

#### View online at www.LiveOakTx.net/magazir

# **City Directory**

Main Number 210-653-9140 | Business Hours 8:15am - 5:00pm

#### City Council

Mayor Mary M. Dennis 210.792.7168 | YourMayorMary@Yahoo.com

Councilman Mendell Morgan, Place 1 210.355.8562 | MendellM2@yahoo.com

Councilman Bob Tullgren, Place 2 BTullgrenPlace2@LiveOakTx.net

Councilwoman Dr. Erin Perez, Place 3 210.343.2175 | erin@erinperez.com

Councilman, Ed Cimics, Place 4 210.844.2773 | EdCimics@sbcglobal.net

Councilman Aaron Dahl, Place 5 LiveOakPlace5@gmail.com

#### Services

Animal Control Stephanie Kinney | 210.653.9140 x 2228

Building Official Jake Schmidtke | 210.653.9140 x 2250

**Building Permits/Inspections** Toby Hamilton | 210.653.9140 x 2244

Code Compliance Saadiq Abdulaziz | 210.653.9140 x 2386 Rick Jameson | 210.653.9140 x 2386

Human Resources Trudy Whitfield | 210.653.9140 x 2201

Recreation Courtney Weese | 210.653.9140 x 2235

Water Department Billing Office | 210.653.9140 x 2110

#### Administrative Staff

City Manager Glen Martel | 210.653.9140 x 2261 Assistant City Manager

VACANT | 210.653.9140 x 2286 **City Secretary - Ext. 2213** Debby Goza | 210.653.9140 x 2213

Economic & Community Development Donna Lowder | 210.653-9140 x 2219

Finance Director Leroy Kowalik | 210.653.1940 x 2216

Fire Chief Linc Surber | 210.653.9140 x 2241

Police Chief Gary Hopper | 210.945.1702 Public Works Director

Mark Wagster | 210.653.9140 x 2221

DISPATCH 24 Hours | 210-653-0033 EMERGENCY 24 Hours | 911



© Copyright 2022 The City of Live Oak Hometown News is published by MadWomen Marketing. No portion may be reproduced in whole or in part by any means, including electronic retrieval systems, without written permission of the publisher.



A City of Live Oak ECONOMIC DEVELOPMENT CORPORATION Publication

Publisher | Marketing | Advertising MadWomen Marketing Managing Editor Donna Lowder Proof Readers Kelly McLain

Sandy Vogel Contributing Photography Scott Wayman Donna Lowder Johnny Campbell

> Rafael Luna **Contributing Writers** Mayor Mary M. Dennis Donna Lowder Chief Linc Surber Lt. Matt Malone Stephanie Kinney Rafael Luna Courtney Weese Miranda Benavidez Jake Schmidtke

Questions about the Hometown News? Please contact Donna Lowder 210.653.9140 x 2219





#### **HELPFUL WEBSITES**

#### EDUCATION

Judson ISD - JudsonISD.org Northeast ISD - NEISD.org Northeast Lakeview Collage - Alamo.edu/NLC/ Wayland Baptist University - wbu/edu/campus/san-antonio/

#### GOVERNMENT

Bexar Appraisal District - BCAD.org Bexar County - Bexar.org Bexar County Dispute Resolution Center - Home.Bexar.org/drc/ Emergency Preparedness - dhs.gov/topic/plan-and-prepare-disasters

#### MISCELLANEOUS

Randolph Metrocom Rotary Club - RandolphMetrocomRotary.org Tri-County Chamber of Commerce - TxTriCountyChamber.org

#### PERSONAL SERVICES

Alamo Area Council of Governments - AACOG.com Greater Randolph Area Services Program - GRASP211.org Meals on Wheels - ChristianSeniorServices.org Randolph Area Christian Assistance Program - RACAP.org





## LIVE OAK WELCOMES NEW CITY MANAGER



After a nationwide search and extensive interview process, the City Council and I are thrilled to welcome Glen Martel as the new city manager for our organization. His experience, decision making, dedication to service and passion for community made our decision simple. We all agree Glen is exceptionally well suited to fill this role and serve the citizens of Live Oak. He brings 38 years of experience from the Nevada Air

National Guard and the United States Air Force and serves as Brigadier General, Assistant Adjutant General-Air. As Brigadier General, Glen is responsible for implementing policies and planning for over 1,200 Airmen.

Glen previously served as Assistant City Manager for the City of Missouri City, Texas for three years before coming to Live Oak. He obtained his Master of Business Administration from the University of Nevada, Reno in 2016. Glen takes over for former city manager Scott Wayman, who retired earlier this year after 35 years of service. Glen and his wife, Josie, have plans to relocate to the Live Oak community as soon as possible. Join me in welcoming Glen and Josie to the neighborhood.

City Council and staff officially welcomed Glen to his new role during the city council meeting in February. After settling in, Glen's first significant duty as city manager will be to oversee the city's 2022-2023 fiscal year budget process which will begin in April. Council and I believe Glen possesses strong administrative, fiscal management, and decision-making skills to proficiently oversee all administrative functions of Live Oak. We look forward to a seamless budget process.



Council and I will do our utmost to assist Glen during his transition and look forward to his continued success as a leader. Together, we will continue building on our progress and achieving future possibilities for the great City of Live Oak. We invite you to meet Glen Martel at an upcoming council meeting or stop by City Hall and introduce yourself.

In closing, I encourage residents to exercise the right to vote during the Saturday, May 7th election. A list of polling locations can be found on the homepage of the City's website at www. liveoaktx.net for your convenience. Remember, the best is yet to come and as your mayor, you can always reach me with any concerns at 210-792-7168.

Mayor Mary M. Dennis & Council



## FREE EVENT

USAF Thunderbirds • Tora! Tora! Tora! • F-35A Lightning II Demo Team • USMC MV-22 Demo Shockwave Jet Truck • C-17 Globemaster III Demo **USAF Wings of Blue Parachute Team & many more!** 

RCE 75th ANNIVERS



(Innovate, Accelerate, Thrive!

**Come celebrate the Air Force at...** 

Great Texas Airshow MWR Elements sponsored by the **City of Live Oak** 



Your History Our Legacy Featuring...







For all Live Oak residents age 50 or older. Join us for fun and fellowship at any of our events listed including our Seniors of Live Oak WALK & TALK.

- Tuesdays we walk in Live Oak Park at 9am
- Thursdays we walk in Woodcrest Park at 9am Pets on leash are always welcome



For more information about the Seniors of Live Oak "SOLO" please contact Peggy Krieger at 210-757-3236

#### ALL EVENTS ARE SUBJECT TO CANCELLATION

Local civic clubs are a great way to get involved and meet your neighbors

th from	
rmation	
email at	

#### Meetings are held on the 3rd Tuesday of each month from 1p-3p at the Live Oak Clubhouse. For more information contact: June Adair at 210-843-7150 or Jo Anna Wheeler

Volunteers must attend and graduate from the Live Oak Citizens Police Academy. Meetings are held on the 3rd Wednesday of each month at 7pm in the Justice Center

Promoting interest in all art mediums through education and to develop our league's artistic skills while exploring new concepts and utilizing that knowledge to promote the arts within our community. For more information visit us

"Helping Youth Achieve Potential". For tax deductible

# **MARCH 2022**

03	Seniors of Live Oak - Soup Night
	Begins at 5:30pm in the Live Oak Clubhouse
14	<b>Seniors of Live Oak</b> - Games Day Begins at 1:00pm in the Live Oak Clubhouse
	Humane Society of Live Oak - Meeting From 6:30p-7:30p at the Live Oak Clubhouse
15	<b>Live Oak Village Garden Club</b> - Meeting From 1pm - 3pm at the Live Oak Clubhouse
16	<b>LOCAP</b> - Meeting Begins at 7pm in the Police Dept Training Room
21	<b>Seniors of Live Oak</b> - Potluck & Bingo Begins at 11:30am in the Live Oak Clubhouse
28	<b>Seniors of Live Oak</b> - Book Club Begins at 11:00am in the Live Oak Clubhouse

Seniors of Live Oak - Games Day 31 Begins at 1:00pm in the Live Oak Clubhouse

# **APRIL 2022**

07	<b>Seniors of Live Oak</b> - Soup Night Begins at 5:30pm in the Live Oak Clubhouse
11	<b>Seniors of Live Oak</b> - Games Day Begins at 1:00pm in the Live Oak Clubhouse
	Humane Society of Live Oak - Meeting From 6:30p-7:30p at the Live Oak Clubhouse
18	<b>Seniors of Live Oak</b> - Potluck & Bingo Begins at 11:30am in the Live Oak Clubhouse
19	Live Oak Village Garden Club - Meeting From 1pm - 3pm at the Live Oak Clubhouse
20	<b>LOCAP</b> - Meeting Begins at 7pm in the Police Dept Training Room
25	<b>Seniors of Live Oak</b> - Book Club Begins at 11:00am in the Live Oak Clubhouse
28	Seniors of Live Oak - Games Day

Begins at 1:00pm in the Live Oak Clubhouse

#### **DON'T FORGET** To Visit & Use our "Little Free Library" located in the Acorn Room at City Hall



# ) | E | S

23

#### **CITY ANNOUNCEMENTS** 10 CPS ENERGY ASSISTANCE 12 FEMA FLOOD SAFETY TIPS 13 PARKS & REC Lifeguard Job Openings..... 15 Easter Egg Scramble ..... POLICE DEPT Chief Dan Pue Retires..... FIRE DEPT Spring in to Fire Safety..... Spring Cleaning Sign Up For CTY & STEAR Alert Systems Best of Live Oak Winners Announced..... 18 Business Announcements & News..... 20 **PUBLIC WORKS**

City Wide Garage Sale Bulk Trash Pick Up Household Hazardous Waste Disposal

EDC

**DEVELOPMENT SERVICES & CODE CORNER** Missing House Numbers - Could Mean Life or Death in an Emĕrgency.....

EMERGENCY MANAGEMENT Are You Prepared For A Disaster?..



Tive()al-

#### **Texas Bluebonnet**

(Texas Lupine or Lupinus Texensis) blooms between late February and April, but the season differs each year. When spring comes to the Lone Star State, these beautiful wildflowers blanket the hills and valleys around the state. The plant is also famous as one of the state symbols.



## **MARCH 2022**

**Daddy Daughter Dance** 05 08 **City Council Meeting** 7pm in Council Chambers **Daylight Savings Begins** 13 17 St. Patricks Day 18 **Citywide Garage Sales Begin** See Page 22 20 **Citywide Garage Sales End** See Page 22 21 **Bulk Pick Up Begins** See Page 22 22 **First Day of Spring Economic Development Meeting** 29 6pm in Council Chambers **City Council Meeting** 7pm in Council Chambers

## **APRIL 2022**

01	April Fools Day
02	Good Friday
09	Easter Egg Scramble See Page 15
10	National Public Teleco
12	<b>City Council Meeting</b> 7pm in Council Chambers
17	Easter Sunday
22	Earth Day
26	Economic Developme 6pm in Council Chambers
	<b>City Council Meeting</b> 7pm in Council Chambers
	1 2 2 2 2

#### **MAY 2022**

**National Teachers Day** 03 07 **Election Day** 08 Mother's Day 21 **Armed Forces Day Memorial Day** 30 City Offices Closed

## **JUNE 2022**

04

14

- Jr. Fishing Day
- Flag Day
- 19 Father's Day
- 21 **First Day of Summer**



#### ALL EVENTS ARE SUBJECT TO CANCELLATION

ommunication Week Begins

nt Meeting



You can \*Livestream all regular City Council, EDC, Planning & Zoning, Board of Adjustments & Parks and Recreation meetings from our website. The Board of Adjustment/Planning & Zoning meetings are held as necessary. Please call Debby Goza at 210.653.9140 ext. 2213 with any questions. \*Via Teleconference

(See agendas for teleconference link)

www.liveoaktx.net

Events are subject to change

Voting Schedule & Locations

are Subject to Change

ELECTION DAY

7:00 AM to 7:00 PM

May 1, 2022

VOTING LOCATIONS

To be Announced

City of

Live Oak

May 7th

2022

# **Announcements** & Save the Dates

# **Make Plans To Attend The** Live Oak Village Garden Club Annual Plant Sale

## SATURDAY, MARCH 19TH FROM 9A-5P AT THE JUDSON ISD GREENHOUSE

Greenhouse is located behind the Performing Arts Center on the Judson High School Campus. Look for the Judson Agriscience Complex signs and follow the arrows!



Candidate Positions up for Election:

- Mayor
- City Council, Place 2
- City Council, Place 3

#### **VOTING SCHEDULE**

EARLY VOTING

April 25-29, 2022 - 8:00 am to 5:00 pm and May 2 & 3, 2022 - 7:00 am to 7:00 pm



With the "No Home Should Be Alone" project, LOFD believes smoke detectors has been a key factor in the prevention of fire-related deaths throughout the years. If you have questions about the program or would like to participate in the program, contact the LOFD at 210.653.9140, ext. 2198.





#### **BRYAN ANSWERED THESE QUESTIONS & WON!!**

#### **QUESTION #1**

How often do you use the Live Oak LOCAL section of the magazine? About 4 times a week, to look for local business.

#### **QUESTION #2**

What Category in the LOCAL section do you reference the most? L reference the eat and drink section

#### **OUESTION #3**

Where do you keep your copy of the Hometown News? I keep it in the entry way so it's easily accessible and guests that

come in can browse through it.

#### **OUESTION #4**

What do you like best about the magazine?

I like how well organized the layout is on the magazine. It makes it easy to the find section you are looking for.

#### **OUESTION#5**

What is your favorite Live Oak business?

My favorite business would be Biffs Buzby's Burgers. After a long work week it's nice to cruise my classic car I built down to the Friday night cruise inns they host on Friday nights. It's awesome how the community comes together on Friday nights and enjoy the atmosphere. It's well organized and the local police make it a safe for everyone.

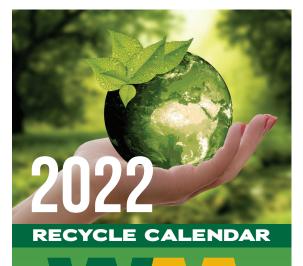
#### **SEE PAGE 24 FOR DETAILS!**



#### Kemeth Cole Mayfield Carbon Monoxide Awareness Program

If you don't have a carbon monoxide detector in your home and you cannot afford to purchase one, please call the Live Oak Fire Dept. at 210.653.9140, ext. 2242.





WASTE MANAGEMENT

		MA	ARC	CH		
				В	С	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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		

# APRIL



**Recycle days are highlighted** and marked by letters A - B - C Route "**A**" is Wed/Sat trash routes Route "**B**" is Mon/Thu trash routes Route "**C**" is Tues/Fri trash routes



CPS Energy is proud to serve a diverse community in the greater San Antonio area. Being community-owned and not-for-profit means we deliver value to our customers above and beyond energy services by:

- Investing our time, resources, and energy into programs, projects, and events that make San Antonio a great place to live.
- Reinvesting our revenue back into the community, providing about \$360 million to the City of San Antonio annually.
- *Employing* a local workforce, helping existing businesses thrive, and helping attract new businesses to the community.
- Maintaining some of the most affordable energy bills in the industry and providing assistance resources to eligible customers.



If you or someone you know needs help paying an energy bill, please call one of our Energy Advisors at 210-353-2222, or visit us online at **cpsenergy.com/assistance** 

# Flooding in Live Oak Can Come With Little Warning.



SFHA is the area subject to inundation by a 100-year flood, as shown on the current Flood Insurance Rate Map (FIRM) compiled by the Federal Emergency Management Agency (FEMA). This notice is designed to make you more aware of loo flood hazards, the need to keep flood insurance in force, and other topics related to flood preparedness. Please take a few minutes to review all of the items presented and determine wh actions you may need to take in order to protect yourself.

Flooding in Live Oak can come with little warning. The flood in October of 1998 covered streets within 30 minutes of forming. Even though water over the streets appears to move slowly (three feet per second), a flood two-feet deep can knock a man off his feet and float a car.

Your property may be high enough that it was not flooded recently. However, it can still be flooded in the future because th next flood could be worse. This notice gives you some ideas of what you can do to protect yourself.

#### What You Can Do Ahead of Time:

- Rake up and bag leaves as often as possible before storms Leaves clogging storm drains are the primary source of most floods. Do not dump or throw anything into drainage ditches or streams. Blocked drainage ways simply cannot carry water. When it rains, the water has to go somewhere. Every piece of litter contributes to flooding.
- Check with Live Oak's Development Services Department (210-653-9140, ext. 2244) before you build on, alter, regrade, or fill on your property. Permit(s) may be required to ensure that projects do not cause problems on other properties.
- Homeowner's insurance policies do not cover damage from floods. Get at least three quotes on flood insurance. If you do not have flood Insurance, talk to your insurance agent.



#### During A Flood-Safety Tips:

ocal 'hat	•	Do not walk through flowing water. Drowning is the number one cause of flood deaths, mostly during flash floods. Currents can be deceptive; six inches of moving water can knock you off your feet. If you walk in standing water, use a pole or stick to ensure the ground is still there.
n g.	•	Do not drive through a flooded area. More people drown in their cars than anywhere else. Don't drive around road barriers because the road or bridge may be washed out.
an e the	•	Stay away from power lines and electrical wires. The number two flood killer after drowning is electrocution. Electrical current can travel through water. Report downed power lines to City Public Service (CPS) or Live Oak's emergency management office/Fire Department.
of	•	Have your electricity turned off by CPS. Some appliances, such as television sets, keep electrical charges even after they have been unplugged.
ns.		
e ot re.		



March - April 2022



# **LIFEGUARD JOB OPENINGS**

**WE'RE HIRING** \$12.00 - \$20.00 Per Hour!

The City of Live Oak is hiring lifeguards for the 2022 pool season and we want YOU to be a part of the team. As an employee of Live Oak, you can enjoy the benefits of flexible hours, great pay, and a fun working environment. Salary ranges from \$12.00 to \$20.00 per hour.

The City of Live Oak will reimburse up to \$200 for those individuals that obtain their American Red Cross Lifeguarding Certification OR recertification and successfully complete the hiring and employment process!

For more information regarding becoming a Live Oak lifeguard or the certification reimbursement program, contact Courtney Weese at 210-653-9140, extension 2235 or email her at cweese@liveoaktx.net.







# onus Saturday April 9th 0 a.m. at Main City Park

Egg hunt for kids 12 years of age and under. Special Prize Eggs, and don't forget to bring a basket or bag for your child to hunt for eggs.

Event subject to change or cancellation



# CHIEF DAN PUE RETIRES



Officer, Sergeant, Detective, Chief. becoming

Chief of Police in 2016. Chief Pue earned a Bachelor of 1978, He is a graduate of the FBI National Academy and Texas Law Enforcement Command Management College thank you for your service. of Texas A&M. His roles within the Police Department included Officer, Supervisor, Patrol Division Commander, Lieutenant Matt Malone and Criminal Investigations Division Commander. Under

Chief of Police Dan his leadership as Assistant Chief he was instrumental in Pue's last day of developing the Regional Radio Communications system service was December which supports six municipalities and Judson Independent 30, 2021. He has School District. He was also at the forefront as the project faithfully served the manager for the construction of the Live Oak Criminal citizens of Live Oak Justice Center. He also led the way in the development for 41 years. He began of new department policies which gained the Department his career with the recognition with the Texas Police Chiefs Association, department as a Patrol helping the Department become an accredited agency. Officer on November This was guite the achievement as the Live Oak Police 1, 1980. He worked his Department is now recognized as one of the 171 law way through the ranks enforcement agencies out of the 2,827 agencies in the serving as a Patrol state to be recognized for Best Practices in Texas Law Corporal, Enforcement.

Lieutenant, Assistant He has spent the last 41 years dedicated to the citizens of Live Oak and the Live Oak Police Department. He has been a great leader and a great friend to the city and department. Science degree from Southwest Texas State University in He will be missed, but we wish him well with his future endeavors, and a well-deserved retirement. Chief Pue, we

# SPRING INTO FIRE SAFETY

It's that time of year to SPRING FORWARD and move your clocks up one hour beginning March 13th. While remembering daylight savings time, also remember to change out your smoke alarm and carbon monoxide detector batteries. If you are a Live Oak resident and need assistance with changing your batteries or need of a smoke detector for your home, please contact the Fire Department at 210-653-9140, extension 2379.

# SPRING CLEANING

With spring weather approaching, you might have started thinking about cleaning in or around your home. While doing so, don't forget to check the warning labels on chemicals. Always read the label of disinfecting products to make sure the products can be used on the types of surfaces you are cleaning. Wear the recommended protective equipment (for example, gloves or goggles), and do not mix products or chemicals with each other. Ensure good ventilation while working with the chemicals, and store all cleaning solutions out of the reach of children and pets.

Let's be safe. Live Oak!

#### FOR IMMEDIATE HELP WITH A POISONING, CALL 1-800-222-1222 AND 911

**OR CODE** 

SCAN ME

# CTY ALERT SYSTEM AND STEAR - SIGN UP TODAY!

**Connect Telephone Alerting System (CTY)** 

Connect CTY will send out important emergency information.

#### CONNECT CTY QR CODE

For more information on the two programs mentioned, contact Rafael Luna at 210-653-9140, extension 2379.









#### **CTY Alert System and STEAR**

The State of Texas Emergency Assistance Registry (STEAR).

The STEAR program is a free program that will let first responders know if you have special requirements in the event of evacuation. Simply scan the QR code and get signed up.

#### CONNECT CTY QR CODE





# The **Results For Your Favorite** Live Oak **Businesses** Are In!

# **CONGRATULATIONS WINNERS!**

BEST

The results of the "Best of Live Oak" competition are in, and the winners have been determined! The competition is sponsored by the Live Oak EDC each year to highlight your favorites. Each of the winners were chosen by participating patrons and residents to represent the Best of Live Oak in each of the categories. Whether the business is a small, brick-and-mortar or large chain, we toast them for their hard work during 2022 and for their successes throughout the year in helping Live Oak to continually thrive. Winners were awarded the coveted plagues by EDC directors and members of City Council in February. Congratulations to this year's winners! Stop in and continue to support your favorite local businesses.



**BEST HAMBURGER** 



Jordan **BEST CAR DEALERSHIP** 

Jordan Ford





**BEST EDUCATIONAL FACILITY** Northeast Lakeview College

BEST APARTMENT COMMUNITY







**BEST HOME BASED BUSINESS** 



**BEST PIZZA** Marco's Pizza **BEST FAST FOOD RESTAURANT** Marco's Pizza **BEST CHAIN RESTAURANT** Marco's Pizza



**BEST BREAKFAST BEST LOCAL RESTAURANT BEST SANDWICH** 



LIVE OAK

2022

**BEST HAIR SALON** Hello Lovely Hair, Skin & Nails **BEST NAIL SALON** Hello Lovely Hair, Skin & Nails



**BEST STEAK** 



**BEST SWEET TREAT** Dairy Queen



**BEST HAPPY HOUR** 









**BEST SHOPPING CENTER** The Forum



Springs at Live Oak

# The Home Décor Supersto

**BEST PLACE TO BUY FURNITURE** 



**BEST MEDICAL STAFF/FACILITY** 

# at live oak **BEST CUSTOMER SERVICE**

Springs at Live Oak Management & Maintenance



f)



# Bermudas Daiquiris To-Go

Live Oak residents can now enjoy a frozen daiquiri or margarita from Bermudas Daiquiris To-Go. The new store location is conveniently located at 7913 Pat Booker Road across from the Live Oak Theater.



Patrons can choose from 22 different flavors with varied combinations that make up specialty flavored adult beverages. Each day of the week a frozen daiquiri drink, drink combo, or booze-infused gel shots are offered at a special rate. Bermudas Daiquiris To-Go celebrates our military personnel and first responders by offering a 20 percent discount. Curbside pick-up and in-store pick-up are available daily from 12:00 p.m. to 11:59 p.m. The City of Live Oak welcomes Bermudas Daiquiris To-Go to the community. Stop by today because it's 5 o'clock somewhere!

Flow Therapy Opens Second Clinic in Greater San Antonio Area New Treatment Center located in Live Oak

Flow Therapy is the nation's leading provider of Enhanced External Counter pulsation (EECP®) services, a non-invasive treatment that increases blood flow to the heart and throughout the cardiovascular system.

On January 4th, Mayor Mary Dennis, City officials, Live Oak's Economic Development Corporation, Arturo Olivares from Congressman Henry Cuellar's office, and dignitaries from Texas Tri-County Chamber of Commerce, as well as local physicians, joined Flow Therapy's CEO Michael Gratch, COO Kim Waters and staff during a ribbon cutting ceremony at the new outpatient clinic in Live Oak. The new location is conveniently located at 12702 Toepperwein Rd., Suite 123, across from Methodist Hospital | Northeast. Flow Therapy is currently accepting new patients. Live Oak is Flow Therapy's eighth outpatient clinic nationwide, and its second in the greater San Antonio area.

"We could not be more excited to open our second treatment center in the Greater San Antonio area," said Flow Therapy CEO Gratch. "We're touched by how the community has embraced our program and pleased with the clinical outcomes that Flow Therapy provides for patients. Our new location will unlock access to care for many battling heart disease, who can benefit from our program." Learn more at FlowTherapy.com or contact the friendly staff at 1-800-678-FLOW.





# Welcome Olympia Hills Family Dental

Olympia Hills Family Dental is excited to bring their office to Live Oak. Although the dental practice has been just down the road for many years, Dr. Jerame Hafen, DDS knew that he needed to bring his growing business to a growing city. "We're so thankful for how welcoming and helpful the Live Oak City employees have been to us thus far. We look forward to helping even more of the residents of Live Oak and surrounding areas to improve their dental health and to provide them dentistry worth smiling about," said Dr. Hafen. The newly constructed office 🚺 building is located at 8056 Shin Oak Drive across from the Live Oak Fire Department. For more information on the services they provide, call 210-658-3131 and talk to the friendly professional staff of Olympia Hills Family Dental.

# Forum Nutrition

Hey Live Oak, let's all welcome Forum Nutrition to the Forum Shopping Center. As one of Live Oak's newest businesses and convenient, Forum Nutrition is located at 8222 Agora Parkway, Suite 104 inside the Forum Shopping Center. Owner Adelaida Matta is excited to be serving the northeast region with healthy protein smoothies, energy teas, and so much more. Mayor Mary Dennis, City officials, and dignitaries from Texas Tri-County Chamber of Commerce joined Adelaida, her family, and friends for a ribbon cutting ceremony on Friday, January 14th.

We encourage you to stop by and let the very friendly staff at Forum Nutrition make you a tasty protein shake, juice, or energy tea while you enjoy a peanut butter protein ball. The environment is also a great place to unwind, read a book, or do a little office work. Let Forum Nutrition start your New Year off healthier and happier. Forum Nutrition welcomes and honors all military personnel and first responders with daily discounts.





#### I M P O R T A N T D A T E S Clean Up Week: March 13th

Citywide Garage Sales: March 18th, 19th, and 20th

Bulk Trash Pick Up Begins: March 21st at 6 a.m.

# **Bargain Hunters** Mark Your Calendars March 18, 19, and 20, 2022

Twice a year Live Oak has citywide garage sales on Friday, Saturday and/or Sunday. No Garage Sale Permit is required. Participating rediction of the second secon on www.liveoaktx.net and Live Oak's Facebook page. Information needed: 1) street address, 2) date(s), 3) hours, and 4) main Items for sale (TV, Children's Toys, Dresser, etc.).



# **Bulk Trash Pick Up**

The semi-annual bulk trash pick-up begins Monday, March 21, 2022. Please place bulk items along the curb by Sunday evening, March 20th Items cannot be placed at the curb before Tuesday, March 15th

• Examples of acceptable bulk items include:

Chairs, sofas, mattresses, tables, water heaters, and lawn furniture.

• The following items are unacceptable and will not be collected:

Televisions, computers, monitors, refrigerators, window units, portable air conditioners or anything that contains Freon, tires, batteries, glass, household hazardous waste (see below for collection) and more than 2.5 cubic yards of Residential Construction Debris such as bricks, blocks or concrete

• Waste Management will only pass by once.

Please remember not to cover the sidewalk or water meter with your items, and do not park along the curb near the bulk items.

BRUSH SERVICE will be collected as usual, however, brush must be separated from bulk items.

# Household Hazardous Waste DISPOSAL

Do you have old paint, pesticides, herbicides, batteries, fluorescent light bulbs, or electronic waste such as computers, monitors and laptops, which need to be disposed of? Call 1-800-449-7587 (M-F, 5am-5pm) and tell Waster Management that you are a Live Oak resident, and they will help you dispose of your hazardous waste.



# **Missing House Numbers**

Could Mean Life or Death in an Emergency

The City of Live Oak, Texas has seen an increase in the number of homes in the city that DO NOT have house numbers.

Having numbers on your residence can decrease the amount of time that Fire. EMS, and Police take to reach your home in an emergency, even a few minutes of delay can mean life or death. So, help us save your life by placing house numbers on your home with these guidelines.

#### **Guidelines:**

- Clearly seen from street
- Numbers must contrast with their background
- Minimum of 4 inches in height
- Minimum stroke width of 0.5 inches
- Illuminated by a light of at least 60 Watts

#### **Emergency Management**

Live Oak Emergency Management Coordinator Rafael Luna

# Are You Prepared For A Disaster?

It is never to late to start preparing for a disaster. Start off by making a plan. It's always a good idea to discuss it with your family, and friends. A good emergency plan starts with knowing the following:

1. How will I receive emergency alerts?

- 2. What if I need shelter?
- 3. What is my evacuation route?
- 4. What is my family communication plan?

REMEMBER THAT IN THE EVENT OF A EMERGENCY YOUR CELL PHONE MAY NOT WORK. CREATE A PLAN TO MEET AT A LOCATION ALL FAMILY MEMBERS CAN AGREE ON.

Scan this QR code to learn more on preparing for a disaster and what items you need to BUILD A DISASTER KIT. Your kit should be a collection of basic items your household may need in the event of an emergency. Being prepared means having your own food, water, and other supplies to last for several days.





Announcements . News . 7









# Tell us and you could win \$100 gift card

# to any Live Oak business













**QUESTION 1:** How often do you use the LOCAL section of the magazine?

**QUESTION 2:** What category in the LOCAL section do you reference the most?

**OUESTION 3:** Where do you keep your copy of the Hometown News?

> **QUESTION 4:** What do you like best about the magazine?

**QUESTION 5:** What is your favorite Live Oak business?

Answer the above questions in your own words & you could win! Please be sure to include your full name, physical address and a phone number. Email your answers to: Contact@MadWomenMarketing.com ALL SUBMISSIONS MUST BE RECEIVED BY MARCH 25, 2022

• The photo will appear in the May /June 2022 issue of the Hometown News. • Let's meet at your favorite Live Oak business for a photo op and to present you with your \$100 gift card. • The winner will be notified by email and will have 48 hours to claim their gift otherwise a new winner will be chosen. • The winner will be chosen and notified by March 27th or sooner.

Heritage Apartments At Live Oak 210.590.9976 Live Oak Place 210.655.9446 Meadows Apartments 210.899.5040 Mira Loma Apartments 210.651.1120 Navona at Live Oak 210.749.8172

210.653.7500

Arbor at Centerbrook

210.668.3880

**Oak Forest Heights** 281.203.5189 Springs at Live Oak 210.653.4450 Villas at Mira Loma

APARTMENT COMMUNITIES

#### AUTOMOTIVE - Maintenance

Big O Tires 210.566.1000 Discount Tire 210.566.6270 Jay's Car Wash 210.325.0916 ProCare Automotive & Collision 210.551.0340 Take 5 Oil Change 210.564.8435

#### AUTOMOTIVE - Sales

Auto Select 210.455.3050 Avis Used Cars 210.538.9185 Cavender Cadillac 210.226.7221 DriveTime 210.424.1400 Hertz 210.714.2827 Jordan Ford 210.653.3673 San Antonio Auto Auction 210.298.5477 World Car Hyundai - Mazda - Nissan 210.599.5959

#### **CELLULAR & WIRELESS**

Dr. Phonez 210.566.2020 T-Mobile 210.658.5949

#### CHILD CARE

Country Home Learning Center 210.650.3115 Kids R Delightfu 210.946-5437 Kindercare Learning Center #940 210.653.8255 Live Oak Head Start Center 210.599.4678 Live Oak Learning Center 210.599.1335

#### CHURCHES

Live Oak First Baptist Church 210.656.8200 Livingway Christian Church 210.637.5000 New Beginnings Int'l House of Worship 210.385.6987 New Life Missionary Baptist Church 210.655.2591

#### CHURCHES (cont'd)



perience Jesus.



Great Hearts Live Oak 7653 N Loop 1604 E, Live Oak, TX 78233



thepurposechurch.com () f @thepurposechurchsa

 $\otimes \otimes \otimes$ 

# urpose.

We believe that church should be he best part of your week! So, we have created an enjoyable, comfortable, casual environment that the entire family will love.

At The Purpose Church you will find: • A relevant and refreshing worship experience. • Biblically based teaching for real life. • A Friendly environment full of great people. Fun environments for your kids to

Sundays 9:30 AM & 11:00 AM





#### CHURCHES (cont'd)

Unity of the Faith Christian Ministries 210.400.4882

#### <u>CLEANING</u>





HON about our \$169 Carpet Cleaning Okkering DISINFECTING Services

#### **PRODUCTS AVAILABLE CALL FOR A FREE ESTIMATE!** 210-251-3200 MyAngelMaids.com

Locally Owned & Operated Affordable • Professional • Bonded & I Perilous Times Restoration 210.656.3469

## You could

be advertising

HERE.

PROMOTE YOUR BUSINESS WITH THIS **3" AD FOR ONLY \$100** 

210.683.1169



#### EAT & DRINK - Asian

Bangkok Cuisine 210.599.8884 Genghi's Grill 210.658.5426 Kobe Teppan & Sushi 210.634.9333 Ten Seconds Yunnan Rice Noodle 210-616-2202

#### EAT & DRINK - Bars & Grills

54th Street Restaurant Drafthouse 210.657.5400 Beer Googles 210.724.5093

#### BJ's Restaurant & Brewhouse COMING SOON

Buffalo Wild Wings Grill & Bar 210.653.8903 Garden Grille & Bar 210.412.5923 Perfect Score Sports Cantina 210.281.4237

#### EAT & DRINK - Burgers

#### DE • DELIVER



**Five Guys Burgers** 210.566.6428 Hat Creek Burger Company 210.591.0663

JOIN US FOR

**Every Tuesday** FROM 5PM-CLOSI **\$1 OFF KID'S MEALS** 

#### HATCREEKBURGERS.COM

Home Town Burger 210.251.2842 **Red Robin Gourmet Burgers** 210.659.9229



#### EAT & DRINK - Cafe's/Diners

Denny's 210.656.5225 Henry's Roadside Snacks 210.653.3673 ext 362 International House of Pancakes - IHOP 210.945.0911 LaMadeleine French Bakery & Cafe 210.306.2922 Williams Confectionery 210.967.5200

#### EAT & DRINK - Donuts & Coffee Donut Kolache Palace

210.314.8695





Bring in this ad and receive a \$1 off any size Cold Brew (excludes Nitro Cold-Brew

Live Oak, TX 78233

Starbucks - The Forum (inside Target) 210.945.9102 Starbucks - Pat Booker 210.842.9254

#### EAT & DRINK - Fast Food

Arby's 210.314.1330 Burger King 210.637.1263 Dairy Queen 210.655.9636

**Raising Cane's** 210.646.0021

RaisingCanes.com Dine In/Mobile/Takeout/DriveThru

Taco Bell 210.590.8713 Wendy's 210.658.0386 Whataburger 210.654.9405

#### EAT & DRINK - Italian

Chuck E Cheese 210.651.0574 Little Ceasar's Pizza 210.375.5967 Marco's Pizza 210.809.4455 MOD Pizza 210.566.4560 Olive Garden 210.646.0887 Papa John's Pizza 210.656.7272

#### EAT & DRINK - Mexican

Las Palapas Mexican Cafe' 210.945.2375 Picosito Mexican Kitchen 210.599.9558

#### EAT & DRINK- Sandwiches

Firehouse Subs 210.658.6870 Jimmy John's Gourmet Sandwiches 210.650.4205 McAlister's Deli 210.510.4747 Panera Bread Cafe' 210.566.4880 Potbelly Sandwich Shop 210.318.3522 Subway - Judson 210.599.7151 Subway - Forum 210,566.9290 Subway - Pat Booker 210.653.5223

#### EAT & DRINK- Seafood

Crawfish King 210.444.9343 Mr Crabby's 210.462.1122 Sea Island Shrimp House 210.658.1100

#### EAT & DRINK- Steakhouse

Longhorn Steakhouse 210.756.8666 **Outback Steakhouse** 210.945.8100 Texas Roadhouse 210.967.4998

#### EAT & DRINK - Miscellaneous

Bermudas Daiquiris To-Go 210.882.8386 Coldstone Creamery 210.946.9700



888.888.IKEA Live Oak Nutrition 210.729.0799 Precise Nutrition 210.253.9495 Smoothie King 210.776.7666 Zoe's Kitchen 210.269.9955



#### EDUCATION



Offering all core classes, a variety of programs, associate degrees and certificates including Cyber Defense, Network



Administration.

Business Administration, Logistics & Supply Chain Management, and more!

> ALAMO.EDU/NLC 210-21ALAMO

The Alamo Colleges District is an EOE. For any special accommodations issue or an alternate format, contact the Title IX Coordinator, (210) 485-0200

Crestview Elementary School 210.945.5111 Ed Franz Elementary School

210.945.5640



GreatHeartsLiveOak.org 🗍 SCAN ME Judson Early College Academy 210.619.0200

Judson ISD Educational Resource Center 210.945.5100 Judson ISD - Superintendent's Office 210.945.5402



BAPTIST UNIVERSITY Don't let this pandemic disrupt

your education. Registering now for fall 2. An affordable, on-site and on-line education can be yours at Wayland Baptist University

Wayland Baptist University is here for you. We are your local, private, on-site and on-line university Serving San Antonio for nearly 40 years and on-line for more than 20 years, we know how to do this. Wayland advisors are always available to talk - offering you support when you need it.

#### Visit us at

8300 Pat Booker Road or go to our website at www.wbu.edu or call us at (210) 826-7595 and let us help you Rewrite Your Future!

210.410.4564 Regal Entertainment/Live Oak Cinema 210.657.4480 FINANCIAL - Loan Service Check N Go 210.946.2270 Grove Mortgage Home Loans 210.656.1134 **OneMain Financial** 

210.945.9631 **RBFCU**, Mortgage Lending 210.945.3300 Tower Loan 726-207-3059

210.659.9090

Party Animals

You could be advertising HERE.

#### -INANCIAL - Miscellaneous

Edward Jones Investments 210.659.4045 Liberty Tax Service 210.659.8500 **RBFCU** Administration 210.945.3300 True Legacy Business Management, LLC 210.267.1101

#### FITNESS

All Purpose Fitness Training 210.422.1943 Gold's Gym 210.637.6600

#### Hotworx 830.468.9679

210-773-6998 Soccer Zone

210.598.0131 FLORIST

La Jardiniere Florists



210-590-2028 TheVillageFloristTX.com 12315 Judson Road #308





#### ENTERTAINMENT

Painting with a Twist



Skyhawks San Antonio East Sports Academy

#### HOTELS

Great Value Inn 210.653.9000 Hampton Inn 210.590.3388



LaQuinta Inn 210.657.5500 Woodspring Suites 210.655.3100

#### NSURA

Allstate Insurance 210.888.8220 Farmers Insurance - Chau Agency 210.637.1178

#### **NOBODY OFFERS MORE DISCOUNTS** THAN FARMERS



#### Dawn Dear

7529 N Loop 1604 E Ste 114 Live Oak TX 78233 ddear@farmersagent.com agents.farmers.com/ddear

Call 210-507-2169 today! For Home, Auto, Life and Business.



Fred Loya Insurance 210.653.0916 GSM Insurors 210.655.8860 State Wide 1 Insurance Agency, LLC 210.577.1077 State Farm 210.654.9533



MEDICAL - Audiologist/Hearing

Belton Hearing Care Center 210.599.2000 Hearing Life 210.637.6654 New Sound Hearing Network 210.544.5578

MEDICAL - Cardiology



# Don't wish for a stronger heart — Get it.

Ground breaking treatment for chronic heart conditions without surgery.

Visit FlowTherapy.com Today



Methodist Cardiology Clinic of SA - Northeast 210.967.0096

#### ACCEPTING NEW PATIENTS



**210.655.4278 - www.PCCST**. 11485 TOEPPERWE**I**N RD #2

#### MEDICAL - Chiropractic

VHY I AM A OCTOR OF CHIROPRACTIC! ECAUSE... HONOR the inborn potential of

# everyone to be truly healthy. I DESIRE to help the newborn, the aged, the infirm & those without hope. I CHOOSE to care for the patient w/the disease & not the disease itself. I WISH to assist, not intrude; to free rather than control. I SEEK to correct the cause, not its effect. I KNOW doctors do not heal; only the body can heal. I KNOW that the power that made the body is the power that can heal the body. I HAVE BEEN CALLED TO SERVE OTHERS. I WANT TO MAKE A DIFFERENCE.

I WANT TO MAKE A DIFFERENCE. I KNOW that without nerve interference, you are the miracle. BÉCAUSE EVERYDAY I SEE MIRACLES. BECAUSE I KNOW IT IS RIGHT!

Serving Live Oak Residents Since 1995

LEARN MORE AT DrDrewChiro.com



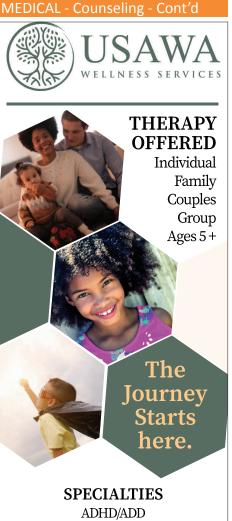
Pat Booker Chiropractic Center 210.599.0099 Woywood Chiropractic 210.646.9060

#### MEDICAL - Counseling

- Compassionate Counseling & Behavioral Ctr. 210-286-2586
- Emotional Healing Counseling Services 210.645.5542
- Griffin Guidance Counseling Services 210.580.6227 Mary Walseth MA, LPC
- Mary Walseth MA, LPC 210.675.0066
- Rhapsody Counseling & Wellness Center 210.286.9339

#### You could be advertising HERE.

HERE. PROMOTE YOUR BUSINESS WITH THIS 2" AD FOR ONLY \$70 OR LESS CALL 210.683.1169



ADTID/ADD Anxiety Behavior Modification Career Counseling Communication Co-Parenting Depression Mood Imbalance Pre-Marital Counseling Social Skills Spectrum Disorders Transitions/Adjustments Traumatic Experiences



Reduced Rates Insurance Accepted 210.951.3479 myusawa.org

# Growing our family to take care of yours.

# New Primary Care Provider at NIMA



Northeast Internal Medical Associates (NIMA) — a pillar of our Live Oak community — is pleased to welcome Internist **Dr. Jose Plata** to the family.

Dr. Plata recently left the US Navy with the rank of Lieutenant Commander. Originally from Eagle Pass, Texas, he is fluent in English and Spanish.

NIMA's four internists and two nurse practitioners focus on prevention, diagnosis and treatment of adult illnesses. The practice is located next to Methodist Hospital | Northeast.

#### PRIMARY AND PREVENTIVE CARE

Preventive healthcare for men and women Annual exams Physicals and blood work Immunizations and flu shots

12702 IH-35 North Live Oak, TX 78233 210.650.9669





# Jose Plata, MD

Internal Medicine

### Now accepting new patients

Schedule online at MethodistPhysicianPractices.com or call us at 210.650.9669

#### **CONDITIONS TREATED**

Diabetes Asthma High blood pressure High cholesterol Heart disease Obesity Aging concerns



Methodist Physicians | Northeast internal Medical associates



#### **MEDICAL** - Denta



WHEN YOU SEE US, YOU'RE MORE THAN JUST A SMILE..YOU'RE FAMILY

Cleanings • Bridges • Crowns • Cosmetic Dentistry Customized treatment plans to meet YOUR needs.

WE CARE BEYOND THE CHAIR!



210.585.2055 Casa's Dental - Gilda Casas, DDS 210.655.9497 Dia Dental Implant Center 210.529.7180 Dr. Lindsey Schlepp, DDS - Family/Cosmetic Dentistry 210.599.9610 Dr. Michael Briseno DDS 210.656.6362 Elite Endodontics 210.599.9900 Live Oak Periodontics & Implant Dentistry 210.637.0306 Lou Baeten Orthodontics 210.656.3531 Monarch Dental 210.526.3600



#### MEDICAL - Dental (Cont'd)

TOEPPERWEIN



Our team at Toepperwein Dental would like to thank all of our patients from the bottom of our hearts for making this possible.

We're truly proud of the family we've created over the last 20 years and the impact we have made in the lives of our patients, the community and beyond.



General & Cosmetic Dentistry Gum Disease Treatment Root Canals • Oral Surgery • Sedation Crowns • Bridges • Dentures Implants • Invisalign

www.ToepperweinDental.com **210-946-GRIN (4746)** 11901 Toepperwein Rd. #1104

#### MEDICAL - Dental (Cont'd)

Toepperwein Oral & Facial Surgery 210.529.7180

#### MEDICAL - Dermatology

Dermatology Associates of San Antonio 210.657.9338 Lone Star Dermatology Clinic 210.651.3233

#### MEDICAL - Diagnostic & Testing

Blue Sprig Autism 210.714.3545 Clinical Pathology Labs, Inc. 210.637.0318 Labcorp Patient Service Center 210.599.2927 Quest Diagnostics. Inc. 210.653.1129 South Texas Radiology Imaging Centers 210.617.9000

#### MEDICAL - Ear, Nose & Throat

Dr. Jesse Moss Jr. 210.656.8888 ENT Clinics of San Antonio, P.A. 210.656.9506

#### MEDICAL - Emergency

Methodist Hospital | Northeast 210.757.7000 Concentra Urgent Care

210.653.4420

#### MEDICAL - Hospital/Surgery

Methodist Physicians - Alamo City Surgeons 210.653.9307



Caring for the Tri-County Communities, One Patient and One Person at a Time



12412 Judson Rd, Live Oak, TX 78233 210.757.7000 • SAHealth.com

Stone Oak General Surgery 210.494.7979

#### MEDICAL - Oncology

#### Breast Care Center at Methodist Hospital | Northeast 210.757.5858

Kapoor Cancer Clinic - Kapoor Rohit M.D. 210.655.0075 GenesisCare 210.816.4770 Live Oak Regional Cancer Center 210.599.0922 Northeast Radiation Oncology 210.599.4630

# Growing our family to take care of yours.

# Meet one of our newest providers!



Northeast Internal Medical Associates (NIMA) — a pillar of our Live Oak community — is pleased to welcome **Dr. Jayapriya Raj** to our family.

**Dr. Jayapriya Raj** is passionate about preventive medicine, with a special interest in preventive cardiology, weight management and lipidology, or the treatment of cholesterol.

NIMA's five internists and two nurse practitioners focus on prevention, diagnosis and treatment of adult illnesses. The practice is located next to Methodist Hospital | Northeast.





# Jayapriya Raj, MD Internal Medicine

Now accepting new patients

Schedule online at NIMAHealth.com or call us at 210.650.9669

## Methodist Physicians | Northeast internal Medical associates



#### **MEDICAL** - Optical

Alamo City Eye Physicians 210.946.2020 America's Best Contacts & Eyeglasses 210.672.6800 In Focus Eyecare 210.590.3333 MyEyeLab 210.536.6995 **Retina Institute of South Texas** 210.654.0400 Sharp Eye Consultant 210.637.5742 Visionworks 210.657.6270

# You could

be advertising HERE. PROMOTE YOUR BUSINESS WITH THIS **3" AD FOR ONLY \$100** 

210.683.1169

#### MEDICAL - Orthopedia

Advanced Orthopedic Designs 210.657.8100 Northeast Orthopedics & Sport 210.477.5151 Orthopedic Care - Dr. Ples L. Kujaway, MD 210.599.8110

#### MEDICAL - Pain Management

Alavie Pain Management 210.664.4446 Pain Doctor of San Antonio 210.615.1901

#### MEDICAL - Pediatrics

Aquarius Pediatrics - Dr. Yvette Almendarez, MD 210.560.4500 **Almouie Pediatrics** 

210.998.2410

Internal Medicine & Pediatrics - Dr. Nadine Liu 210.599.3840

Live Oak Pediatrics - Jesus L. Rodriguez III MD 210.599.6251

#### **MEDICAL** - Pharmacy

CVS Pharmacy (inside Target) 210.945.9759 Healthway Pharmacy 210.314-7274 **RX Plus Pharmacy of Live Oak** 210.646.0207

#### MEDICAL - Physical Therapy/Rehab

Advanced Rehab & Healthcare of Live Oak 210.600.3700

ATI Physical Therapy 210,599,3090

**Mission Rehabilitation & Sports Medicine** 210.656.7953

Momentum Physical Therapy & Sports Rehab 210.653.2400

#### **Rehab Center - Joint Replacement Academy** at Methodist Hospital | Northeast 210.757.5065

Results Physiotherapy 210.660.2345 Sports Medicine Associates of San Antonio 210.384.9764 Texas Physical Therapy 210.658.8483

Toepperwein Physical Therapy & Spine Rehab 210.599.8903

#### **MEDICAL** - Physicians Alamo Wellness Alliance

210.599.4086 Carita's Family Medicine 210.650.9066

Conviva Care Center

210.654.0030

David A. Ochoa, M.D. 210.599.2128

Dr. Mark Rodriguez M.D. 210.646.0404

Hillside Primary Care 210.742.6555 MedFirst Primary Care

210.654.7200

#### Growing our family to take care of yours.



Jose Plata, MD Internal Medicine

Now accepting new patients

Schedule online at MethodistPhysicianPractices.com or call us at 210.650.9669

#### Methodist ive Oak, TX 78233

#### MEDICAL - Podiatry

Dr. Michael Langlois-Podiatry Group/South Texas 210.650.0314 Podiatry Clinics 210.655.9965

#### MEDICAL - Renal

Davita Live Oak Dialysis Center 210.590.0103

#### SLEEP APNE Unable to tolerate your CPAP Machine?

There's another solution... Oral Appliance Therapy

 Easy to use alternative More comfortable



"Better Sleep is a Rest Resolution Away!" zing in Oral Appliance Therapy for Obstructive Slee

Kenneth O. Livingston, DDS 11901 Toepperwein Road, Ste 1104 210-957-ZZZZ (9999) GetRest@RestResolution.com

Fresenius Kidney 210.655.4005 Renal Associates P.A 210.655.8470 San Antonio Kidney Disease Center 210.654.7326

#### MEDICAL - Sleep

Northeast Pulmonary & Sleep Associates 210.655.6400 San Antonio Sleep Center 210.614.7474 Sleep And Pulmonary Diagnostics 210.655.1102

#### MEDICAL - Women's Health

Virtuosa GYN 210.878.0090 Women's Health Texas San Antonio 210.657.4099

#### MEDICAL - Miscellaneous

Brain & Spine Institute of San Antonio 210.625.4733 Counsel Oaks - Mental Health Care 210.646.0717 **Digestive and Liver Disease Center** 210.941.1662 Gastroenterology Consultants of SA 210.614.1234 Live Oak Allergy & Asthma Clinic 210.646.6978 Northfield Medical. Inc. 254.541.2095 **Roy Medical Uniforms** 210-757-3959 San Antonio Infectious Disease 210.490.8941 South Texas Spinal Clinic 210.657.6948 The Art Connection 210.639.4862 Urology San Antonio (Northeast) 210.654.8000 Veda Medical & Med Spa 210.566.8332

THIS COULD HAVE **BEEN YOUR AD** FOR ONLY\$40 210.683.1169



# Welcome to our family!

# Kelley Scott, MD, MPH Internal Medicine

#### Now accepting new patients

Schedule online at NIMAHealth.com or call us at 210.650.9669

Northeast Internal Medical Associates (NIMA) – a pillar of our Live Oak community – welcomes **Dr. Kelley Scott** to our practice. She joins four other physicians and two nurse practitioners, and she is currently accepting new patients.

**Dr. Kelley Scott** is passionate about preventive medicine, women's health including Polycystic Ovary Syndrome (PCOS) and contraception, obesity and liver disease.

The practice focuses on prevention, diagnosis and treatment of adult illnesses. The practice is located next to Methodist Hospital | Northeast.

# PHYSICIANS | NORTHEAST INTERNAL | MEDICAL ASSOCIATES



12702 IH-35 North Live Oak, TX 78233 210.650.9669 NIMAHealth.com







#### NON-PROFITS



#### RECRUITING

US Air Force Recruiting Center 210.658.5710 **US Army Recruiting Center** 210.650.9425 **US Marines Recruiting Center** 210.653.2218

SERVICES - A/C & Heating



## SERVICES - Business

Brian Culver Packaging 210.473.4728 Creative Ribbon Etc Inc. 210.650.5473 Draft Nook Apparel

dnook.co/liveoak **G&J** Container Manufacturing 210.590.0777

- **POS Solutions** 210.590.1200
- PrimaCore Solutions
- 210.647.6076 Red Hot Signs
- 210.590.1555 Russ's Machining
- 210.639.2934
- Staff Force 210.893.1101

**Tri-County Chamber of Commerce** 210.658.8322

True Legacy Group 210.267.1101 Trimac Transportation 210.654.1666 Work At Home or Onsite ElsaEscobedoLopez.com

#### SERVICES - Landscape



#### SERVICES - Personal (Hair)

Anointed Cuts 210.599.9952 Blonde's Brunettes & Readhead's 210.654.7400 Creative Cuts by Stan Tha Man 210.378.1469 **Crux Barber Lounge** 210.966.0207 **Five Star Salon** 210.658.3531 Great Clips 210.657.2547 Knockout Haircuts for Men 210.566.6044 Salons by JC 210.590.3800 Styles by Beth 210.577.5812 Supercuts 210.566.8282 **Textures Salon & Spa** 210.531.6767

#### SERVICES - Personal (Nails)

Bliss Nails & Spa 210.971.9979 Express Nails & Waxing 210.467.9644 **Expression Nails Spa** 210.592.8814 Kathy's Nails 210.590.7927 My Nail Bar 210.564.8884 Nails Care 210.659.9060 S&R Nails 210.236.8900



#### SERVICES - Personal (Misc.)

**B3Brows** 210.570-8686 Bare & Bold Wax Studio

#### 210-468-8779

Essential Oils - JoAnn Wheeler 210.655.1036 European Wax Center 830.420.6900 Eva's Tanning 210.324.3466 E-Z Wash Laundromat 210.637.0722 GG's Browtique 210.833.6755 GNC 210.566.1858 Hello Lovely Hair, Skin & Nails 210.651.0902 Iron Forged Body Works 210.967.9709 Jenny Craig 210.650.5300 Lanell Designs

210.737.0194 LulaRoe Independent Fashion Consultant 210.920.4417 Massage Therapy by Jenny 210.848.1612

#### **Removery Tattoo Removal & Fading COMING SOON**

Sally Beauty Supply 210.658.8666

U Spa 210.331.4345

#### **SERVICES - Pest Control**

A Bear Pest Control 210.650.3200 Hook & Ladder Pest Control 210.-379-7930 **RC Pest Control** 210.487.1450

#### **SERVICES** - Pets

Camp Bow Wow 210.558.9969 Check Your Shoes CheckYourShoes.com Groomingdales Pet Salon 210.657.0577 **Reptile Pets Direct** 210.277.7225 Soft Paws Pet Care 210.663.4320

#### SERVICES - Plumbing



#### SERVICES - Real Estate

All About Texas Realty, Inc. 210.780.8900 CeniMax Realty 210.744.7705 Fergins & Associates Realty 210.549.4201 Howard Shelf & Associates Realtor 210.599.2266 Jackson Realty & Associates 210.650.0812 MAC I-35 210.590.4450 Southland Log Homes 210.655.0016 The Forum at Olympia Parkway Management 210.566.7604

#### SERVICES - Senior

Serenity Oaks Assisted Living/Memory Care 210.274.3556

# In-Home Personal Care



 Meal Preparation • Light Housekeeping • Errands Bathing Assistance Assistance with Mobility • Alzheimer/Dementia Care • Friendly Companionship • Up to 24 Hour Care • Respite Care for Families VisitingAngels.com/NortheastSA

Angels LIVING ASSISTANCE SERVICES 210.951.0702

12602 Toepperwein Rd., Ste 210 Live Oak, TX 78233 Woodcrest Home for Senior Citizens 210.599.3053

210.757.7000 IKEA 888.888.IKEA Kohl's 210.566.2597 Mattress Firm 210.658.7000 Men's Warehouse 210.658.1700 210.658.4929 **Roadside Jewels** 210.324.3466

34 | Shop Local • Eat Local • Spend Local

A/C Master License #TACLB1900C / Master Plumbing License #M39092

# Best Buy Boot Barn Dollar General Dollar Tree Factory Mattress Sales

Five Below 210-948-0327 Gift Shop at Methodist Hospital | Northeast New Balance Athletics Inc

Target Ž10.945.9102

#### SERVICES - Storage

Ashlev Furniture

At Home

210.637.5533

210.254.3602

210.945.2452

210.659.1748

210.888.0125

210.651.6652

210.653.3738

210.944.6991

210.656.2337

Lock N Go Storage
210.653.7261 Lookout Boat Storage
210.653.7211
SERVICES - Miscellaneous
Alamo DVD Solutions 210.412.6481
A.L.I Home Repair Remodeling, LLC 210.412.4387
Covenant Works Construction 830.534.9868
Golden Cash Exchange 210.778.0207
KG Tech Services 210.620.8700
Legal Shield 210.861.2497
P&W Fire & Safety 210.386.1219
Perry's Garage Door Services 210.712.9574
Real Stump Busters 210.653.3605
Spectrum 888.406.7063
Stutin Construction 210.563.4504
Texas Materials 210.265.3671
The UPS Store 210.658.8351
The Vacation Wizards
210.843.2935
SHOPPING - Convenience Stores
Circle 786 - Chevron
210.655.9332 Circle K
210.590.8442
QT - QuikTrip #4025 210.653.9415
QT - QuikTrip #4047
210.590.1789 SHOPPING - General

Boxdrop Mattress & Furniture San Antonio NE **Burlington Coat Factory** 



#### SHOPPING - Home Improvement

Alamo Ranch Cabinets 210.375-5357 Home Depot 210.945.8160 Northern Tools & Equipment 210.209.8827 Sweetwater Hot Tubz 210.590.6700

#### **SHOPPING - Jewelry**

James Avery Jewelers 210.651.9180 Jared's Jewelers 210.945.0208

#### **SHOPPING - Liquor Stores**

Liquor Bueno 210.314.5417 LOL Liquors 210.714.0036 Spec's 210.651.1911

#### SHOPPING - Party Supplies

Parties Galore 210.378.9930 Party City 210.945.6680

#### SHOPPING - Resale/Thrift

Goodwill Industries 210.924.8581 Sweet Repeats 210.658.3870

#### SHOPPING - Specialty

Armorallleather 210.802.9975 Interstate Battery Center 210.566.7702 Monster Vape 210.281.8115 Music & Arts 210.566.1920 Smokerz Paradise 888.403.7638 Tanuki Toys & Collectibles 210-908-9495





PRESORT STD U.S. POSTAGE PAID SAN ANTONIO, TX PERMIT #1416

# Are you experiencing symptoms of Long COVID?

Take the first step in relief by taking our FREE Long COVID Assessment at FlowTherapy.com.

Since COVID-19 impairs the pathway in the blood vessels, Flow Therapy EECP® utilizes an ground breaking program that helps improve the health of blood vessels in the body, helping you reduce symptoms of Long COVID.



#### Symptoms of Long COVID

+ Fatigue

- + Shortness of Breath
- + Difficulty Sleeping
- + Anxiety/Depression
- + Chest Pain
- + Cough
- + 'Brain fog'

<u>Visit FlowTherapy.com</u> to take the FREE Long COVID assessment.