



2013
RESOLVE TO
GET HEALTHY

SENIOR
CITIZEN
SERVICES



LIVE
HEALTHY
LIVE OAK!

JANUARY - FEBRUARY 2013

CITY OF LIVE OAK DIRECTORY

Main Number - (210) 653-9140
Business Hours - 8:15 am - 5 pm
Website - www.liveoak.net

City Council

Mayor Mary M. Dennis..... 792-7168
yourmayormary@yahoo.com

Councilwoman Loretta Kusek, Place #1.....657-7167
Available to meet with citizens Monday mornings between 9 am - 12 pm at City Hall in the Council Office
lkusek@sbcglobal.net

Councilman Robert "Bob" Tullgren, Mayor Pro Tem, Place#2..... 378-6129
btullgren@sbcglobal.net

Councilman Michael Balderaz, Place #3..... 380-4008
michaelbalderazliveoak@yahoo.com

Councilman Ed Cimics, Place #4..... 844-2773
edcimics@sbcglobal.net

Councilman Aaron Dahl, Place#5..... 386-0960
aaron.dahl@live.com

City Manager

Matthew Smith..... 653-9140 ext. 212

Assistant City Manager

Scott Wayman..... 653-9140 ext. 261

City Secretary

Debby Goza..... 653-9140 ext. 213

Civic Center Director

Jim Battersby..... 653-9494

Economic and Community Development Manager

Jordan Matney..... 653-9140 ext. 286

Finance Director

Leroy Kowalik..... 653-9140 ext. 216

Fire Chief

Charles Foster..... 653-9140 ext. 241

Info. Technology Director

Jim Nardone..... 653-9140 ext. 292

Police Chief

Ken Evans..... 945-1700

Public Works Director

Mark Wagster..... 653-9140 ext. 221

Services

Animal Control

Tammie Belmonte..... 653-9140 ext. 228

Building Official

Ken Steiner..... 653-9140 ext. 250

Building Permits/Inspections

Donna Lowder..... 653-9140 ext. 244

Code Compliance

John Dalton..... 653-9140 ext. 245

The new online version of the
Hometown News
is available at:
www.liveoaktx.net/magazine

Dispatch 24 Hours..... 653-0033

Emergency (Police, Fire, EMS) 24 Hours..... 911

Emergency Management

Gary Woppert..... 653-9140 ext. 379

Human Resources

Trudy Whitfield..... 653-9140 ext 201

Recreation

Courtney Weese..... 653-9140 ext. 235

Water Department

Billing Office..... 653-9140 ext. 225

OFFICIAL MEETINGS

City Council Meetings:

2nd and last Tuesday of each month at 7 pm.

Parks & Recreation Commission Meetings:

1st Monday of each month at 7 pm unless the first Monday is a holiday, then the meeting will be held on the 2nd Monday of the month.

Board of Adjustment Meetings: Held as necessary

Economic Development Corporation Meetings:

Last Monday of every month

Planning & Zoning Commission Meetings: Held as necessary

Citizen Code Compliance Committee Meetings:

Every other Tuesday @ 4:00 pm

(see Community Calendar)

FUTURE EVENTS

Farmer's Market

Tuesday's 9 am - 2 pm @ The Civic Center Parking Lot

January 29th: Randolph Metrocom Chamber Restaurant &

Business Showcase: Civic Center, 5-8-pm



Minute with the Mayor



Mayor Mary M. Dennis proudly displaying our Tree City USA plaque, Arbor Day 2012

Happy New Year!

Another year has come and gone like a whirlwind. 2012 was a wonderful year for our City as we were able to deliver services to our citizens and maintain a high quality of life. In the last twelve months, many of our City departments have seen upgrades and new additions to enhance the services provided to our residents. The Fire Department replaced an aging ambulance, the Police department welcomed a new Police Chief and several new officers and the Finance Department once again re-

ceived an award for excellence in accounting. I would like to personally thank each of the employees for their hard work and dedication to the City that they serve. Additionally, hats off to Live Oak City Manager Matt Smith for continuing to keep things running smoothly.

This edition of the Hometown News focuses on health and fitness. Live Oak boasts wonderful amenities for our citizens not only in prevention, but also in the time of medical needs. We are

proud to be home to North-east Methodist Hospital and many professional medical offices in varying specialties. Our citizens never have to leave the City limits to receive the best in health care.

The beginning of a new year is the perfect time to commit to taking care of yourself. Might I suggest joining a group of friends or one of our existing groups that meet each week to walk and exercise in the neighborhood and our beautiful park system? Start meditating, read

a good book to exercise your mind or take advantage of the many programs the City offers throughout the year for families and community.

Remember, you are the most important person so take care of yourself! I am available for comments or concerns at 210-792-7168 or by email at yourmayormary@yahoo.com. The best is yet to come!

Mayor Mary M. Dennis

The Scrapy Quilter

Just a Few Classes We Offer

Bag Ladies

Jan 10: 5pm-9pm
Jan 12: 12pm- 4pm
Jan 14: 5pm- 9pm

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Every Wed Starting
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2013

RESOLVE TO GET HEALTHY!

By Jordan Matney
Economic Development Manager

With the advent of the New Year always comes New Year's Resolutions. The beginning of the year is a wonderful time to set new health and fitness goals for yourself and your family. The Live Oak community is a wonderful place to begin your journey to better health. Our City boasts numerous wellness based programs and activities for all types. This year, we encourage you to stick with your plan for a new healthy start by providing a guide to health and fitness in the community.

One of the best and easiest ways to start a new fitness regimen is to utilize the trails in one of our beautiful parks. In Live Oak's Main Park there is a premier disc golf course, 3 baseball fields, a football field and a basketball court. The park is ideal



The Seniors of Live Oak (SOLO)

are both guaranteed a work out!

Woodcrest Park and the Live Oak Main Park both have paved and unpaved walking trails for citizens to enjoy. The Seniors of Live Oak (SOLO) meet twice each week for group walks through the parks as well. On Tuesdays, meet the group at the Pool Club House on Shin Oak for a walk through the Main Park and on Thursdays, meet at Woodcrest Park in the Woodcrest Subdivision. The walks begin at 9:00 AM both days, for more information call Terry Fitzpatrick at (210) 655-2201. Make sure you swing by New Balance in the Forum to pick up a new pair of walking shoes!

to take the family out for an impromptu basketball game and you are sure to have a great time while developing some healthy fitness habits. There are

2 large playgrounds for children in the park and one is specifically geared towards those little tots. Chase the kids around for a few hours and you

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210-566-0020



Councilwoman Loretta Kusek with square dancers, Paul & Kathy Rigsby

Live Oak is the proud home of Gold's Gym, a national fitness chain with over 45 years of experience. The local Live Oak branch is located at 7939 Pat Booker in the Live Oak Crossing and includes two stories of fitness amenities for any level, from beginner to fitness superstar. Certified Personal Trainers are available as well as group fitness classes for any level. The bottom floor features an indoor heated pool, hot tub, dry sauna, basketball court, group exercise studios, strength training area and locker rooms. Upstairs includes state of the art cardio equipment and additional group fitness studios. Additional services and amenities

include Lady Gold's, a woman's only workout area, childcare, pro shop and smoothie bar. For more information, visit with the knowledgeable staff onsite or call (210) 637-6600.

Upon completion of your workout, head across the Live Oak Crossing shopping center to Nutrition FX for your entire vitamin and supplement needs. Nutrition FX is located at 7913 Pat Booker and is your one stop supplement shop! The highly trained and dedicated staff is always open for questions and willing to assist you in choosing the right supplements. Nutrition FX offers smoothies, pre-workout drinks, natural supplements, vitamins and of course, sports nutrition. Visit Nutrition FX today or contact them at (210) 590-9000. Make sure you follow them on Facebook as well to become aware of upcoming specials including First Friday sales offering 20% products on the first Friday of each month.

For fun and new ways to get or stay in shape, the Live Oak Mature Adults (LOMA) offers a variety of events that allow members to "get moving." Events such as square dancing performance by Paul & Kathy Rigsby, members of LOMA and members of

The Alamo Area Square & Round Dance Association provide entertainment for the group as well as a chance to move and be active. After the performance, LOMA members migrated to the dance floor to kick up their heels and give it a whirl. Paul stated that this is an activity that keeps you young at heart, both physically and mentally. For more information about square dancing, please visit www.alamoarea.org/. LOMA also offers regular guest speakers. Dr. Clayton Lohiau, Modern Chiropractor, Clinical Nutritionist and Health Coach recently visited LOMA to speak about specific nutritional healing and health and wellness. If you would like more information about joining LOMA, please contact Loretta Kusek @ 657-7167.

For those seeking alternative and natural methods to improve health, Live Oak offers a variety of storefront and home-based businesses that provide such services and products. The weekly Farmers' Market features a variety of fresh grown fruits and vegetables in the parking lot of the Live Oak Civic Center at the corner of Pat Booker and Loop 1604. The Farmers' Market is open each Tuesday from 9:00 AM-2:00 PM, rain or shine. Sacred Healing Tree located at 12402 Toepperwein Road provides Traditional Chinese Medicine by owner Steven Blackstone. For more information, please call (512) 351-0021 or vis-

it online at www.sacredhealingtree.com. JoAnna Wheeler with Young Living Essential Oils provides therapeutic-grade essential oils for total body wellness. She can be reached via phone at 210-655-1036, email at sparkupwheels@yahoo.com or online at www.youngliving.org/joannawheeler.

Additional fitness opportunities in Live Oak include fun for all ages. The Live Oak Disc Golf Alliance sponsors many tournaments at the park throughout the year as well as Thursday night league nights with entry fees as low as \$2.00. For more information, please visit them on-

line at www.lodga.com. The Big Green Gym Bus provides children with a safe, fun, educational and noncompetitive environment to raise a child's confidence, self-esteem, and to instill in them at an early age the importance of physical fitness. Visit the Big Green Gym Bus online at www.biggreengymbus.com, find them on Facebook or call (210) 787-8887 for more information. The Live Oak Jaguars Football/Cheerleading Organization (lojaguars.org), Greater Northeast Little League (gnell.org) and Live Oak Dolphins (liveoakdolphins.swim-team.us) all provide structured sports leagues with plenty of fun for children. The

Live Oak Parkour Skate and Bike Association (metrocomoptimist.org/lopsba) has numerous ways for the older kids to take fitness to a whole new level.

While prevention is always key, Live Oak does claim one of the best medical districts in the area with Northeast Methodist Hospital right here in the City, as well as a community of world class medical facilities of varying specialties and services. For a complete list of services and businesses available in Live Oak, please visit Shop Live Oak on the City's website, www.liveoaktx.net.



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BUSINESS RECOGNITION



On Monday, October 29th, members of the Live Oak Economic Development Corporation presented the Dairy Queen manager and staff with a plaque in recognition of their 36 years of faithful business to the residents of Live Oak. Dairy Queen, located at 8101 Village Oak, is the oldest restaurant in Live Oak. For more information, please visit their location or call 655-9636.

Make sure you support local Live Oak businesses and remember to Shop Live Oak! For information on various business incentives and recognition efforts, please contact Jordan Matney, Economic and Community Development Manager at 210-653-9140, ext. 286 or jmatney@liveoaktx.net.

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From the Fire Department
Gayle Wilkinson, Live Oak Fire Department

Our Home Town "Mo Bros"

During the month of November our own Firefighters (B Shift) took the challenge of growing mustaches' for men's health issues. "Movember" is an annual fund and awareness drive that men all around the world participate in. They start the first day of November clean shaven and then sprout wonderful mustaches of all shapes, sizes and colors. With their Mo's, these men raise vital awareness and funds for men's health issues, specifically prostate and testicular cancers. Supported by the women in their lives, Mo Sistas, "Movember Mo Bros" raise funds by seeking out sponsorship for their Mo-growing efforts. Through their unselfish actions our guys became walking, talking billboards for the month of November.

Big steps have been taken towards changing attitudes and habits relating to men's health around the world. Via the moustache, "Movember" aims to fulfill its vision of having an everlasting impact on the face of men's health by continuing to spark conversation and spread awareness of men's health issues each year. In 2011 the U.S. Campaign raised \$15 million and 82.3% was allocated to the Men's Health Programs.

Please join us with a Big Thank You for our B Shift Firefighters: Captain Bernie Brietzke, Lieutenant Terry Hand, Firefighters Don Mizera, Todd Perna, Danny Klaus and our newest fireman Jacob Johnson.



From the Office of Animal Services

By Tammie Belmonte,
Animal Control Supervisor

Top 5 Ways Puppies Improve Your Health

Reason to Get a Dog #1: Dogs Get You Moving

A March 2011 study published in the Journal of Physical Activity & Health found that dog owners are more likely to reach their fitness goals than those without canine companions. Researchers at Michigan State University found that dog owners are 34 percent more likely to fit in 150 minutes of walking per week than non-dog owners.

Reason to Get a Dog #2: ...And Keep You Going

Owning a pet dog promotes health and fitness even after you take your pup for a stroll, increasing leisure-time physical activity by 69 percent.

Reason to Get a Dog #3: Dogs Push You to the Next Level

Walking with a dog leads to a 28 percent increase in walking speed, compared to a 4 percent increase found with a human walking buddy.

Reason to Get a Dog #4: Dogs Don't Accept Excuses

People who walk with dogs are more likely to stick to their fitness plans than those who walk with humans or alone, according to researchers at the University of Missouri.

Reason to Get a Dog #5: Dogs Ease the Road to Recovery

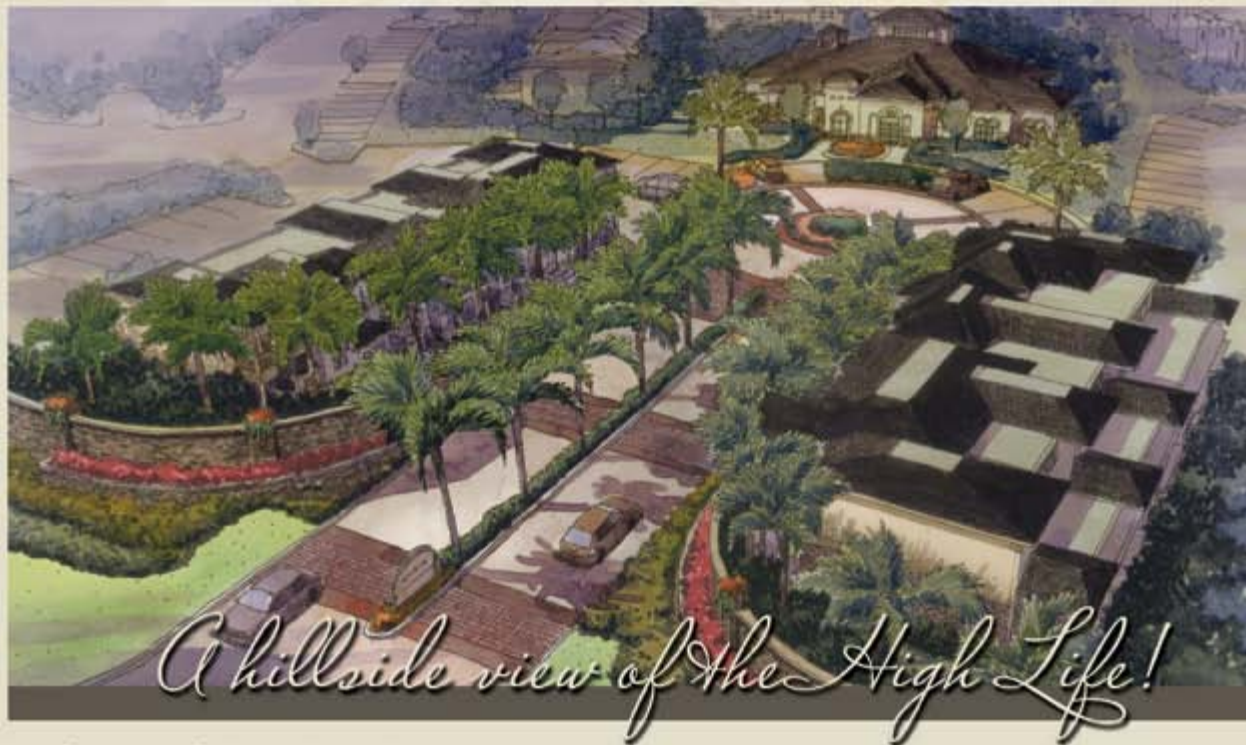
Your furry friend is there for you in good times and bad. Dog owners had a better one-year survival rate following a heart attack than non-dog owners.

For a current list of lost or adoptable pets, please visit www.petharbor.com. For more information about adoptable animals, please call Animal Care and Control at 210-653-9140, ext. 228.





VILLAS
at Mira Loma



Perched on a hillside like a Tuscan palace, Villas at Mira Loma will mirror the simple beauty and warm ambiance of Tuscany.

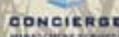
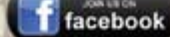
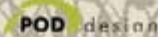
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“Warning! You want a warning? O.K., I’m warning you that if you do that again, you may receive another ticket.” All kidding aside, you would be surprised if you knew how often violators don’t receive a ticket at all. For most drivers, seeing lights flashing in a rearview mirror is a bad thing. Part of a police officer’s job is to enforce traffic laws and, like it or not, this is a necessary part of living in a safe and peaceful community. In the City of Live Oak, one of the most common citizen requests of the police department is for more traffic enforcement in the neighborhoods. With this being understood, there are a few guidelines you can follow to help make a traffic stop more comfortable for the driver, and safer for both you and the officer.

The first tip is to stop your vehicle in a safe place for you and the officer. You can do this by pulling off the roadway as far from the flow of traffic as possible to prevent an accident, and make sure that the place you are pulling over is clearly visible for other approaching traffic. When you pull over, turn off your ignition, turn on your interior lights and roll down the window so officers can approach. Try to relax and remain in your vehicle, unless asked to step out by the officer.

Another factor to consider when being stopped by an officer is that officers never know what or whom they will encounter. Unfortunately, there are times when traffic stops become very

dangerous encounters for police officers. Please be understanding of the officer’s perspective and keep your hands in view and don’t make any sudden movements. It’s recommended that the driver wait for the officer to ask for a driver’s license, registration or proof of insurance prior to reaching for anything. Often the officer will do this prior to discussing the reason for the stop.

There are generally four possible outcomes from a traffic stop. Those are a verbal warning, written warning, citation or being arrested. The primary goal of the officer is to obtain voluntary compliance from the violator and positively affect the future driving habits of the violator or get the violation corrected. The officer’s challenge is to figure out the most effective way to accomplish that.

There are many reasons officers conduct traffic stops. For instance, defective headlights, taillights and other vehicle impairments are all legal reasons why an officer may conduct a traffic stop, so they can bring it to your attention for correction. This may not necessarily mean that you are going to get a citation depending on the

circumstances. Remember that police officers are “community caretakers” so the officer has the need to intervene in many different types of situations, and not all of them are adversarial or result in a citation or arrest.

Finally, probably the most important rule of all: If you do not agree with the citation, or the manner in which the officer presented it to you, do not argue at the scene. All citizens have the right to question or dispute their citation before a judge. When you sign a ticket you are not agreeing that you are guilty, you are simply stating that you will show up for the court

date. If you have issues with the manner in which you were treated, there are avenues for you to voice these concerns. The Live Oak Police Department prides itself on quality and professional service so you are welcome to bring any concerns or even positive feedback to the attention of a supervisor.

The best advice I can give is to remain calm, understanding, civil, and in your vehicle. I know you have heard it before but officers are really just doing their jobs. Help us make this community safer for everyone, drive carefully and obey the traffic laws!

LIVE OAK CHIROPRACTOR GETS RADICAL...”

Dear friends,

It was early last Thursday.

It just got to me. After seeing the ninth person that day that had been on heavy drugs for headaches, I said to myself, “This is absolutely crazy.”

What’s so crazy is that few people know that chiropractic may help them. They end up taking one serious drug after another trying to “cover up” the symptoms. Sooner or later, those drugs can lose their effectiveness, and can even cause ‘rebound’ headaches them-selves.

There is a massive propaganda machine out there telling people that the answer to all their health problems is drugs. I don’t believe that, so I guess I’m getting a little ‘radical’ here.

The problem is that we chiropractors don’t have a massive marketing machine like the pharmaceutical companies have. Do you know that the drug industry is one of the biggest industries in this country? Yet, when it comes to our nation’s overall health, we fall way short.

Why is that?

Well, it’s my belief that drugs aren’t always the answer. Chiropractors understand that health is an “inside-out” process. That’s why I’m so proud of our success rate.

My name is Dr. Drew Czerminski. I’ve been at this for seventeen years, and

the results still amaze me! No drugs, no surgery. It may seem like a miracle, but it makes sense. Chiropractors relieve nerve pressure, and the body responds by healing itself. It’s very simple.

If you are looking for a different approach to health, then come see us.

You’ve probably seen our clinic, Back To Health Chiropractic. It’s the one on Toepperwein Road, next to the Dollar General. When you come in for your appointment, we’ll go over your information, and do whatever tests need to be done, even x-rays, for just \$27. That lasts until Jan. 31, 2013. My job is to get you better as fast and completely as I can. It’s my passion. We don’t want to just get you out of pain, we want to fix the cause of the problem so it doesn’t affect you years down the road. Feel free to call us at 210-599-9570.

Thanks and God bless.
Dr. Drew Czerminski, D.C.
Dr. Jason Wilkinson D.C.

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**From the Office of
Public Works**

By Mark Wagster,
Public Works Director

Happy New year!

**CHRISTMAS
TREE
DROP OFF
SITE**

A Christmas tree drop off site will be available across from the Live Oak Clubhouse (7901 Shin Oak Dr.) until Thursday, January 31, 2013. Please remove all tinsel or other decorations before you drop off your tree.

STORMWATER POLLUTION

Oil and antifreeze from leaking cars pollutes. When it rains, water runs over the ground and picks up oil, antifreeze, and other pollutants and carries them to our streams and lakes. Please keep your vehicle in good working condition.

WATER CONSERVATION

Water we save is water we don't have to buy. So it's important we do everything we can to decrease our water consumption. Plumbing fixture retrofits, water saver landscapes, and improved habits are all things that will help us make low water use a part of every person's everyday life.

**FREE HOUSEHOLD HAZARDOUS
WASTE DISPOSAL PICK UP**

Do you have old paint, pesticides, herbicides, batteries or fluorescent light bulbs; electronic waste such as computers, monitors and laptops that need to be disposed of? Live Oak residents please call 1-800-HHW-PKUP (1-800-449-7587).

FREE TOILET PROGRAM

Are you a single family residential customer living in the City of Live Oak? Are you on the Live Oak Water System, not SAWS? Was your home built prior to 1992?

If the answer is YES to the above questions and you are not replacing an existing water saver toilet (1.6 gallon or lower), you are a candidate for a free water saver toilet. Please call Cathi Piotrowski at Public Works 210-653-9140, ext. 234 if you are interested. Apply for your free toilet today.



From the Office of Emergency Management

By Gary L. Woppert,



Business Disaster Preparedness

All citizens need to be prepared in the event of a disaster, however the same holds true for the business community. It is a known fact that following a major disaster, such as a tornado, between 30 and 40% of the businesses affected by the event may never re-open. The percentage is even higher for small businesses! There are many reasons. The lack of sufficient insurance coverage and the loss of critical records and merchandise are prime examples. The employees may be out of work for weeks or may simply be out of a job if the business doesn't re-open.

A business disaster plan should be designed to protect the business along with the employees and customers that may be present. As such, ALL employees of the company, retail store, or professional office, should be aware of the plan and be trained on what to do in the event of a serious emergency. This includes basic emergencies such as a fire alarm activation; the smell of smoke; a power outage; threaten-

ing severe weather events like tornadoes; a hazardous chemical spill nearby; a bomb threat, or criminal activity such as an armed robbery or an active shooter in the building. Employees must know what to do and must be able to direct customers, especially in large retail stores to safety. Generally speaking, customers will follow the directions of company personnel who are remaining calm and are giving instructions.

The plan must include the evacuation of the building in case of a fire along with safe areas in case a tornado is threatening. In addition accountability for all employees and customers is essential. Depending on the type of business and the number of employees, specific duties and responsibilities should be assigned however as noted, ALL employees should be knowledgeable of the overall plan.

The plan must include rebuilding and the recovery of critical records if necessary. Storefront businesses locat-

ed in small shopping centers may have to relocate if the building is not rebuilt by the owner. Are your computer records backed up to start over in a new location? Insurance coverage must be adequate to cover all of the losses and possibly the costs of starting over. Some employees may not return and therefore new personnel will be needed and may require extensive training.

In closing, the importance of having a business disaster plan is just as important as having a family disaster plan. In many cases employees are considered "family" as well, especially in the small business community.

For additional information regarding business disaster planning, contact Gary Woppert, the Emergency Management Coordinator at 653-9140, Extension 379, on line at gwoppert@liveoaktx.net, or stop by the Office of Emergency Management located in the fire station during normal business hours.

SERVICES AVAILABLE FOR OUR SENIORS AND CITIZENS

As we enter into a new year, we wanted to provide a list of services available for Senior Citizens in the community who may need assistance in various ways. Please see the list below for services available in the area. An online list will be available in the near future as well.



MEALS ON WHEELS:

Delivers hot meals to the homes of the elderly and sick Monday thru Friday. Please call 735-5115 and ask for "Outreach Department" for more information.

TRANSPORTATION:

Methodist Hospital System provides free pick up and return on the "Health Bus" for citizens who have appointments at Methodist Hospital or Methodist affiliated physician's offices. Call: MHS-Ride (647-7433) 48 hours in advance of your appointment to schedule transportation.

FOOD BANK: R.A.C.A.P.

(Randolph Area Christian Assistance Program) operates a Food Bank available to Live Oak residents. The food bank is located at 307 Pfeil, Schertz, Texas. Please call 658-1613 for more information.

ANGEL FOOD MINISTRIES:

By having food from first rate suppliers at substantial volume discount, Angel Food Ministries is able to provide families with approximately \$65 worth of quality nutritious food for \$30. Please visit them online at www.angelfoodministries.com

GRASP: (Greater Randolph Area Services Program, Inc.) located at 250 Donalan, Converse, TX 78109. For more information, please call 658-6351 or visit them online at www.grasp211.com. Services provided include:

- Client Social Services: Senior services, congregate meals, transportation and other activities. A monthly flyer of events and menu is available at the center.
- Lunch: Lunch is provided at the Community Center Monday thru Friday at 11:30 am. Donations are accepted for lunch.
- Daily activities: The Community Center has daily activities and has a monthly program that also lists additional community center sponsored activities, trips, etc.
- Transportation: Available to and from the center for Live Oak residents. Call 658-6351 one day in advance for service. Pickup begins at 8:00 AM and return trips begin at 1:30 PM.
- Food Pantry: Citizens can use the Food Pantry located at the Community Center two times a year and need to call to set up an appointment.

ALAMO SERVICE CONNECTION (ASC):

An aging disability resource center for Bexar County provides information and referral services to senior individuals with disabilities and their caregivers. ASC is a community partnership working together to help seniors ages 60+ and caregivers to get answers, find services and obtain benefits. Call 477-3275 or visit www.alamoserviceconnection.org

THE BEXAR AREA AGENCY ON AGING (BAAA):

The BAAA provides services to Bexar County seniors 60+ and/or their caregivers. Services include: information, referral and assistance, benefits counseling, advocacy, care coordination, caregiver support, legal assistance, prescription assistance and assisted living and nursing ombudsman services. The BAAA contracts with other community agencies to provide transportation and home delivered meals and legal services. The Benefits Counseling program provides information, counseling and advocacy to senior citizens and Medicare beneficiaries of any age, on their public benefits, entitlements, and legal rights. Benefits counselors also provide public education on a variety of topics impacting seniors. Call 362-5254 or Toll Free 800-960-5201/email: mail@aacog.com or visit www.bexaraging.org/



PRESA COMMUNITY CENTER:

Provides transportation services throughout Bexar County for those who are unable to drive or use public transportation. Registration is required to participate. Elderly and persons with disabilities can use these shared-ride services to make medical appointments, shop for their weekly groceries or other errands. Reservations should be booked at least two weeks in advance or as soon as the date and time of appointment is known. Call 532-5554 or visit www.presa.org

SUPPORTIVE SERVICES FOR THE ELDERLY (SSEP):

Administered through the City of San Antonio Department of Human Resources, provides specialized door-to-door paratransit services to persons 60+ years, primarily for essential medical appointments. Transportation to appointments, Social Security, food stamps, legal assistance offices, the grocery store, and the bank are provided when available. Paratransit services are provided on a space available basis. The service is free, however, donations are encouraged. Reservations are taken during office hours: 7:45-4:30 Monday-Friday. For Reservations call: 207-6680 or visit www.sanantonio.gov/communit/

Shrimp Scampi:

(serves 2, double as necessary)

- 4 oz. uncooked whole wheat pasta
- 3 Tbsp. wine (or chicken broth)
- 1 Tbsp. olive oil
- ¼ tsp. ground black pepper
- 3 cloves garlic, minced
- 1 lemon halved
- ½ pound raw, shrimp, peeled and deveined
- 3 Tbsp. reduced fat parmesan cheese, grated
- 3 Tbsp. Butter Buds, divided
- 2 Tbsp. fresh parsley, chopped

Prepare pasta as directed on package.

While pasta is cooking, heat olive oil and garlic in a large skillet over medium heat.

Add shrimp to the skillet and cook, stirring frequently, until it's almost pink (about 2 minutes).

Add 1 tsp. Butter Buds and white wine (or chicken broth) to shrimp, sauté about 2 additional minutes.

Place cooked, drained pasta in a large mixing bowl and combine with remaining Butter Buds and black pepper, mix.

Add cooked shrimp and mix together.

Divide into portions, top with lemon, cheese and parsley.



Let's COOK Light Live Oak!

Baked Chicken Strips:

- 1 ½ cups panko (Japanese breadcrumbs)
- 1 ½ pounds chicken breast tenders (about 12)
- ¼ teaspoon freshly ground black pepper
- Olive Oil Cooking Spray
- 1/8 teaspoon salt (pinch of salt)
- ¾ cup nonfat buttermilk
- Dipping Sauce:
- 6 tablespoons fat-free mayonnaise
- 1 tsp. salt free Cajun Creole seasoning
- 2 tablespoons Dijon mustard
- 1/8 tsp. fresh ground pepper
- 1 ½ teaspoons chopped fresh parsley

Combine all ingredients in a bowl and stir until combined.

Preheat oven to 450°.

Combine panko, pepper, and salt in a Ziploc bag. Pour buttermilk into a shallow dish.

Dip chicken in buttermilk; place into Ziploc with panko mixture and shake until coated.

Coat baking sheet well with cooking spray. Arrange chicken in a single layer on pan. Bake at 450° for 23 minutes or until chicken is lightly browned.

Serve with dipping sauce and potato salad.

Honey Glazed Salmon Fillet:

- Salmon Fillet
 - Ground black pepper
 - 1 jalapeno, diced
 - Garlic Powder
 - Honey
- Sprinkle salmon fillet with pepper and garlic powder.
- Place diced jalapenos on salmon and drizzle with honey.
- Broil on low until done (about 12 minutes, depending on thickness of fish).

**A Lighter Potato Salad:**

- Red potatoes, washed and diced
- 1/3 cup radishes, diced
- White onion
- 1 stalk celery, diced
- 1 Tbsp. yellow mustard
- ¼ tsp. black pepper
- ½ cup fat free mayonnaise

Place potatoes in a large saucepan and cover with water.

Boil over high heat until "fork tender" about 15 minutes.

Drain potatoes and place in large glass bowl to cool.

Sprinkle with white vinegar.

Grate a tablespoon of white onion over the potatoes.



SPECIAL EVENTS AT THE LIVE OAK CIVIC CENTER

Trade Shows • Seminars • Private Receptions
Concerts + FREE Customer Parking (210) 653-9494

JANUARY

Jan. 12-13 TEXAS GUN SHOW (South Tremblay Exhibit Hall) BUY! SELL! TRADE! Independent Dealers - Variety of Firearms - Wholesale Ammunition. Hours: Sat 9am-5pm, Sun. 10am-5pm Admission \$7:00 (Kids, 12 and younger, FREE)

Jan. 12-13 Morning Star PUPPY SHOW & SALE (Rocket Room) Various Breeds of Puppies, Pet Supplies and Toys. Event Hours: Saturday, 9am-5pm and Sunday, 9am-5pm Admission: \$4.00

Jan. 19 ECKMAN'S CARD, COMIC & TOY SHOW - (FINAL SHOW) Exhibit Hall - BUY! TRADE! SELL! Fund Raising Show. Saturday, 9:00am-5:00pm - Admission is Waived, but asking for a \$1.00 Donation to the Wounded Warrior Project.

Jan. 26-27 S.A.M.R.A. MODEL RAILROAD TRAIN SHOW (Tremblay Exhibit Hall) Various Scale Models of Locomotives and Rolling Stock: Supplies, Books, Displays! Sat. 9am-5pm, Sun. 10am-4pm Admission: \$7 per Adult (up to 3 kids FREE per paying adult)

Jan. 29 Randolph MetroCom Chamber RESTAURANT & BUSINESS SHOWCASE More Than 100 Businesses & Restaurants Represented. For Event Info: (210) 658-8322 - Tuesday, 5pm-8pm FREE ADMISSION - OPEN TO THE PUBLIC (Samples Will Be Sold)

Event Schedules, Hours & Admission are Subject to Change Without Notice

COMMUNITY CALENDAR

JANUARY

1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

CITY MEETINGS

Jan 7	Parks & Recreation Meeting: Council Chambers	7:00pm
Jan 8	City Council Meeting: Council Chambers	7:00pm
Jan 28	Economic Development: Council Chambers	6:00pm
Jan 29	City Council Meeting: Council Chambers	7:00pm

SENIORS OF LIVE OAK (SOLO)

Jan 14	Games Day: Clubhouse	1:00pm
Jan 21	Bingo/Pot Luck Lunch: Club house	11:30am
Jan 28	Book Club: Club House	10:00am
Jan 31	Last Thursday Games Day: Club House	1:00pm
Tuesdays:	Walk-and-Talk: Meet @ Club house	9:00am
Thursdays:	Walk-and-Talk: Meet @ Woodcrest Park	9:00am

LIVE OAK MATURE ADULTS (LOMA)

Meet Second & Last Wednesday of Each Month		
Jan 9	Luncheon (Bring Your Own Dish): Club House	11:30am
Jan 30	Dinner (Bring Your Own Dish): Club House	6:30pm
Interested in joining LOMA? contact	Loretta Kusek @ 657-7167 (Ages 21 and up)	

SPECIAL EVENTS

Jan 21	Martin Luther King Day (City Offices Closed)	
Jan 29	Randolph Metrocom Restaurant & Business Showcase: Live Oak Civic Center	5:00-8:00pm
Jan 31	Last Day to drop off Christmas Trees: 7901 Shin Oak Dr. Please remove all decorations/tinsel	

FARMERS MARKET

Every Tuesday at Civic Center Parking Lot 9am-2pm

FEBRUARY

			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

CITY MEETINGS

Feb 4	Parks & Recreation Meeting: Council Chambers	7:00pm
Feb 12	City Council Meeting: Council Chambers	7:00pm
Feb 25	EDC Meeting: Council Chambers	6:00pm
Feb 26	City Council Meeting: Council Chambers	7:00pm

SENIORS OF LIVE OAK (SOLO)

Feb 11	Games Day: Clubhouse	1:00pm
Feb 18	Bingo/Pot Luck: Clubhouse	11:30am
Feb 25	Book Club: Clubhouse	10:00am
Feb 28	Last Thursday Games Day: Club House	1:00pm
Tuesdays:	Walk-and-Talk: Meet @ Club House	9:00am
Thursdays:	Walk-and-Talk: Meet @ Woodcrest Park	9:00am

LIVE OAK MATURE ADULTS (LOMA)

Meet Second & Last Wednesday of Each Month		
Feb 13	Luncheon (Bring Your Own Dish): Club House	11:30am
Feb 27	Dinner (Bring Your Own Dish): Club House	6:30pm
Anyone interested in joining LOMA, please contact	Loretta Kusek @ 657-7167 (Ages 21 and up)	

LIVE OAK LEAGUE OF ARTS (LOLA)

Meet every third Thursday of Each Month		
Feb 9	"Encaustic Monoprints"	11am-2pm
Feb 20	Monthly Art Night: Open to Public: Club House	6-8pm
Interested in joining Live Oak League of Arts,	contact Laura Rhodes @ 315-3531	

SPECIAL EVENTS

Feb 18	President's Day (City Offices Closed)	
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FARMERS MARKET

Every Tuesday: Civic Center Parking Lot 9am-2pm

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