



## CITY NEWS

YOUR OFFICIAL  
SOURCE FROM  
CITY HALL

NOVEMBER 2020

# ALAMO HEIGHTS COUNCIL CHAMBERS

## Austin Highway/Lower Broadway Improvement Project

### What is the Austin Highway/Lower Broadway Improvement Project?

The Austin Highway/Lower Broadway Improvement Project is a major overhaul of the major thoroughfare through Alamo Heights. In partnership with TxDOT, the Alamo Metropolitan Planning Organization and the San Antonio River Authority the project consist of improvements to Austin Highway and Broadway (from Austin Highway to Burr—.7 miles):

- Improved Street, New Sidewalks and Bike Lanes
- Improved Storm Water Drainage and New Water and Sewer Lines
- Low Impact Design Landscaping Improvements

All funded by different entities with the bulk of work being primarily along Broadway.

## November 3, 2020 Special Bond Election

Alamo Heights City Council ordered a special bond election for the proposition of the issuance of General Obligation bonds in the amount of \$13,250,000 for the Austin Highway/Lower Broadway Improvement Project.

**Election Day:** Tuesday, November 3<sup>rd</sup>

**Election Day  
Polling Hours:** 7:00 AM – 7:00 PM

**Polling Site:** Alamo Heights City Hall  
6116 Broadway, San Antonio, TX 78209

Bexar County is designated as a Voter Center Model that allows voters in Bexar County to vote at any designated Bexar County Election Day polling site. Hand sanitizers and masks will be available. Social distancing will be practiced. Election details and information are also available at [www.alamoheightstx.gov](http://www.alamoheightstx.gov).

## Winter Averaging for Sewer Fees



Reminder: your water consumption during the winter months affects your residential sewer service fee for the next year. Residential sewer service fees are calculated based on the average water usage during three consecutive billing periods. This year your November, December and January consumption will be used for your winter averaging.

For more information or questions, please call Utility Billing staff at 882-1507.

## BRIEFS

Tips to make sure your home, family and pets are ready for the cold weather:

- Insulate outside faucets & pipes near outer walls.
- Make sure that furnaces, heaters, fireplaces & wood stoves are clean, well-ventilated & in good working condition.
- Never operate generators & other fuel-powered devices inside a home or an enclosed space.
- Make sure your home has working carbon monoxide detectors.
- Make arrangements for proper shelter & an emergency supply of food and water for your pets & livestock.
- Stock up on firewood & supplies, including canned goods & bottled water.
- Set your thermostat to 55 degrees or higher if away from home for a long time.
- Make sure you have up to date weather contact numbers for schools and work.
- Check on friends and family members whose health or age may put them at greater risk from cold weather.

# CITY CALENDAR

## November

Monday, November 2  
Planning and Zoning Meeting  
5:30 p.m.

Wednesday, November 4  
Board of Adjustment Meeting  
5:30 p.m.

Monday, November 9  
City Council Meeting  
5:30 p.m.



Monday, November 11  
**Holiday—Veterans Day**  
**Offices Closed\***

Tuesday, November 17  
Architectural Review Board  
5:30 p.m.

Monday, November 23  
City Council Meeting  
**Cancelled**

Thursday and Friday  
November 26 & 27  
**Holiday—Thanksgiving Day**  
**Offices Closed\***

**\*NO SOLID WASTE PICKUP**

## Combating Pandemic Fatigue

An unintentional phenomenon is on the rise—pandemic fatigue. People are tired of staying at home. People want to be the social creatures they inherently are. People want their “normal” back.

This collective fatigue is making some people—consciously or unconsciously—disregard pandemic guidance such as social distancing and mask wearing. Others may be reaching a mental health breaking point.

Alarming data from a U.S. Census Bureau survey revealed the psychological toll taken by the pandemic. American adults were asked typical mental health screening questions. Twenty-four percent showed clinically significant symptoms of major depressive disorder, and 30% showed symptoms of generalized anxiety disorder. Those rates were higher among younger adults (ages 18 to 29), women and people making less than \$25,000 a year.

If you feel like your battling pandemic fatigue and losing self-discipline, stay the course with these coping tips:

- **Try a new exercise.** If you’ve been finding it harder to stay active, experiment with something new like walking, yoga or cycling.
- **Try meditation.** Mindful activities can help lower your stress levels and improve your mood.
- **Try saying it out loud.** Sometimes you just need to talk to someone about how you’re feeling, especially if you’re stressed, frustrated or anxious. Ignoring those strong feelings won’t make them go away.
- **Try new recipes.** You’ve likely already mastered the pandemic sourdough or banana bread, so roll up your sleeves and whip up something else. This is a good time to prepare healthier meals and use that time as a fun daily activity for you and your family.

Consider how you relaxed pre-pandemic, and try to get back to that lifestyle. If you find cooking, reading or listening to music relaxing, make time to keep that a part of your routine. If you’re worried about your mental well-being, please contact your doctor.



We are a locally owned healthy café serving energy drinks, healthy shakes and good vibes! Our energy teas are all sugar free, boosted with collagen and full of deliciousness. Our protein shakes are carb friendly and kid friendly, full of vitamins and will make you think you are having a dessert! We also serve tasty iced coffee and hot teas too! Our café features free Wi-Fi and a large dose of positivity and good vibes. We also provide call ahead curbside service for those in a hurry. We are following all city ordinances regarding social distancing and sanitizing in order to keep our community safe.

We are excited to join the Alamo Heights community and cannot wait to serve and impact our neighbors!

Address - 5308 Broadway Street

Phone - 210-233-8880

Hours - Mon-Fri 7am - 7pm

Sat & Sun 9am - 4pm

Instagram - @alamoheightsnutrition



# ALAMO HEIGHTS Texas

## USEFUL PHONE NUMBERS

911 for EMERGENCY

Fire/EMS (Non-Emergency): 210-824-1281

Police (Non-Emergency): 210-822-3321

Administration and Finance: 210-822-3331

Public Works: 210-882-1518

Water: 210-882-1507

Community Development: 210-826-0516

Court Clerk: 210-882-1501