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San Antonio

316

TOP

DOCTORS

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FROM THIS
LIST OF THE
BEST
IN SA

Ophthalmologist
Maria Stephanie R.
Jardeleza is working
to prevent and repair
vision loss among
diabetes patients





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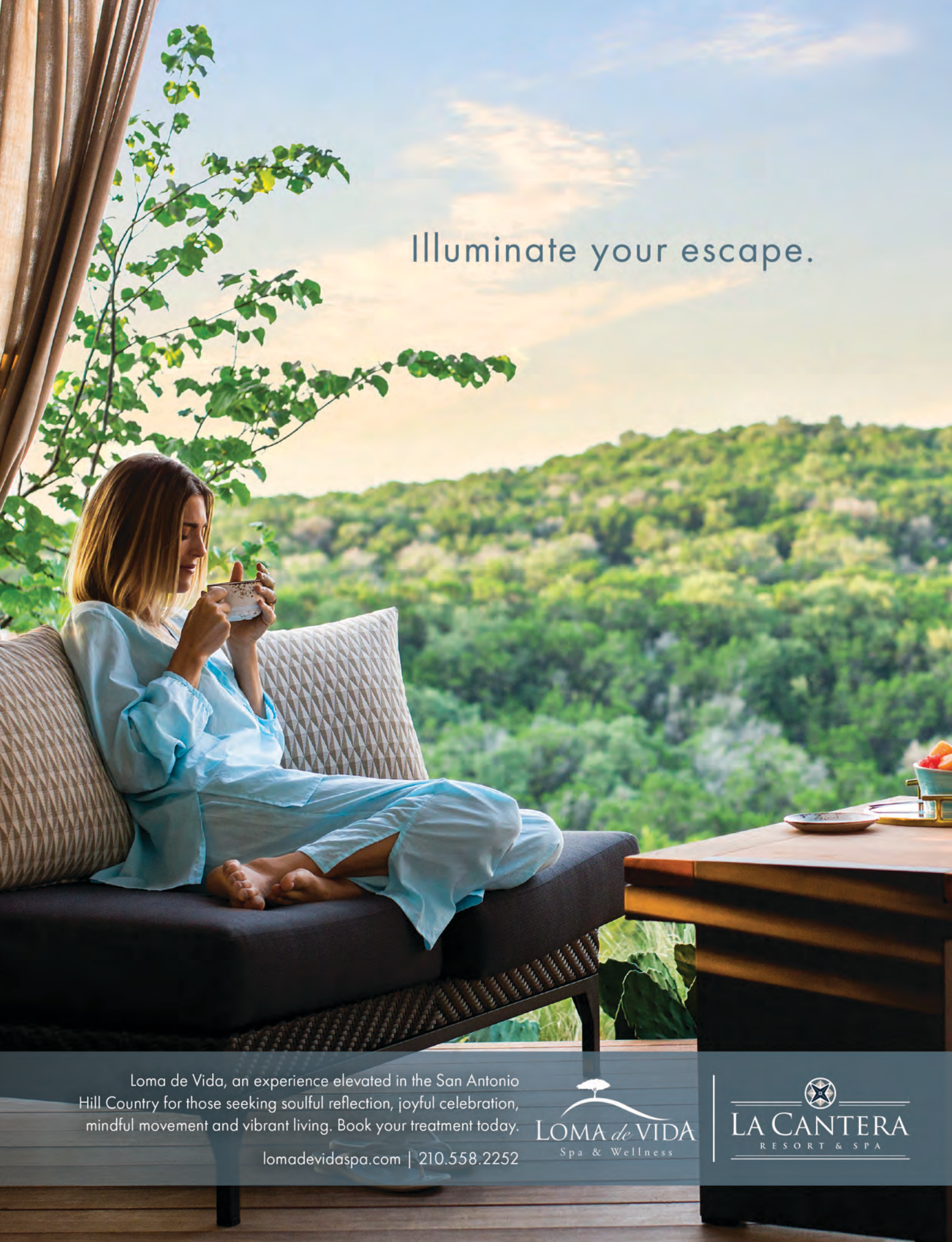
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A Diamond Expert's Guide to Finding the Perfect Engagement Ring

A couple's engagement is said to be the most important milestone before marriage and this milestone would not be complete without the most breathtaking ring your partner has ever seen. Diamonds Direct has created the ultimate shopping guide to assist you in the many choices and questions that arise when entering the process of purchasing an engagement ring. Whether you're planning a surprise proposal or shopping for the perfect ring with your future fiancé, the Diamonds Direct diamond expert will be your guide.

Design and Style

The first step in engagement ring shopping is to know your significant other's taste in jewelry. It is important to observe your significant other's style. Whether they're a lover of clean, classic styles or someone who fawns over intricate, vintage pieces. The options are limitless when it comes to style and design so it's a good idea to narrow down a few favorites. If you are not able to pick up on your significant other's taste, the Diamonds Direct diamond expert will be your trusty advisor in choosing a ring that is sure to be a winner. The diamond expert will guide and introduce you to the best settings, diamond cuts, and designers to assist you in finding the best fit for your future fiancé.

Know Your Budget

Once you have narrowed down design, it's time to determine what fits your budget. The age-old rule of spending three months' worth of your salary on an engagement ring has become outdated. There are many options for every budget, from financing to upgrade warranties. Based on your financial standing, your diamond expert will be able to assist you in finding the ideal price range for the perfect ring.

Gemstone

A large majority of engagement rings feature a diamond, however other gemstones are becoming more and more popular. If your significant other has expressed interest in a gemstone other than a diamond, a diamond expert would suggest exploring those stones. Any color gem you fancy will make a statement and will be truly unique to your partner. Sapphires are known as the second most popular engagement stone and fancy yellow diamonds are always stunning, with an elegant and classic look. A colored stone is guaranteed to show off your future fiancé's personal style.

Shape

The shape of the stone is one of the most significant factors in choosing your engagement ring because it's the most eye-catching part of the ring. From a classic round cut to an elegant pear shape, there are quite a few shapes to choose from. With shape comes a variance in price, while a classic round shape



is known to be a little more pricey, a beautiful princess cut can save money and they are just as stunning. Once you have chosen a shape that perfects your ring, you can then choose the details surrounding your stone, perhaps adding a halo or side stones.

The Perfect Ring Setting

There are various metals to choose from but it's best to understand the difference in types. Platinum is very durable and pure, but also the most expensive. Gold, a very popular option, comes in a variety of different colors, such as white, yellow and rose. It is also common to see a two-tone setting, whether it be presented in a twist or a yellow gold band with a white gold halo. Again, the options are limitless. It's a good idea to pay attention to the metals your significant other prefers in her current jewelry collection so that you can find the perfect color engagement ring to match your partner's day to day jewelry. You can't go wrong with platinum or gold due to their durability so a diamond expert would suggest choosing either of those options.

Ring Size

If you are planning a surprise proposal, ring size can be the trickiest part when ordering your ring. However there are sneaky ways you can figure out ring size without spoiling any surprises. A diamond expert suggests slipping on a ring that belongs to your significant other, but know which finger they wear it on, and mark where it hits on your finger with a pen. A Diamonds Direct diamond expert can then decipher the ring size with an in-store ring sizer and assist with finding the best fit.

Your engagement ring may be one of the biggest purchases you make.

That being said, the quality of Diamonds Direct's selection, the designers we partner with and the certifications we back our diamonds with will always ensure that the piece you walk away with is the very best ring for your budget. **For more information about Diamonds Direct visit www.diamondsdirect.com**



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January & February

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TOP DOCTORS

Whether in search of a primary care physician or specialist, find a new doctor from this list of 316 of the city's best.

46

ON BEING WELL

A photographer facing MS and fitness instructor living with bipolar disorder share how they've found their new normal after a diagnosis while experts in mental health and pain management offer tips on navigating your own care.

UT Health
San Antonio

Richard P. Usatine, MD
Dermatology & Cutaneous Surgery

January & February



IN THE LOOP

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ON THE COVER

Josh Huskin shot Dr. Maria Stephanie R. Jardeleza, an ophthalmologist, in studio. Jardeleza is one of over 300 physicians featured on the Top Doctors list (page 34).





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MAGAZINE

San Antonio

JANUARY/FEBRUARY 2020 / VOLUME 15 / ISSUE 4

WHAT'S YOUR NEW
YEAR'S RESOLUTION?

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When I found myself in the emergency room in late summer 2017, I had no idea it would be the start of a journey that would force me to look at my body and my wellbeing in a way I never had. I was having a miscarriage, but the ER doctor and, later, my OBGYN told me not to worry. It's common, they said. Over the next year, I was very in tune with my body and doing what I could to try to be healthy, while increasingly feeling a weight come over me. My situation was becoming less and less common (though still more so than I realized before). Still not pregnant after 18 months, I was referred

to a specialist and I spent 2019 undergoing various fertility treatments, with more to come. Infertility has consumed my life, giving me waves of emotions—hope, despair, faith, doubt, exhaustion.

I've discovered the shaky balance that must exist between a patient's self-advocacy and trust in their doctor. The best doctors encourage and understand this, approaching their treatment as a partnership. Our list of "Top Doctors" (page 34) includes standout physicians in San Antonio, based on peer recommendations. Whether you have a new (or nagging) health issue that needs to be treated, you're looking to change course, or you just want to take preventative measures, peruse our list of docs in 59 fields and see their special expertise.

As a complement to "Top Doctors," we took a broad look at wellness (page 46). Photographer and former SAM staffer Jessica Giesey told us about how she's learned to work with her body as it changes following a multiple sclerosis diagnosis last year, and gym owner and former boxer James Leija Jr. shares his experience of living with bipolar disorder. We also hear about how UT Health is teaching med students to consider natural methods of pain management as an alternative or complement to medication and a Clarity Child Guidance Center psychologist gives parents three signs of mental health distress to look for in children and five great tips to ease anxiety—for anyone.

In the depths of my exhaustion last year, I chose to take a break from trying, which turned into a longer pause as part of a new treatment plan. I've tried to focus during this time on calming habits (yoga, walking, deep breathing) and reconnecting with my body. As I prepare to dive back into treatments, I am very much still a work in progress and focused on simply being well. Whether I'm ultimately able to get pregnant or not, a commitment to wellness will only make me stronger.

Rebecca

Rebecca Fontenot Cord

Publisher & Editor in Chief

BEHIND THE ISSUE

We're kicking off 2020 with a few changes. This issue is a combined January/February issue, but fear not, we'll still be producing issues monthly the rest of the year. We've also updated the structure of the magazine. We combined our news, culture and lifestyle stories all into one department, "In the Loop," and grouped all food and drink coverage together with our restaurant guide following the features. Our former back page interview, "Person of Interest" can now be found as part of In The Loop and we'll close each issue with a look back at some San Antonio history (this month, on the past and present of the Carver). And art director David G. Loyola has refreshed the design throughout, in an attempt to make everything more readable and visually interesting. Special thanks to DJ Stout and Hayley Taylor at Pentagram for their input on the design. Have feedback or story ideas? Send us an email (editor@sanantoniomag.com) or fill out our reader survey online (sanantoniomag.com/survey).



READER GRAM



CONFLUENCE PARK

Photographer Thomas-Patrick Pangilinan (@illustrado_photography) and friend @noelpombuenaphotography were on a "photowalk" at Confluence Park when they came across a dancer getting creative with one of the smaller geometric structures. Pangilinan captured this shot of @samthejoat defying gravity.

Want to see your photo published in San Antonio Magazine? Tag us in your best shots on Instagram. We'll be printing our favorites in each issue throughout the year.

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COMING UP NEXT MONTH

Our favorite time of year—March is all about the Best of the City.

CONGRATULATIONS TO OUR TOP DOCS



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JANUARY 19



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In the Loop

INSIDE / HOMELESSNESS IN SA p.22 / 5 LOCAL PODCASTS p.26 / WHAT IT'S REALLY LIKE TO BE FITNESS INSTRUCTOR p.32

Local Flavor Arrives at the Airport

When you park in a garage at the San Antonio International Airport now, you'll only have to remember what the elevator looked like to know on which floor to find your car. The murals went up a few months ago, several painted by local artists in partnership with San Antonio Street Art Coalition. It's just one change in line with the national trend among airports to inject local specifics into the travel experience. "We want it to feel like San Antonio when you land," city aviation director Russell Handy says. Inside, passengers will soon have the chance to enjoy wood-fired Boss Bagels, Merit Coffee cold brews and Smoke Shack brisket. Part of 10 new culinary options being added, the first phase of eateries will open by early February with the remaining new concepts rolling out by summer. Andrew Weissman's The Luxury will open where Gervin's Sports Bar and an adjacent shoe shine station sit. Weissman will also lead Sip Brew Market near the entrance and ticketing desks, plus a Sip Brew kiosk close to baggage claims. At Smoke Shack, Handy says to expect plenty of room to sit as well as a stage for local musicians to perform. Other airport improvements include another TSA line in Terminal B, improved flight information displays, a new children's play area at the end of Terminal A and new retail stores, including an iStore and one that will be Spurs-focused. Outside, valet parking debuts this month and will eventually offer passengers the option to have their oil changed or car washed while they're gone.—KP





Walking for Health

San Antonio startup GaitIQ aims to help prevent dementia by analyzing your walk

BY KRISTIN MEARS

BY RECORDING A PATIENT WALKING during a routine physical, doctors will one day be able to detect whether the person is at risk for dementia. That's the vision of San Antonio entrepreneur Rick Morris, whose GaitIQ is developing a cloud-based platform that utilizes machine vision, AI and big data analytics to identify and evaluate subtle changes in the way a person walks. Shifts in gait, or a person's pattern of walking or foot movement, have been linked to the risk of dementia and can be traced sooner than memory loss.

Gait labs that analyze a patient's walk already exist

but are often cost prohibitive and take up to half a day to complete, Morris says. The technology his team is developing will allow for a physician to use a wireless tablet to record their patient's walk, upload it to the GaitIQ app and receive results within five minutes. Morris says they've been awarded National Institute on Aging grants and also are raising private investment to get the product into the market as quickly as possible. The early detection they hope to provide will bring opportunities for medical interventions and lifestyle changes that could slow or even reverse the progress of disease, he says.

Morris, who recently won a \$25,000 grant from the Geekdom Community Fund, moved to San Antonio for his startup in 2015 because of the Alamo City's expertise in health care and technology. The GaitIQ team has partnered locally with Southwest Research Institute, UT Health San Antonio and its Glenn Biggs Institute for Alzheimer's and Neurodegenerative Diseases and UTSA. "Having spent my career in innovation hubs on the East and West coasts and in Austin, I love telling people that there is nowhere better than San Antonio to start a company like this," Morris says. ★

HOW SA WORKS

DRAINING THE RIVER WALK

After Alamo Bowl tourists head home, the city's iconic River Walk will be drained of its water. The draining of the river downtown, scheduled Jan. 6-9, provides for the chance to clean out any debris and sediments—we imagine there's more than a few Fiesta medals—and to perform any necessary maintenance repairs. It's performed as needed, which in recent years has meant biennially. "The draining project will provide an opportunity to

improve water quality," says Darlene Dorsey, senior public information officer with the city's Transportation & Capital Improvements, which completes the task alongside the San Antonio River Authority and Center City Development Operations.

The full water draining process takes about 36 hours, says Paul Berry, communications officer with Transportation & Capital Improvements. "There are multiple gates and a main channel that creates the intricate tunnel system that is underneath downtown San Antonio,"

he explains. "The San Antonio River tunnel drains the water into the Olmos Basin. The water stops at the dam, then is slowly released to the inlet of the tunnel at Josephine Street. Water is filtered of trash and debris, and then sucked deep underground directly under downtown San Antonio. The water is pushed naturally to its outlet location at Mission Road on the other side of the city." By Jan. 10, locals and visitors will again see water flowing through downtown. —KM

SMALL TALK

4 THINGS TO TALK ABOUT AS YOU WORK ON THOSE NEW YEAR'S RESOLUTIONS

Creative Cuts / San Antonio's Rob "The Original" Ferrel, who's known for his creative cuts that include portraits shaved into his clients' hair, won Barber of the Year 2019 at the American Influencer Awards. He shares pics of his cuts on Instagram (@robtheoriginal) to more than 1.1 million followers.



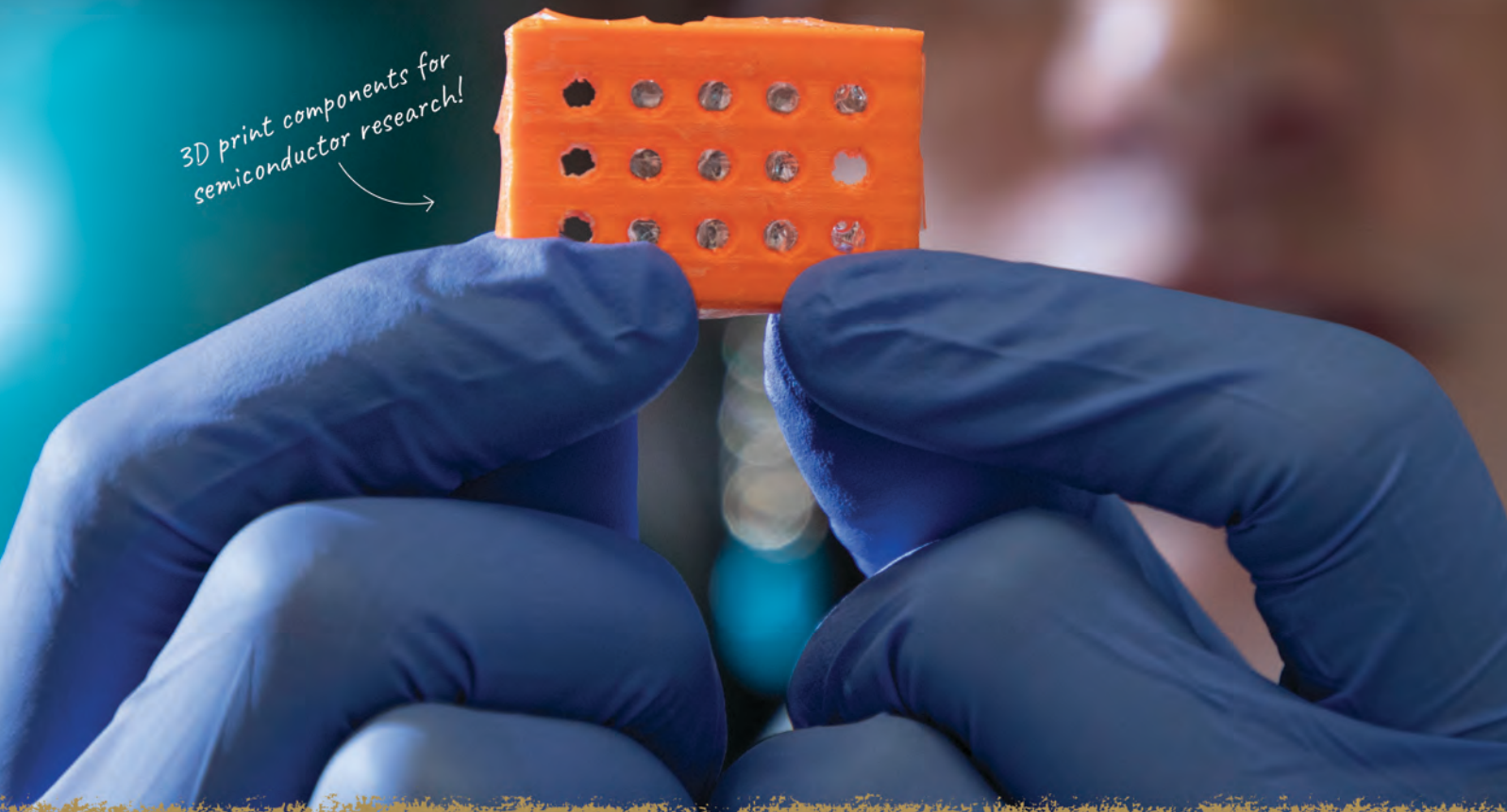
Hitting the Gym / San Antonians Gina and Jason Campbell lost a combined 250 pounds in a year by committing to working out five days a week and eating healthier, KENS 5 reported. Gina kickstarted the fitness routine after a doctor warned her to lose weight or suffer health consequences. Jason agreed to join her and since losing weight he's landed a small role on *NCIS: New Orleans* and in a Subway commercial.

Crisis Cops / Ernie Stevens and Joe Smarro, former partners in the San Antonio Police Department's Mental Health Unit, are the subjects of the HBO documentary *Ernie & Joe*, which debuted in late 2019 after winning awards at film festivals. The film shows how policing can change when officers consider mental health.

Digital Library / Fox Tech High School's library will be transformed into BiblioTech EDU after Bexar County and San Antonio Independent School District entered into an agreement that will have the county investing nearly \$20 million in a digital public library and parking garage near San Pedro Creek and SAISD's new central office. The parking garage will be open to the public on evenings and weekends while the library will house a recording studio, an outdoor classroom, a robotics space and the same digital assets as at the smaller BiblioTech locations.

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Can San Antonio Overcome Homelessness?

Local advocates have partnered with a national agency to identify gaps in services for homeless

BY KATHLEEN PETTY

Homelessness became the focus of statewide news last fall when Gov. Greg Abbott and the city of Austin sparred over the best approach to managing the capital city's homeless population. Austin's mayor relaxed camping ordinances leading to tents all over town while Abbott decried the measure as unsafe and ineffective, pointing to San Antonio's Haven for Hope as the system that works for urban areas. But before San Antonio was even brought into the discussion, service providers and city leaders already were looking at the best way to evaluate its own approach to homelessness—knowing Haven for Hope is a major resource but that gaps in assistance do still exist. In October, San Antonio City Council allocated nearly \$130,000 to hire Homebase, a California-based consulting firm to create a comprehensive plan for addressing homelessness in the years to come. “We don’t want a cookie cutter plan,” says Melody Woosley, director of human services for the city. “We want a plan that is usable, measurable and really reflects the unique system that we have.”

What does homelessness look like in SA?

Homelessness was down 6 percent in 2019, according to a one-night point-in-time survey that's conducted annually. However, says Brenda Mascorro, executive director of the South Alamo Regional Alliance for Homeless (SARAH), which is the continuum of care agency that collects and analyzes data, homelessness among families increased 18 percent. Mascorro adds that



BY THE NUMBERS

Homeless veterans:
215

Chronic homeless:
343

Homeless families:
274

Unaccompanied homeless youth:
98

Total homeless count on Jan. 24, 2019:
2,872

*All stats from South Alamo Regional Alliance for Homeless' annual point-in-time survey conducted Jan. 24, 2019.

some in the homeless population are difficult to count, including youth. She and other advocates stress there is no descriptor that encapsulates all homeless individuals. The population includes families who've been priced out of their housing, those who struggle with mental health issues or addiction, former foster care youth, people who've experienced a costly health condition and others. “There is not a one-size-fits-all solution for any of our cities,” Mayor Ron Nirenberg said during a November News 4 town hall.

What services already exist?

Haven for Hope is the city's largest resource and one advocates say will continue to be a major asset in addressing homelessness. The nonprofit serves around 1,700 people per day, including over 700 who stay in its emergency shelter program, known as The Courtyard. It also has a Transformational Campus that includes short-term housing and coordinated services provided in partnership with 140 other agencies that connect people to mental health and substance abuse treatment, employment assistance and other resources meant to provide stability. The Salvation Army has a shelter for men plus myriad services for families while SAMMinistries works to prevent homelessness, providing help to those who are at risk. There are also multiple agencies who've partnered to nearly eliminate veteran homelessness plus the dozens of nonprofits and churches that work to provide assistance to the homeless and to those whose paychecks leave them choosing between rent, food and prescriptions. In 2019, SARAH was awarded a \$6.8 million two-year HUD grant (the largest in the U.S.) that it will allocate to agencies and efforts meant to eliminate youth homelessness. “We don’t have that many resources that are specific to 18-24 and that’s what we’re working on,” Mascorro says.

Why Homebase?

Some locals pushed back against the city for hiring Homebase since they are not local. Nirenberg explained that no local agencies applied and that area homelessness advocates touted the experience and expertise of Homebase. The agency will study what exists in SA now, meeting with various sectors (including homeless individuals) and relying on data gathered by SARAH. After Homebase has studied what exists, it will identify gaps and then look at best practices from around the country before providing a recommendation this spring on where San Antonio should go from here, Woosley says. That could mean more housing, or a housing first approach for some, efforts to fund more beds for mental health and substance abuse programs, changes to housing policy or other efforts. “Right now is the time to be proactive,” Mascorro says. ★

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Diana S. Sánchez

San Antonio Hispanic Chamber president & CEO hopes to help San Antonio learn from experience of other tech centers

INTERVIEW BY KATHLEEN PETTY

South Texas native Diana S. Sánchez headed for San Francisco shortly after graduating from the University of Texas at Austin and spent more than 30 years working in major U.S. cities and in Latin America for tech and telecon giants like AT&T and Telefonica. After years in Miami she returned to Texas in recent years to care for her parents. A year ago, Sánchez assumed the role of president and CEO at the San Antonio Hispanic Chamber of Commerce, which celebrated 90 years in 2019 and is the oldest chamber of its kind in the U.S. Sánchez says she's working to leverage her business experience to help San Antonio become the next thriving tech city—both so that it can grow and so that its longtime residents and small business owners can thrive alongside it. "How do we leverage what we have as a community to make San Antonio the best that it can be?" she says.

FACT FILE

Hometown:
Bishop (a town of 3,000 near Kingsville)

Education:
University of Texas at Austin

Resume:
Fortune 500 companies in San Francisco, Miami, Europe and elsewhere

Current Role:
San Antonio Hispanic Chamber of Commerce President and CEO

You spent much of your career in tech. What interested you about San Antonio?

I think San Antonio has all of the things that it needs to be successful. We have a phenomenal downtown, which is great for the innovation and technology industries. We have strong sectors of cybersecurity and biotech, plus health care and manufacturing and finance.

We also have an opportunity to make this city an economic engine for South Texas and Northern Mexico. We need to look at what sectors can be leveraged to create that economic region. How do we drive economic growth based on the things we do well and not try to be something we're not? That's one thing I learned in these other cities is that you have to play to your strengths.

So biotech, biomed and health care are strengths. Health care is a need of the community that we represent in Texas. Diabetes, kidney, obesity and vascular care—those are all needs, so we can look at those and try to establish San Antonio as the center for those things, just like Houston has established itself as a medical center. As we do that, we could draw people from South Texas and Northern Mexico.

How does trade fit into that idea of an economic region?

Trade is very important. We've got to operate as if there is no border and make ourselves efficient in transportation as well as execution of trade. Texas' largest trading partner is Mexico. The numbers are there. We don't want to be a thoroughfare. We want to either have distribution centers or centers of excellence that force people to stop in San Antonio and engage in what we do—not just bypass us. We want to be an intermediate hub.

Do politics impact that?

The chamber is very lucky to be able to work with our legislators. Texas carries a lot of weight in this country right now and I think that we have a lot of leverage. The politics can be frustrating. Last year when there was talk of tariffs, it was very disrupting, even if it's just noise. The border should not be a barrier to us doing trade back and forth with Mexico, so it's our job to help make sure there aren't political, fiscal or other barriers.

What's the ideal scenario for SA in the future?

My dream for San Antonio? I think the creative economy is going to be huge for downtown and the West Side. I think we will have some strengths in some of those business corridors that we already have—definitely cybersecurity is one. We are already the second largest city in the country for cybersecurity, so we need to capitalize on and commercialize that. I think we could be a financial center and one of the top five centers for infectious disease in the world.

You were involved early in the Silicon Valley and also worked in other major cities. How do those experiences impact how you approach San Antonio and its growth?

What I experienced in San Francisco, Denver, Atlanta, Miami and some of the other cities I've lived in was the transformation that the technology industry can have on a city. I saw the great things technology can do for these cities—a lot of people made money and there was positive transformation—but what concerned me was that in a lot of those cities, the people from the community who had helped to build the city originally weren't benefiting.

San Antonio is still not there yet, but it's coming. If we can help make sure that people benefit in a positive way as the city and industry grows, then it could be a home run. There have been negative impacts of gentrification in Miami, Austin and elsewhere. We can do better and that's what San Antonio has to figure out how to do—to create neighborhood vibrancy by learning from mistakes made in other cities. Because it ends up affecting everyone in the long-run, and we have such an opportunity right now.

How does the fact that there are multiple chambers in San Antonio impact your work?

There are over 20 chambers in San Antonio. My focus is looking at the community that I serve and asking, where are my people employed? What businesses do they work for and what sectors are they involved in? And how can I find business service organizations, like LiftFund or the Small Business Development Center, to align with. I'm working with a lot of these groups and saying how can we work together to help people? The chamber is not in a position to provide funding and financial assistance directly to businesses, but we can find who offers the best terms and solutions for the financial and other needs that our members have.

For example, if I have members who own a construction or HVAC business, is there a way we can identify the step-by-step process they need to go through if they want to compete for a city or county contract? Because we don't want them to get knocked out of the process because they didn't have the right forms. We want that information to all be in one place.

Or I've talked with consultants who work with restaurant managers to handle the process of scheduling and staying on top of food handling certifications and things like that. We have some 470-plus Mexican restaurants in this area so resources that make doing business easier are great. We want to help people do what they're already doing, but at the best level they can.

Small business owners often don't have hours to spend researching insurance options and banks, so if we can take the time to do the research and make it easier for them, we want to do that. Many of the resources are already there, but they're often not easily accessible and so they're not always fully utilized.

Right now, our membership is strong in professional services, which means we have a lot of entrepreneurs who are providing services. In San Antonio, 97 percent of companies have less than 100 employees and 54 percent have less than five. That means they don't have the luxury of taking off work to attend a seminar so it's things like knowing to offer resources in the evening or on the weekends that can make a difference. We need to be proactive, not reactive.

We're also interested in working for wage equity, particularly when it comes to women.

We also want to set up metrics and measure everything we do so we know what works and that we're not duplicating anyone else's efforts. ★

This interview has been edited for length and clarity.



Abstract Influence

San Antonio Museum of Art exhibit spotlights Texas-based female artists

BY KATHLEEN PETTY

Curators at the San Antonio Museum of Art know abstract art can be intimidating to the casual observer, but they're hopeful works like Sara Cardona's "Circular Thinking" can change that. One of around 65 pieces on display Feb. 7-May 3 as part of *Texas Women: A New History of Abstract Art*, the 6-foot-by-4-foot piece began as a smaller hand-cut collage, which Cardona then photographed, printed onto fabricated aluminum and cut into a sculpture-like shape. "The process for me is a little bit like film editing," says Cardona, a Dallas-based artist who was born in Mexico City. "I have a lot of pieces laid out and I move them around until I see what I like."

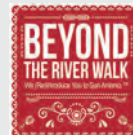
Assistant curator Lana Meador says Texas has long been known for its representational art—pieces like "Field of Bluebonnets" by Julian Onderdonk—but since the mid-20th century, the state has also been a hub for abstraction. Abstract works like Cardona's may not depict bluebonnets or Texas sunsets, but they are often influenced by the situations and landscapes around them.

Suzanne Weaver, the museum's Brown Foundation curator of modern and contemporary art, says the exhibition is the first major survey of Texas women artists working in abstraction and debuts during the centennial anniversary of women gaining the right to vote in the U.S. It includes works from the 1940s by artists like Toni LaSelle and continues through present day, celebrating women who have led in abstraction. Fifteen of the 17 featured artists are still creating work today.

In "Circular Thinking," Cardona says she cut up pieces from 1980s art magazines and other media and reconstituted them into a new work that speaks to the era's culture and its tendency toward excess. Having moved to Texas as an adolescent, Cardona lived on both coasts before settling back in Dallas and says the state continues to impact her work, whether through colors or themes. "Texas just feels like a natural space for me," Cardona says. "I feel very grounded." ★

LISTEN UP

5 LOCAL PODCASTS TO ADD TO YOUR QUEUE



BEYOND THE RIVER WALK

Hosts Kevin and Melissa Barron launched their show two years after moving to San Antonio in 2015 in hopes of intro-

ducing (and reintroducing) locals to the people and places that define the Alamo City. Learn behind-the-scenes tidbits about the Alamo, Cool Crest Mini Golf, SeaWorld San Antonio and elsewhere.



BUILDING SOMETHING OUT OF NOTHING

After starting Shotgun House Coffee Roasters without a true mentor in entrepreneurship, Eddie

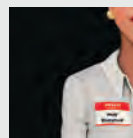
Laughlin launched this podcast to create that resource, sharing stories of entrepreneurs, small business owners and creative in Texas—including Mayor Ron Nirenberg, Feliz Modern's Ginger and Mario Diaz and *Bachelorette* contestant Mike Johnson. It is sponsored by Geekdom Media.



THE FUNDAMENTALS

Spurs legend David Robinson teams up with his son, David Robinson Jr., for discussions about the pillars that shaped their lives and the George

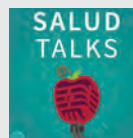
Washington Carver Academy, which the elder Robinson founded (it is now an IDEA campus). David Robinson Jr. often prods his dad with questions that get him to go deeper as the two weigh in on their faith, leadership style and more big topics in the series that's produced by Geekdom Media.



MISS EDUCATION

Learn about the city's public education landscape during this Geekdom Media podcast hosted by Jen Maestas, a former SAISD school

administrator and education director at Key Ideas, Inc. She chats with education and community leaders, like State Rep. Diego Bernal, in two seasons that provide honest looks into what actually happens on local campuses.



SALUD TALKS

From civic engagement and climate change to public health and education, this weekly Salud America! podcast works to understand social and systemic inequities that impact Latinos.

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LOOKS THAT KILL
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JANUARY 18

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Jan-Feb

10 events to start 2020

BY KATHLEEN PETTY



2/6-2/23

SAN ANTONIO STOCK SHOW & RODEO

The AT&T Center grounds become headquarters for the 14-time-winning PRCA Large Indoor Rodeo of the Year. Expect more than 15 post-rodeo concerts featuring stars like Keith Urban, Whiskey Myers, Brad Paisley, Banda Los and ZZ Top, plus 13 junior market and breeding shows, 9 horse events, dozens of fried foods and plenty of fun for the kids, from the swiftly swine pig races to the petting zoo. sarodeo.com



1/22

THE SKY IS NOT THE LIMIT: LESSONS FROM A YEAR IN SPACE WITH CAPT. SCOTT KELLY

Now a Texas resident, Kelly is known for setting the record for the longest single space mission, an experience he wrote about in *Endurance: My Year in Space and Our Journey to Mars* and speaks about during his live show. The former fighter pilot and retired Navy captain will discuss the impact of space on the body and what it takes to become an astronaut. The Scobee Education Center will host pre-show activities. tobincenter.org

1/24-2/15

THE MAGICAL PIÑATA

The Magik Theatre uses music, theater and art to teach kids about the importance of culture, appreciating every day and moving past selfishness during this production written by Karen Zacarias with music by Deborah Wicks La Puma. The main character, Cucha, speaks both English and Spanish as she takes a magical trip into a jungle. magiktheatre.org



2/25-3/1

COME FROM AWAY

Broadway tells the true story of a small town that banded together over a few days to warmly welcome passengers diverted there following the 9/11 attacks during eight shows at the Majestic Theatre.

Tuesday, Sept. 11, 2001

Noon: Gander International Airport in Canada is alerted that 18 planes will be diverted to their runways and passengers will be kept onboard. Additional planes are added and by mid-afternoon, 38 planes are on its grounds.

5:17 p.m.: Over 6,500 crew and passengers remained seated on the planes for more than 5 hours before being allowed to exit. Called the "come from aways," the passengers are taken to churches, schools and community centers in Gander, which had a population of just more than 10,000.

Thursday, Sept. 13, 2001

Midnight: The first planes begin to takeoff and head for their original destination.

6:20 p.m.: The last of the 38 diverted planes flies away.



1/31

PINK IN THE RINK

Before the AT&T Center ice is replaced with dirt for the San Antonio Stock Show & Rodeo, the San Antonio Rampage crew will spray layers of pink dye onto the ice for its 10th annual game in support of breast cancer awareness and research. Players' specialty jerseys will be auctioned off at the end of the night and breast cancer survivors will be recognized during the game against the Texas Stars. sarampage.com

1/26-2/2

GURWITZ INTERNATIONAL PIANO COMPETITION

Twelve pianists from around the world will compete in this festival that takes place once every four years. Hosted by Musical Bridges Around the World, the competition includes four rounds and a Feb. 1 concert alongside the San Antonio Symphony at the Tobin Center. musicalbridges.org

2/14-2/16

ROMEO AND JULIET

Plan a Valentine's Day date night with Ballet San Antonio at the Tobin Center. Edward Liang, artistic director at BalletMet and a former New York City Ballet dancer who has won an Emmy and national choreographic awards for his work, acted as guest choreographer for the Shakespeare ballet set to Prokofiev's score. balletsanantonio.org



1/1

HAIR OF THE DOG DAY

Gruene Hall provides the perfect antidote to a New Year's Eve night out with free concerts starting at noon by the Guy & Jeska Forsyth Band and Walk Wilkins & The Mystiqueros. gruenehall.com



2/16

BEN FOLDS WITH THE SAN ANTONIO SYMPHONY

The musician who describes himself as more "normcore than hardcore" is teaming up with orchestras around the world—from Washington, D.C., to Australia—for his latest tour. His collaboration with the San Antonio Symphony at the **Majestic Theatre** is his only stop in Texas. Known for his time as the lead in Ben Folds Five and for his solo career that blends pop, rock and orchestral sounds, Folds also has used his fame to advocate for the support of arts education and discusses fine arts policy with 2020 presidential candidates in his podcast, *Arts Vote*. VIP tickets include a meet and greet plus a signed copy of Folds' new memoir, *A Dream About Lightning Bugs*. sasymphony.org

2/23

EL TACO RUN

Andiamo Race Production CEO Jose Gomez has completed dozens of running events and knows locals are more likely to get moving if they're having fun. His race series aims to provide just that with themes inspired by San Antonio, quirky medals and after-race parties. This month's 5K is at **Mission County Park**. Can't make it? Plan ahead for a Margarita Run on April 27 and a La Paleta Run on May 18. andiamorp.com

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Community Curator

Hannah Zunker, founder of Florecer Femme, knows women are at their best when they support one another

BY BONNY OSTERHAGE

Some of the best ideas are born from personal need. That was the case for Hannah Zunker's Florecer Femme, an online and in-person community that provides curated opportunities for women to connect, influence and inspire one another. The name comes from the Spanish word for "flourish" and the French word for "women," and it's something the Seguin native found was lacking in San Antonio when she began her career at Valero after graduating with an MBA from UTSA.

"I started looking for female organizations and I found many that were geared to nonprofits or specific causes, but I wanted something that would help *me* grow," Zunker says.

Launched at the end of 2018, Florecer Femme began as an online platform where women from small business owners to stay-at-home moms shared their thoughts, stories and expertise on a wide range of topics—from career direction to the "right" time to start a family.

It wasn't long before Zunker, along with her team of female advisors, expanded the organization to include live, interactive events, including sip and shops, a macaron making workshop, professional development seminars and a goal-setting session that's becoming an annual offering.

"If I can create an experience where women can feed off of each other and get excited about something, that's what I want to do," she says, explaining that though varied, every event celebrates feminine culture and all that entails.

Chair of the United Way's Emerging Leaders Council, Zunker is also a self-described "wino" who's taking classes at Texas Tech University's satellite wine program in Fredericksburg with hopes of opening her own vineyard one day.

As Florecer Femme expands, Zunker hopes to see it flourish, possibly beyond San Antonio. Currently, ticket sales cover the costs of the event, but she hopes the organization's growth will mean ticket proceeds can one day support nonprofits and scholarships that help women. "I'd like to see it have a ripple effect on the community," she says. ★



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So You Want to be a Fitness Instructor

Looking to trade your PowerPoint presentations for barre presentations? Making fitness your job is harder than it looks

BY BONNY OSTERHAGE

If you've ever taken a fitness class, looked at the instructor and thought, "I could do that," you might be right. But before you quit your day job, know that although the fitness industry can be fun and rewarding, there's more that goes into it than wearing Lululemon leggings and sharing motivational content on Instagram. Becoming a fitness instructor, personal trainer or studio owner requires commitment, training, some business acumen—and a whole lot more time than you might realize.

As someone who *did* quit my day job in corporate advertising to follow my fitness passion, it's a lesson I've experienced. Before ever auditioning to teach a class, I spent several months studying for my Group Fitness and CPR certifications, as well as additional continuing education specializations. When I landed at JoyRide Cycling + Fitness, I spent another month in training with a lead instructor to learn the company's

proprietary method before instructing my first class. Today, I teach as many as 10 hour-long classes per week, which means I also spend several hours creating playlists, and planning effective strength-training circuits in order to deliver classes that are both fun and challenging.

For master or lead instructors, the job is even more demanding. On top of preparing for and teaching their own classes, they're also responsible for making sure all of the other instructors (like me) are delivering workouts that align with the studio's brand.

Roque Shafer is the director of training at Smart Barre and, along with teaching barre classes, the former dancer helps recruit, audition and train potential new instructors while also providing continuing education to current instructors. "I usually spend about 15 hours with trainees over a period of 10 days," she says. "It's a pretty rigorous, personal process."

Shafer, who started as a student at Smart Barre before being recruited to teach in 2014, says that it takes more than a background in fitness to be a strong instructor—in fact, that's not even a requirement in many cases. "What I'm looking for is stage presence, personality, cuing ability and musicality," she says.

She also wants women who are coachable. "About 50 percent of what I do involves identifying the girls' strengths and speaking confidence into them and helping them hone those skills, but they have to be able to take constructive criticism and grow from it, too," she says. "It's a learning process and there's no room for ego."

Although her role is demanding, it does allow Shafer, mom to a 6-year-old daughter and 4-year-old son, to work around the school schedules of her kids and keep family as her top priority. But, just like with any job, if one of her children wakes up sick, she has to get her work—in this case, any classes she's scheduled to teach—covered quickly. "Sometimes that can be a scramble," she says. And most instructors are compensated per class, so when you aren't there, you aren't paid.

Instructors are also expected to market themselves and their classes. Using social media and connecting with clients is important to success—especially if you own the studio, says Jason Benavides, owner of Octane Personal Training gym. "For me, the biggest challenge of owning your own space is that you need marketing, sales, recruitment, training and leadership skills—as well as fitness skills," he says.

Benavides, a former personal trainer at Spectrum Athletic Club, opened Octane in 2012 and spent the first couple of years investing a lot of time and money into his dream. "It costs more than people realize to open and maintain a gym," he says. "Besides the rent, equipment, utilities and salaries, I spend thousands every year on workshops and educational opportunities for my team."

According to Benavides, the growth of boutique studios like Smart Barre, JoyRide and EnergyX Fitness, has raised the bar for all gyms, with people wanting that smaller, more personal experience and sense of community in addition to a great workout.

JoyRide Cycling + Fitness CEO Becky Cerroni agrees. After enjoying a successful career with an international nonprofit, the San Antonio native brought the Connecticut-based cycling brand to the Alamo City in 2014. The first of its kind in the city, JoyRide is built around a foundation of community, which is something that takes effort to keep consistent between its seven studios in two states, Cerroni says. She spends up to six hours a day on conference calls, coordinating events and schedules, checking in with managers, lead instructors and the JoyRide founders. She also helps manage marketing and community and charity events, an integral part of the JoyRide brand.

Having recently relocated to Connecticut, Cerroni travels back to San Antonio every four to six weeks to check in on the Texas studios, and she goes to New York twice a year for retail buying. "It's challenging because a lot of people want your time and you have to manage it effectively," says the mother of three. "I try to keep it family-only between 5 and 8 p.m."

With more expansion planned in 2020, Cerroni's advice to anyone hoping to find success in the industry is to do your homework. Make sure you have financial projections and a strong business model in place. You also have to believe in the product you are offering and have a strong and supportive team.

Finally, Cerroni advises, be confident enough to listen to your gut. "I gut check consistently," she says. "I always ask myself, 'Is this fun?' or 'Would I want to do that?' If the answer is, 'yes,' I know I'm on the right path." ★

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TOP



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photos by
Josh Huskin

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San Antonio
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Cardiology Clinic of San Antonio
4411 Medical Drive, Ste. 300
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Special Expertise: Interventional
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210-270-2992
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4499 Medical Drive, Ste. 166
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drome, Autism Spectrum Disorders,
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GIA DICE

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DR. SYLVIA BOTROS-BREY

Associate professor of urology, program director of female pelvic medicine and reconstructive surgery, UT Health San Antonio

Dr. Sylvia Botros-Brey grew up around medicine in East Texas. Her father worked as a urologist and her uncle was a gynecologist. While she had a vague idea of what those specialties entailed, it wasn't until she was working with patients during her own medical training that she realized she wanted to pursue a blend of the two fields.

"What really drew me to urogynecology fundamentally was the vulnerability and the need of the patients we see," she says. "It's an underserved area."

Now the director of female pelvic medicine and reconstructive surgery at UT Health San Antonio, Botros-Brey aims to help patients feel comfortable seeking treatment for any issues they might be experiencing—even if they're tough to bring up. "As providers, the way we respond might determine a lot down the road," says Botros-Brey, explaining that she sees women dealing with things like pelvic floor disorder, urinary incontinence or frequent urinary tract infections (UTI). "You hear all the time, 'That's normal or it's just something that happens when you have babies or you age.' I usually just offer that, 'You know, it's not normal and we can help you with that if you want.'"

Botros-Brey says people assume her work applies only to older women but she also treats younger women who suffer from recurring UTIs or frequent urination, new moms who experience leaking or pelvic floor issues and others. One in three women will have a pelvic floor disorder during their life, says Botros-Brey.

When a woman brings up an issue that's tough to talk about, Botros-Brey wants to make sure it's addressed and says they offer options that range from moderate behavior changes all the way up to reconstructive surgery. "There are always things we can do to help," she says. —KP



A portrait of Dr. Richard Usatine, a middle-aged man with a grey beard and glasses, smiling. He is wearing a dark suit jacket, a white shirt, and a red tie with a geometric pattern. The background is a gradient of purple and blue with a white geometric shape in the top right corner.

DR. RICHARD USATINE

Professor of family and community medicine and of dermatology and cutaneous surgery, UT Health San Antonio

Compassion is often what drives students to pursue medicine, but UT Health San Antonio professor Dr. Richard Usatine says amid the stress of long hours, tests and clinical rotations, that original motivation can sometimes get lost. That's where the school's community clinics come in.

Usatine and other professors work with medical students in free clinics serving homeless people, refugees, LGBTQ individuals, women recovering from addiction and others in hopes of not only honing their students' diagnosis and treatment skills but also their humanity. "We want them to hold onto their compassion dearly and use it throughout their medical careers," Usatine says.

It's something Usatine honed his passion for while working as part of the National Health Service Corps in California after finishing his residency. He later completed a fellowship in medical education and became the medical director for the student-run homeless clinic at UCLA. He moved to San Antonio in 2003 and helped to open UT Health San Antonio's first free clinic in 2005, where he continues to serve with and train students. "I went into medicine because I could make a difference and work for social justice," says Usatine, who has also authored 10 books and is the founding director of the Skin Clinic at University Health System and program director for the Underserved Family Medicine Dermatology Fellowship Program.

With all of the attention paid to the opioid crisis in recent years, Usatine says it's easy to forget that those battling addiction—like the women they treat at the Alpha Home every Monday evening—are also mothers who want better lives for their children or young women looking for a fresh start. "The women are very grateful," he says. "They're often at the lowest point in their lives and have often neglected their health care so they come to us for help."

In appreciation for his work, Alpha Home in 2016 named its clinic the Usatine Wellness Center. "I feel very honored," he says. "I love my work there and I love working with the students. It's just tremendously rewarding." —KP

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STELLA YU

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Special Expertise: Cardiac Catheterization

NANDKISHORE R. GURRAM

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ELLY XENAKIS

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AMITA PATNAIK

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ARNOLD VARDIMAN

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Special Expertise: Vascular Neurology, Stroke

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JOSE CAVAZOS

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Special Expertise: Epilepsy, Clinical Neurophysiology

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Special Expertise: Neuromuscular Disorders, Amyotrophic Lateral Sclerosis (ALS)

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Special Expertise: Epilepsy

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210-226-9705

Special Expertise: Pelvic Organ Prolapse Repair, Robotic Surgery

SUSAN CROCKETT

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12602 Toepperwein Road, Ste. 208
210-878-0090
Special Expertise: Minimally Invasive Surgery, Robotic Surgery

JOSEPH GARZA

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Women's Health Texas
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KENDRA THORN

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3066 E. Commerce St.
210-233-7000

GIL VILLANUEVA

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210-494-8100

DEBRA WILLIAMS

Women Partners
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210-946-1300

OPHTHALMOLOGY

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UT Health San Antonio
701 S. Zarzamora St.
210-358-7600
Special Expertise: Cataract Surgery, LASIK-Refractive Surgery, Cornea & External Eye Disease, Diabetic Eye Disease/Retinopathy

DARRELL BASKIN

Retinal Consultants of San Antonio
9480 Huebner Road, Ste. 310
210-615-1311
Special Expertise: Retina/Vitreous Surgery

JEREMIAH BROWN JR.

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210-693-1063
Special Expertise: Diabetic Eye Disease/Retinopathy, Macular Degeneration, Retinal Disorders

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210-223-5561
Special Expertise: Glaucoma, Cataract Surgery

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Special Expertise: Retina/Vitreous Surgery

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Special Expertise: Cataract Surgery, Corneal Disease, LASIK-Refractive Surgery

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Special Expertise: Reconstructive Surgery, Joint Replacement

ALAN HIBBERD

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Special Expertise: Arthroscopic Surgery, Joint Replacement

AJEYA JOSHI

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Special Expertise: Spinal Disorders, Spinal Deformity, Minimally Invasive Spinal Surgery, Spinal Surgery-Cervical

RAVI KARIA

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Special Expertise: Pelvic & Acetabular Fractures, Trauma

HONGBO LIU

Innovative Spine & Orthopedic Clinic
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210-402-1222
Special Expertise: Spinal Surgery-Pediatric, Spinal Deformity-Pediatric, Spinal Disorders-Degenerative, Pediatric Orthopaedic Surgery

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Children's Hospital of San Antonio
333 N. Santa Rosa
210-704-4708
Special Expertise: Clubfoot/Foot Deformities in Children, Scoliosis, Spinal Disorders, Hip Disorders & Dysplasia

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210-804-5400
Special Expertise: Joint Replacement, Arthroscopic Surgery-Hip, Sports Medicine

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Special Expertise: Musculoskeletal Cancer, Sarcoma

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Sports Medicine Associates
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210-699-8326
Special Expertise: Sports Medicine, Knee Surgery, Knee Injuries/ACL/Meniscus Tears, Cartilage Damage

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Schulze Orthopedics
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210-664-4720

SCOTT SLEDGE

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Special Expertise: Shoulder Surgery, Rotator Cuff Surgery

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210-281-9595
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210-497-4186
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San Antonio MD Anderson Cancer Center
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210-450-9950
Special Expertise: Head & Neck Surgery, Thyroid & Parathyroid Surgery, Sinus Disorders, Zenker Diverticulum

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210-249-4838
Special Expertise: Head & Neck Cancer & Surgery, Thyroid Cancer & Surgery

RANDAL OTTO

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8300 Floyd Curl Drive, Ste. 6B
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Special Expertise: Head & Neck Cancer, Thyroid & Parathyroid Cancer & Surgery, Sinus Disorders/Surgery

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210-249-4838
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210-546-1430

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210-527-1166

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CARISSE ORSI

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PEDIATRIC GASTROENTEROLOGY**NAVEEN MITTAL**

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Special Expertise: Transplant Medicine-Liver, Liver Disease, Short Bowel Syndrome

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Special Expertise: Transplant Medicine-Kidney

IKUYO YAMAGUCHI

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Special Expertise: Glomerulonephritis, Hypertension

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KELLY SMITH

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Special Expertise: Cancer Surgery, Neonatal Surgery

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Special Expertise: Minimally Invasive Surgery, Congenital Anomalies-Gastrointestinal, Thoracic Surgery

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PEDIATRIC UROLOGY**ANDREW MARKS**

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San Antonio
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Special Expertise: Electrodiagnosis

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Special Expertise: Cosmetic Surgery-Breast, Breast Augmentation, Cosmetic Surgery, Abdominoplasty

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210-201-2806
Special Expertise: Burns-Reconstructive Plastic Surgery, Facial Cosmetic Surgery, Liposuction & Body Contouring, Breast Cosmetic & Reconstructive Surgery

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800-692-5565
Special Expertise: Breast Cosmetic & Reconstructive Surgery, Microsurgery, Reconstructive Plastic Surgery

WOODWARD COLEMAN

The Hand & Thumb
Specialty Centers
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210-251-4362
Special Expertise: Breast Cosmetic & Reconstructive Surgery, Blepharoplasty, Liposuction



DR. MARIA STEPHANIE R. JARDELEZA

**Ophthalmologist, retina and vitreous
disease and surgery specialist, San
Antonio Eye Center**

If Dr. Maria Stephanie R. Jardeleza could stress one thing to diabetes patients, it's that they need an eye doctor. The ophthalmologist and vitreoretinal surgeon at San Antonio Eye Center specializes in diseases and surgery of the retina and vitreous and says it's all too often that the first time she sees a client with diabetes is after they've suffered vision loss. "If you're diagnosed with diabetes, make an eye appointment," she says. "Forty to 50 percent (of patients) get to me very late and it's very difficult to catch up."

Born in Manila, Jardeleza is a third-generation ophthalmologist and says she found her passion for the specialty early when her dad would let her tag along to watch procedures at the clinic. She earned her medical degree at the University of the Philippines and then completed her residency at Boston University and fellowships at Johns Hopkins' Wilmer Eye Institute and Harvard's Massachusetts Eye and Ear Infirmary.

It was in San Antonio, where Jardeleza initially moved to work with UT Health San Antonio, that she began to see an overwhelming number of diabetes patients suffering vision loss that could lead to blindness. "No treatment will prevent that if your sugars aren't controlled and your diet is not improved," Jardeleza says, adding that patients need yearly dilated eye examinations. "If someone changes their lifestyle, I can get them their vision back or help them keep it."

Being able to partner with patients to improve their lives keeps Jardeleza passionate about her work. One of her favorite patients to date was a woman who came to see her after losing vision in one eye due to diabetes and suffering vision loss in the second eye. The patient understood it would take changes in the way she lived to make any ophthalmology treatment worthwhile and agreed to reset her habits. Ultimately, she became independent after having to rely on her daughter as a caregiver—and she met Jardeleza's goals. "She regained 20/20 vision in her eye," Jardeleza says.—**KP**

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Special Expertise: Reconstructive Plastic Surgery, Trauma

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210-545-4848

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SUMMER JAMES

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Special Expertise: Infertility, Uterine Fibroids, Laparoscopic Surgery

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RHEUMATOLOGY**KRISIN BUSSEY-SMITH**

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Special Expertise: Transplant

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Special Expertise: Bariatric/Obesity Surgery

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CRAIG SEE

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Special Expertise: Vascular Surgery, Minimally Invasive Surgery

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Special Expertise: Urogynecology, Pelvic Organ Prolapse Repair, Incontinence-Urinary

ASH DABBOUS

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JAVIER HERNANDEZ

UT Health San Antonio
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210-450-9600

Special Expertise: Urologic Cancer, Kidney Cancer, Bladder Cancer, Prostate Cancer

TIMOTHY HLAVINKA

The Urology Place
9618 Huebner Road, Ste. 120
210-617-3670

Special Expertise: Erectile Dysfunction, Hypogonadism, Neuro-Urology

CLAYTON HUDNALL

Urology San Antonio
7909 Fredericksburg Road, Ste. 125
210-614-4544

Special Expertise: Prostate Benign Disease (BPH)

NAVEEN KELLA

The Urology Place
9618 Huebner Road, Ste. 120
210-617-3670

Special Expertise: Prostate Cancer/ Robotic Surgery, Vasectomy, Incontinence, Clinical Trials

KURT MEISSNER

Urology San Antonio
7909 Fredericksburg Road, Ste. 135
210-614-4544

RONALD RODRIGUEZ

UT Health San Antonio
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210-450-9600

DANIEL SALTZSTEIN

Urology San Antonio
255 E. Sonterra Blvd., Ste. 203
210-499-5158

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KENNETH STALLMAN

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210-614-4544

Special Expertise: Robotic Surgery, Prostate Cancer, Bladder Cancer, Kidney Cancer

ROBERT SVATEK

UT Health San Antonio
8300 Floyd Curl Drive
210-450-9600

Special Expertise: Bladder Cancer, Clinical Trials

DAVID TALLEY

Urology San Antonio
12709 Toepperwein Road, Ste. 206
210-564-8000

PATRICIA TERRY

Urology San Antonio
18915 Meisner Drive
210-581-0376

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Texas Urology
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210-960-0081

Special Expertise: Prostate Cancer, Prostate Benign Disease

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LORI POUNDS

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210-483-8822

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210-614-7414

Special Expertise: Endovascular Surgery, Aneurysm, Carotid Endarterectomy

ABOUT THE TOP DOCTORS LIST

San Antonio Magazine partnered with Castle Connolly Medical Ltd. to produce the list. Castle Connolly Medical Ltd. is a healthcare research and information company founded in 1992 by a former medical college board chairman and president to help guide consumers to America's top doctors and top hospitals. Castle Connolly's established nomination survey, research, screening and selection process, under the direction of an M.D., involves many hundreds of thousands of physicians as well as academic medical

centers, specialty hospitals and regional and community hospitals all across the nation. Castle Connolly's physician-led team of researchers follows a rigorous screening process to select top doctors on both the national and regional levels. Its online nominations process—located at www.castleconnolly.com/—is open to all licensed physicians in America who are able to nominate physicians in any medical specialty and in any part of the country, as well as indicate whether the nominated physicians is, in their opinion, among the best in their region in their medical specialty or among the best in the nation in their medical specialty. Careful screening of doctors' educational and professional experience is essential before final selection is made among those physicians most highly regarded by their peers. The result: We identify the top doctors in America and provide you, the consumer, with detailed information about their education, training and special expertise in our paperback guides, national and regional magazine "Top Doctors" features and online directories.

Doctors do not and cannot pay to be selected and profiled as Castle Connolly Top Doctors.

Physicians selected for inclusion in this magazine's "Top Doctors" feature may also appear online at www.castleconnolly.com or in conjunction with other Castle Connolly Top Doctors databases online and/or in print.

Castle Connolly Medical Ltd., was acquired by Everyday Health Group (EHG), one of the world's most prominent digital healthcare companies, in late 2018. Everyday Health Group (EHG), a recognized leader in patient and provider education, attracts an engaged audience of over 53 million health consumers and over 780,000 U.S. practicing physicians and clinicians to its premier health and wellness websites. EHG combines social listening data and analytics expertise to deliver highly personalized healthcare consumer content and effective patient engagement solutions. EHG's vision is to drive better clinical and health outcomes through decision-making informed by highly relevant data and analytics. Healthcare professionals and consumers are empowered with trusted content and services through the Everyday Health Group's flagship brands including Everyday Health®, What to Expect®, MedPage Today®, Health eCareers®, PRIME® Education and our exclusive partnership with MayoClinic.org® and The Mayo Clinic Diet.® Everyday Health Group is a division of J2 Global Inc. (NASDAQ: JCOM), and is headquartered in New York City.

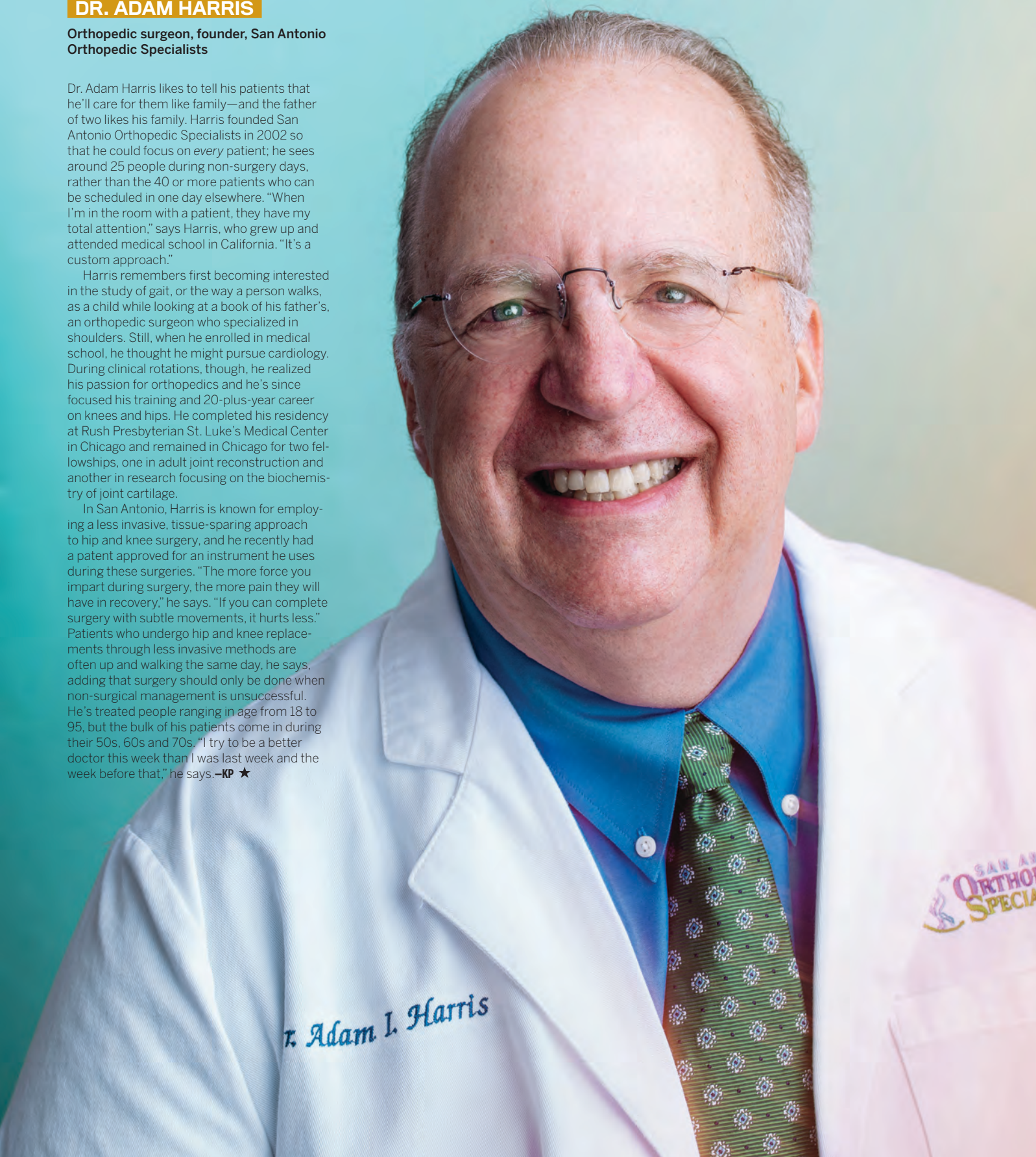
DR. ADAM HARRIS

Orthopedic surgeon, founder, San Antonio Orthopedic Specialists

Dr. Adam Harris likes to tell his patients that he'll care for them like family—and the father of two likes his family. Harris founded San Antonio Orthopedic Specialists in 2002 so that he could focus on *every* patient; he sees around 25 people during non-surgery days, rather than the 40 or more patients who can be scheduled in one day elsewhere. "When I'm in the room with a patient, they have my total attention," says Harris, who grew up and attended medical school in California. "It's a custom approach."

Harris remembers first becoming interested in the study of gait, or the way a person walks, as a child while looking at a book of his father's, an orthopedic surgeon who specialized in shoulders. Still, when he enrolled in medical school, he thought he might pursue cardiology. During clinical rotations, though, he realized his passion for orthopedics and he's since focused his training and 20-plus-year career on knees and hips. He completed his residency at Rush Presbyterian St. Luke's Medical Center in Chicago and remained in Chicago for two fellowships, one in adult joint reconstruction and another in research focusing on the biochemistry of joint cartilage.

In San Antonio, Harris is known for employing a less invasive, tissue-sparing approach to hip and knee surgery, and he recently had a patent approved for an instrument he uses during these surgeries. "The more force you impart during surgery, the more pain they will have in recovery," he says. "If you can complete surgery with subtle movements, it hurts less." Patients who undergo hip and knee replacements through less invasive methods are often up and walking the same day, he says, adding that surgery should only be done when non-surgical management is unsuccessful. He's treated people ranging in age from 18 to 95, but the bulk of his patients come in during their 50s, 60s and 70s. "I try to be a better doctor this week than I was last week and the week before that," he says.—KP ★



A woman's profile is shown in a meditative pose with her eyes closed. A stack of five smooth, blue and white marbled stones is balanced on her head. To the right of the stones is a sphere with a vibrant, swirling pattern of blue, pink, and white. The background is a soft gradient of pink and blue. Two solid red circles are positioned at the top and bottom left corners.

ON BEING WELL



*WHETHER MANAGING
CHRONIC PAIN OR
IMPLEMENTING NEW
HABITS TO SUPPORT
MENTAL HEALTH, THESE
SAN ANTONIANS HAVE
FOUND WELLNESS IS ALL
ABOUT BALANCE*

ILLUSTRATION BY David G. Loyola



THRIVING THROUGH PAIN

Photographer Jessica Giesey on finding her new normal after a diagnosis of multiple sclerosis

AS TOLD TO KATHLEEN PETTY

For the past six or seven years, I had what I now know were flare ups, or exacerbations. At first, I thought I'd injured myself working out. But I had MRIs and they came back totally clean.

Doctors didn't know what was going on. Every time it happened, I would wake up one day and the pain would be gone. It continued, but it got worse, happening more often and for longer periods of time.

Then in September of 2018, I had an exacerbation that lasted until mid-December. That was my longest one and I could hardly walk.

I had started a new job at H-E-B that summer so I was pushing myself and was on my feet 10 hours a day. I thought I must just be tired or stressed. I had just gotten out of an emotionally abusive relationship. That compounded with my new job and continuing to work out—I just pushed myself into this really horrible attack. But I still didn't know what was going on and by Christmas I felt fine. I celebrated with my family and then I went to Africa for three weeks and I was completely pain free—I'd been in this excruciating pain and then nothing.

What I've since learned is that with multiple sclerosis (MS), your myelin sheath (which protects your nerve cells) deteriorates and if you're not treated your baseline gets progressively worse and you don't bounce back to that zero-pain point.

After my trip, I went right back to the grind, and the pain returned, along with a thumping pain in my stomach.

By Easter Sunday, I knew something was not right, so I went to the Emergency Clinic at Alamo Heights. My vitals were fine, but my white blood cell count was really low so they told me to follow up with my primary care doctor ASAP.

My brother died of cancer in 2008 when he was just 25 so I was scared. But, I also thought, I'll make it through. I always do.

My PCP referred me for a sonogram for the stomach pain and an MRI (I ended up having several done to look at my spine, which had no issues, and my brain). They also did a blood test for autoimmune antibodies and I was sent to a neurologist and an oncologist, who confirmed I did not have cancer. An MRI found six lesions on my brain and the blood test was also abnormal.

From there, my life for three months was trying to figure out what the hell was wrong with me. It was like a second job. At one point I had 42 vials of blood drawn at once. There's not one test for MS so it's a process of elimination.

I was officially diagnosed in June 2019. I decided I wanted to use Eastern and Western medicine so I went on a mostly



You can't try to change everything at once. It should be enjoyable and gradual. It's about appreciating the things that don't serve you anymore and finding new things that bring joy.

Ayurvedic eating protocol and was taking herbs and supplements to clean out my gut plus medication.

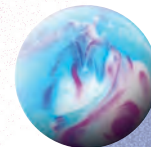
It's a big lifestyle adjustment, and you have to learn to take time for yourself. I already had a therapist but seeing her and making a plan for my mental health was so important. I needed a place I could feel safe expressing my feelings about my pain and diagnosis.

Sleep is also important. I put myself in bed by 9. Then I read or look at Instagram and I'm asleep by 10. I let my body rest until it's ready to wake up, usually 6 or 6:30 and then I do a 10- to 30-minute yoga flow, depending on how I'm feeling that day. I used to do hot yoga for an hour, and I've

learned that doesn't work for me.

I try to sit with myself and just meditate. The Headspace app is great for that. I also try to do mindful breathing throughout the day, which may mean just getting away to a conference room for a few minutes so I'm alone.

In the morning, I try not to rush anymore. Before, I was waking up at 5:30 and pushing myself through these intense workouts and then rushing to get ready for work. I've had to adjust.



OUT OF THE DARK

Leiji Boxing and Fitness owner **James Leija Jr.**'s toughest fight was with himself



There are days where I have to work from home for a little while, or when I say no to going out and doing things. That's OK. Drinking, even a glass of wine, is not an option for me, but I've learned to find other drinks, like teas, that I can get really excited about.

You can't try to change everything at once. It should be enjoyable and gradual. It's about appreciating the things that don't serve you anymore and finding new things that bring joy.

With autoimmune diseases, you look fine, but there are days where you can hardly walk. That's the most frustrating part. I've worked so hard to get to this point in my career and there have been days when I worry that I'm not living up to expectations. I don't want to let people down.

But I've found the less you hide, the more help you can get. My friends and family and team at work have been so supportive. People can't help if you don't ask.

This took probably 15 years to develop, so it's not going to fix itself in a month.

My battle with mental illness began in 2012. I was 22, a junior in college majoring in psychology—coincidentally enough—and I was preparing to be the first in my family to earn a degree. I started experiencing drastic changes in my mood and feeling unstable when attempting to deal with my emotions. I would often find myself sitting alone in a dark room while my mind took me to even darker places. It felt like my mind wouldn't shut off. The more I tried calming my mind down, the more energy it drained from me.

These episodes came and went, but I assumed everyone experienced this from time to time. After all, how different could I really be from everyone else?

Then one day in my abnormal psychology class I had an epiphany. We had been learning about bipolar disorder and as my professor went through the list of symptoms, I related to almost all of them. It caught me off guard and made me feel uncomfortable. She was explaining bipolar disorder, but she was also explaining things I'd had no way of explaining about myself up until that point. With this newfound understanding, I did what just about every other 20-something does when overly stressed out about a situation—I ignored it. It's a decision I'll always regret.

The episodes I was experiencing and my discomfort during them increased, but I continued to focus on my future until one day I couldn't see it anymore. I found myself alone one afternoon, standing at the edge of my 11th story balcony, looking down at the concrete beneath me, with intentions of jumping. Suddenly, like coming out of a hypnotic trance, I snapped out of the foggy haze I was in and fell to the floor crying. My life had changed forever. I felt

it. This was no longer something I could ignore or push through alone. It was at this moment I realized the biggest lesson mental illness would teach me: No one is out of its reach. In 2018, I was officially diagnosed with bipolar disorder.

I've learned that having a mental illness requires dedicating a lot of attention to my emotions, feelings and thoughts, but it's also something that's possible to deal with if you have the right tools.

Five Tips That Have Helped Me

Meditate

Daily meditation with music has become a part of my routine. I like to listen to heartfelt music I can relate to or songs that share the emotions I may be experiencing.

Start therapy

Even if you have a great support system at home (but especially if you don't), I recommend seeing a therapist. Explaining how I'm feeling to my therapist can be amazingly refreshing, and it helps to have someone who understands how the mind works.

Find what works for you

I do not take mood-altering medications because of bad previous experiences and because I have seen too many people overdose on prescriptions. I choose to use CBD and other natural, legal cannabis products to help ease my mind and body.

Just keep swimming

Be transparent with yourself and those around you about your thoughts, feelings and emotions. When you keep your feelings to yourself, it's easy to drown in them.

Focus on a purpose

Find a purpose for your life. Mine is to be the helping voice that I needed to hear back in 2012. I hope someone who hears my story will get down from that balcony just as I did or be able to avoid getting up there in the first place.

4 Alternative Approaches to Dealing with Pain

Cryotherapy

Often used by athletes to recover from injuries and soreness during and after the season, the therapy can also be beneficial to those with injury, pain and inflammation

Try it: Alamo City CryoTherapy, alamocitycryotherapy.com

Float Therapy

Touted as a tool for relaxation and pain relief, this technique involves a sensory deprivation room (meaning it's light and soundproof) with a 10-inch-deep pool of saltwater heated to skin temperature in which users float.

Try it: iSofloat, isofloat.com

Acupuncture

In the Chinese medicine practice, thin needles are inserted into specific points on the body to relieve everything from headaches and allergies to stress and joint pain.

Try it: Alamo Acupuncture, alamo-acupuncture.com

Yoga + Mindfulness

Consider a mindfulness session that gives you the chance to breathe and clear your head or a slow yoga flow that provides the opportunity to stretch and refocus.

Try it: Five Points Local, 5pointslocal.com

MORE THAN MEDS

UT Health professors are training the next generation of doctors to treat chronic pain with more than opiates and opioids

When patients are suffering from continual pain—whether the lingering effect of an injury or chronic disease-related pain—their primary care physician is often the first place they turn for relief.

And while those doctors are ideal frontline providers, Dr. Stacy Ogbeide says they're often not equipped to treat chronic pain over the long-term. "Medical providers are trained to treat, cure and send out," says Ogbeide, a clinical health psychologist and associate professor of family and community medicine at UT Health San Antonio. "When you have something as complex as chronic pain that doesn't necessarily have a cure, it can be perplexing as a medical provider."

Add to that the fact that only 10 to 15 percent of medical schools provide training on pharmacological *and* non-pharmacological treatment approaches to chronic pain and Ogbeide says patients are facing a system that doesn't always know how best to help. But that's something she's hoping to change.

At UT Health, Ogbeide works with family medicine and psychology residents on how to address chronic pain non-pharmacologically. With the rise in opioid prescriptions and abuse in recent decades, Ogbeide says most students are aware of the issue. However, when she asks them what options exist beyond medication, she's met with blank stares. She knows not every student will be the one implementing alternative options like cognitive behavioral therapy, physical therapy or exercise programs, but Ogbeide says just making them aware that they exist is crucial. "The hope is that when they graduate, they'll at least know where these services are in their communities and be able to refer to another provider," she explains, adding that it's ideal when primary care clinics can employ clinical health psychologists like herself.

The Centers for Disease Control and Prevention reports that more than 20 percent of adults live with chronic pain. When it's not properly treated, continual pain can lead to depression, an inability to work or participate at home and, when opioids are the only solution offered, a higher risk of abuse or addiction. Bexar County reports the third-highest rate of opioid-related drug overdose deaths per capita in Texas and accounts for nearly a third of the state's neonatal abstinence syndrome cases, which occurs when infants are born with opioid withdrawal, according to the San Antonio Metropolitan Health District.

That doesn't mean pain medication doesn't have its place, says Ogbeide and Dr. Van King, a professor of psychiatry and the director of the Behavioral Wellness Clinic at UT Health San Antonio.

King says that in the early 1990s providers realized that, if



anything, they had been undertreating pain. In the decades after, doctors overcorrected, which contributed to the epidemic of opioid abuse and addiction. Now, he says, the medical community is working to find a better balance, knowing that strong pain medication is still required for some, but that it needs to be prescribed with care. "It just requires being more judicious and thoughtful," he says.

Ogbeide adds that pain medications work best when used in conjunction with other tools—patients aren't meant to take pain meds and

remain on the couch in pain.

"The purpose is to improve your functioning," she says.

She encourages patients not to define themselves by their pain, and to focus on things they can do rather than the activities they may be limited by. "Maybe I can't run a marathon, but I can go for a walk," she says, adding that cognitive behavioral therapy is linked to reports of lower pain levels. She also wants people who are in pain to move, whether by walking daily, practicing yoga or stretching. "When people stop moving, they become deconditioned and it causes more pain when they do try to move," she says.

King agrees and says providing patients with multiple options can be a defense

against addiction or overuse. "Often times a more comprehensive kind of approach is more effective," says King, who is working to establish a stepped care treatment program at UT Health that allows for those suffering from addiction to receive the level of help they need, through inpatient or outpatient programs.

Ogbeide says she tells future doctors to treat each patient as an individual. "If we can really take it on a case-by-case basis, we (can determine) what makes their case different and how we can uniquely treat that person," she says.—KP

"When you have something as complex as chronic pain that doesn't necessarily have a cure, it can be perplexing as a medical provider."

MINDFUL PARENTING

Dr. Geoff Gentry, psychologist and senior vice president of clinical services at Clarity Child Guidance Center, shares three mental health markers parents should pay attention to plus tips to support positive mental wellness in both kids and adults

1. Watch for Out-of-the-Ordinary Behavior

When a behavior starts interfering with your child's everyday life, something is going on. Whether you're getting calls from school following outbursts, your child struggles to complete assignments or they're simply not engaged at home, behavior that interferes with daily functioning is a criterion for every psychiatric disorder, Gentry says. Among kids, anxiety is most common. Still, Gentry understands it can be tough to know when to seek help, especially since mental health can still carry a stigma. To that end, Clarity has a program called First Step where children can be interviewed by a psychologist before having to get on a long waiting list to determine what, if any, services they need. The national Suicide Prevention Lifeline, for people in crisis, also offers parents a place to privately ask a professional about whether symptoms and behaviors are signs of an issue.

2. Identify Triggers

If parents, teachers and other adults are focused only on a child's negative behavior, they can miss symptoms of mental health problems or academic deficiencies, Gentry says. For example, if a child gets upset and runs out of the classroom after being asked to read aloud, adults need to look at why being asked to read triggered an outburst rather than just punishing the behavior. If that child has trouble reading, they may have run away to avoid the shame that they've experienced in the past while struggling in front of their peers. Likewise, sometimes children slack off on assignments because they're uninterested. Other times, though, Gentry says, they don't complete work because they're struggling—not because they don't want to.

3. Pay Attention to Milestones

Anxiety and depression can surface at any age, but Gentry says to pay extra attention in the first three years, the first time the child is in a social group outside of the home and around fourth grade, when students go from learning to read or improve reading skills to reading to learn. If they struggle with reading, that can lead to anxiety and other issues. Addressing it may only require some extra attention in school, but it's not something that will resolve itself, he says. Gentry asks parents to tell him about the first time their child left home, whether for daycare or kindergarten. If they report that their child was kicked out of several daycares, that's a sign of an underlying issue. If they have a positive history with school and then develop an issue later, they can look at what changed to trigger the issue.

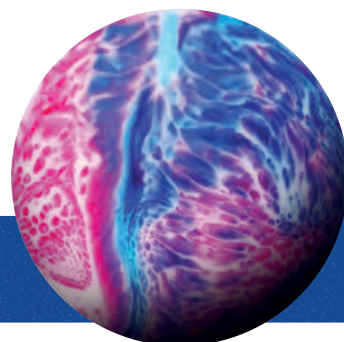
Two Mental Health Resources for Families

National Suicide Prevention Lifeline, 1-800-273-8255, suicidepreventionlifeline.org

National Alliance on Mental Illness, 1-800-950-6264, nami.org

Simple Ways to Support Wellness

Professional assistance and medication are needed in many cases, but Gentry says there are also several lifestyle changes families can implement that will benefit everyone. Research shows exercise—even walking together outside—decreases the risk of depression and neurodegenerative disorders. Eating a diet of fruits and vegetables of multiple colors is important for mental health and fish or fish oil supplements also can be positive for mental health. Gentry says he asks the parents of new patients how often their kids get outside. Nature is calming so if the answer is rarely to never, that's one new habit he says families can implement immediately. Volunteering or giving back is also shown to increase happiness. And just as negative relationships can impact mental health, positive, supportive relationships are crucial to mental well-being.—KP ★



SAN ANTONIO MAGAZINE 2020

DOCTOR PROFILES

Nothing is more important than your health. That's why choosing the right doctor is so important. The following pages profile the practices, philosophies and proven successes of some of San Antonio's finest physicians. From dermatologists to orthopedics to OB/GYNs, these first-rate physicians have distinguished themselves as leaders in their respective specialties.





**PARKHURST
NUVISION**

GREGORY D. PARKHURST, M.D., FACS
OPHTHALMOLOGIST

Dr. Greg Parkhurst, founder of Parkhurst NuVision, is a San Antonio vision correction specialist recognized internationally as an expert in Modern LASIK and procedures to help people enjoy crisp, clear vision without contacts and glasses.

AWARDS & CREDENTIALS: Dr. Parkhurst was selected as one of the "Top 40 Under 40" most influential ophthalmologists in the world by *The Ophthalmologist*, a respected eye care publication in Europe. He is *San Antonio Magazine's* "Face of Modern LASIK," and featured as "One of the Nation's Top Ophthalmologists" in Southwest, Delta and American Airlines flight magazines. Dr. Parkhurst has also served as president of the Refractive Surgery Alliance, an international society of more than 300 of the world's leading vision correction surgeons.

EXPERIENCE: Dr. Parkhurst can relate. He had laser vision correction on his own eyes nearly 20 years ago and trusts the procedures enough that he has performed them for his wife, mother, father, and mother-in-law, in addition to military fighter pilots, professional athletes and famous musicians. Dr. Parkhurst specializes in Modern LASIK and procedures to restore reading vision after age 40.

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WHAT OTHERS SAY: Parkhurst NuVision has received hundreds of glowing 5-star reviews from patients whose lives have been changed thanks to their procedures with Dr. Parkhurst. Common remarks include "They treat you like family," "This is the best decision I've ever made," and "I can't believe I didn't do this sooner."

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CHRISTUS Health

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A man and a woman are dancing in a bright, modern kitchen. The woman, on the left, is wearing a black and white striped long-sleeved shirt and blue jeans. She is smiling and looking at the man. The man, on the right, is wearing a grey t-shirt and blue jeans. He is also smiling and looking at the woman. They are holding each other's hands in a dance pose. The kitchen has white cabinets, a granite countertop, and a large window in the background. There are potted plants on the counter and a toaster on the right side.

*Dance like
nobody's
watching.*

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Eat + Drink

INSIDE / A CIBOLO DINING DESTINATION p.62 / CRAFT MOCKTAILS p.64 / VALENTINE'S DAY DINING RECS p.70

Kid-Approved Snack Box

FAT

Livingston says kids' brains need healthy fat as they develop so she always tries to include nuts plus an organic cheese, yogurt or energy ball.

VEGETABLE

Whether it's a raw carrot, okra or celery and cucumbers topped with hummus, children need more veggies. Can't get fresh veggies in? Try carrot or beet chips.

FRUIT

Apples, berries and grapes are easy go-tos.

PROTEIN

Skip the empty calories of chips in favor of a beef stick with no added sugars.

WEB EXTRA

MAKE YOUR OWN

Livingston loves energy balls—which can include things like rolled oats, almond butter and melted coconut oil—as a filling snack. Head to sanantoniomag.com for a full recipe.

Snacking Well

Simply Whole Moms aim to make raising healthy eaters easier

Kara Livingston and Nicole Boynton know it's not as simple as it sounds but when it comes to snacking, their motto is easy: If it came in a package, it's not for them. Whether stashing a snack in their purse for an afternoon on the go or packing snack boxes to get their kids through road trips, the San Antonio women behind the blog and podcast Simply Whole Moms do their best to stick to "whole foods," or fruits, veggies and healthy fats with no artificial sugars. Livingston, a certified nutrition practitioner, adopted the lifestyle

after being diagnosed with Stargardt, a disease that causes vision loss, and then finding improvement through diet changes. Boynton is living with Wegener's, a rare autoimmune disease that impacts the kidneys, and also contributes tips about natural beauty and cleaning products to their website. Along with their blog and podcast, Livingston will even accompany clients to H-E-B to help them figure out where to begin when it comes to nutrition. "It's a lot harder to eat healthy with kids," she says. "But marginal changes add up." —KP

**MAKO'S ON THE CREEK**

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Just Getting Started

Mako's on the Creek stays focused after early success

BY EDMUND TIJERINA

After snagging a spot on the list of the city's Best New Restaurants, how does the team at Mako's on the Creek top it? They don't. Instead, they focus on what brought regional attention in the first place: Delightful dishes from a compact menu, attentive but casual service and a sleek, modern yet accessible design.

"It's all about the guests and taking care of them," general manager Mitch Petersen says. "We can't make any excuses. You really see the restaurant as a whole ecosystem. Everything works really well, or you have problems."

It's a wise sentiment from a new restaurant that will serve them well going forward. Getting customers is one thing; keeping customers coming back is a different challenge, and that's a matter of getting the details right, every time. Mako's does get them right and it's the combination of those details that thrills me when I head out from the city, past Randolph Air Force Base and onto a cozy, winding asphalt road that ends at this restaurant in Cibolo.

Back in 2013, owners Dave and Jacquie Petersen—Mitch's



ORDER THIS

Seared halibut
Gouda ranch wedge
Pork tenderloin with
salsa verde
Cibolo Creekwater
Revival cocktail



parents—envisioned opening a wine and craft beer bar along Cibolo Creek. That initial idea grew into a full-scale restaurant and dining destination. Together, with nearby Kindling Texas Kitchen, 1908 House of Wine & Ale and longtime staple Harmon's Barbecue, Mako's is helping transform the small town of Cibolo into a city of good taste.

This sense of taste begins in the design, where a rustic modern feel comes through in the faux-ivy covered host station that greets guests. It continues in the contrast of slate-colored walls with sandstone-colored concrete floors and tables and chairs of coffee-colored wood and iron.

Good taste prevails throughout the cocktail menu, too, where the delightful Cibolo Creekwater Revival balances an herbaceous bitterness with a slightly sweet apple essence. It's truly an aperitif cocktail.

A simple wedge salad elevates beyond its peers with the substitution of Gouda for the traditional blue cheese, creating a creamier, richer feel. An elegant presentation helps, too. Get the mussels as an appetizer and pace yourself with the accompanying bread, because the charred tomato broth is worth sopping every drop.

The artfully seared halibut dish that emblazoned the cover of *San Antonio Magazine's* October issue remains the restaurant's most popular dish, and it's a good one. Pearl couscous, evocative of risotto, combines with roasted cherry tomatoes and snow pea leaves add colors, textures and fresh flavors to the mix.

Although you certainly can't go wrong with a satisfying burger, seared scallops or braised bison short rib—especially on a cold day—consider the rich pork tenderloin medallions topped with a bright Italian salsa verde. They're terrific.

End the meal with some simple blueberry fritters, served with blueberry compote and a scoop of Brindles' vanilla ice cream. I'm a little torn with the ice cream component. Part of me thinks that they should make their own ice cream or top it with housemade whipped cream. Then again, I finished the dish before I could make a decision, so it probably doesn't matter.

In the coming months, the Petersens plan to do some work on the adjacent creek bed, to turn it into a venue for special events and make the "on the creek" part of the name come to life.

"From downtown, it takes about 30 minutes to get here," Mitch says. "When people come, I want them to experience a whole new world." ★

Who will the next chef be?

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WEB EXTRA

Visit sanantoniomag.com for the Blackberry Fojito and Prickly Pear Agua Fresca recipes.

COCKTAIL STAND-INS

Whether you're recovering after overindulging during the holidays or participating in Dry January by cutting out alcohol to start the New Year, these four mocktails deliver

BY KATHERINE STINSON

Blackberry Fojito

Students at the Culinary Institute of America San Antonio's Savor restaurant have concocted several faux-cocktails. In the Blackberry Fojito, fresh blackberries and mint leaves are muddled together before being mixed with mineral water, and the same simple syrup used for mojitos and lime juice. 200 E. Grayson St., Ste. 117, savorcia.com

Prickly Pear Agua Fresca

Steve McHugh, chef/owner of Cured at Pearl, takes pride in crafting food and drinks that represent the

region. His prickly pear mocktail does just that by blending antioxidant-rich prickly pear fruit from South Texas with fresh lime juice. 306 Pearl Pkwy., Ste. 101, curedatpearl.com

Faux-jito

Inspired by the greater number of families visiting Hotel Havana during the holidays and New Year, Ocho's executive chef Jessica Kuykendall tweaked the River Walk bar's often-ordered mojito into a mocktail. Kuykendall substitutes the Bacardi Silver rum for soda and relies on the same lime juice, mint and hibiscus simple syrup. 1015 Navarro St., havasasanantonio.com

Out to Lunch

Bartenders at The Esquire Tavern can turn several of its house cocktails into non-alcoholic drinks. In this fruit-forward option, cachaca-vermouth is left out while strawberry, pineapple, orange and grapefruit are mixed with kefir and served over crushed ice. 155 E. Commerce St., esquiretavern-sa.com ★

DINING OUT

KEY TO SYMBOLS

NEW	New to the Listings	UPDATE	Updated Listing
\$	Most Entrees Under \$10	AD	Advertiser
\$\$	Most Entrees \$10 to \$25	B	Breakfast
\$\$\$	Most Entrees Over \$25	L	Lunch
		D	Dinner

San Antonio Magazine's Dining Out guide is a combination of editors' picks and advertisers. It is updated monthly based on available space. Find our full guide at sanantoniomag.com. If you notice an error or find your experience differs from our listing, please let us know at editor@sanantoniomag.com.

2M SMOKEHOUSE \$ *Barbecue* (South-east) Esaul Ramos serves all the classic barbecue fare—from brisket and pulled pork to spare ribs and turkey—but with a Mexican flair, which means they also have BBQ tacos and tres leches cake. Get there early. The restaurant closes when the day's meat sells out. *L Thurs-Sun.* 2731 S. W.W. White Road, 210-885-9352, 2msmokehouse.com

ALDACO'S \$\$ *Mexican/Latin American* (Stone Oak) An emphasis on fresh ingredients and authentic combinations shine in every dish. Upscale yet casual, the restaurant's atmosphere and patio—dine with one of the best views in town—attract as many guests as the margaritas and Tex-Mex favorites. *B Sat-Sun, L-D daily.* 20079 Stone Oak Pkwy., 210-494-0561, aldacosrestaurants.com

BAKERY LORRAINE \$ *Bakery* (Pearl, Medical Center, The Rim) All those accolades aren't just hype. Join the crowds to taste Bakery Lorraine's famous macarons or choose a savory bite from the lineup of breakfast and lunch dishes. *B-L-D daily.* Multiple locations, bakerylorraine.com

BARBARO \$\$ *Italian/Pizza* (Monte Vista) The house-made cocktails at this eatery (sister-restaurant to Hot Joy) are the perfect complement to pizzas that are anything but ordinary. From Benton's bacon and Carbonara to clams to hashbrowns, kale and honey, the mix of toppings on these pies is original and always delectable. *L-D daily, Brunch Sat-Sun.* 2720 McCullough Ave., 210-320-2261, barbarosanantonio.com

BATTALION \$\$-\$\$\$ *Italian* (South-town) Sister restaurant to Feast, Playland

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Eat Less, Exercise More!

When the New Year starts, enthusiasm and endurance is strong, but life happens and most of us are tempted by old habits. Michael R. Devon, CPT and owner of SA Functional Fitness shares a tip to stay on goal. Build a network of support—set friend goals.

When the people around you are focused on the same goal, it's more likely you'll follow the pack! Hang around with likeminded friends who are living the lifestyle you envision for yourself and invest time in those relationships. Join a group fitness class, a nutrition support group on Facebook, or start a walking group in your neighborhood.

"Surround yourself with people who will support and encourage your health and fitness goals in a positive way! And if you can't find a circle, come join ours," says Devon.

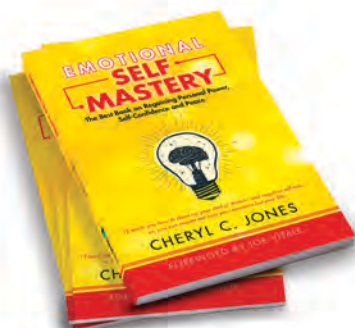


Improve Self. Enjoy Life More. Be Happy.

Cheryl Jones is a speaker, facilitator and issue eliminator. She is an expert in interpersonal communication, teamwork and developing emotional mastery. Cheryl's company, Simply The Best, has been successfully improving business systems and employee relations for more than 20 years. The San Antonio Spurs, Wells Fargo Banks, and The City of San Antonio, all have appreciated her straightforward, down-to-earth demeanor and easy to apply techniques.

Her years helping corporations improve employee relations helped her identify key underlying issues common to us all—limiting thoughts, beliefs, and feelings that take its toll on life's outlook

Her book, *Emotional Self Mastery*, is a guide to helping eliminate negative patterns that produce anxiety, fear, and doubt. The book is packed with science and tools to rewire unsupportive programming and before you know it, you'll stop the negative self-talk, worry, and fear, and start chasing your dreams. This is a must read book for the new year!



City's Pop Culture Icon Turns 40!

North Star Mall is home to the world's largest cowboy boots, standing 35 feet high and 8 feet in diameter and weighing five tons—that's 5,000 pounds—each boot! Artist Bob Wade, a native Texan, originally created the boots in 1979 for the Washington Project for the Arts, funded in part by the National Endowment for the Arts. The black, brown and white simulated plucked ostrich skin boots took Wade six weeks to build.

During its 40-year span, the boots have been relocated, reinforced and repainted, then sealed with a product developed by NASA for UV ray protection to keep its color vibrant.

The boots have also been home to at least one individual who found the insulated heel of a boot a comfy spot to reside. And they've been the background for countless commercials and tourist photos, from Buddhist monks to Broadway stars and singer-songwriter Khalid. In November 2014, Guinness World Records officially declared the symbol of cowboy phenomena the "World's Largest Cowboy Boot Sculpture."

According to Wade, the full-quill ostrich kicks are not fashioned after any brand; it's "everyone's boots." Even the Texas House and Senate agreed when each passed a resolution commemorating the boots' prestigious anniversary. North Star Mall also has a commemorative medal—check its website for details. Now, that's cause to kick up a little dust for this boot-scooting birthday!



Wildway's Wild Growth

A couple's quest for adventure leads to delicious success

BY LAUREN MORIARTY

Six years ago, Kyle and Kelli Koehler spent their days in cubicles in New York City—Kyle as an accountant and Kelli working for an advertising agency—but they both craved an escape from the corporate grind. “We thought that every day should be an adventure,” says Kelli, a San Antonio native. Part of living an active, adventurous life for the Koehlers meant fueling their bodies with a healthy diet. As they began to eliminate processed food, they recognized a need for “clean” granola bars made without grains, wheat or added sugars. “We knew right away that we needed to start our own business,” Kelli says. “We not only wanted to live that lifestyle ourselves, but we also wanted to inspire other people.” The first recipe Kyle made was an unexpected success—although the mixture didn’t stay together, the crumbly concoction tasted great as

granola. Buoyed by the positive feedback from those who tried it, the couple quit their jobs and moved to San Antonio to start Wildway.

Fast forward to 2020 and you can now find Wildway’s granola, hot cereal and snack mixes nationwide, including at Amazon, Whole Foods, Sprouts, Wegmans, H-E-B, and, since last fall, Merit Coffee (Local Coffee in San Antonio). If you’re flying to Europe on American Airlines, you’ll enjoy their granola in your breakfast box. The Koehlers plan to expand their product line this year and are moving to a larger space to meet demand.

Kelli attributes their continued growth to mentors and an unwavering focus on their business. They were selected in 2018 to complete a business incubator program with Chobani, and Wildway was also one of 10 emerging food companies granted \$20,000 by PepsiCo as part of its six-month optimization and mentorship program. “It takes a thick skin, and a strong will, and a ton of grittiness to just keep going,” Kelli says.

The Koehlers haven’t let running a company dampen their adventurous spirit. They recently built out a Dodge ProMaster van to include a bed and kitchenette—all run with solar power. “It helps promote what we stand for. Every day should be an adventure and that starts with the food you put in your body,” says Kelli, adding that they took it on a maiden voyage to North Carolina to hike the Appalachian Trail. ★

and Rebelle, this rustic Italian concept is housed in a 1920s fire station. Though chef Stefan Bowers calls the dishes “ambitious,” the real star of the show is the handmade pasta. Lunch includes smaller portions of its signature pastas and a classic meatball sandwich. *L-Mon-Fri, D Mon-Sat. 604 S. Alamo St., 210-354-1024, battalionsa.com*

BELLA ON HOUSTON \$\$\$-\$\$\$ *Mediterranean* (Downtown) This modern European eatery moved from the River Walk to Houston Street in 2018, where it offers diners a view of downtown. Chef Sean Fletcher delivers fresh and creative entrees, from the signature eggplant Josephine with Texas Gulf shrimp to the Pasta Balle, a house-made fettuccine with shrimp, fresh clams and PEI mussels. *D Mon-Sat. 204 E. Houston St., 210-404-2355, bellaonhouston.com*

BIGA ON THE BANKS \$\$\$ *American* (Downtown) Bruce Auden led the march toward locally grown, seasonal gourmet dishes. Epicureans continue to sing high praises to the flavors in every bite from this multiple James Beard Award-nominated chef. From Hill Country venison to sticky toffee pudding, each meal is attentively served and artistically plated. *D daily. 203 S. St. Mary's St., 210-225-0722, biga.com*

BLISS \$\$\$-\$\$\$ *American* (Southtown) Chef Mark Bliss’ ever-changing menu affirms his love of seasonal flavors and dedication to artisanal goods. A darling of Southtown, this contemporary American eatery focuses on a creative and delectable entree selection as well as exquisite service. It’s relaxed elegance at its best. *D Tues-Sat. 926 S. Presa St., 210-225-2547, foodisbliss.com*

BOTIKA \$\$ *Asian/Latin American* (Pearl) This Peruvian-Asian restaurant is led by chef Geronimo Lopez. The offerings include a ceviche-sushi bar, rotating dim sum dishes, a selection of noodle dishes (including some vegetarian options) and bento lunches. *L daily, D Tues-Sat, Brunch Sun. 303 Pearl Pkwy., Ste. III, 210-670-7684, botikapearl.com*

BOUDRO'S TEXAS BISTRO \$\$\$ *American* (Downtown) The River Walk restaurant is famous for its prickly



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COCKTAIL CONFERENCE CENTRAL

5 must-dos during the Jan. 15-19
San Antonio Cocktail Conference

Make Dinner Reservations

Often the first events to sell out, Paired Dinners include multicourse meals at places like Dorrego's, Botika, Sweet Fire Kitchen and Hot Joy. Each course is designed to pair with a drink made with a featured conference spirit. Seating is very limited. *Jan. 15, 7 p.m., multiple locations*

Kick Off the Fun

Thursday's Opening Night soiree is back at the Majestic Theatre this year. Wander through the historic theater's lobby, stage and mezzanine areas to discover new drinks, bites and music in every corner. *Jan. 16, 7:30-11 p.m. 224 E. Houston St.*

Experience Classic SA

The St. Anthony Hotel serves as Cocktail Conference headquarters during the weekend and turns its Peacock Alley and ballrooms over to imbibers on Friday night during Waldorf on the Prairie. Dress up for an evening of live entertainment, food and cocktails that are a step above what you can create at home. Make a staycation out of the event by booking a room so you'll be on-site to visit the Tasting Suites on Saturday. *Jan. 17, 7:30-11 p.m. The St. Anthony Hotel*

Become a Student

While many weekend seminars are tailored toward bartenders, distillers and distributors, there are



also several that provide cocktail novices the chance to learn more about what goes into their glass. On Friday, Heather Greene, CEO of Blanco's Provision Spirits (known for Ben Milam and Milam & Greene whiskeys), hosts Play With Your Whiskey! where students can test out blending, batching and tasting of whiskeys, just like master distillers. Saturday, join Treaty Oak Distilling CEO Daniel Barnes for Bourbon & Good Ole Texas BBQ. He'll talk about how they created spirits that connect with Texans while participants get to taste smoked bites by Chef Scott Fogle paired with sips of whiskey. Other workshops focus on everything from CBD and cocktails to cigar pairings and mezcal. *Jan. 17-18, various times and locations*

Plan a Saturday Night on the Town

La Villita's Assembly Hall is being transformed into a fanciful circus for this year's Saturday night shindig, Cocktails Under the Big Top. Expect live music, plenty of eats from San Antonio's top chefs and creative craft cocktails. Though popular with industry folk, this event is also fun for locals and at-home bartenders. *Jan. 18, 7:30-11 p.m. 145 Navarro St. —KP*

dishes like barbecue shrimp and boudin balls. A revamped menu encourages sharing, whether traditional oysters or the inventive smoked beets carpaccio. *D Tues-Sat. 720 E. Mistletoe Ave., 210-320-8211, cookhouserestaurant.com*

THE COVE \$ American (Downtown) This institution pairs a laundromat and car wash next to a bustling beer garden, but food is the real focus. Vegetarians can bite into the vegan bacon cheeseburger while their carnivore companions chow down on grass-fed beef and bison burgers. Four-legged friends are welcome. *L-D Tues-Sun. 606 W. Cypress St., 210-227-2683, thecove.us*

CURED \$\$ American (Pearl) James Beard Award-nominated chef Steve McHugh restored the 109-year-old Pearl Brewing Co. building to its original glory. McHugh, who hails from Wisconsin and spent time in New Orleans, leads a New American concept here complete with brews, plenty of cured meats and house-made (almost) everything. Plus, McHugh is giving back. For every charcuterie board ordered, Cured donates \$1 to charity. *L Mon-Fri, D Mon-Sat, Brunch Sat. 306 Pearl Pkwy., Ste. 101, 210-314-3929, curedatpearl.com*

DOUGH PIZZERIA NAPOLETANA \$\$ Italian/Pizza (Castle Hills, Downtown) Offering more than "just" pizza, this hip trattoria transports diners to Naples with certified authentic pies, calzones and more from Doug Horn's wood-burning volcanic stone oven. The handmade mozzarella helps keep tables full, and we promise the wait is worth it. A new location at Hemisfair opened this summer. *L-D daily. 6989 Blanco Road, 210-979-6565; 518 S. Alamo St., 210-227-2900, doughpizzeria.com*

DOWN ON GRAYSON \$-\$\$ American (Pearl) The team behind Gruene Hall and Josephine Street Café combined what we love most about their other venues into this eatery across from Pearl: Relaxed outdoor seating, well-executed modern American fare and a bar with plenty of brews, wine and cocktails to keep us returning to happy hour week after week. *L-D daily. 303 E. Grayson St., 830-248-9244, downongrayson.com*

THE ESQUIRE TAVERN \$-\$\$ Bar (Downtown) The city's beloved downtown tavern—boasting the longest wooden bar in Texas (at 108 feet)—was resurrected in 2011 and instantly fell back into the loving arms of patrons, old and new. This longstanding institution opened a bar downstairs on the River Walk level in 2016. Aptly named, Downstairs, the bar features inventive cocktails and small bites. *L-D daily. 115 E. Commerce St., 210-222-2521, esquiretavern-sa.com*

FEAST \$\$ American (Southtown) Sure, there's

pear margaritas and tableside guacamole—both enhanced by riverside patio seating—but the eatery is a sure bet for more than just happy hour. The kitchen delivers classic meat and seafood entrees with South Texas flair, including the herb-crusted fish fillet with chipotle red pepper. *L-D daily. 421 E. Commerce St., 210-224-8484, boudros.com*

CAPPY'S RESTAURANT & BAR \$\$ American (Alamo Heights) When the weather is perfect for outdoor dining, Cappy's is an ideal setting. Inside or out, you will find a classic American bistro with a Texas twang, served up through a menu of oak-grilled beef, fresh seafood and salads. The cool crowd exemplifies all that is uniquely Alamo Heights. *L-D daily, Brunch Sat-Sun. 5011 Broadway, 210-828-9669, cappysrestaurant.com*

CLEMENTINE \$\$ American (Castle Hills) Chefs John and Elise Russ present a neighborhood eatery with American classics that are anything but boring. Start with hush puppies or white mushroom salad, one of John's parents' recipes, select from platters of swordfish, flat iron steak and other proteins and pick from sides that include citrus steamed bok choy and risotto. Lunch includes a sweet potato tart and kids' grilled cheese. Elise shines on the dessert menu, which includes must-try cardamom donuts with coffee ice cream. *L Tues-Fri, D Tues-Sat. 2195 N.W. Military Hwy., 210-503-5121, clementine-sa.com*

THE COOKHOUSE \$\$ American (Monte Vista) Inspired by the Louisiana plantation cookhouse, chef Pieter Sypesteyn offers classic New Orleans

plain cheese, but nothing else here is “plain,” from the baked goat cheese and olive tapenade appetizer to lasagna or endless pizza options. Dine outdoors with live music on weekends. *D Tues-Sat. 1024 S. Alamo St., 210-354-1024, feastsa.com*

FRALO'S \$\$ Italian/Pizza (Northwest) Sure, there's plain cheese, but nothing else here is “plain,” from the baked goat cheese and olive tapenade appetizer to lasagna or endless pizza options. Dine outdoors with live music on weekends. *L-D daily. 23651 I-10 W., 210-698-6616, fralos.com*

GOLDEN WOK \$\$ Asian (Medical Center, West) American-Chinese dishes and the appeal of authentic dim sum bring crowds of food lovers to these large, beautifully decorated restaurants that have been San Antonio mainstays for over 30 years. On weekends, servers roll carts of steaming treasures. The daily stir-fry bar lets you get creative. *L-D daily. 8822 Wurzbach Road, 210-615-8282, 1410 Loop 410 W., 210-674-2577, goldenwoksa.com*

THE GOOD KIND \$ American (Pearl, Southtown) Catering guru Tim McDiarmid (of Tim the Girl) has created quick, healthy dishes at her venue in the Pearl Bottling Dept. and in a second location at Ivy Hall (formerly The Monterey). Look for customizable market bowls with black rice, grilled and roasted veggies, greens and your choice of dressing. There's also gluten-free organic mac and cheese, multiple salads, paninis and fresh cold-pressed juices. *L-D daily at Pearl; L daily, D Wed-Sun, Brunch Sat-Sun in Southtown. 312 Pearl Pkwy., Bldg. 6, 210-564-9140; 1127 S. St. Mary's St., 210-564-9140, eatgoodkind.com*

GUENTHER HOUSE \$\$ Breakfast (Southtown) Breakfast is served all day amid art nouveau decor in the historic home of the Pioneer Flour Mills' founding family. Featuring Pioneer and White Wings specialties at every turn, expect exemplary biscuits and gravy, light Belgian waffles, fluffy pancakes and a well-stocked pastry case. Lunch favors sandwiches, soups and salads. *B-L daily. 205 E. Guenther St., 210-227-1061, guentherhouse.com*

LA FONDA ON MAIN \$\$ Mexican/Latin American (Monte Vista) Workday lunches and happy hours are lively occasions, as locals enjoy the mixture of Tex-Mex comforts, interior Mexican cuisine and the inviting tree-covered patio. The historic Monte Vista neighborhood setting creates a hacienda enchantment, making you believe you're deep in the heart of Mexico, mere minutes from downtown. *L-D*



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What are some of your go-to romantic date night spots? Are reservations necessary?

Snag an outside table at Signature if you can and keep the date night going by staying overnight at La Cantera Resort & Spa. Downtown, you can never go wrong with a visit to Bliss, Restaurant Gwendolyn or Biga on the Banks. All of these places fill up quickly, so make reservations a few days in advance—or even earlier if you're making Valentine's Day plans.

daily, B Sat-Sun. 2415 N. Main Ave., 210-733-0621, lafondaonmain.com

MAVERICK \$\$\$-\$\$\$\$ American (Southtown) The Texas-inspired menu at this Southtown eatery from Chef Chris Carlson and Peter Selig, one of the founders of Biga on the Banks, includes large and small plates meant for easy sharing. Try Texas quail, fish or steak from the wood grill, share a whole duck cooked over a wood fire and select starters from a list that includes roasted butternut squash soup and handmade pastas. *L Mon-Fri, D Thurs-Sun, B Sun. 710 S. St. Mary's St., 210-973-6050, mavericktexas.com*

MEADOW NEIGHBORHOOD EATERY + BAR \$\$\$ American (North Central) PJ and Lindsey Edwards met while working at Chef Jason Dady's Bin 555 and return to the spot at the Alley on Bitters to open their first restaurant. Specializing in Southern food with a Texas touch, the menu includes comfort foods like cornbread with jalapeño pimiento cheese, pickled green tomatoes and peppers, and a signature burger. Brunch includes a BLT toast with poached egg. *Dinner Tues-Sat, Brunch Sun. 555 W. Bitters Road, Ste. 110, 210-481-4214, meadowsanantonio.com*

MI TIERRA RESTAURANT AND BAKERY \$\$

Mexican (Downtown) Many consider this landmark restaurant a "must see" for its flamboyant decor, enormous bakery case and strolling mariachi bands. Yet the food is still the draw, thanks to a 24-hour menu, handmade tamales and sizzling fajita platters. *B-L-D daily. 218 Produce Row, 210-225-1262, mitierracafe.com*

MIXTLI \$\$\$ Mexican (Olmos Park) Tradition is at the core of what co-chefs and -owners Diego Galicia and Rico Torres are honoring. The two young chefs (who have been recognized by the likes of Food and Wine magazine as rising stars in the culinary world) turn to a different Mexican state every 45 days for inspiration, ingredients and technique. Reservations are required and dinner is served at a communal 12-seat table. *D Tues-Sat. 5251 McCullough Ave., 210-338-0746, restaurantmixtli.com*

MR. JUICY \$\$\$ American (Olmos Park) Andrew Weissman shuttered his Mediterranean-focused Moshe's in favor of this new burger joint that serves single or double patty-beef burgers with house-made poppy seed buns and a French au poivre sauce. Double-fried French fries are a must-order side. Make it a full meal with one of a variety of rich milkshakes. *L Tues-Sun., 3904 McCullough Ave., 210-994-9838*

MYRON'S PRIME STEAK HOUSE \$\$\$ Steak-house (North Central, New Braunfels) Along with serving top prime beef, Myron's offers seafood and appetizers that are the perfect complement to the main attraction. A friendly staff and elegantly appointed dining room raise the bar for fine dining outside the loop. *D daily. 10003 N.W. Military Hwy., Ste. 2101, 210-493-3031; 136 N. Castell Ave., New Braunfels, 830-624-1024, myronsprime.com*

NOLA BRUNCH & BEIGNETS \$-\$\$ American (Tobin Hill) Chef Pieter Sypsteyn continues his homage to his native New Orleans with this weekday brunch spot just around the corner from his popular restaurant, The Cookhouse. As the name suggests, the bright cafe focuses on dishes that bridge breakfast and lunch, as well as the doughnuts that define the Crescent City. The service hours also reflect the theme: 8 a.m. to 2 p.m. *Brunch Tues-Sun. 111 Kings Court, 210-320-1572, eatatnola.com*

NONNA OSTERIA \$\$ Italian (Downtown)

Part of the Silo family and sharing half of the restaurant space at the Fairmount Hotel with Silo Prime, this Italian eatery quickly earned a fan base after opening in December 2017. The pasta-heavy menu crafted by native Italian Luca Della Casa, known for Silo's Nosh and a turn on Food Network Star, includes a standout black risotto. Pair your entrée with a glass or bottle of Italian wine from the extensive list. *L-D Mon-Sat. 401 S. Alamo St., 210-224-8800, nonnasa.com*

PALOMA BLANCA MEXICAN CUISINE \$\$

Mexican (Alamo Heights) The trendy upscale restaurant in the heart of Alamo Heights still delivers some down-home Tex-Mex along with interior Mexican specialties and a crowd-luring bar. Original artwork throughout completes the scene, as does the well-appointed patio. *L-D daily, Brunch Sat-Sun. 5800 Broadway, 210-822-6151, palomablancanet*

PERIPHERY \$\$ American (Tobin Hill) Chef Mark Weaver announced he will close this restaurant on Main Avenue at the end of the month. The neighborhood eatery has simple and approachable cuisine. Classic cocktails pair nicely with a paired-down menu that includes a handful of starters, mains and sides. *D Tues-Sat. 2512 N. Main Ave., 210-966-0404, peripherysa.com*

PHARM TABLE \$\$ American (Downtown) Chef Elizabeth Johnson has not only created a top-notch stop for organic lunch and brunch items but also a takeout and delivery program meant to help customers foster better health with food at home. In the restaurant, try a quinoa tamal bowl or seasonal soup and salad for lunch. During weekend brunch, don't miss the vegan sweet potato waffles or breakfast pizza. *L daily, Brunch Sat-Sun. 106 Auditorium Circle, 210-802-1860, pharmtable.com*

PINCH BOIL HOUSE \$\$ Asian, Seafood (Downtown) Sean Wen and Andrew Ho turned their pop-up into a brick-and-mortar restaurant that offers family-style Southeast Asian cuisine, seafood boils—shrimp, crab and seasonal crawfish with a signature garlic butter—street food and more. *L Mon-Sat. D Fri-Sat. 124 N. Main Ave., 210-971-7774, pinchboilhouse.com*

OFF MENU

News from the restaurant scene

The Box Street Social food truck is expanding this spring into a brick-and-mortar location at The '68 at Hemisfair. / The second iteration of Mi Tierra, **Mi Familia de Mi Tierra**, opened at The Rim in late 2019. / Jean-Francois Poujol opened **Julia's Bistro & Bar** next door to his SoHill Cafe. / **PB&J with Tay**, a restaurant that specializes in creative peanut butter and jelly sandwiches, opened in Olmos Park. / **Folklores Coffee Shop** is opening a second location on Grayson Street. / **Con Huevos Tacos** debuted next to Dignowity Meats. / Tim Rattray's **The Granary** and **Fontaine's Southern Diner & Bar** both closed in late 2019. / The team behind Blue Box and Hanzo took over management of **Tucker's Kozy Korner**. / Jason Dady closed **Shuck Shack** with plans to reopen in a new location later this year.

REBELLE \$\$ Seafood (Downtown) Duo Andrew Goodman and chef Stefan Bowers (also of Feast, Playland and Battalion) outdid themselves when they reworked The St. Anthony Hotel's former Madrid Ballroom into this independently owned restaurant. The menu was revamped in the spring of 2018 to focus on upscale seafood, including grilled octopus, broiled oysters and fresh fish. *D daily, Brunch Sun.* 300 E. Travis St., 210-352-3171, rebellesa.com

RESTAURANT GWENDOLYN \$\$\$ American (Downtown) Three- and five-course prix fixe meals await you at this shop where old-world charm is a reality. Chef Michael Sohocki uses 1850s-kitchen techniques to make dishes such as grilled pork belly or ham-and-cheese crêpes. Kitchen staff prepares everything by hand. *L Tues-Fri, D Tues-Sat.* 152 E. Pecan St., Ste. 100, 210-222-1849, restaurantgwendolyn.com

SINGH'S VIETNAMESE \$ Asian (Tobin Hill) The North Side food truck famous for its noodle and rice bowls and banh mi sandwiches has become a popular brick-and-mortar eatery. Try a bowl with noodles or rice, slow-cooked brisket, pork, chicken or fish and veggies and don't forget the wings and eggrolls. *L-D Tues-Sun.* 2803 St. Mary's St., 210-247-0176, squareup.com/store/singhsvietnamese

SIGNATURE \$\$-\$\$\$ American (Northwest) Chef Andrew Weissman (The Luxury, Mr. Juicy) is working to change what people think of when they hear "hotel dining" at the La Cantera Resort & Spa. With executive chef Laurent Rea in the kitchen, the restaurant offers lunch and dinner featuring a seasonal menu with entrees including pheasant and roasted rack of lamb. *D Tues-Sun, Brunch Sun.* 16401 La Cantera Pkwy., 210-247-0176, signaturerestaurant.com

THE SMOKEHOUSE \$\$ Barbecue (East) The pleasures of slow-smoked barbecue are fully realized at this old-school joint, where brisket rests over smoldering wood for 24 hours and diners leave wearing a lingering smoky perfume. Order meats by the plate, with sides, or by the pound. New menu items include brisket nachos and brisket mini tacos. *L-D Tues-Sun.* 3306 Roland Road, 210-333-9548, thesmokehousebbqsa.com

SOUTHERLEIGH \$\$ American (Pearl) Chef Jeff Balfour pairs classic comfort cuisine with coastal favorites in a menu that includes everything from smothered fried chicken and quail with oyster stuffing to boiled Gulf shrimp, stuffed crab and iced oysters. Wine and cocktails are available but beer is the real high point at this brewpub that's housed in the former Pearl Brewery building.

Look for up to 20 brews on tap, including several crafted in-house, such as the Darwinian IPA and the Southerleigh Gold Lager. *L daily, D Mon-Sat, Brunch Sat-Sun.* 136 E. Grayson St., Ste. 120, 210-455-5701, southerleigh.com

SOHILL CAFE \$\$ American (Beacon Hill) Owner Jean-Francois Poujol, known for Tost Bistro Bar, opened a neighborhood eatery in the former Casbeers Café and Cantina. Chef Justin Limburg presents specialty wood-fired pizzas made with fermented dough plus fresh salads, pastas, buttermilk fried chicken strips and more. Happy hour is a must and pizzas are just \$10 on Wednesdays. *L-D Tues-Sat.* 1719 Blanco Road, 210-455-2177, sohillcafe.com

SUPPER AT HOTEL EMMA \$\$\$ American (Pearl) Experienced chef John Brand aims to surpass by combining a Midwestern approach with fresh local ingredients obtained from the area's best farmers. Start the day with a Scotch egg, green chili chorizo and cornbread Lunch brings an array of sandwiches and greens while an impressive, specially designed wood-burning grill means tables will be groaning with plenty of grilled meats and veggies during dinner. *B-L-D daily.* 136 Grayson St., 210-448-8351, supperatemma.com

TENKO \$ Asian (Pearl) This ramen and Japanese shop housed in the Bottling Dept. at Pearl comes from chef Quealy Watson, formerly of Hot Joy and The Monterey. Choose from traditional, miso and mushroom ramen and personalize with add-ins such as pork, soft eggs, chicken thigh, mushroom or sesame garlic. Other dishes include kimchi, edamame, karaage, gyoza and cucumber salad. *L-D daily.* 312 Pearl Pkwy., Bldg. 6, 210-564-9140, bottlingdept.com

TWO BROS. BBQ MARKET \$ Barbecue (North Central) Founded by Jason and Jake Dady, this spot is everything you could expect from a classic Texas BBQ joint, as well as the delightfully unexpected. Where else could you have a "purple cow" with your slow-smoked beef brisket or a vintage cab with your cabrito? The cheesy chop, mac and cheese with chopped beef brisket, is an indulgence not to miss. *L-D daily.* 12656 West Ave., Ste. B, 210-496-0222, twobrosbbqmarket.com

ZINC \$\$ Wine Bar (Downtown) Enjoy more than 15 French champagnes, 200-plus wines and a full bar amid the indoor-outdoor setting of the century-old building just off the River Walk. Oenophiles, ask about the well-stocked wine cellar. Pair your winners with hummus or truffled parmesan fries. *L-D daily.* 207 N. Presa St., 210-224-2900, zincwine.com



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Cultural Legacy

Over 100 years after its initial founding, the Carver remains a community gathering place

BY KATHLEEN PETTY

When staff at the Carver Community Cultural Center plan each season of fine arts performances, community events and youth education classes, the history of the building in which those events occur factors into every decision. “It’s really kind of the driving force in everything that we do in a multitude of ways,” says Cassandra Parker-Nowicki, who became executive director in 2019 after 11 years on staff.

Open in its current iteration since the late 1970s, the Carver was initially built in 1918 as a community center for African Americans. It transformed in the 1930s into the Colored Library and then was renamed the Carver Library and Auditorium for Dr. George Washington Carver. It attracted performers like Ella Fitzgerald and Louis Armstrong before falling into disrepair in the 1970s following desegregation.

“It came into existence at a time when people were told they didn’t belong because of the color of their skin,” Parker-Nowicki says. “So we feel a deep commitment to breaking down barriers and systems of oppression in any way that we can through the arts.” Parker-Nowicki says that means scheduling artists who share that commitment to inclusion and community. Houston Contemporary Dance Company, which is scheduled to perform Jan. 18, for example, is not only a talented dance troupe but also is intentional about diversity within the company and in the choreographers they select.

Parker-Nowicki says as the surrounding neighborhood and city as a whole continue to change, they hope to be a place *everyone* can gather. To encourage that spirit, they host free Fifth Friday parties with music and food that are meant to let San Antonians get to know one another and the Carver. “We’re always just trying to honor that legacy of celebrating not only the things that unite us, but also the ways in which we’re all just beautifully different,” she says.



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