic lawn care practices at this time of year, which includes aerating your yard. It is important that nutrients reach the soil beneath your grass, and aeration can help you get that done.

Aeration involves making small holes in the soil to allow air, water and nutrients to get to the grass roots.

This helps the roots grow deeper and produce a stronger, more vibrant lawn.

Aerating helps alleviate soil compaction. Compacted soils have too many solid particles in a space, which prevents proper circulation of air, water and nutrients within the soil. Excess lawn thatch or heavy organic debris buried under the grass surface can also starve the roots from these essential elements.

So when is the right time to get this aeration done? These next six to eight weeks leading up to the spring season, when grass begins to grow again, is a good time to aerate.

The two main aeration tools are the spike aerator and a plug aerator. The spike aerator poke holes in the ground with a solid piece of metal. Plug aerators remove a core or plug of grass and soil from the lawn. Most landscaping companies and horticulturists recommend the use of the plug aerator. The machines can be rented or you can have a lawn care service aerate for you. After aerating, it's always a good idea to apply about a half-inch of compost over the aerated yard. The compost fills in the holes left by the plug aerator and brings organic materials into the root zone.

If you have noticed that your turfgrass isn't looking its best or that water has difficulty penetrating through the soil surface, it may be time to aerate your lawn. Lawns with clay soils that get a lot of foot traffic typically require aeration more often as they become compacted over time. Here's a great tip to check to see if your yard needs to be aerated.

Using a shovel, dig a square-foot section of grass about six inches deep and take a look at it. If the grass roots don't extend further than two inches deep into the soil, your lawn would benefit from aeration.

If you plan to aerate your own yard, here are a few helpful tips to get the job done.

- Before you get started, make sure the soil is moist enough. There's nothing more frustrating than trying to aerate soil that is bone dry. Aerating the day after a rain shower or watering your lawn the day before is advised.

- Most aeration machines cover only a small percentage of soil surface per pass, so make multiple passes over the most compacted areas. Save resources (and your energy) by leaving unaffected areas alone.

- The soil plugs can be left on the ground after aeration and allowed to decompose. Or, you can rake them into piles to throw in the compost bin. However, this isn't necessary as it should take about two to four weeks for the soil cores to break down naturally. Sprinkle compost (sand or peat moss can be used instead of compost) over the lawn to fill in the holes.

- An aeration myth is that if you apply a pre-emergent herbicide on your lawn in the spring, aerating your lawn will destroy the herbicide "barrier." This is not true — research shows that aeration will not affect crabgrass control or weed prevention.

After aerating, it's important to continue appropriate lawn care practices.

Aerating will help you save water over the spring and summer seasons. Instead of running off or only penetrating a few inches, water will be better absorbed in an aerated yard. That makes your entire landscape and your water bill happier.

Did you know...

According to the U.S. Environmental Protection Agency, outdoor water use varies greatly depending upon geographic location. In dry climates such as that in the Trinity Glen Rose District, a household's outdoor water use can be as high as 60 percent. Some experts estimate that as much as 50% of that irrigation water is wasted due to inefficient watering techniques, wind and evaporation.





## HCPCC Welcomes New Corporate Church Partner

The Hill Country Pregnancy Care Center is pleased to welcome St. John's Anglican Church of Boerne as a Church Corporate Partner. These Church Corporate Partners invest in the community through their support of the free services of the HCPCC. In addition to the pregnancy services which families can receive, many parents take advantage of the free parenting classes available both individually and in group formats.

The medical department is overseen by a physician who is the Medical Director, and a physician who is a Board member. The four staff nurses work with 2 OB/GYN physicians who donate their time to serve our families. The nurses provide first trimester ultrasounds, STD testing and treatment, and education in the schools. All of which are free and available to any member of the community without reservation.

Anyone interested in knowing more about the HCPCC should visit their websites at [www.boernepregnancy.org](http://www.boernepregnancy.org) or [www.lifesprecious.org](http://www.lifesprecious.org). You may also call the Boerne office at 830-249-9717. Groups interested in sponsoring volunteer projects should contact [kimberlys@lifesprecious.org](mailto:kimberlys@lifesprecious.org).

*Pictured are Father Don Hughes, Pastor of St. John Anglican Church and Donna Klingaman, HCPCC Boerne Director. Donna is giving Father Don an exclusive print by local artist Beth Coyle which all Corporate Partners receive - whether business or church partners.*



## Why Acupuncture?

*By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)*

Some people have regular acupuncture maintenance treatments as part of their pursuit to stay healthy and active, others prefer acupuncture to Western medicine because:

1. They have a condition that does not respond to conventional care, so that they have to look for alternative health care options.
2. Conventional care often involves drugs with undesirable side effects or unwanted, perhaps risky medical procedures.
3. Western drugs are expensive and when multiple drugs are used at the same time, they could interfere with each other.
4. Patients prefer a natural, holistic medical approach to healthcare.

Acupuncture and Traditional Chinese Medicine (TCM) are safe with little side effects, because the herbal ingredients are combined to minimize and counteract the possible side effects. They work together to balance the body and allow the body to heal itself.

### DOES IT HURT?

Acupuncture needles are very different from clinical, hollow needles used for ordinary injection, vaccinations, etc. Acupuncture needles are not much thicker than a human hair and insertion of an acupuncture needle is practically painless. In some cases, you may not even know the needles are in place, in others, there may be some tingling, warming, heaviness, or a feeling of the Qi moving up and down the channels in your body. Most people find acupuncture extremely relaxing and many fall asleep during the treatment.

### WHAT ARE THE MAIN OBJECTIVES OF ACUPUNCTURE TREATMENT?

The main objectives of an acupuncture treatment can be summarized in five main categories:

1. Relieve pain and other symptoms.
2. Relieve stress and emotional issues.
3. Treat addictions and substance abuse.
4. Strengthen the immune system.
5. Balance, harmonize and integrate functions of organs with each other, making for a unified and healthy person.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you. For more information, please visit [www.amaranthacupuncture.com](http://www.amaranthacupuncture.com) or [www.facebook.com/amaranthacupuncture](http://www.facebook.com/amaranthacupuncture).

### WHAT DOES THE WORLD HEALTH ORGANIZATION SAY ABOUT ACUPUNCTURE?

The World Health Organization (WHO) updated their list of conditions, symptoms or illnesses that may be treatable with acupuncture. The list of indications for acupuncture includes over 100 conditions, including lower back pain, neck pain, sciatica, tennis elbow, knee pain, periarthritis of the shoulder, sprains, facial pain, headache, dental pain, temporomandibular (TMJ) dysfunction, rheumatoid arthritis, induction of labor, correction of malposition of fetus, morning sickness, nausea and vomiting, postoperative pain, stroke, essential hypertension, primary hypotension, renal colic, leucopenia, adverse reactions to radiation or chemotherapy, allergic rhinitis, including hay fever, biliary colic, depression, acute epigastralgia, peptic ulcer, acute and chronic gastritis, etc.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.

# FAIR OAKS RANCH

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