THE RESULTS OF OUR 13TH ANNUAL SURVEY

S.A. Best Doctors and Dentists of 2018

Cigar Knowledge needed for an enjoyable smoke
Guys, Look No Further, we found the perfect shirt
Unique Cuisine from the land of enchantment
The ‘Odyssey’ of music, art and culture
Life without Booze: a clear opinion
Experiencing Merry Events abroad
Scene People S.A.’s hottest & most important events
Tricentennial: Check out coming events in our calendar
VOTED 2017 “BEST” INJURY LAWYERS
SAN ANTONIO
Honored by their Peers as Published by SA Scene Magazine

VILLARREAL & BEGUM LAW FIRM
AUTO ACCIDENTS • INJURIES • OIL FIELD ACCIDENTS • WRONGFUL DEATH • INSURANCE CLAIMS

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U DRIVE, U TEXT, U CRASH!

Distracted driving kills & injures thousands each year in Texas.

1 in 5 Traffic Crashes in Texas now caused by the growing problem of distracted driving.

In 2016 there were 109,685 traffic crashes in Texas involving distracted driving - up 3 percent over 2015. More than 3,000 people were seriously injured as a result 455 died. These crashes were highest among drivers age 16 to 34.

3
We Fight to Make it Right!

Sources: Texas Department of Transportation 2016-2017, TALK/TEXT/GRABE

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Offices in McAllen, Laredo & San Antonio • Principal Office San Antonio
STAR Vascular Access Center - A Team of Dedicated Experts

The fellowship trained, experienced physicians of Star Vascular Access Center are recognized experts in their fields with a reputation for providing quality care to every patient.

With Dr. Timoteo Cabrera as Medical Director, we offer a broad range of minimally invasive vascular procedures in a comfortable outpatient setting with excellent outcomes.

Appointments are scheduled quickly and easily, and patients are seen promptly when they arrive.

Comprehensive reports and follow-ups are provided in a timely manner, and most insurance plans are accepted.

Timoteo Cabrera, MD - Medical Director, Interventional Nephrologist
Dr. Timoteo Cabrera received his MD from the University of Texas Health Science Center San Antonio, where he also completed an internship and residency in internal medicine and a fellowship in nephrology.

- Board certified in internal medicine and nephrology and certified by the American Society of Diagnostic and Interventional Nephrology
- Specializes in dialysis access including fistulas and grafts, catheter placement and angioplasty
- Active member of the American Society of Nephrology, Texas Medical Association and the Renal Physicians Association.

Rashid Sharaf, MD - Interventional Nephrologist
Dr. Rashid Sharaf was educated at Quaid-i-Azam University, Army Medical College and the University of London. He also completed an internal medicine residency at St. Barnabas Hospital in the Bronx, NY and a nephrology fellowship at the Louisiana State University Medical Center.

- Board certified in internal medicine and nephrology
- Specializes in treating transplant patients as well as dialysis access and peritoneal dialysis
- (PD) catheter placement
- Active member of the American College of Physicians, the American Society of Nephrologists, the American Medical Association, the Renal Physicians Association and the American Society of Diagnostic and Interventional Nephrology

Jemma Reinhardt, RPA - Radiology Practitioner Assistant
Jemma Reinhardt is a graduate of the Radiology Practitioner Assistant Program at Weber State University. She also completed a two year radiology internship at Thomas Jefferson University Hospital in Philadelphia, Pennsylvania where she specialized in interventional radiology.

- Board certified as a radiology practitioner assistant and radiologic technologist
- Specializes in minimally invasive, image guided, interventional procedures
- Active member of the Society of Radiology Physician Extenders and the American Society of Radiologic Technologists

Star Vascular Access Center also offers diagnosis and treatments for patients who have peripheral artery disease (PAD) under the direction of Dr. Boulos Tournakiyan. He is board certified in general and vascular surgery and specializes in treating PAD including lower extremity problems, non-healing wounds, diabetic foot salvage, and limb salvage/preservation.

For more information or to make an appointment call: 210.487.7827
301 North Frio Street, San Antonio, Texas 78207 | StarVascularAccess.com
San Antonio’s Best Lawyers in Family Law
Rankings List Orsinger and Alwais in Top 10

41 Years of Experience Practicing Family Law

He is one of the most respected attorneys in Texas, so it comes as no surprise that Richard Orsinger is ranked among the Top 10 Family Lawyers in San Antonio, according to the publisher of San Antonio Style. No stranger to accolades, Orsinger has been consistently named to the Top 10 Texas Super Lawyers list statewide, and has been listed in The Best Lawyers in America in Family Law for 30 years and in Appellate Law for 16 years.

Fellow attorney Amber Liddell Alwais is ranked among the top ten family lawyers in San Antonio by San Antonio Style, and Porter Carriage is listed among the Top 100 Family Lawyers in San Antonio.

Devoted exclusively to Family Law, the reputation of these lawyers is based on their commitment to clients and dedication to resolve their cases favorably.

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Making us better. That’s what doctors do every day.

Advancing medicine through discovery. Being recognized as experts in their fields. Putting patients first. That’s how the physicians of University Health System go beyond better — to be the best.

We’re proud of our physician partners at UT Health San Antonio and the physicians of University Medicine Associates, University Health System’s physician group. And we congratulate all the SA Doctors: Best of 2018. You are the best of the best.
Jennifer Gebhard, Linda Eblen and Ana Hayes

RanCh ChiC show

Founded in 2005 by a group of volunteers, the Ranch Chic Fashion Show was developed to not only showcase the great western fashions that are perfect for guests to wear to the Cattle Baron’s Gala, but also as an additional way to raise awareness for the American Cancer Society. This year’s show will be dedicated to the memory of Donna Muslin, one of the original founders of the Ranch Chic Fashion Show who passed away in November of 2016. Muslin also worked for SA Scene several years back and remained a good friend of the magazine.

The fashionable event features fashions donated by Cavender’s and jewelry donated by Kendra Scott, modeled by cancer survivors, celebrities and professional models.

Funds from last year’s gala and pre-gala activities assisted South Texas cancer patients and their families with programs such as transportation to treatment or hotel services when they are traveling away from home for treatment. Over the past 39 years, the Cattle Baron’s Gala has raised more than ten million dollars toward the American Society’s programs and services in San Antonio and the 12 surrounding counties.
Congratulations to Dr. Melody Zamora “Best S.A. Dentists as voted by their Peers” voted multiple years.

John H. Ziller
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Chandra Handley
Managing Editor

Eddie Romero
Advertising Director
Brenda Slatton
Art Director
Vivian Crook
Contributing Photographer

San Antonio Scene's Original Locally Owned and Grown City Magazine – Est. 1999

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The law firm focuses its practice on the defense of catastrophic personal injury and property damage cases, as well as commercial cases, throughout south Texas and southern New Mexico. The firm has a particular expertise in the defense of cases along the Texas-Mexico border from Brownsville, Texas to Santa Fe, New Mexico.
Cathrina Ball chair Kye Fox and co-chairs Ellen Clark and James V. Mazuca hosted the first annual Cathrina Ball honoring La Catrina. The event at La Fonda on Main celebrated the iconic Catrina mask and featured cocktails, food, and entertainment.

Dancers in流里流拉 costumes and makeup were over the top; the costumes and makeup were unbelievable. Everyone dressed for this first annual Cathrina Ball, San Antonio Public Library Foundation president Tracey Bennett and director of special events Tracey Bennett added.

The attendees were treated to the first annual Cathrina Ball, honoring La Catrina. The event at La Fonda on Main celebrated the iconic Catrina mask and featured cocktails, food, and entertainment.

Dancers in flowy, white, cotton dresses led the way to the disco to the disco music of the street food, cocktails, and entertainment. The attendees were treated to a top-class show, with over-the-top costumes and makeup. Everyone dressed for the annual Cathrina Ball, honoring La Catrina, at La Fonda on Main.

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Whether a patient just needs an annual check-up or a serious surgical procedure, whether a San Antonian needs specialized advice from allergists, internists or urologists (among many more), our city provides some of the best medical care in the country.

We asked thousands of Bexar County physicians and hundreds of dentists which of their peers they would refer for inclusion in S.A. Doctors and Dentists: Best of 2018. They were allowed to name as many of their peers as they wanted to for our list. Listings are grouped by practice specialties, and doctors are listed in alphabetical order within their specialties.

Disclaimer: The information presented is not medical advice, nor is it a physician referral service. The intent of this publication is to provide San Antonians with information about the physicians available in the community. The names of physicians are based solely upon the subjective opinions of other physicians and may or may not reflect the views of the physicians, hospitals or communities in which they practice. The names of physicians are listed as they are submitted to us, with no preference given to any one discipline or specialty. The inclusion of names in this directory does not imply that the physicians listed are superior to others of the same specialty or that the quality of services provided by these physicians is better than those provided by other licensed physicians. The San Antonio Scene is not affiliated with any federal, state or regulatory body. Self-designated practice specialties listed in S.A. Doctors and Dentists are not necessarily endorsed by a federal, state or regulatory body. Self-designated practice specialties listed in S.A. Doctors and Dentists do not imply certification by a Board of Medical Specialties. The San Antonio Scene is not affiliated with the American Board of Medical Specialties, nor does the publication certify that the physicians listed are board-certified in a particular specialty.

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- Best Workplaces for Women
- Best Workplaces for Diversity
- Best Workplaces in Healthcare

The results of our 13th Annual Survey of best San Antonio Doctors as referred by their peers

Whether a patient just needs an annual check-up or a serious surgical procedure, whether a San Antonian needs specialized advice from allergists, internists or urologists (among many more), our city provides some of the best medical care in the country.

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SA Best Doctors & Dentists of 2018
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cNI cardiovascular, Non-invasive 20
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Claudia Aguero .................. FM
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We’re different than other San Antonio hospitals. Our patients don’t just get better. They get better everyday.

BETTER ACCOMMODATIONS
All patient rooms at Foundation Surgical Hospital are spacious private suites with amenities that will make your feel at home. They include:

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We do this by:

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• Maintaining a remarkably low 4-to-1 patient-to-nurse ratio

• Staffing a seasoned nursing crew
SA BEST DOCTORS & DENTISTS OF 2018

Continued...

Dermatology, continued

Steven A. Davis, MD, Dermatology & Laser Center of San Antonio
Thushan DeSilva, MD, DeSilva Dermatology
Lindsey Finklea, MD, Rainey Dermatology
Malini Fowler, MD, FAAD Texas Dermatology and Laser Specialists
Annabelle Garcia, MD, Sonterra Dermatology
Robert T. Gibson, MD, UT Health Physicians
Scott M. Hunzeler, MD, San Antonio Skin & Cancer Clinic
Phillip Hughes, MD, Hughes Dermatology
John LeVasseur, MD, Mohs Skin Cancer Surgery of South Texas
Byron Limmer, MD, Dr. Limmer’s Office
John Martin, IV, MD, San Antonio Skin & Cancer Clinic
Karina McCarroll, MD, Dermatology San Antonio
Patricia Miller, MD, Texas Dermatology and Laser Specialists
Stephen Miller, MD, Dermatology San Antonio
Vincent Mishra, MD, UT Health Physicians
Ryan P. O’Quinn, MD, UT Health Physicians
Vineet Mishra, MD, UT Health Physicians
Stephanie Miller, MD, Dermatology San Antonio

Kamala Balithara, MD, UT Health Physicians
Gary Barber, MD, Full Spectrum Emergency Room
Christina Bird, DO, UT Health Physicians
Craig Cooley, MD, MPH, EMTP, UT Health Physicians
Robert De Lorezo, MD, UT Health Physicians
Daniel Dier, MD, UT Health Physicians
Lauren Dolson, MD, UT Health Physicians
Luis Enriquez, MD, UT Health Physicians
Romeo Fairley, MD, UT Health Physicians
Christopher Gelabaut, MD, UT Health Physicians
Julie Ann Gorchynski, MD, UT Health Physicians
Cristina Grijalva, MD, UT Health Physicians
Courtney Horton, MD, UT Health Physicians
William Imuais, UT Health Physicians
Shane Jennings, MD, MA, FACEP, FAEM, UMH, UT Health Physicians
Brian Kendall, MD, UT Health Physicians
Kevin King, MD, UT Health Physicians
Judith Knoll, DO, UT Health Physicians
Michael Magoon, MD, Alamo Heights Minor Emergency
Kenneth Marriott, MD, UT Health Physicians
David A. Miramontes, MD, FACEP, FAEMS, UT Health Physicians
Steve Moore, MD, UT Health Physicians
Andrew Muck, MD, UT Health Physicians
Adriana Olson, MD, UT Health Physicians
Courtney Shockley, MD, UT Health Physicians
Cris Sigsson, MD, UT Health Physicians
Brandan Sparkian, MD, UT Health Physicians
Jessica Solis-McCarthy, MD, UT Health Physicians
Mark Sparkman, MD, UT Health Physicians
Richard Spitzl, MD, Full Spectrum Emergency Room
Kari Tanaka, DO, UT Health Physicians
Shawn Varney, MD, UT Health Physicians
Seun S. Wang, MD, UT Health Physicians
Browning S. Wayman, MD, UT Health Physicians
Allen Whitford, MD, UT Health Physicians

Endocrinology, Diabetes & Metabolism

Laura Akinsight, MD, Northeast Endocrinology Associates
Jan Bruder, MD, UT Health Physicians
Alberto Chavez-Velazquez, MD, University Medicine Associates - Texas Diabetes Institute Adult Endocrinology Clinic
Ralph A. De Franza, MD, UT Health Physicians
Jorge Alejandro Veloz Garza, MD, University Medicine Associates - Texas Diabetes Institute Adult Endocrinology Clinic
Arthur Guerrero, MD, Northeast Endocrinology Associates
Kathleen Elaine Hands, MD, Thyroid & Endocrine Center of South Texas
Videeh Kim, MD, University Medicine Associates - Texas Diabetes Institute Adult Endocrinology Clinic
Mary Ann Phillips, MD, Diabetes & Glaucoma Disease Clinic, PA
Kathy LaChiva, MD, FACOP, FACE, University Medicine Associates - Texas Diabetes Institute Adult Endocrinology Clinic
Carlos E. Menendez, MD, Stewowey and Menendez Group
Nicolas Musi, MD, UT Health Physicians - University Health System
Paula J. Phillips, MD, University Medicine Associates - Texas Diabetes Institute - North
Salmar Agostio Salgado, MD, University Medicine Associates - Texas Diabetes Institute Adult Endocrinology Clinic
William F. Trigo, MD, Diabetics & Glaucoma Disease Clinic, PA
Scheherazade W. Urban, MD, University Medicine Associates - Texas Diabetes Institute Adult Endocrinology Clinic
Aruna Venkatesh, MD, University Medicine Associates - Texas Diabetes Institute Adult Endocrinology Clinic

Endocrinology, Reproductive

Aimee Brown, MD, RMA of TX
Joseph R. Garza, MD, UTHealth for Women’s Health & Advanced Fertility Center
Summer James, MD, Texas Fertility Center Jennifer Koudouzin, MD, UT Health Physicians
Joseph E. Martin, MD, FACOG, Fertility Center of S.A.
Gregory S. Neal, MD, FACOG, Fertility Center of San Antonio
Robert S. Schenken, MD, UT Health Physicians
Muhammad Akram, MD, UT Health Physicians
David Aldrete, MD, Health Texas Medical Group
Paz A. Alj, MD, UT Health Physicians
Maureen Alvarado, MD, UT Health Physicians
Benjamin Andrey, MD, UT Health Physicians
Aaron Angiuli, MD, WellMed at Crockett Park
Ricardo Arevalo, MD, Health Texas Medical Group
Christopher Arnold, MD, WellMed at Medical Center

Family Medicine

Sarah Abang-Hayes, MD, University Medicine Associates - University Family Health Center - North
Mohamed Abdel-Rahim, MD, University Medicine Associates - University Family Health - Southwest
Yunonuloe Agboida, MD, University Medicine Associates - University Family Health - South West
Claudia Aguero, MD, Health Texas Medical Group
Leticia Aguilar, MD, University Medicine Associates - Robert B. Green ExpressMed Clinic
Muhammad Akram, MD, UT Health Physicians
David Aldrete, MD, Health Texas Medical Group
Sara Amaya, DO, UT Health Physicians
Whatmore Ann, MD, UT Health Physicians
Jennifer A. Arnone, MD, UT Health Physicians
Christopher Collins, MD, Health Texas Medical Group
Tatiana Cordova, MD, UT Health Physicians
Natalie Cuellar, MD, WellMed at Embassy Oaks
Lloyd V. Das, MD, University Medicine Associates - Medical Center Pavilion ExpressMed

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Thank you to all of the physicians, visit WellMedBetter.com
Family Medicine, continued

Dinh George, MD, University Medicine Associates - Domination Crossing
Bernice Gonzales, MD, Vital Life Wellness Center
Joseph Gonzales, MD, WellMed at Ingram Park
Andrine Grant, MD, Health Texas Medical Group
Nilda Guerra-Cavazos, MD, WellMed at Medical Group
April D. Hain, MD, Health Texas Medical Group
Gordy Hall, MD, WellMed at Alamo Heights
Suhaiib Haq, MD, University Medicine Associates - Dr. Robert L. Hilliard Practice
Kimberly Heller, MD, Jefferson Family Practice
Byron Hepburn, MD, UT Health Physicians
Valerie Hernandez-Danner, WellMed at General McLane
Laura Huete, MD, MBA, CMQ, FACC, WellMed at Embry Oaks
Gregory Jackson, Gregory M. Jackson, MD
Vadacay Jackson, MD, WellMed at Northwest
Carlos R. Jaen, UT Health Physicians
Cindy Johnston, MD, MS, CPC, CMQ, WellMed at Northwest
Avril Jules, MD, University Medicine Associates - University Family Health Center - North
Monica P. Kapur, MD, University Medicine Associates - Naco Perrin Clinic
David Kartenhald, MD, UT Health Physicians
Boha Katiapally, MD, University Medicine Associates - Robert B. Green Clinical Pavilion ExpressMed
Holly Kaufman, MD, University Medicine Associates - University Family Health - Southeast Clinic
Shakil A. Khan, MD, University Medicine Associates - Robert B. Green Clinical Pavilion
Heather Kinsel-Evans, MD, University Medicine Associates - Naco Perrin Clinic
Kimberly Kone, MD, UT Health Physicians
Michael Konopacki, MD, Health Texas Medical Group
Saben Koreski, MD, University Medicine Associates - University Family Health - North
Shahla A. Khan, MD, University Medicine Associates - Robert B. Green Clinical Pavilion
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Juanito Lomboy, MD, University Medicine Associates - Medical Center Pavilion ExpressMed
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Elizeth Lopez, MD, University Medicine Associates - University Family Health Center - North
Jose Lopez, MD, WellMed at Ingram Phyllis D. MacGlyvar, MD, UT Health Physicians
Preeti Malik, MD, WellMed at Embassy Oaks
Fernando Martinez, MD, WellMed at SW Military
Marie Mae Martinez, MD, WellMed at San Antonio
Raul S. Martinez, MD, WellMed at Northern Hills
Rutlin Martinez, MD, WellMed at South San
Moni Massoud, MD, University Medicine Associates - Northwest Clinic
Cherry Maximo, MD, University Medicine Associates - University Family Health Center - Northwes
Matthew McClathlin, MD, WellMed at South San
Claudia L. Morales, MD, WellMed at South San
Robert P. Morin, MD, University Medicine Associates - Medical Center Pavilion
Cordelia Moscari, MD, UT Health Physicians
Mohammad A. Mughal, MD, University Medicine Associates - University Family Health Center - South
Stuti Nagpal, MD, UT Health Physicians
Robert Noland, MD, WellMed at Bulverde

WellMed is improving the quality and safety of health care for every patient. The Joint Commission has recognized those efforts by awarding WellMed with the Gold Seal of Approval®. WellMed is improving the quality and safety of health care for every patient. Thank you to our providers and staff for doing what you do every day, going above and beyond for our patients, and helping us achieve Joint Commission Accreditation.

Congratulations to all of our providers who made this year’s list of Top Doctors in San Antonio.

WellMed is improving the quality and safety of health care for every patient. The Joint Commission has recognized those efforts by awarding WellMed with the Gold Seal of Approval® for Ambulatory Health Care and Patient Centered Medical Home Certification. Thank you to our providers and staff for doing what you do every day, going above and beyond for our patients, and helping us achieve Joint Commission Accreditation.

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SA BEST DOCTORS & DENTISTS OF 2018

Family Medicine, continued
Raul Santoscoy, DO, Health Texas Medical Group
Patricia Saravia-Vogt, DO, Wellmed at Cockrell Park
Karen Shimotu, MD, North Blanco Family Practice
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J. Ryan Cunningham, MD, Gastroenterology Consultants of San Antonio
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Darren Spearman, MD, Gastroenterology Consultants of San Antonio
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John T. Swan, MD, Gastroenterology Consultants of San Antonio
V. Franz Zurita, MD, Gastroenterology Clinic of San Antonio

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Danielle Stramandi, DO, Nix Health

Genetics, Clinical
Robert W. Huff, MD, UT Health Physicians

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Heta Javeri, MD, UT Health Physicians
Jan Patterson, MD, UT Health Physicians
Thadoukal Sidotion, MD, UT Health Physicians
Barbara S. Taylor, MD, UT Health Physicians

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Fernando Aguirre, MD, MacGregor Medical Group

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Kayla Evorine Ireland, MD, UT Health Physicians
Theresa Stewart, MD, The Texas Perinatal Group
Eily Xenakis, MD, UT Health Physicians

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Allen A. Alvarez, MD, Sage Bariatric Institute
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Bryan M. Cox, MD, Med-Weight Loss
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Alvaro Moreira, MD, UT Health Physicians
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Shweta Bansal, MD, UT Health Physicians
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Ashley Garcia-Everett, MD, UT Health Physicians
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Balakuntalam Kasinath, MD, UT Health Physicians
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William B. Reeves, MD, UT Health Physicians
Kinza Shamji, UT Health Physicians
Kumar Sharma, MD, FAHA, UT Health Physicians
Chandandeep Takkar, MD, UT Health Physicians

Neuro Critical Care

Rachel E. Garvin, MD, UT Health Physicians
Shahriyar Hafezy, MD, UT Health Physicians
Ali Selli, FACCP, UT Health Physicians

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Reza Behrouz, MD, UT Health Physicians
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Deborah Carver, MD, UT Health Physicians
Jose Cazavos, MD, UT Health Physicians
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Daniel Hyun, MD, Santa Rosa Hospital
Carlyne Jackson, MD, UT Health Physicians

Neurophysiatry

Douglas Cooper, MD, PhD, South Texas Neurophysiology

Neuroradiology

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Mango Cervantes, MD, M&S Radiology Associates
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Bundhit Tantwongkosi, MD, UT Health Physicians
Sean Xie, MD, M&S Radiology Associates
Walter Zink, MD, South Texas Radiology Group

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Thanh Van, MD, UT Health Physicians

Obstetrics and Gynecology

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Valentin Almendarez, Jr., MD, Institute for Women’s Health

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Calvin Mein, MD, Retinal Consultants of San Antonio
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Felipe Navas, MD, Retina Specialists of San Antonio, PLLC
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Peter Holmes, MD, Sports Orthopaedic & Knee Surgery

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Daniel C. Valdez, MD, The San Antonio Orthopaedic Group
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Kevin L. Kirk, DO, The San Antonio Orthopaedic Group
Randall C. Marx, MD, The San Antonio Orthopaedic Group
Dallas Patterson, DPM, Patterson Foot and Ankle Specialists

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Aril Dutta, MD, UT Health Physicians
Ravi Karia, MD, UT Health Physicians
Boris Zelle, MD, UT Health Physicians

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Jennifer L. Bergeron, MD, Voice and Swallowing Institute of Texas
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Philip Chen, UT Health Physicians

Cara Cockrell, Ear Institute of Texas
Devang Pravin Desai, FACS, Ear, Nose, & Throat Clinics of San Antonio
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Charles A. Sym, III, MD, Ear Medical Group

Pain Management

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Prabdeep K. Grewal, MD, The San Antonio Orthopaedic Group
Shaun Jackson, MD, Consultants in Pain Medicine
Ellen Wantin Lin, MD, Advanced Spine & Pain
Sandra Rojas, MD, Neurosurgery & Spine Consultants
Sameer Soliman, MD, Sigma Pain Clinic
Christine Vidouria, DO, Physical Medicine and Pain Associates
Jay Ellis, MD, River City Pain Management and Anesthesia

Pain Management, Interventional

Prabdeep K. Grewal, MD, The San Antonio Orthopaedic Group

Pain Medicine

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Elizabeth Glazier, MD, WellFed Bridges Program
Jennifer Healy, MD, Aude L. Murphy Memorial VA Hospital
Huma Khan, MD, Aude L. Murphy Memorial VA Hospital
Jennifer LaCoss, MD, UT Health Physicians
Linda May, MD, WellMed Medical Bridges and Palliative Care Program
Glen Medellin, MD, UT Health Physicians
Christina Mireles, MD, Aude L. Murphy Memorial VA Hospital
Jason Morrow, MD, PhD, UT Health Physicians

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Jeanette S. Rosa, MD, Aude L. Murphy Memorial VA Hospital
Sandra E. Sanchez-Reilly, MD, Aude L. Murphy Memorial VA Hospital/UT Health
Ronak Shah, MD, Kerrville VA Hospital
Jason Morrow, MD, PhD, UT Health Physicians

Pediatric Allergy

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Jesus Guajardo, MD, UT Health Physicians

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Teresa Hosper, MD, Pediatric Cardiology Associates
Steven Neish, MD, UT Health Physicians
Jatin N. Patel, DO, Alamo Children’s Heart Center
Muhul D. Patel, MD, UT Health Physicians
Roozbeh Taedeh, MD, UT Health Physicians

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Ani Dirgh, MD, UT Health Physicians
Minnette Gammon Son, MD, UT Health Physicians
Roozbeh Taedeh, MD, UT Health Physicians
Theodore Wu, MD, UT Health Physicians

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Pediatric Endocrinology

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Orni, MD, UT Health Physicians
Lauren Pankratz, MD, Diabetes & Glandular Disease Clinic

Pediatric Gastroenterology

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Jay N. Shah, DO, UT Health Physicians

Pediatric Hematology/Oncology

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Shafqat Shah, MD, UT Health Physicians
Aaron Sugalski, DO, UT Health Physicians

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Pediatric Nephrology

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Ikuyo Yamaguchi, MD, UT Health Physicians

Pediatric Orthopaedics

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Martha Schatz, MD, UT Health Physicians

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Pediatric Pulmonology

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Filomena Hazel Villa, MD, UT Health Physicians
Donna Beth Willey-Courand, MD, UT Health Physicians

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1200 North New Braunfels Avenue, San Antonio, Texas 78212

Jennifer McCall, Medical Assistant

Olga Cajas, MD, University Medicine Associates - University Family Health Center - North
Rose Cofer, MD, Southwest Children’s Center
Beatriz Cornelius, MD, University Medicine Associates - University Family Health - Southwestern
Lindsey R. Cortes, MD, University Medicine Associates - University Family Health - Southeast
Crystal Davenport, MD, Children’s Hospital of San Antonio
Laura F. Davis, MD, Night and Day Pediatrics
Marcela Castano De Zamacona, MD, University Medicine Associates - University Family Health - Southeast Clinic
Roland Dominguez, MD, Roland Dominguez Pediatric Office
Marisa Earley, MD, UT Health Physicians
Patrick Finklea, MD, Southwest Children’s Center
Lauren Michelle Gallagher, MD, University Medicine Associates - Robert B. Green Clinical Pavilion Pediatric Clinic
Lizette Gomez, MD, UT Health Physicians
William P. Groos, MD, Northeast Pediatric Associates, PA
David Gutierrez, MD, Night and Day Pediatrics
Renee Henigan, MD, The Children’s Hospital of San Antonio Primary Care - Stone Oak
Hanaan Iridzi, MD, UT Health Physicians
Lindsay Irvin, MD, Alamo Heights Pediatrics
Shahed Izzeddin, MD, Children's Hospital of San Antonio Physician Group - Alon
Nancy Kellogg, MD, UT Health Physicians
Natalie Kiscoon, MD, UT Health Physicians
Sylvia Leal-Castanon, MD, UT Health Physicians
Cynthia Lopez, MD, UT Health Physicians
James L. Lukefahr, MD, UT Health Physicians
Nandini Mikkilik, MD, UT Health Physicians
Brandy L. McCray, MD, Through the Years Pediatrics
Shelly Mcnair, MD, Southwest Children’s Center
Monica R. Pacheco, MD, UT Health Physicians
Marisol Rodriguez Mendez, MD, UT Health Physicians
Shelly Austin, MD, UT Health Physicians
Diana Colosimo, MD, UT Health Physicians
Monica R. Pacheco, MD, UT Health Physicians
Marisol Rodriguez Mendez, MD, UT Health Physicians
Shelly Austin, MD, UT Health Physicians
Diana Colosimo, MD, UT Health Physicians

Northeast Pediatric Associates - Robert B. Green Clinical Pavilion Pediatrics
Yerielis Sanguinetti-Colon, MD, University Medicine Associates - University Family Health - Northeast Clinic
Kelsey Sheribe, MD, UT Health Physicians
Erica Silva, MD, University Medicine Associates - Zarramora Clinic
Illana Silva, MD, University Medicine Associates - Medical Center Pavilion Pediatric Clinic
Mandie Svetak, MD, UT Health Physicians
Joshua C. Tardy, MD, MBA, FAAP, Heritage Pediatrics
Dina Tom, MD, UT Health Physicians
Ryan VanRamshorst, MD, UT Health Physicians
Ralph Vandermeer, MD, UT Health Physicians
Krista Vizuete, MD, Southwest Children’s Center
Janet F. Williams, MD, UT Health Physicians
Pamela R. Wood, MD, UT Health Physicians
Wisdeen Wu, DO, UT Health Physicians

Jeremy Perlman, MD, UT Health Physicians
Stephanie Reeves, DO, UT Health Physicians
David Michael Ross, Jr., MD, Pediatric Medicine, PA
Robert S. Sanders, DO, University Medicine Associates - Robert B. Green Clinical Pavilion Pediatrics
Yerielis Sanguinetti-Colon, MD, University Medicine Associates - University Family Health - Northeast
Kelsey Sheribe, MD, UT Health Physicians
Erica Silva, MD, University Medicine Associates - Zarramora Clinic
Illana Silva, MD, University Medicine Associates - Medical Center Pavilion Pediatric Clinic
Mandie Svetak, MD, UT Health Physicians
Joshua C. Tardy, MD, MBA, FAAP, Heritage Pediatrics
Dina Tom, MD, UT Health Physicians
Ryan VanRamshorst, MD, UT Health Physicians
Ralph Vandermeer, MD, UT Health Physicians
Krista Vizuete, MD, Southwest Children’s Center
Janet F. Williams, MD, UT Health Physicians
Pamela R. Wood, MD, UT Health Physicians
Wisdeen Wu, DO, UT Health Physicians
SA BEST DOCTORS & DENTISTS OF 2018

Phlebology
John S. Hogg, MD, Medical Vein Clinic
Josue Medina, MD, Medical Vein Clinic

Physical Medicine & Rehabilitation
Salvador Baydan, MD, San Pedro Health Care
Cindy Boyer, MD, Southeast Orthopedic

Ephraim K. Brennan, DO, The San Antonio Orthopaedic Group
John R. Hall, DO, South Texas Spinal Clinic, P.A.
David M. Hirsch, DO, South Texas Spinal Pain Center, P.A.
Hussein Masa, MD, Interventional Pain Specialists, PLLC
Stephanie Pearson, MD, South Texas Spinal Clinic, P.A.

Podiatry
David Hughes, DPM, The San Antonio Orthopaedic Group
Jessica Rutstein, DPM, The San Antonio Orthopaedic Group

Psychiatry
Melissa Deuter, MD, Sigma Mental Health
Mark Drogin, MD, Private Practice
Amelia Ann Flatt, MD, Private Practice
Argelia L. Lopez-Roca, MD, Brookie Army Medical Center
Amy Mulroy, MD, Private Practice
Audra L. Oehsner, MD, Private Practice
Gary L. Penny, MD, Depression Treatment Clinic Of San Antonio
John T. Pichot, MD, Private Practice

Kara Rivera, MD, University Medicine Associates - Robert B. Green Behavioral Health Clinic
Jason E. Schillingfors, MD, UT Health Physicians
Sandra J. Shelmerdine, MD, University Medicine Associates - Robert B. Green Behavioral Health Clinic

Pulmonary Diseases
Deborah Levine, MD, UT Health Physicians
Stephanie Levine, MD, UT Health Physicians
Jane Peters, MD, UT Health Physicians
W. John Ryan, MD, Pulmonary Medicine of Boerne
Rafael M. Santiago, MD, Texas Practice
Tamara Sampson, MD, UT Health Physicians
Eric Stupka, MD, Northeast Pulmonary & Sleep Associates, PLC

Radiation Oncology
Androw Ameduri, MD, The START Center for Cancer Care

Radiology
Marie Debbou, MD, Avesta Women’s Imaging Center of Alamo Heights
Kenneth Rust, MD, UT Health Physicians
Marcela Perreira, MD, UT Health Physicians

Andres Rahal, MD, PHD, The San Antonio Orthopaedic Group
Thanh Van, MD, UT Health Physicians
Jeremy N. Wuerz, MD, Private Practice

Radiology, Abdominal
Aiden Bailey, MD, M&S Radiology Associate

Continued...

Phlebology

Psychiatry, Child & Adolescent
Rene L. Olvera, MD, UT Health Physicians
Karla Rivera, MD, University Medicine Associates - Robert B. Green Behavioral Health Clinic

Psychiatry, Geriatrics
Kelly Cowan, MD, Private Practice

Pulmonary Critical Care Medicine
Jennifer Brody, MD, Methodist Stone Oak Hospital
Charles Burch, MD, Pulmonary Physicians
Deborah Levine, MD, UT Health Physicians
Jairo A. Melo, MD, Texas IPS
Jay Peters, MD, UT Health Physicians
David Salazar, MD, Sonterra Pulmonary Consultants
Gary Songco, MD, Metropolitan Methodist Hospital

Pulmonary Diseases
Deborah Levine, MD, UT Health Physicians
Stephanie Levine, MD, UT Health Physicians
Jane Peters, MD, UT Health Physicians
W. John Ryan, MD, Pulmonary Medicine of Boerne
Rafael M. Santiago, MD, Texas Practice
Tamara Sampson, MD, UT Health Physicians
Eric Stupka, MD, Northeast Pulmonary & Sleep Associates, PLC

Radiation Oncology
Androw Ameduri, MD, The START Center for Cancer Care

Radiology
Suzanne Dabbous, MD, Avesta Women’s Imaging Center of Alamo Heights
Kenneth Rust, MD, UT Health Physicians
Marcela Perreira, MD, UT Health Physicians

Andres Rahal, MD, PHD, The San Antonio Orthopaedic Group
Thanh Van, MD, UT Health Physicians
Jeremy N. Wuerz, MD, Private Practice

Radiology, Abdominal
Aiden Bailey, MD, M&S Radiology Associate

Michael Barker, MD, M&S Radiology Associate
John Lampe, MD, M&S Radiology Associate
David H. Rottet, MD, M&S Radiology Associate
Vineet Seth, MD, M&S Radiology Associates
Richard Walton, MD, M&S Radiology Associate
Wendy Whittord, DO, M&S Radiology Associate

Radiology, Diagnostic
Carlos Bazan, MD, UT Health Physicians
Robert Bruton, MD, M&S Radiology Associates
Katie Huang-Shih, MD, UT Health Physicians
Richard Crownom, MD, PhD, UT Health Physicians
David Daehler, MD, M&S Radiology Associates
Michael Davis, MD, UT Health Physicians
Morgan G. Dunne, MD, M&S Radiology Associates
Chul Ha, MD, UT Health Physicians
Polly S. Hansen, MD, M&S Radiology Associates
Ying Li, MD, PhD, UT Health Physicians
Rebecca Loredo Hernandez, MD, UT Health Physicians
Craie McKay, DO, M&S Radiology Associates
Darlene Metter, MD, UT Health Physicians
Amy Mumbower, MD, UT Health Physicians
Vijayanah Ojiji, MD, UT Health Physicians
Panpraporn Otto, MD, UT Health Physicians
Nina Patel, DO, M&S Radiology Associates
Carol Phillips, MD, UT Health Physicians
Carlos Restrepo, MD, UT Health Physicians
David Slezak, MD, M&S Radiology Associates
Rise Ross, MD, M&S Radiology Associates
Unnati Salame, MD, UT Health Physicians
Steven C. Scarpino, MD, M&S Radiology Associate
Zhengping Shi, MD, PhD, UT Health Physicians
Achint Singh, MD, UT Health Physicians
Abram L. Truong, MD, UT Health Physicians
Joseph Suchliffe, MD, M&S Radiology Associates
Bundhit Tantwongkosi, MD, UT Health Physicians
Thanh Van, MD, UT Health Physicians
Nicole Vacci, MD, M&S Radiology Associates
Gregory Ramsey, MD, M&S Radiology Associates

SA BEST DOCTORS & DENTISTS OF 2018

Board Certified Rheumatologist and Certified in Musculoskeletal Ultrasound

South Texas Arthritis Care Center
TEL 210-615-9800 FAX 210-615-9801
call@happyjointmd.com
5414 Fredericksburg Rd, Ste 150
San Antonio, TX 78223

Radiology, Musculoskeletal
Aaron S. Bailey, MD, M&S Radiology Associates
Phillip Forutenberg, MD, M&S Radiology Associates

Ankikumar Patel, MD, M&S Radiology Associates

Radiology, Pediatric
Christina McCune, MD, M&S Radiology Associates

Radiology, Vascular and Interventional
Amy Benson, MD, M&S Radiology Associates

Gregory J. Boys, MD, South Texas Radiology Group

David W. Bynum, MD, South Texas Radiology Group

James S. Gilley, MD, South Texas Radiology Group

Ghazwan Kroma, MD, UT Health Physicians

Joseph Lopera, MD, South Texas Radiology Group

James D. Lutz, MD, South Texas Radiology Group

Justin Muhlemburg, MD, M&S Radiology Associates

Christopher Mintz, MD, M&S Radiology Associates

Paul Nevitt, MD, M&S Radiology Associates

Daniel Pacheco, MD, M&S Radiology Associates

Sage Bariatric Institute

We provide our patients with progressive treatment options for their rheumatological diseases. Our services include ultrasound and diagnostic, allowing us to easily monitor your disease as well as target treatment for musculoskeletal injuries. We also offer the same treatment to professional athletes and receive through regenerative medicine treatments including platelet plasma and placental matrix. Carrying extra weight causes additional musculoskeletal stress and increases inflammation, so we can assist you with losing those extra pounds in a physician-directed weight loss program with a dedicated coach by your side.

Rheumatology
Jane Barbosa Ayala, MD, Rheumatology Associates of South Texas
Hilda Torres Draeger, MD, University Medicine Associates - Family Health Center - North & Southeast

Agustin Escalante, MD, UT Health Physicians

John P. Huff, MD, PhD, Arthritis and Osteoporosis Center of South Texas

Kevin J. Kempf, MD, Rheumatology Associates of South Texas

Sailaja Manne, MD, Weill Med-Rheumatology

Emily Marx, MD, Rheumatology Associates of South Texas

Gautam Morejani, MD, Rheumatology Associates of South Texas

Emil R. Pineda, MD, South Texas Arthritis Care Center

Pendleton B. Wickersham, MD, Arthritis Associates, PA

Sleep Medicine
James Andry, MD, Sleep Therapy Center

Avie Gruenspan, MD, Academy Diagnostics, LLC

Shahid A. Khan, MD, University Medicine Associates - Robert B. Green Clinic

Richard A. Levine, MD, DDS, Levine Plastic Surgery

Manuel A. Lopez, MD, FACS, Advanced Aesthetics Lopez Plastic Surgery

Delio Ortega, MD, San Antonio Cosmetic Surgery

Christopher A. Perro, MD, Advanced Aesthetic Lopez Plastic Surgery

Surgical, Bariatric
Allen A. Alvarez, MD, Sage Bariatric Institute

Ramiro “Sonny” Cazavos, MD, FACS, FASMS, Sage Bariatric Institute

Frank Duperier, MD, BHM of Texas Richard and Luisa Chavez Cancer Center of Texas John J. Gonzalez, Jr., MD, Sage Bariatric Institute

Nileshe A. Patel, MD, Texas Bariatric Specialists

John A. Pitcher, MD, Sage Bariatric Institute

Edward Y. Sako, MD, PhD, UT Health Physicians

Surgical, Colon & Rectal
Haisar Dao Campi, MD, UT Health Physicians

Seema Izhar, MD, South Texas Colorectal Center

Alina Leve, MD, UT Health Physicians

William Perry, MD, Aude L. Murphy Memorial VA Hospital

Raul Ramos, MD, Digestive Surgery Center

Randall Rogers, MD, The START Center for Cancer Care

Surgery, Cosmetic
Christopher M. DeBacker, MD, FACS, EyeLux

David E. Holck, MD, FACS, EyeLux

Richard A. Levine, MD, DDS, Levine Plastic Surgery

Manuel A. Lopez, MD, FACS, Advanced Aesthetics Lopez Plastic Surgery

Delio Ortega, MD, San Antonio Cosmetic Surgery

Christopher A. Perro, MD, Advanced Aesthetics Lopez Plastic Surgery

San Antonio Cosmetic Surgery
Texas Best Horseman’s Complex

390 ACRES | ERATH COUNTY - One of the state’s largest covered riding arenas with 12 stalls, hilltop 2-story house, pool, large fishing lake, 2 small ponds, guest house, one hour to metroplex.

Texas Best Nueces River, La Pryor

687 ACRES | ZAVALA COUNTY - Approx. 1,400± feet of Nueces River with natural dam creating deep and wide body of water with deep holes, rapids & waterfalls!

Live-Water Masterpiece

214± ACRES | BANDERA/LUVALDE COUNTIES - Both sides of crystal-clear rock bottom creeks, 6 dams, 2BR/2BA ranch home, 2 cabins, and much more! This one won’t last!

S. Texas Hunter’s Paradise

99± ACRES | DICKINSON COUNTY - Game-managed for the last 7 years! Wildlife tax exemption, 2 tanks, 2 wells, 4 blinds & feeders, shooting range.

Cypress - Lake - 2 Creeks

10± ACRES | BANDERA COUNTY - 5± acre lake, 5 spring-fed creeks, 7,000± s.f. one-story rock home, guest house, barns, wildlife, more!

Texas Best Live Water Paradise, Boerne

22± ACRES | KENDALL COUNTY - Running creek, springs, 2 dams, swimming hole, waterfalls, 2BR/1BA house, creekside patio, Ag taxes!

Live-Water Near Boerne

214± ACRES | SD COUNTY - 10 miles from Boerne, beautiful water, 2BR/1BA, 2 huge garages, owners house, and much more!

Live-Water Income Producing Event Center!

1,900 ACRES | BEXAR/GUADALUPE COUNTIES - Minutes to San Antonio, both sides of Cibolo creek, event facilities for up to 10,000 guests! 21,000± S.F. covered pavilion, dance hall, owner’s house, guest house, more!

Game-Fenced, Resort-Like Trophy Ranch

2,795± ACRES | LIVE OAK COUNTY - Outdoorsman’s paradise! Giant Whitetail, quail galore, tons of exotics! Quit looking, you will not find a better one! Turnkey and ready to go!

Game-Fenced, Live Water Paradise!

13.1± ACRES | HAYS COUNTY - Minutes to Wimberley, Approx. 4± acres, 4± acres of live water, fully fenced, owner’s house, 2 BR, 2 BA, 20± species of exotics, 150± deer, much more!

Game-Fenced Recreational Paradise!

94± ACRES | WALKER COUNTY - Minutes to Huntsville and only 45 minutes to Houston! Hunting, fishing, boating, horses or waterfowl... 6BR/6BA lodge, 3 stocked lakes, 2 wells, 100± species of exotics, large covered barn, more!

All Around Variety – Live Water!!!

49± ACRES | LAMPASAS COUNTY - Both sides of crystal-clear Mesquite Creek, waterfalls, rapids, 2 ponds, 4 stock tanks, approx. 5,000± S.F. main house, approx. 4,800± 2nd house, much more!

Texas Best Live Water, La Pryor

168± ACRES | ZAVALA COUNTY - Approx. 1,400± feet of Nueces River with natural dam creating deep and wide body of water with deep holes, rapids & waterfalls!

Live-Water Near Boerne

32± ACRES | KENDALL COUNTY - Running creek, springs, 2 dams, swimming hole, waterfalls, 2BR/1BA house, creekside patio, Ag taxes!
SA BEST DOCTORS & DENTISTS OF 2018

Surgery, Plastic continued

Richard A. Levine, MD, DDS, Levine Plastic Surgery
Chet Nastala, MD, PRMA Plastic Surgery
Oscar Ochoa, MD, PRMA Plastic Surgery
Delio Ortegon, MD, San Antonio Cosmetic Surgery, PA

Steven M. Pisano, MD, PRMA Plastic Surgery
Amrita Shah, MD, UT Health Physicians
Anand Shah, MD, UT Health Physicians
Howard Wang, MD, UT Health Physicians

Surgery, Shoulder & Elbow

Robert U. Hartzler, MD, The San Antonio Orthopaedic Group

Surgery, Thoracic

John Calhoon, MD, UT Health Physicians
Andrea J. Carpenter, MD, PhD, UT Health Physicians
Daniel T. DekArmond, MD, UT Health Physicians
Syed Adil Husain, MD, UT Health Physicians
Scott B. Johnson, MD, UT Health Physicians
David Malave, MD, Center for Minimally Invasive Cardiovascular Thoracic Surgery, PA
Otto L. Miller, MD, UT Health Physicians
David Nelson, Private Practice
Edward Y. Sako, MD, PhD, UT Health Physicians

Surgery, Transplant

Greg Abrahamian, MD, UT Health Physicians
Francisco Cigarroa, MD, UT Health Physicians
Glenn Halff, MD, UT Health Physicians

Surgery, Trauma

Lillian Liao, MD, UT Health Physicians
Deborah L. Mueller, MD, UT Health Physicians
Ronald M. Stewart, MD, UT Health Physicians

Surgery, Vascular

Mark G. Davies, MD, UT Health Physicians
Georges M. Haidar, MD, UT Health Physicians

Physicians

Taylor D. Hicks, MD, UT Health Physicians
William D. Kirk, MD, Peripheral Vascular Associates
Lori L. Pounds, MD, UT Health Physicians
Maureen K. Sheehan, MD, UT Health Physicians
Matthew J. Sideman, MD, UT Health Physicians
Robert K. Thompson, III, MD, Peripheral Vascular Associates
Boulos Tounsarkislan, MD, STAR Vascular Access Center
Lalitaprapit (Priya) Jayakumar, MD, UT Health Physicians

Urology

John Case, MD, Urology San Antonio
Christopher Graham, MD, Urology San Antonio
Ashley N. Hadaway, MD, UT Health Physicians
Javier Hernandez, MD, UT Health Physicians
Dharam Kaushik, MD, UT Health Physicians
Naveen Kella, MD, The Urology Place
Stephen R. Kraus, MD, UT Health Physicians
Michael Liss, MD, UT Health Physicians
Ahmed Mansour, MD, UT Health Physicians
Joan Meaney, MD, Urology with Dignity, PA

Endodontics

Natalie Mulko, DDS, Vaughn Endodontics
Chris Bales, DDS, Oak Hills Endodontics
Kade Roundy, DDS, La Cantera Endodontics
Riccard Schwartz, DDS, Endodontic Consultants of San Antonio
Jenny Sun, DDS, UT Health Physicians

General Dentistry

Christopher J. Holland, DDS, New Image Dentist
Brad T. Beckel, DDS, Beckel & Robbins Aesthetic Dentists
Dirk P. DeKoch, DDS, Alamo Heights Dental
Shiva Izadodoust, DDS, Springtime Family Dental Care
Alissa Longoria, DDS, De Zavala Dental
Christopher J. Perry, DDS, Perry Dental Health
Kurt Riewe, DDS, Stone Oak Dental
Lane Walsh, DDS, Private Practice
Melody Zamora, DDS, Zam Dental

Oral & Maxillofacial Surgery

Joseph Novak, DDS, Alamo Heights Oral Surgery
John Schmitz, DDS, MS, Shavano Park Facial Surgery
B.L. Tiner, DDS, MD, Alamo Maxillofacial Surgical Associates, PA

Orthodontics

Maria Isabel Atique-Rojas, DDS, Atique Orthodontics
Lou R. Baeten, DDS, MS, Lou R. Baeten, DDS, MS, Inc. Orthodontics
Blythe N. Britton, III, DDS, MS, Britton Orthodontics
Roy Gonzales, Jr., DDS, The Office of Dr. Roy Gonzalez, Jr.
Christopher Magna, DDS, Stone Creek Orthodontics

Pediatric Dentistry

Renee Mikulec, DDS, Dominion Pediatric Dentistry

Periodontics

Clint Falk, DDS, CWF Periodontics & Implants
Michael Gorday, DDS, Michael Gorday, DDS
Jaylynn Razo, DDS, MS, Oakleaf Farms Periodontics

Prosthodontics

Jason Gillespie, DDS, MS, PA, Restorative and Implant Dentistry
Robert Loughlin, DDS, Alamo Prosthodontics

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Now through December 31
Zoo Lights
San Antonio Zoo, 12:00pm - 9:00pm, sazoo.org
Zoo Lights is a nighttime holiday tradition for the whole family! Stroll under an array of twinkling lights while you sip hot cocoa, roast s'mores, ride camels and enjoy our Lakeside Lightshow. Plus, visit Santa and tell him what’s on your Christmas wish list. Plus, a new dining experience is coming to town! Roasters who will roast and artfully brew 50 coffees.

Thursday through Saturday, December 21–23
Aaron Watson
Gruene Hall, various times, gruenehall.com
Delivered with a warm smile and fueled by a wild spirit, Watson’s rebellious echoes the land that helped make him. Throughout his 17-year career that spans a dozen albums and more than 2,500 shows throughout the U.S. and Europe, the one-two-old Watson has stubbornly and sincerely identified with the everyman - even as he’s proven to be the exception to the rule.

Friday through Sunday, January 19–21
Katy Perry featuring Carly Rae Jepsen
AT&T Center, 7:00pm, carlyrae.com
The Tour is an imaginative trip from outer-space to inner-space, from the planets at the bottom of our oceans, and a musical journey through Katy Perry’s biggest milestones and mega hits right up to her latest album. The dramatically original staging means that there isn’t a bad seat in the house, when Katy brings out her band and dancers, along with all the bells and whistles.

Friday, January 26 & 27
Shen Yun
Tobin Center, H-E-B Performance Hall, various times, tobincenter.org
The performance features an ancient legend, and modern heroic tales, taking you on a journey through 5,000 years of Chinese culture. A Shen Yun performance features the world’s foremost classically trained dancers, a unique orchestra blending East and West, and dazzling animated backdrops together, creating one spectacular performance.

December
River City
San Antonio’s hottest events

Friday, December 22 & 23
Rudolph the Red-Nosed Reindeer (The Musical)
Tobin Center, H-E-B Performance Hall, various times, tobincenter.org
Based on the animated television special, the beloved TV classic Rudolph the Red-Nosed Reindeer soars off the screen and into the stage this holiday season. Don’t miss this wonderful holiday tradition that speaks to the misfit in all of us.

Friday, December 29–30
Nashville: A Virtual Christmas Extravaganza
The Grand Ole Opry, various times, opry.com
While Nashville’s Opry stage is dark this holiday season, the Opry is giving you the next best thing! Join your Opry friends as they perform many of their holiday favorites in the Opry tradition of gifting great music to fans of all ages.

Friday, December 30th
Pat Greene
Gruene Hall, 8:00pm, gruenehall.com
After rising through Texas’ college-town and dancehall scene years ago, Pat Green earned himself major-label support in Nashville and became the poster child of Texas music for a whole generation of fans. His is new independent album

By Chandra Handley
**San Antonio’s Tricentennial Events**

### 300th Kick-Off Celebration

**Sunday, Dec. 31st**

Downtown San Antonio, 5:00pm – 12:30am, events.sanantonio300.org/2017/12/31/celebrate-san-antonio

Join us as we celebrate the New Year, and ring in San Antonio’s Centennial! With the biggest FREE New Year’s Eve celebration and fireworks extravaganza in Texas, this event is sure to be a party for the ages! Enjoy live music on three stages, carnival games and rides and delicious festival food, this downtown fiesta is the place to celebrate the New Year.

The party begins at 5pm and continues through the midnight Volta Fireworks Extravaganza.

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### Tricentennial Celebration

**Friday & Saturday, Jan. 5-6**

Tobin Center, H-E-B Performance Hall, 8:00pm, tobincenter.org

Solist Ana María Martínez is a Grammy Award winning vocalist, considered to be one of the foremost sopranos of her time. She leads the orchestra in a beautiful program put together specifically to celebrate San Antonio and its 300th Anniversary. Featuring Falla, Albéniz, and selected zarzuela arias, the program is sure to be the perfect way to celebrate this great city. Sebastian Lang-Lessing, conductor, Ana María Martínez, soprano.

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### Music & Dance

**Sunday, Feb. 11**

Tobin Center, H-E-B Performance Hall, 7:00pm, tobincenter.org

San Antonio Metropolitan Ballet and NOMA present a powerful collaboration in celebration of San Antonio’s Tricentennial. This performance will include a variety of music and dance selections that resonate with the city’s rich cultural heritage. The concert will feature Kerin Heider’s “ballet," "Five Those Left Behind," in honor of the men and women in military service and their families.

---

### January 18

**Criss Angel RAW-The Mindfreak Unplugged**

Majesticempire.com

This entirely new show is a theatrical experience unlike any one before: bringing Angel’s famous sleight of hand street magic, mentalism, and even some of his most iconic illusions to life - all performed in an intimate raw setting. This extraordinary evening of magic unplugged features Criss and some of his amazing friends with a stripped-down purity that’s in-your-face and guaranteed to blow your mind. Experience Criss Angel like you’ve never before! (Suggested ages 12+. This performance contains intense images, graphic illusions, and live music.)

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### January 20

**Buttercup**

John Center, Cathy's Alvarez Studio Theater, 8:00pm, tobincenter.org

A celebration of music and dance from around the world featuring 'Thunder' concert, America’s Jazz Icons: Billy Hart

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### January 27

**Tish Hinojosa**

Tobin Center, Carlos Alvarez Studio Theater, 8:00pm, tobincenter.org

Leticia (“Tish”) Hinojosa is a Billboard recording in both Spanish and English. Hinojosa was the youngest of 13 children. Hinojosa’s parents were Mexican immigrants. Known for singing both traditional Mexican folk songs and her own original songs, both in Spanish and English, Hinojosa accompanied herself on guitar. Her 1992 album Culture Swing won the NAIRD Indian Folk Album of the Year.

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### January 26

**Musical Bridges**

Tobin Center, Carlos Alvarez Studio Theater, 8:00pm, tobincenter.org

An international Sister City Jazz Ensemble Quartet, Tales from the Edges of Spain, performs an evening of music that crosses cultural boundaries and celebrates Sister City relationships, March 11, 12.

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### January 28

**Shakira**

AT&T Center, 7:30pm, attcenter.com

Shakira's 11th studio album release, El Dorado World Tour. El Dorado will be Shakira's 11th studio album release, which hit #1 on iTunes in 37 countries, and sold over a million albums. Cody Canada was the lead singer, songwriter and frontman for Cross Canadian Ragweed from their inception in 1995 to their dissolution in 2010. In that time they sold over a million albums. Cody Canada has returned to vintage Cross Canadian form, seizing the opportunity to take the lead of his four-piece band. The Departed, with a newly energized atmosphere to get back to its roots.

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### Saturday, Jan. 6th

**Cory Morrow**

Gruene Hall, 9:00pm, gruenehall.com

An Austin legend, by way of Lubbock and his native Houston, Cory Morrow has been a consistent fixture on the Texas Country music – establishing himself as a pioneer of the growth of the Lone Star State’s brand of Country music in the past decade.

Quartet, Tales from the Edges of Spain, International Sister City Jazz Ensemble and “Barran” Russian Folk Dance Ensemble. See the Majestic website for complete schedule.

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### Saturday, Jan. 20

**Buttercup**

John Center, Cathy’s Alvarez Studio Theater, 8:00pm, tobincenter.org

A celebration of music and dance from around the world featuring ‘Thunder’ concert, America’s Jazz Icons: Billy Hart
**February, 2018**

**SAN ANTONIO'S HOTTEST EVENTS**

**FRIDAY, FEBRUARY 2**
San Antonio Red Cross Gala - Celebrating our Everyday Heroes

**THURSDAY – FRIDAY, FEBRUARY 1 - 3**
Bette Davis Ain’t for Sissies

**FRIDAY – SUNDAY, FEBRUARY 16-18**
Red – Ballet San Antonio

**SATURDAY, FEBRUARY 24**
ARTS San Antonio Presents: You & Me by Mumenshchansz - The Musicians of Silencio

**FRIDAY, FEBRUARY 9**
John T. Floore’s Country Store

**FRIDAY, MARCH 9**
30th Annual San Antonio Home & Garden Show

**SATURDAY – SUNDAY, MARCH 10 - 11**
Chastain Arena / AT&T Center – Texas Relays (Track & Field)
**TREFOIL & TREATS**

**Luncheon honors Cecilia Abbott for devotion to serving others**

Deep in the Heart of Texas was this year’s theme for the annual Girl Scouts of Southwest Texas luncheon. This year’s Trefoil Luncheon honored Cecilia Abbott, First Lady of Texas. The First Lady is also the founder of Texanthropy Initiative, an initiative focused on giving back to communities while promoting volunteering and service. She recently partnered with the Texas Department of Family and Protective Services on a new initiative, Network of Nurturers, to raise awareness on how Texans can support the children and families in the state’s child welfare system. Cecilia is also a Girl Scout alumna.

Cecilia’s story reminded guests of the American Dream of aspiration and achievement. By devoting her life to serving others, she personifies what it means to make the world a better place, and is an inspiration to girls.

**The Perfect Shirt**

Describe your personal style:

Business woman meets trendy. I love to have a disciplined look that can translate from work to a cocktail event. I could meet a potential customer at anytime so it’s important to me to always have a look that is presentable.

Describe your lifestyle and how your fashion sense is influenced by it:

The discipline in what you wear shows pieces of your sense of style. My closet is color coordinated by shirt, dress, and slacks. I’m a big fan of skinny jeans and stilettos—it’s my go to for a night out.

How did you get started with the Perfect Shirt?

I was lucky enough to be a partner. Robert and I have been great friends for years. His background in luxury sales paired with my knowledge of San Antonio created a dynamic team. Robert spent time perfecting his trade working at Romualdo in Cincinnati, Ohio. As the #4 tailor in the US, the knowledge and skills gained are indescribable and have translated to the success of The Perfect Shirt. I began working part-time nights and weekends building my business, while working at a nonprofit in downtown San Antonio. I recently finished the advanced copy of Mike Lewis’ “When to Jump” and made the jump to be always available for our customers. Not everyone is willing to jump.

**Tell us one clothing item every woman should own:**

A tailored black blazer. It’s the most versatile piece in my closet. Pair it with a crisp white blouse for an interview or a lace silk tank for date night.

**Tell us one clothing item every man should own:**

A Perfect Shirt.

Favorite fashion trend:

Urban street updress. A style that can walk out of work and head straight to happy hour or date night.

Least favorite fashion trend:

Without a doubt my least favorite fashion trend is pleated pants. The correct way to wear a pleat is a single inverted pleat. It gives a man the space he needs while keeping the style of the slack.

**Name one person that has influenced you with their style:**

If I had to pick one person, I would have to say Kristen Voges Bush of Voge Boutique. I’ve known Kristen for years and have always loved her effortless styling. The ability to always be a step ahead is hugely influential.

**Favorite fashion tips:**

I love a thin square tie. It could make or break a completed look.

**One store you can’t live without:**

Actually I have two! I exclusively shop small businesses. I’ve shopped at Voge Boutique for many years. I love the effortless style that won’t break the bank. Kristen Voges Bush curated a store that pairs the latest trends in contemporary women’swear with classical styling. I recently started shoe shopping at LeeLee’s at the Pearl. I’m a little frustrated with myself for taking so long to walk into the store. From Sam Edelman to Panara to Rebecca Minkoff there is a pair of shoes for everyone. I recently picked up a pair of leopard flats by All Black and I’ve never had more compliments.

**Wherever you live and shop, shop small.**

Suzanne Goudge, Charline McCombs, Aaronetta Pierce and Linda Whitacre

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**TREFOIL & TREATS**

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Editor: Leslie Foley Photographers: Virginia Cook

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A Lifetime Award Luncheon

San Antonio Can High School, a nonprofit dropout recovery charter high school serving youth in need, will celebrate Mary Hare Worth for her outstanding contributions to the community at their 14th annual San Antonio Motherhood: Lifetime Achievement Award Luncheon. Mary has served as a valuable member of the San Antonio Can High School Development Council for eight years. She strongly believes that every child deserves a quality education, advocating for the involvement of parents and family to help their children succeed. Mary is extremely proud to be a part of an organization providing children the needed tools to make a difference in each student’s life.

The San Antonio Motherhood Luncheon began in 2004 as a tribute to active community volunteers who are also mothers. The luncheon recognizes women who are dedicated community leaders and volunteers and benefits the students of San Antonio Can High School, a campus of Texans Can Academies. The proceeds from the annual fundraiser benefit the students of San Antonio Can High School who often require support beyond the classroom. Texans Can Academies believe helping these students earn their high school diplomas is critical to breaking the cycle of inter-generational poverty and illiteracy.

Photographer: Vivian Crook

Editor: Leslie Foley

Gala celebrates partnership, health

As we all know, the botanical gardens have been undergoing construction and growth to expand; the top growing trends in tourism today are fitness and culinary tourism. The Gardens are capitalizing on these healthy trends by expanding culinary gardens, an outdoor teaching kitchen, and pavilion to the existing 30 acres of outdoor space. The evening gala celebrated and honored the exciting new partnership with CHEF (Culinary Health Education for Families) and Goldsby Foundation in the new Culinary Garden and outdoor CHEF Teaching Kitchen, parts of a stunning eight-acre Garden expansion. Gala attendees were among the first to experience these beautiful additions before they were open to the public, along with a one-of-a-kind evening of fabulous food, cocktails and dancing.

Photographer: Vivian Crook

Editor: Leslie Foley

Event: San Antonio Scene - December 2017
During the Christmas season, typically from mid-November through 23 December, all Europe comes alive with holiday festivities and none are more joyful and all-encompassing than the Christmas markets. I had the opportunity to experience these merry events when I joined a Uniworld River Cruise sailing down the Rhine to visit cities from Cologne, Germany to Strasbourg, France and all the way to Basel, Switzerland.

Needless of the Wind and Weather

During this season, town centers, market squares and narrow cobblestone lanes come alive with brightly decorated stalls offering regional food, Christmas decorations, sweet confections, crafts, and live entertainment. Oh, and let’s not forget gluhwine, that spicy, hot mulled wine that is reason enough to visit the markets – and it banishes the cold quite nicely! On my excursions into several enchanting German, French and Swiss medieval castles, I celebrated the Swiss. From the moment I stepped onboard I was giddy with excitement. Our first stop, Cologne. This city of a million inhabitants boasts 42 museums and a sophisticated dining culture. It is Germany’s 4th largest city with a party-going mentality that encourages visitors tokommen Sie zu uns für einen drink (join us for a drink). There’s also a spectacular UNESCO World Heritage Site, the famed Gothic Cathedral of Cologne. A visit here is at once empowering and overpowering and Cologne’s market stalls are glowing small Alpine huts. I was smitten by the market on the Rudolfplatz which transported me into a true fantasy world.

Next up – Koblenz. Talk about old … this city celebrated its 2,000th anniversary in 1990. It is a lovely town which has the oldest Christmas markets in the country. The markets are situated close to its inspiring cathedral and Old Town’s twisting alleys lined with half-timbered houses à la Grimm. One wonders how a city that does Christmas markets and gingerbread so well are situated close to its inspiring cathedral and Old Town’s twisting alleys lined with half-timbered houses à la Grimm. One wonders how a city that does Christmas markets and gingerbread so well could also be home to the glittering EU Quarter and France’s second largest student population. Well, that’s Strasbourg…all the sweeter for its contradictions and cross-cultural quirks. The whole island of Strasbourg is a World Heritage Site and its holiday hazards have existed from the middle ages. I indulged in one of the region’s specialties: Tarte flambee. This confection consists of a thin pastry covered with cream, onions and bacon pieces (every bit as outrageously good as it sounds!).

Certainly Not Least

Our last Port of Call: Basel, Switzerland. It’s the country’s third most populous city located where the Swiss, French and German borders meet. Though not a large city, it is grand in countless ways, not least of which is its Kunstmuseum with the most significant public art collection in Switzerland containing works from 1661 up to the 19th and 20th centuries. No surprise here. This is, after all, the home of famous ArtBasel. The Christmas markets at Munsterplatz and Barfusserplatz in Old Town are considered to be the prettiest and largest in Switzerland, with a towering tree that glows and shimmers at night, casting its spell over the entire square. The wares offered here are of very high quality, and the mulled wine I quaffed was maybe the best of all the ones I sampled (yes, there were many). More indulging: warm, sweet waffles smothered in schlag. And why not? It’s the end of the trip and when in Rome – or Vienna – or Basel for that matter…

Les Trois Rois is Basel’s grand hotel. The property enjoys a prime location in the city’s center and directly on the banks of the river Rhine. The day I visited it was decked out in holiday finery with two huge, bedazzling Christmas trees flanking steps to the entrance. The property belongs to the first generation of urban grand hotels and truly exemplifies the pinnacle of le Grand Swiss hotel. In the plush lobby bar, I stopped for a glass of bubbly. What a sparking way to end my Uniworld European holiday happening! ✨

If You Go:

Uniworld Boutique River Cruise www.uniworld.com
Les Trois Rois www.lettresrois.com
All images courtesy of Uniworld River Cruises
The Bexar County Medical Society celebrated 164 years during the annual new member welcome event held at the Paramour at the Phipps building. Even though the rain never let up, guests enjoyed libations and samplings while taking turns to win a 14K white gold diamond baguette halo pendant during the Diamond Dig. New faces and familiar ones greeted each other at the annual event which was sponsored by Broadway Bank.

His year’s Harvest of Hope Brunch and Silent Auction recognized 20 plus successful years supporting the San Antonio Food Bank. Creative samplings included: Snooze an A.M. Eatery-bourbon street pumpkin pancake, Chocollazo-all things chocolate, Scuzzi’s Italian Restaurant—their famous shrimp, SweetFire Kitchen-fried quail over cheddar grits and mustard greens, and different types of bagels with an assortment of spreads were devoured by the 600 plus guests in attendance.

The San Antonio Food Bank provides food and grocery products to more than 530 partner agencies throughout Southwest Texas.
Festival Explores Diverse Connections

By Faith Duarte

One particular quote from Bruce Lee came to mind while watching Verisimilitude perform mid-November at Paper Tiger: “You must be shapeless, formless, like water. When you pour water into a cup, it becomes the cup. When you pour water into a bottle, it becomes the bottle... Become like water.”

The multimedia event, previously announced in June, was initially scheduled for launch August 26, falling according to the National Weather Service.

Fortunately, unlike other larger festivals in South Texas whose success lies in precarious weather conditions, almost all of the vendors, bands and most importantly, the headliner were able to reschedule with little to no overlap between the two stages, attendees got to experience all 14 artists on the bill, running the gamut from progressive metal, like Remanox, experimental jazz from Expansions of Q rap, like Reek Savage, and avant garde electro pop from Wayne Holz. Additionally, the event also featured multimedia workshops in live art, yoga, and reiki, a form of Japanese stress relief.

Among the highlights of the night include the experimental Femixa, an electronic quintet fronted by Daniela Riojas, that was reminiscent of Aphex Twin and Bjork. Vocalist Riojas juxtaposes her fluttering vocals with synth beats and eclectic soundscapes. The band performed songs from their upcoming second album, slated for release in spring 2018. Riojas dedicated the emotional prayer song “Cura a mi Madre” in her belated mother.

Over on the second stage, after his session with Verisimilitude, Zach Appelbaum pulled double duty moonlighting as Dolphin Dilemma, his electronic project. He closed out the Ancient Stage by illuminating the dance floor with his spastic rhythms, sending dancers into a frenzy.

The headline, Los Angeles-based MIDSSON (pronounced like “mind design”) delivered his signature brand of controlled chaos through his stinc stage presence and chilled beats, while quietly looking on into the kinetically lively crowd.

Despite the hiccups, Humble and Dakota Appelbaum presented a high-quality underground microcosm of the ever-expanding local music scene, featuring a well-curated selection of Timewheel artists and other talent. The band performed songs from their upcoming second album, slated for release in spring 2018.

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Take the trail...

New Mexico is known as “The Land of Enchantment”. From the Rio Grande in the south, to the Rocky Mountains in the north, New Mexico offers one of the most diverse landscapes in the country. There are many different cultural influences shaping the state of New Mexico. You will find the flavors of Mexico, ingredients used by the many Native American Indian tribes that inhabited the state, as well as traditional Western foods and flavors. With the many diverse culinary influences, New Mexico can claim its own unique cuisine, that is unlike any other found in the world.

I recently had the incredible pleasure to spend a week in Santa Fe, New Mexico, and although my mouth was on fire at nearly every meal, I can honestly say that I absolutely fell in love with the food of New Mexico. At the core of New Mexico cooking is the Hatch green chile. Served open faced on a generous slab of Indian Fry Bread, it is loaded with spiced ground beef, whole beans, cheddar cheese, lettuce, tomatoes and your choice of red or green chile sauce. When I first ordered this dish, I wasn’t quite sure how to tackle it, but the helpful waiter instructed that the best way to eat a Navajo Taco is to cut it into slices, like a pizza, and to lift each section with your fork. It was great advice, and although there was no way that I could finish it, I have ordered it several times on subsequent visits.

Santa Fe Trail also has a large bar area, serving some of the best sangria in town, along with other creative cocktails, beer and wine. They have an impressive Happy Hour too, and you can also take over one half of the restaurant for a private event or meeting.

The service is very attentive, and the servers are always incredibly friendly and helpful with explanations of the food. Breakfast is served every day until 11:00, and you can find almost everything from your favorite Texas breakfast tacos, to the standard New Mexico breakfast burrito, as well as their delicious Huevos Rancheros. Luckily, they serve the Huevos Rancheros all day long, in case you miss breakfast, and you just have to have some for lunch. One of the most inspiring breakfast dishes is their take on New Mexican Eggs Benedict, which is served on a sopapilla square with green chile sausage, and red chile Hollandaise.

In a town where you can’t turn around without hitting a Tex-Mex restaurant, Santa Fe Trail New Mexican Cuisine is a welcome addition to the culinary scene here in San Antonio. It’s refreshing to have something so authentic and unique. Everything is made fresh, and the restaurant even roasts their own Hatch green chiles in a traditional chile tumbler, over open flames. This gives the peppers an even, slow-roasted flavor and texture. Santa Fe Trail is the real deal, and until I can get myself, and my foodie heart, back to Santa Fe, I will frequent this enchanting restaurant as often as I can talk my friends into going with me.

Kokopelli Ribs
Beans and potatoes
Navajo Taco
New Mexico Enchilada
Blue Corn Enchiladas
Sopapilla
The Red and White Ball is a 12-year tradition which was hosted by the Blood and Tissue Center Foundation. This year’s Ball raised funds for programs sponsored by GenCure which will help to increase stem cell donations to the Texas Cord Blood Bank, which is run by GenCure and is one of 13 Cord Blood Banks in the country! GenCure is a not-for-profit subsidiary of BioBridge Global and is located in San Antonio because the Bank provides life-saving stem cells to patients in need not just in SA, but all across Texas and the nation! Plus, researchers at GenCure are using stem cells to develop cutting edge products (in areas like trauma and other disease areas) and innovative therapies to provide hope to many in need!

This year the theme, “A Night In Old Havana,” depicted an “elegant nightclub” vibe with men in white dinner jackets and women in brightly colored gowns, reminiscent of a party in the pre-revolution era in Cuba. A great deal of time was spent researching this era to make the event as authentic as possible; for example, the colors-coral red and light turquoise—and the iron gate motif which is on the website and invitation were selected after reviewing a book purchased called Great Houses of Havana. A wonderful band from Austin called Matchmaker, along with a renown percussionist/bongo player, Carmelo Torres on Percussion, provided entertainment.

Over the years, the Ball has raised $2.5 million for equipment, research, and therapies to help save lives in our community, especially for children and adults who are suffering from blood diseases such as Leukemia.

Supporters filled the Pearl for the lifesaving work of AugustHeart. A Night of Texas Music to Save a Life featured Pat Green for an up-close and personal experience. AugustHeart was launched in 2011. This 501 (c) 3 provides free heart screenings for teens and the prevention of tragic and unnecessary teen deaths caused by undiagnosed heart conditions. The free lifesaving heart screenings which focuses on five of the most common cardiac conditions predisposing a young person to sudden cardiac death, are reviewed by a board certified pediatric or adult cardiologist.

AugustHeart? Who was August? Augustus Cummings Koontz was a healthy young athlete from San Antonio. In October 2008, his life was cut short at the age of 18 by an undiagnosed heart condition called hypertrophic cardiomyopathy (HCM), resulting in sudden cardiac death. August’s love and compassion for others was the measure of his greatness. He lived a full life with a big heart and will forever be remembered by this yearly event.
by Laura Youngs

"THAT DAY WAS THE DAY I STOPPED DRINKING."

My name is Laura Youngs and I am an alcoholic. Well... that is stretching the truth a bit, however this is the year that I decided to stare my excessive drinking in the eye. As a teenager the legal drinking age in Texas was eighteen. MAADDs (Mothers Against Drunk Driving) was still quite a few years from existence and I had no reason to believe you would worry more often than not simply be told to get a ride home. Open leg parties in the backyards of my high school chums with parents at the helm were commonplace, and club owners were more than willing to overlook a fake drivers license in order to ring in a cover charge, sell a drink and bring in young girls with little to no representations and found out.

I was one of those young girls and it was easy to get caught up in the allure of being an "adult". Certainly an alcoholic beverage in my hand was a badge of womanhood! As years passed I became an actual adult but through the many changes in my life the beverage in my hand still remained. After all, we all live in a society that promotes and celebrates this multi-billion dollar industry. How can you celebrate New Years Eve without champagne? What is football vacations, parties, lunches - none would be complete without the frivolity of the evening. Band tours, keg parties in the backyards of my high school chums with parents at the helm were commonplace, and club owners were more than willing to overlook a fake drivers license in order to ring in a cover charge, sell a drink and bring in young girls with little to no representations and found out.

My story is similar to that of so many. As a single person, going to Happy Hour several times a week became the norm. Although "three for the price of one" is longer legal it has been replaced with better deals giving out free drinks in order to get large tips. And they are successful! Before one glass of wine is finished another one appears. Who can say no to that?

Being an entertainer also has had its perks. Free flowing drinks and shots being sent to the stage is something I had never done before. The format is based on a daily calendar and includes journaling and visualization. Simplistically it asked me to look at my past life in regards to lifestyle, health, finances and relationships and how it would look in the future if I continued down the same path. There are no tales here of having to turn my life over to God or ask every one I know to hold my hand as I try to stay away from alcohol. I still enjoy myself when I go out, I am saving an insane amount of money and do not miss hangovers and mornig grogginess in the least. Telling others of my decision has been the most interesting part of this journey. My family, who has borne the brunt of late night calls and such, has been fully supportive. The reaction from my friends has been mixed.

The initial reaction is generally one ofalmost shock, which I cannot help but find amusing. A few responses are the obligatory "Good for you!" with several people asking me for the name of the book. Others ask me why I have stopped, sure in their suspicions that I must have liver disease or gotten a DUI. Most, however, feel the need to justify their own drinking to me. I am told I only ever drink out or don't drink hard liquor or only drink with friends who don't drink. That is why I have judgment on no one and honestly do not care who drinks and who doesn't. Will I ever have another drink? I do not know the answer to that. For sure I am enjoying a life filled with more energy, time and a clear head. I am still that same social butterfly. Just one who has finally emerged from her cocoon. It's a good thing. 

The book challenged me to quit drinking for 30 days, which was something I had never done before. The format is based on a daily calendar and includes journaling and visualization. Simplistically it asked me to look at my past life in regards to lifestyle, health, finances and relationships and how it would look in the future if I continued down the same path. There are no tales here of having to turn my life over to God or ask every one I know to hold my hand as I try to stay away from alcohol. I still enjoy myself when I go out, I am saving an insane amount of money and do not miss hangovers and morning grogginess in the least.

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I was a fabulous party at the Witte! Guests played casino games and sampled generous portions of cuisine from Grey Moss Inn, Durango’s, Bohanan’s, Rebelle, Frank, and my favorite-Whiskey Cake to name a few. And the beverages were a standout also. This annual gala benefits Dress for Success which empowers women to achieve economic independence by providing a network of support, professional attire and development tools to help women thrive in work and in life, and Career Gear which provides professional development tools to help women and men in poverty become stronger contributors to their families and communities. Board chair and event chair Diane Sinclair along with her committee and board members packed the house with plenty of libations and tastings, and an auction with items from Hotel Emma, Great Clips, Southwest Airlines, Twin Lepros and many more.

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December 31st New Year’s Eve Bubble at midnight
Drinking champagne as a way to celebrate has deep roots and is rich in tradition as part of the popular carnivals in New Orleans. The name is derived from the Three Wise Men in the Bible, who came bearing gifts for Baby Jesus on the Twelfth Night. King cake is a tradition that has endured for centuries. Dating back to European aristocrats enjoying Champagne at royal parties. Over time, as New Year’s became a secular holiday instead of the religious one it once was, imbiberment of the bubbly became popular for a myriad of celebrations. Its effervescence symbolizes the abundance and joy felt as we toast the ringing in of yet another revolution around the sun.

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February 13th Mardi gras: Let them eat cake!
Mardi Gras is just around the corner and King Cakes will abound every Mardi surior. This gold, green and purple staple has deep roots and is rich in tradition as part the popular carnival season in New Orleans. The name is derived from the Three Wise Men in the Bible, who came bearing gifts for Baby Jesus on the Twelfth Night. King cake is this fruit and nut mystery interesting tidbits behind its seemingly “immortal” state of this holiday treat. The famous British Cadbury family saw this day of love as an excellent way to market their chocolate and started hand-designing boxes for the sweet treats. The beautiful boxes flew off the shelves…thus the holiday tradition continues.

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February 14th Valentine’s Day: Candy for your sweet!
A heaping helping of Black-eyed peas with a side of greens…yep, what a way to start the new year! Steeped in Southern culture, these two southern dishes promise eating peas for good luck and its side kick greens for lots of money in the New Year…according to tradition. So along with drinking your Ovuline this season, don’t forget to add a side of peas & greens for prosperity in 2018!

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December 25th Fruit Cake: the immortal Christmas food
This sometimes unpopular holiday cake…you know, the one that seems to always get passed from family member to family member because no one wants to utter “no thank you!” This fruit and nut mystery does have quite a lengthy past dating back to Roman times. Fast forward to Europe in the 1700’s…this ceremonial type of fruitcake was baked at the end of the nut harvest and saved and eaten the next year to celebrate the beginning of the next harvest, hoping it would bring them another successful harvest. Today’s modern version contains lots of sugar to preserve the fruit and some are laden with alcohol for the seemingly “immortal” state of this holiday treat.

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Valentine’s Day
The Day by the late 19th century, was considered a holiday throughout much of the English-speaking world. Victorians were known for their obsession with romantics and love. The holiday was celebrated by giving over-the-top gifts and cards to loved ones. The famous British Cadbury family saw this day of love as an excellent way to market their chocolate and started hand-designing lavish boxes for the sweet treats. The beautiful boxes flew off the shelves…thus the holiday tradition continues.

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Hanady traditions
Interesting tidbits behind your favorite Holiday food & drink
CIGAR NEWS: WHAT TO DRINK WITH YOUR SMOKE

by Jeff Slatton

For the experienced premium cigar smoker as well as those just discovering the enjoyment of hand-rolled tabacos, figuring out what to drink while relaxing with a good smoke is important. Pairing is initially a fairly easy thing. Lighter bodied cigars are best accompanied by lighter bodied beers, and so on down the spectrum. But craft brewers have pushed the envelope to create very different, and in some cases, truly astounding beers and ales. Not to be outdone, cigar manufacturers are constantly modifying their blends to create different profiles in their cigar lines. Getting a truly outstanding pairing can be a bit of a gamble but rewarding when you find the perfect pair.

Cigars and craft beers both come in a variety of flavor profiles so knowing what you are buying is important. Know your cigar

Cigars with a light, or “Connecticut,” wrapper tend to be milder, although there is a trend lately to fill these lighter wrapped cigars with stronger tobacco. A medium-brown, or “Colorado,” wrapper is generally a more medium strength cigar, although several cigars in this color spectrum use sun-grown and Habana2000 wrappers, which tend to be a bit stronger and have a spicy profile. Also in the medium-brown profile are Criollo and Corojo wrappers, which tend to have more traditional tobacco flavors. The darker brown, or “Maduro,” wrapper shows that the leaves used to wrap the cigar have aged to achieve their color. Most Maduro cigars tend to be stronger and more full-flavored. Finally, the almost black, or “Oscuro,” wrapper cigars tend to be as strong as the Maduros and have a sweet profile.

Know your beer

Beers are categorized based on the brewing process. There are Pilsners, Lagers and Rocks, while ales fall into the Pale, Brown and Stout categories. Craft brewers have made several twists to the traditional beers, like India Pale Ale, Coffee Stout and Strong Brown Ale, but all still fall into the same basic categories.

The classic wine/cigar combination is a heavy Port with a stronger cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut.

What to drink with your smoke

If you have the chance to relax and enjoy a cigar in the morning, you might want to pass on that beer and enjoy a coffee. While many prefer a mild smoke, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut, others like a strong mild cigar, like Perdomo’s Champagne Connecticut.

If you don’t drink alcohol, Topo Chico Mineral Water helps refresh your palate between puffs and makes it easier to enjoy the flavors of a cigar. The carbonation of the cold mineral water helps refresh your mouth between puffs and makes it easier to enjoy the flavors of a cigar.

Do what you love

All that said, live by the credo, “smoke what you like, like what you smoke,” and “drink what you like, like what you drink.” There is no use in trying to live up to someone else’s ideal of what you should drink with a particular cigar if that drink ruins the experience for you.

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Brandon Paul is a 26 year old rookie who is knowledgeable at both ends of the floor for San Antonio. He played overseas in Turkey, Spain, and Russia, where he was a league star on all three teams. In the words of Gregg Popovich, “I want some nasty!” As the Spurs much anticipated season is underway, they have faced a bit of adversity. This player is a 2x Defensive Player of the year, the 2014 Finals MVP, and 2x All-Star. He is known as “The Claw” for his gigantic hands that he uses to swipe balls away from his opponents every game. This breathtaking player’s name is Kawhi Leonard. He has been out since the beginning of the season with a sudden right quadriiceps tendinopathy aka inflammation of the thigh, that has sidelined him this entire season thus far. Not only have they been without this defensive juggernaut, but they have also been without the Hall of Fame Frenchman, Tony Parker. The 16-year veteran has influenced the squad on both ends of the floor every day dishing out the ball, and doing some messy work in the paint. His veteran knowledge and skillful background has been missed throughout the season so far. Now…onto the very exciting news… The Spurs have LaMarcus Aldridge draining shots, bullying opponents down low, and taking over the helm. Aldridge has found his midrange shot once again, and has been shooting them with confidence every single time. After a rough playoff last year shooting wise, coming into this year he looks more like himself once again. What has to be going through his mind, is when in doubt, take the midrange.

“THREEEEEEEEEEEEE!” The Spurs public address announcer Jonathan Sanford is used to yelling this word at the three-point sharpshooter Danny Green who is having what might be the best season of his career so far. He has been shooting with reckless abandon at a 39 percent. A huge part of his game that he has integrated into his repertoire is his off the dribble moves. On November 2nd against the high powered Golden State Warriors, Green dropped his off the dribble moves. On November 2nd against the high powered Golden State Warriors, Green dropped 33 points on the Warriors. His three-pointer at the buzzer was the game-winner for the Spurs. Not only has Green been on fire from three-point range, he has been knocking down threes, actually dunking, and harassing his opponents on the defensive side. With injuries to Leonard and Parker, the court has been open to many of the young and up and coming players.

Dejounte Murray and the Australian attacker Patty Mills have been switching starting point guard position throughout the season. They have been lucky to have the argentinian slayer Manu Ginobili providing vintage moments throughout the season thus far. He has been knocking down threes, actually dunking, and harassing every opponent on the defensive side. With injuries to Leonard and Parker, the court has been open to many of the young and up and coming players.

Three youngsters that have had the opportunities to succeed in Coach Pop’s system are Dejounte Murray, Brandon Paul, and Bryn Forbes. These three players have contributed to this team every time they are called to start or come off the bench. Dejounte Murray and the Australian attacker Patty Mills have been switching starting point guard position throughout the season. Both have had very entertaining games so far this season, and it will be interesting to see what the rotation looks like once TF comes back. Brandan Paul is a 26 year old rookie who is knowledgeable at both ends of the floor for San Antonio. He played overseas in Turkey, Spain, and Russia, where he was a league star on all three teams.

This year they have been without hidden gem Jonathan Simmons that left to go to the Orlando Magic last summer in the action packed free agency period. The Spurs needed someone to fill in on both ends of the floor like Simmons did. Paul has filled the role seamlessly and has been giving his all to every game he has played thus far. Last year shooting wise, he has been shooting the ball with more confidence than your normal 2nd year player. Forbes is skilled when it comes to taking an opponent one on one. He and Danny Green are not just spot up shooters anymore, but out of the dribble threats too.

With Parker and Leonard aiming for a December comeback, they have plenty of basketball left in this long season. Just one question remains as they go on, can the Spurs keep up the winning culture this season? No need to fear, Coach Pop is here! 🏀
ALAMO HEIGHTS ISD

Address: 7101 Broadway, 78209
Phone: (210) 824-2483
Fax: (210) 822-2221
Website: www.ahisd.net

Date founded: The Alamo Heights Independent School District traces its history from the year 1909 when the first school, a two-room wooden frame building on Townsend Avenue, was built in this picturesque area as part of a rural county district. In 1923, the Alamo Heights system became an independent school district of 300 students.

Grades offered: K-12
Enrollment total: 4,800
Student-to-teacher Ratio: Varies by age group
Tuition: $8,200 for the 2013-2014 School Year
Financial aid: None Available
Accreditations: Alamo Heights is accredited by: (1) Texas Education Agency; (2) Southern Association of Colleges & Secondary Schools (SACSS); (3) Texas Association for College Admission Counseling (TACAC); (4) National Association for College Admission Counseling (NACAC); (5) College Board. Extracurricular activities: Alamo Heights ISD provides extended learning opportunities through a variety of superior extra-curricular activities: academic clubs, art, music, theater, athletic organizations and social events.

School mission: The Alamo Heights Independent School District, the heart of our community whose passion is excellence, will educate and empower every student to excel academically and as a confident, compassionate citizen with impeccable character and a global perspective through engaging, personally challenging, and relevant experiences that inspire learning for life.

Our Motto & Code of Character: Live Honorably—Act Humbly—Model Dignity. We understand that how we act, what we say, and what we display reflect our character and the values of the Alamo Heights community. We will show integrity in all of these areas.

TMI–THE EPISCOPAL SCHOOL OF TEXAS

Address: 20955 W. Tejas Trail
Phone: 210-698-7171 Fax: 210-698-0715
Website: tmi-sa.org
Grades Offered: 6-12
Date Founded: 1893
Enrollment total: 473
Tuition: Please call for current information about tuition, financial aid and merit scholarships.
Financial Aid: Available to those who demonstrate financial need.
Accreditation: Independent Schools Association of the Southwest (ISAS) and Southwestern Association of Episcopal Schools (SAES). Membership in: National Association of Independent Schools (NAIS); National Association of Episcopal Schools (NAES); National Association for College Admission Counseling; Texas Association of Boarding Schools (TABS); Texas Association of Private and Parochial Schools (TAPPS); Texas Association of Non-Public Schools (TANS); Association of Military Colleges and Schools of the United States (AMCSUS)

Extracurricular Activities: TMI has been educating servant leaders since 1893, offering a complete college-preparatory program including honors and Advanced Placement courses, as well as a competitive athletic program. Students enjoy a wide range of extra-curricular offerings such as robotics, astronomy, theater, music, and TMI’s highly ranked, optional JROTC program which allows cadets to engage in special activities such as rifle team, drill team, color guard and Bagpipe and Drum band. The outdoor garden, nature area, and on-campus observatory provide greater hands-on learning experiences for students in both the Middle and Upper School. With additional opportunities to participate in honor council, student clubs, student government and community service, TMI develops motivated, well-rounded students, instilling in them the foundation for greater learning and skills to succeed.

School Mission: The mission of TMI is to provide an excellent educational community with values based on the teachings of Jesus Christ, challenging motivated students to develop their full potential in service and leadership.