



Alamo Heights 09'ER

Issue 1, Volume 6
June 2010

NEWS FOR THE RESIDENTS OF ALAMO HEIGHTS

Alamo Heights July 4th Parade

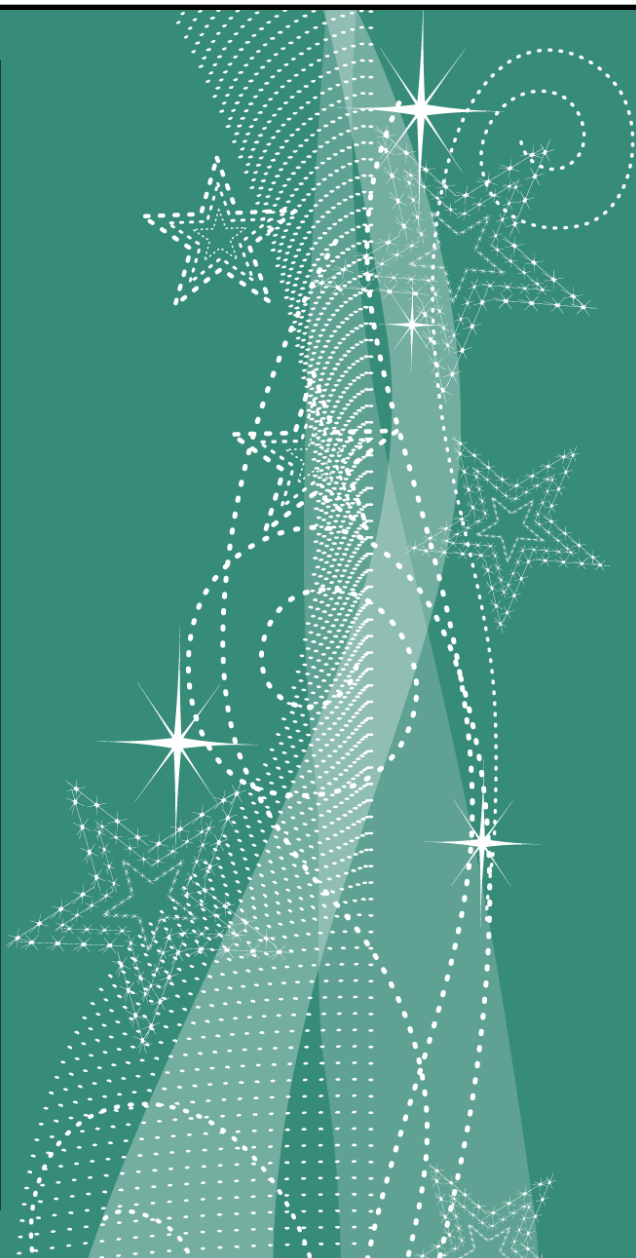
*Remember Our
Red White and Blue!*

Lead by the newest City of Alamo Heights fire truck, the 40th Annual Alamo Heights 4th of July Parade will be held on Saturday, 3 July at 10 A.M. The oldest continuous 4th of July parade in Bexar County, the Alamo Heights parade is open to any and all interested participants.

Hall and Pat Hammond will be assisted this year by the newly organized Community Association of Alamo Heights (CAAH). The parade begins near the Argyle parking lot at Estes and Patterson, extends down Patterson and ends at the Episcopal Archdiocese property.

With the help of Mrs. Hammond, a 40 year collage of photos of earlier parade participants will be available at the end of the parade. So put on your patriotic colors, decorate your strollers, trikes, bikes, wagons and join your neighbors for a (hopefully) cool morning march.

(Parade Route on Page 3)



IMPORTANT NUMBERS

EMERGENCY	911
Fire/EMS (Non Emergency).....	824-1281
Police (Non-Emergency)	822-3321
Police Administration Office	822-6433
Police Investigations	822-2164

CITY HALL

Administration	822-3331
Taxes	882-1502
Water	882-1507
Court Clerk.....	882-1501
Public Works.....	882-1518
Community Development	826-0516

ADVERTISING INFO

Please support the advertisers that make the *Alamo Heights 09'ER* possible. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 20th of the month prior to the issue.

ARTICLE INFO

The *Alamo Heights 09'ER* is mailed monthly to all Alamo Heights residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the *Alamo Heights 09'ER* please email it to alamoheights@peelinc.com. The deadline is the 20th of the month prior to the issue.

**NOT AVAILABLE
ONLINE**

ALAMO HEIGHTS ROTARY CLUB

Meeting Location & Time

WE MEET AT THE BARN DOOR RESTAURANT
EVERY TUESDAY AT 12 PM (NOON).
8400 NORTH NEW BRAUNFELS
SAN ANTONIO, TEXAS 78209
210.824.0116
WWW.AHROTARY.ORG

CAAH Mission Statment

CAAH is dedicated to maintaining and improving our quality of life, sense of community, and pride in our urban neighborhoods by promoting goodwill and community spirit in an atmosphere of friendliness, cooperation, and fun; and to prepare our City for the future, while preserving and protecting our history.

NEW LOW PRICES

in 2010!

BUSINESS CARDS *Starting @\$46.00*

ENVELOPES *Starting @ \$108.00*

LETTERHEADS *Starting @ \$91.00*

RUBBER STAMPS *Starting @\$7.50*

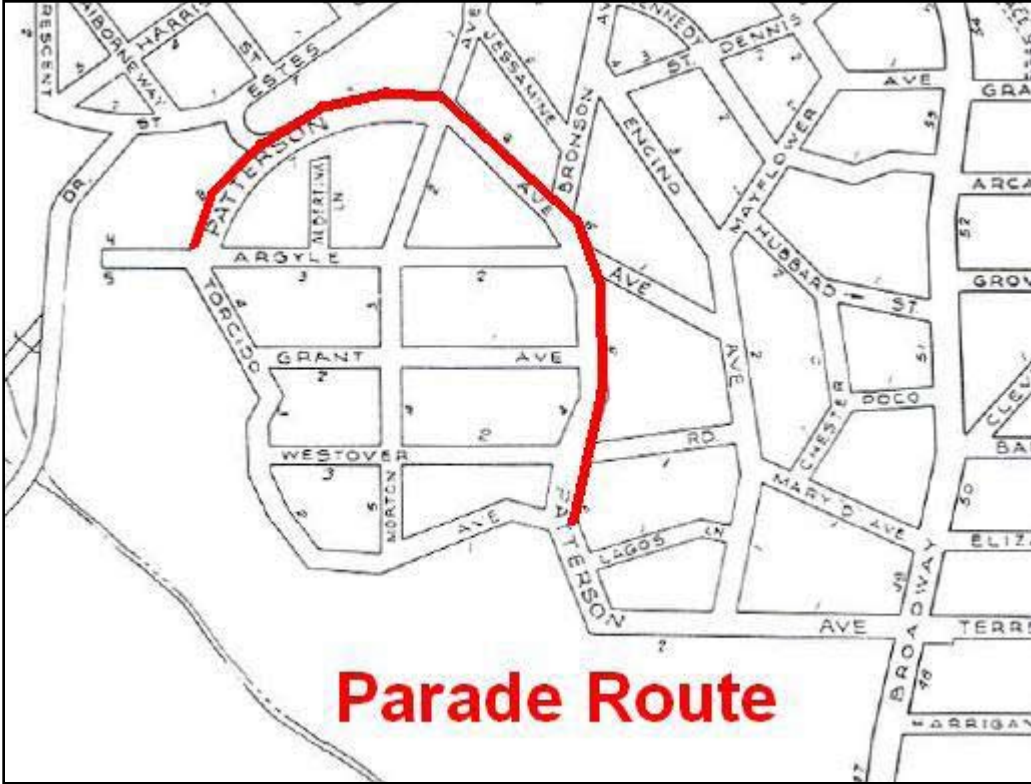
▪ *And Much More!*

ASK ABOUT OUR PROMOTIONAL ITEMS!

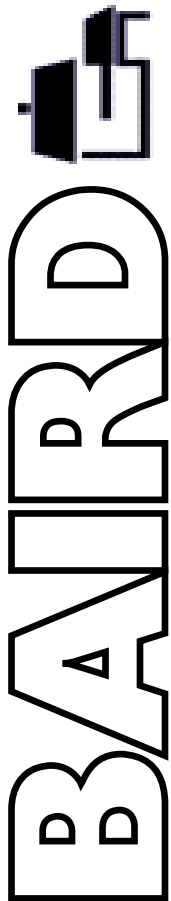
1-888-687-6444 ext. 24

Quality
PRINTING COMPANY

Experience Matters
Doing business for
30+ years.



**VIEW
THE PARADE
ROUTE IN
COLOR
ONLINE AT
WWW.
PEELINC.
COM!**



Construction Co., Inc • Foundation Repair

- Residential & Commercial
- Slab Foundation
- Cedar Post
- Pier & Beam
- Drilled Concrete Piers
- Pressure Grouting
- Required Engineering Services Performed by Independent Consultants
- Bonded & Insured for YOUR Protection
- Life Time Renewable Warranty
- FREE Written Estimates for Homeowners
- We accept MC, Visa and Discover
- Family Owned & Operated for OVER 40 years

10% OFF
10% off services
with this ad

3306 Clark • 534.4110
www.bairdfoundationrepair.com

SUMMER HEAT CAUTIONS

Stay Safe This Summer

How dangerous is overheating in the summer months? According to the Centers for Disease Control and Prevention, from 1973 – 2003, excessive heat exposure caused 8,015 deaths in the United States. “Heat-related deaths and illness are preventable, yet annually many people succumb to extreme heat,” says Dr. George Luber, extreme heat expert for the Centers for Disease Control and Prevention in Atlanta.

Summertime activity, whether on the playing field, running, boating, or just enjoying the great outdoors, must be balanced with measures that aid the body’s cooling mechanisms and prevent heat-related illness. Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment.

Heat Cramps- are strong muscle contractions and usually affect the abdomen and legs. The condition usually improves with rest, water and cooler conditions.

Heat Exhaustion- caused by heat and dehydration but the effects are more serious than cramps. Symptoms may include

paleness, dizziness or fainting, nausea or vomiting, and an increase in body temperature. Rest, water and cool compresses (ice water on the back of the neck, etc) can help. For more severe heat exhaustion, IV fluids may be required.

Heat Stroke- The most serious of the heat related conditions. Heat stroke is most commonly brought on by strenuous exercise in hot conditions. However, it can also affect non-active individuals if the temperature is high enough. Visual signs include flushed, red look to the skin, the person often stops sweating**. This is one key sign that an individual is in an over heated condition. Also, a person with heat stroke might become delirious, unconscious, or have seizures. Lowering the body temperature and getting fluids into the person as quickly as possible is imperative.

Don’t get caught off guard this summer drink plenty of water, wear plenty of sun-screen, and exercise early in the morning. Enjoy the summer season and stay safe.

- Submitted by Valerie Salinas

ZARATE MEDICAL GROUP

Anna T. Cavazos, M.D. • Rudolfo P. Zarate, M.D. • Jocelyn V. Zarate, M.D.*

Now accepting
new patients at two
convenient locations.

NIX Medical Center
414 Navarro, Suite 1422

NIX Alamo Heights
5307 Broadway



- Board certified in Internal Medicine for your family’s primary care needs, 12 years of age and older
- Accept most insurance, managed care plans and Medicare
- Same day and lunch time appointments
- Transportation service can be arranged
- Languages: English, Spanish and Japanese

**Independent practitioners and active members of the Nix medical staff.*

Call for appointments
(210) 587-8787


NIX
Health Care
System

RETIREMENT CHALLENGES

For Today's Families

I recently had the pleasure of hearing David Walker, the former Comptroller of the United States, speak to my company at a training session. Mr. Walker, who made the famous movie "I.O.U.S.A." is an expert at knowing how the country can reverse the trends of increasing government debt and seemingly unlimited entitlement spending. Now the President of the Peter G Peterson Foundation (www.pgpf.org) he paints a scary picture of what our future can hold if we don't act. In "I.O.U.S.A." he forecasts that without intervention, by 2035 the government will spend so much on defense, social security, Medicare and interest on debt that there won't be enough money to pave a street. But it doesn't have to be this way.

He believes that the American people are more knowledgeable now than at any time in history about how our government spends money. This is the key to action. Mr. Walker is not a man prone to exaggeration – he is a

factual man. And he showed us how various arms of the government can be reformed in a sensible, step-wise manner, starting with a rethinking of tax and entitlement policy. Sure, he expects our taxes to rise in the future but there is really good hope that our taxes will be used more sensibly. This is real stuff, not a fantasy.

In fact in May 2010 he led a by-invitation only summit of the best thinkers on both sides of the political scene to create solutions.

How will your family navigate these waters? Creating a financial strategy for living in this new world of retirement is vitally important. Find out what it takes now to plan for rising inflation and taxes, future college costs, and changes to social security. Learn how to protect your assets from these headwinds and accumulate what you need for the future.

- Submitted by Rich Keith



TPD

The Professional Doctor LLC

We respond to your plumbing emergency...STAT!

210-698-9790

www.TPDtx.com

A Family Run Plumbing Company

Why we are different:

- Superior customer service
- National background checks & drug testing
- "Prescription" (upfront) pricing
- Trained and licensed technicians
- Uniformed employees

See what our customers think at our website: www.TPDtx.com

\$25.00 off

Any Plumbing Service

(not valid with any other offers or coupons)

24 Hrs / 7 Days a Week

210-698-9790

M-38644

It's a new year and I wanted to let you know that I am running Carpet City, my father's flooring business here in San Antonio. We have been in business since 1964. If you need any commercial or residential flooring please give us a call! I have had the pleasure of helping many Dominion residents over the past year!

I BRING THE SAMPLES
TO YOU!



Carpet City
Siobhain Anders Buckley
2622 Pleasanton Road
San Antonio, TX 78221
210-260-6527



SHREK FINDS HIMSELF IN AN ALTERNATE UNIVERSE IN “SHREK FOREVER AFTER,” THE FOURTH INSTALLMENT OF THE FRANCHISE.

STARRING: MIKE MYERS, EDDIE MURPHY, CAMERON DIAZ

DIRECTED BY: MIKE MITCHELL (“SKY HIGH”)

WRITTEN BY: JOSH KLAUSNER (“DATE NIGHT”) AND DARREN LEMKE (“LOST”)

“Shrek Forever After” is being labeled as “The Final Chapter” of a 9-year-long fairytale franchise and well it should be. It’s a sequel that’s squeezing out what little magic is left in it’s ogre-sized tank. It might be superior to the slaphappy third installment in 2007, but there’s still not enough originality to make it a truly happily-ever-after.

In “Forever After,” DreamWorks Animation and screenwriters Josh Klausner (“Date Night”) and Darren Lemke (“Lost”) toss a little of Frank Capra’s classic “It’s a Wonderful Life” into the mix as a more mature Shrek returns to a Shrek-less version of Far Far Away.

With the everyday repetition of his family life (changing baby ogre diapers isn’t as adventurous as he thought it would be), Shrek doesn’t feel like the same nasty ogre that once instilled fear into everyone. Instead of running for the hills when Shrek is near, the villagers now look upon him as a celebrity.

In an attempt to revisit his glory days, Shrek signs a pact with the villainous Rumpelstiltskin (Walt Dohrn), who has held a grudge with the lovable ogre since he ruined him chance to take over the kingdom years ago. All Shrek wants is one more day where he can feel like the ogre he used to be. Rumpel, however, has other ideas.

Transporting into an alternative universe where he was never born, the Shrek realizes that a lot has changed in Far Far Away. Fiona

(Cameron Diaz) is now a strapping warrior leading an underground ogre resistance; Donkey (Eddie Murphy) pulls a carriage for some evil, whip-whapping witches; and Puss in Boots (Antonio Banderas) has packed on a few pounds and become a lazy house cat.

To break the spell and return to his regular life, Shrek must get Fiona to fall in love with him all over again and share in “True Love’s Kiss.” Isn’t breaking a spell with a kiss as listless as a storybook tale can go these days?

As in the last two “Shrek” movies, it’s Banderas’ Puss in Boots who steals most of the scenes. Even though there’s not much swordplay in this last film, the now pudgy feline with the Spanish accent is able to match the energy of the new characters, including an army of personable ogres (Craig Robinson and Jane Lynch give funny performances). Cameos by the Gingerbread Man (Conrad Vernon) are also enjoyable. One of the best parts of the movie is when Gingy gives his best impression of a gladiator chopping down fierce animal cookies in a coliseum.

Despite some character highlights, “Shrek Forever After” doesn’t reach the level of the first two installments. It may be the darkest of the series, but it’s light on charm and all around cleverness.

Grade: C

A promotional banner for Cinesnob. On the left is a cartoon illustration of a man with a grumpy expression, wearing a suit and tie. Next to it is the 'CINESNOB' logo in a stylized, blue, bubbly font, with the tagline 'Inferior Cinema Beware' underneath. To the right of the logo, the text 'Grade: C' is written in a white, cursive font. Further right, the text 'View Pics in Color Online at www.peelinc.com!' is written in a white, cursive font. The background is dark with white decorative swirls on the right side.

Solar Community works with communities and HOA's to create Solar Group Purchase Programs in order to pull together the power of numbers to decrease your system cost. Combined with the CPS Energy Solar Rebate program and the 30%



NEW SOLAR

Group Purchase Program

Save up to 70% on your solar energy system.

Federal Tax Credit, the Solar Group Purchase Program can help drive down the price of your system even further. Contact us to see how purchasing solar with your neighbors is good for your wallet and good for the planet.



WHY GO SOLAR?

- Solar Group Purchase Program
- CPS Energy Solar Rebates
- 30% Federal Tax Credit
- Free site survey & consultation
- 25+ Years of Savings
- Tax Free ROI



San Antonio Office | Shelby Ruff | 210.692.4319 | shelby@solarcommunity.net

ATM Machines Safety Tips:

ATM robbers usually position themselves nearby waiting for a victim to approach and withdraw cash. Most ATM robbery victims are women and were alone when robbed. Most claim that they never saw the robber coming. Most ATM robbers used a gun or claimed to have a concealed weapon when confronting the victim and demanding their cash.

If you or your family members use ATM cash machines on a regular basis, here are some tips that can make the process a little safer. Use only ATM machines in well-lighted, high-traffic areas. Don't use ATM machines that are remote or hidden such as being located behind buildings, behind pillars or away from public view. Beware of obvious hiding places like shrubbery or overgrown trees. ATM robbers like to have the element of surprise with no witnesses.

Get a list of ATM locations from your bank and keep it in your car. Choose an ATM that looks and 'feels' safer, even if it is a couple of miles out of the way. Try and limit your use to daylight hours. When you drive up to an ATM location, scan the area for any suspicious persons. If you see anyone suspicious standing nearby or sitting alone in a car, don't hesitate to drive away. Listen to your 'gut' instinct. When you approach a bank ATM on foot be prepared and have your access card ready. After inserting your card and your PIN number, keep an eye out behind you. If anyone suspicious or

seemingly dangerous approaches terminate your transaction and leave immediately, even if it means leaving your ATM card in the machine. When you receive cash from the machine don't openly count it...put it away immediately, extract your card, and walk away.

If you use your car at a bank drive-thru ATM machine, the same rules apply. Make sure there are no obvious hiding places or suspicious persons loitering in the area. If there are, listen to your gut instinct and drive away. Keep the car in gear, doors locked, with your foot firmly on the brake, while using the ATM machine. Keep a close eye on your rear and side view mirrors during the transaction. Robbers almost always approach from the rear on the drivers' side. If you see anyone approaching, drive off even if it means leaving your ATM card behind. You can always retrieve it later or cancel the card. If you are confronted by an armed robber, just give up your money without argument. The cash is not worth serious injury or death.

- Only use ATM machines in a well-lighted, open, high-traffic area during the daytime
- ATM machines in supermarkets are safer for nighttime use
- Avoid ATM machines adjacent to obvious hiding places
- When you approach an ATM scan the area first for loiterers

(Continued on Page 9)



Participate this June 12th - 20th in *Chalk Art from the Heart* and help us promote water safety. Drowning is Preventable!

.....

Check out our website for details, contest rules and PRIZES!

[WWW. COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)  



COLIN'S HOPE

ATM Machines - (Continued from Page 8)

- Have your card ready and leave quickly, not counting your cash in public
- Walk or drive away immediately if your instincts tell you so
- Don't argue with a robber, if confronted, just give up the cash
- Don't fight with or attempt to follow the robber
- Drive to a safe place and immediately call the police

- Submitted by Deputy
**James Kitchens, Travis
County Sheriff's
Office**



Recipe of the Month

Black Bean Shrimp Salad

INGREDIENTS

- 1 pound cooked medium shrimp, peeled and deveined
- 1 can (15 ounces) black beans, rinsed and drained
- 1 small green pepper, julienned
- 1 small onion, thinly sliced
- 1/2 cup chopped celery
- 2/3 cup picante sauce

- 2 tablespoons minced fresh cilantro
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1/2 teaspoon salt
- 1/8 teaspoon grated lime peel, optional
- 6 lettuce leaves
- 1 cup halved cherry tomatoes

DIRECTIONS

In a large bowl, combine the first five ingredients. In a small bowl, whisk the picante sauce, cilantro, lime juice, oil, honey, salt and lime peel if desired. Pour over shrimp mixture and toss to coat. Cover and refrigerate for at least 2 hours. Using a slotted spoon, spoon onto

a lettuce-lined serving platter or salad plates. Garnish with tomatoes. Yield: 6 servings. **Nutrition Facts:** 3/4 cup equals 224 calories, 6 g fat (1 g saturated fat), 115 mg cholesterol, 571 mg sodium, 22 g carbohydrate, 4 g fiber, 19 g protein. Diabetic Exchanges: 2 very lean meat, 1 starch, 1 vegetable, 1 fat.



*Welcome to your safe, private, personal retreat.
Your seat is waiting for you via overstuffed couch,
comfy chair or perhaps a bean bag chair - kiddos love this!
My professional eclectic approach allows for collaborative,
tailored therapy to meet your specific needs.*

*Dedra Scow M.A., L.P.C. has helped a myriad of children,
teens and families for over 17 years and has received
numerous awards including South Texas Counselor of the Year
and The STAR Award.*

*She is also recognized as an expert witness in Bexar and Travis Counties.
Her services are offered in-office, in-home, by telephone and via the internet
(initial session must be in person) and are billed by the quarter hour.*

Dedra D. Scow M.A., L.P.C.

1020 Townsend Ave., Ste. 104 • San Antonio, TX 78209

P: (210) 862-7272 • F: (888) 426-0214

dedrascow@yahoo.com • www.dedrascow.com

Community Association of Alamo Heights

a 501(c)3 non-profit organization



VOTING MEMBERSHIPS

residents within the Alamo Heights city limits

ASSOCIATE MEMBERSHIPS
available for non-residents and businesses

Bringing people together for the purpose of enjoying and enriching our unique village atmosphere

WE ARE A LIVING, BREATHING, GROWING GROUP, SO WE WOULD APPRECIATE YOUR SUGGESTIONS ON:

1. Community events for CAAH participation
2. Community events for CAAH to create
3. Personal interests that could involve / benefit Alamo Heights
4. Others to contact for membership (Name & contact information)
5. Anything else you want to suggest

SEND SUGGESTIONS TO:

CAAH
5150 Broadway, Box 446
Alamo Heights, Texas 78209

EMAIL:
CAAHeights@gmail.com

WEB:
www.myAlamoHeights.com/
CAAH

TWITTER:
[CAAHeights](https://twitter.com/CAAHeights)

Membership Application

NAME _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

PREFERRED PHONE (_____) _____

EMAIL _____

PREFERRED CONTACT METHOD:

EMAIL PHONE MAIL

MEMBERSHIP TYPE(S):

- RESIDENT \$20 (INCLUDES FAMILY AT SAME ADDRESS)
 NON-RESIDENT \$30
 BUSINESS \$30

PLEASE MAKE CHECK PAYABLE TO COMMUNITY ASSOCIATION OF ALAMO HEIGHTS AND SEND TO:

CAAH
5150 BROADWAY, BOX 446
ALAMO HEIGHTS, TEXAS 78209

The Alamo Heights 09'ER is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Alamo Heights 09'ER contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

8			5	6		4		
			2		8		1	
1						2		7
		3	9				5	
5					3			4
		1			4			
			6	9				
6		7						
		4				1		2

*Solution at www.PEELinc.com

© 2007. Feature Exchange

**Advertise YOUR business
to YOUR neighbors for
less than 5¢ per home.**

Effective Advertising, Done Right.

Call today to Reserve your space.

Peel, Inc.
COMMUNITY NEWSLETTERS

512-263-9181

www.PEELinc.com

AH



Peel, Inc.

311 Ranch Road 620 S. Ste 200
Lakeway, TX 78734-4775
www.PEELinc.com

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

AH

ADVERTISE HERE



CALL
512.263.9181
FOR MORE INFO

www.peelinc.com