

HEALTH CARE DIRECTORY 2016-17



Seton expands veterans health care access

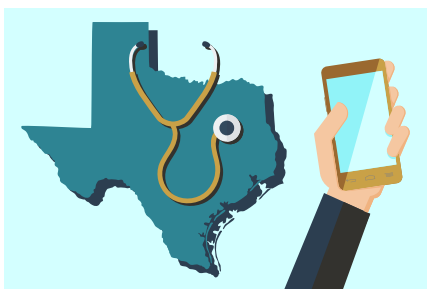
Kyle hospital opts into Choice Act, aimed at improving medical services for vets

By Brett Thorne

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Brett Thorne/Community Impact Newspaper

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A listing of physicians practicing in San Marcos, Kyle and Buda



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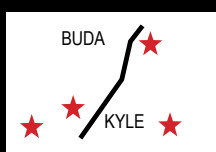
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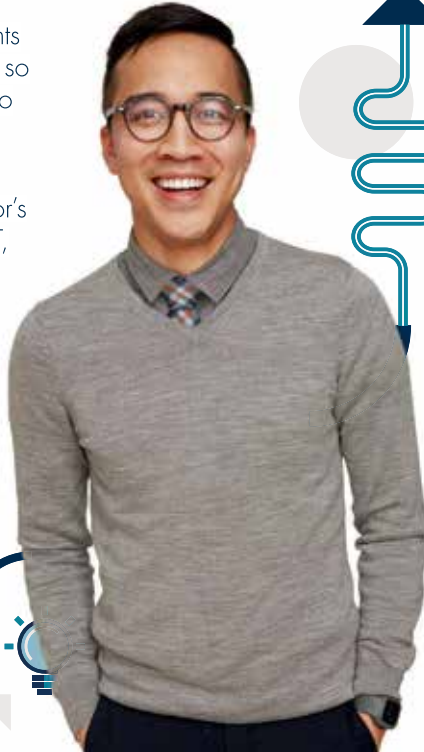
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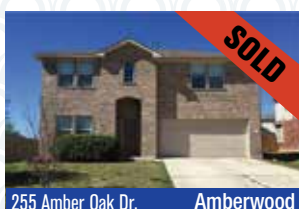
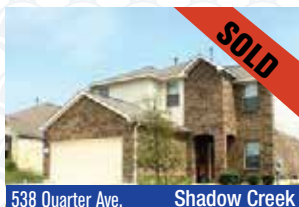
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About us

John and Jennifer Garrett began *Community Impact Newspaper* in 2005 in Pflugerville, Texas. The company's mission is to build communities of informed citizens and thriving businesses through the collaboration of a passionate team. Now, with 21 markets in the Austin, Houston and Dallas/Fort Worth metro areas, the paper is distributed monthly to nearly 1.6 million homes and businesses.

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FROM THE EDITOR



days, respectively.

VA hospital wait times and health care access for veterans is the subject of my cover story in this month's edition. The passage of House Resolution 3230, also known as the Choice Act, has provided veterans with more options to access health care outside

You might remember hearing about the long wait times at VA hospitals nationwide back in 2014. Veterans were having to wait for months to be seen by doctors.

In Central Texas, the average wait times at the two area VA hospitals—in Temple and San Antonio—were 54.71 and 31.3

VA hospitals. Seton Medical Center Hays joined the program in April, and Hays County veterans are already reporting that they have seen benefits from the expanded access.

In this edition we have plenty of other news about health care in San Marcos, Buda and Kyle as well—including stories about hospital safety, San Marcos' first freestanding emergency room and an expansion at Seton Hays.

If you're new to the area and looking to find a "health care home," take a look through our listings of local physicians specializing in family practice, internal medicine, pediatrics, and obstetrics and gynecology, starting on Page 24.

Brett Thorne

EDITOR

bthorne@communityimpact.com

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READER COMMENTS

Learning from the past (Volume 6, Issue 1), posted May 18

"[San Marcos' \$25 million disaster-recovery grant] should be diversified in that it should be used for home buyouts, home elevations, and traditional and nontraditional water harvesting and drainage."

—Stephen A. Hernandez

COMMUNITY FEEDBACK

TAKE THE POLL

Will you support Hays County's potential November bond measure to fund construction of a new jail, law-enforcement center and co-located communications center?

Take the poll at communityimpact.com/sbk-poll.

LAST MONTH'S POLL RESULTS

How should the city of San Marcos use the \$25 million disaster-recovery grant to mitigate future flood damage?

43.4% Build an overflow channel on the Blanco River, similar to what the Army Corps of Engineers is studying.

33.96% Buy out flood-prone properties.

18.87% Give residents in flood-prone areas money to elevate their residences out of the flood plain.

3.77% Other

Results from an unscientific web survey collected 5/18/16-6/3/16

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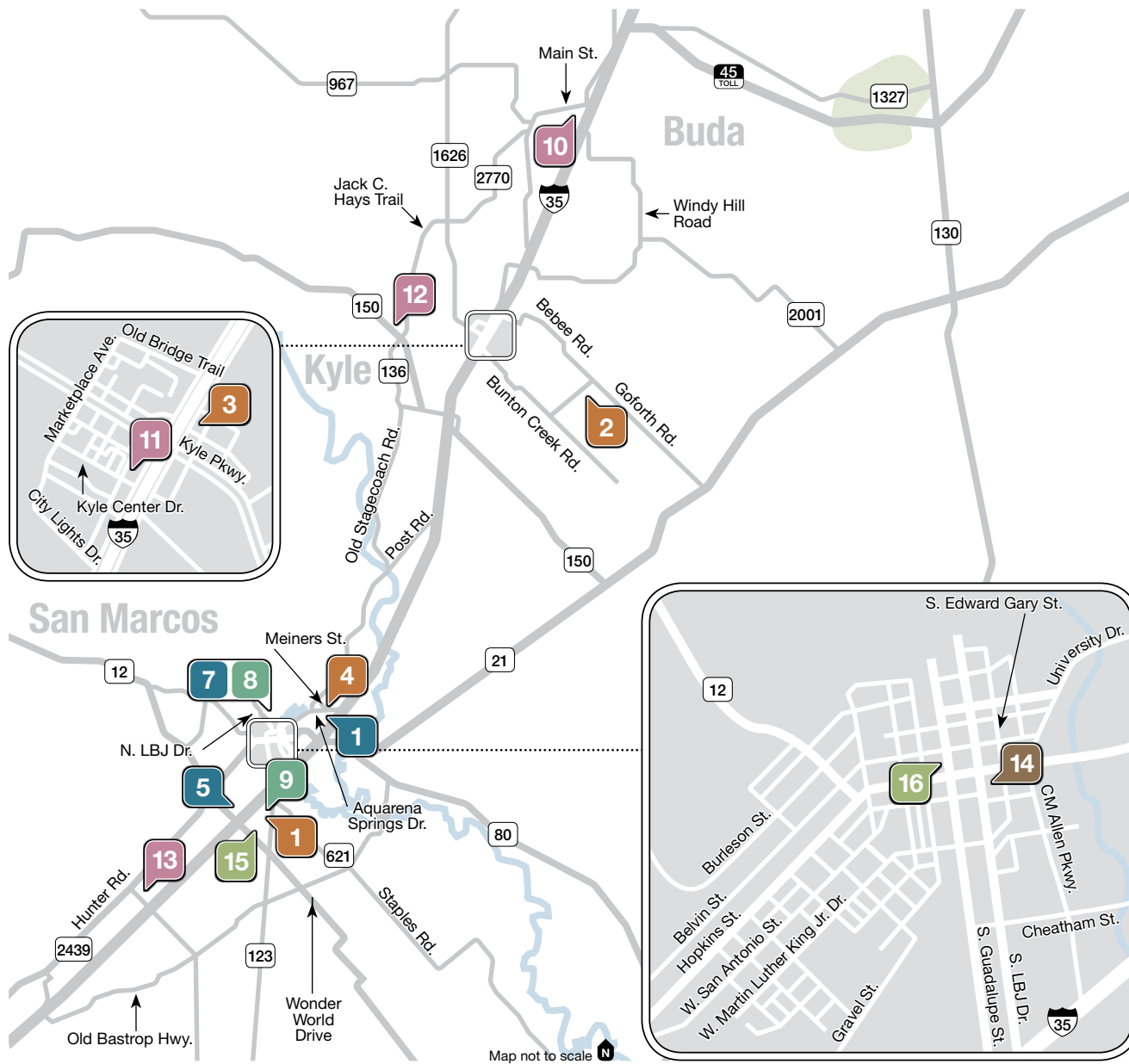
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IMPACTS



Now Open

1 Cheers Donut, 1300 Hwy. 123, Ste. 101, San Marcos, opened in early May. The shop bakes fresh doughnuts, kolaches and croissants each day, co-owner Richard Long said. Special orders are also available by request, including cronuts, which are

doughnuts made from croissants. The shop also sells coffee. 512-667-6750

2 Andrea and Martin Hernandez opened **Longhorn Daiquiris**, 2790B Goforth Road, Kyle, on April 15. The business serves more than 60 flavors of daiquiri, which can be consumed on-site or taken in to-go containers.

The business also serves snow cones for children as well as corn dogs, corn on the cob, nachos and Buffalo wings. Andrea said she expects to expand the business's food offerings with burgers and brisket in the near future. 512-400-9657

3 Pollo Tropical, 20471 S. I-35, Kyle,

held a ribbon-cutting May 20. The restaurant serves citrus-marinated, flame-grilled chicken with various sauces and sides. 512-262-1018. www.pollotropical.com. Twitter: @pollotropical

4 Sakura Sushi and Steak, 117 Meiners St., San Marcos, opened June 6. Co-owners Wade and Stephanie Lin said the new restaurant features sushi, which is served on a conveyor belt that winds through the dining area, as well as hot pots, traditional Asian dishes consisting of broth with meat, vegetables and other ingredients. The restaurant also features a full bar and a hibachi grill. 512-757-8785

Coming Soon

5 Jeff and Greg Harper plan to open **Figaro's Pizza & Pub** at 243 Wonder World Drive, Ste. 100, San Marcos, by September. The family-owned restaurant will serve pizzas, burgers, pastas, salads and appetizers. Figaro's will also feature a bar with 24 beers on tap. The restaurant will feature a covered patio as well. 512-667-6825. www.facebook.com/figarossanmarcos

6 Pollo Tropical, 1439 N. I-35, San Marcos, will open in September. The restaurant serves citrus-marinated, flame-grilled chicken with various sauces and sides. The restaurant, located at the corner of I-35 and Aquarena Springs Drive near a new In-N-Out Burger, also sells sandwiches, soups, salads and desserts. www.pollotropical.com. Twitter: @pollotropical

7 Cheer & Chow, 700 N. LBJ Drive, San Marcos, will open in mid-July or early August. The business will be a combination restaurant and market. Owner Martin Gentry said

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the business will feature a wide variety of dishes and a continually evolving menu. cheerandchow@gmail.com

Relocations

8 Mochas and Javas, 700 N. LBJ Drive, Ste. 103, San Marcos, will relocate to 700 N. LBJ Drive, Ste. 100, San Marcos, by late June or early July, Marketing Director Grace Mills said. The relocation will allow the cafe—which has four locations in San Marcos—to grow its interior floor space by 1,200 square feet. The cafe's menu includes salads, sandwiches, tea, smoothies and coffee drinks. 512-396-5282. www.mochasandjavas.com

9 El Taco Feliz, 1130 Hwy. 123, San Marcos, relocated from 310 Guadalupe St., San Marcos, in March. Owner Javier Llamas said the food truck has locations in San Marcos, Martindale and Lockhart. The truck serves gorditas, taquitos, tacos and other dishes. 512-357-6710

School Notes

Yvette Cantu, gifted and talented educator at Travis Elementary, was selected as a 2016 Rural Trust Global Teach Fellow in April. The award provides fellowships to support the professional and personal development of teachers in rural communities, and it includes funding for a self-designated summer learning experience. 512-393-6700. www.smcisd.net

Anniversaries

10 Buda's Protein Weight Loss Center, 1645 Main St., Ste. A, Buda, celebrated its first anniversary in March. Co-owners Debby Brewington and Kelly Reyes help customers

achieve weight-loss goals through the Ideal Protein Weight Loss Program. The business also offers free weight-loss workshops throughout each month during which customers can sample Ideal Protein Weight Loss Program foods. 512-295-0173. www.budaweightloss.com

11 Greater Texas Federal Credit Union, 5433 Kyle Center Drive, Kyle, celebrated its first anniversary June 10. The banking branch includes two drive-thru lanes and a drive-thru ATM. Teller stations are available in the lobby. 512-268-2009. www.gtfcu.org

12 Melissa Davis and Diane Himelfarb celebrated the one-year anniversary of their business, **Mirror Mirror Salon and Spa**, 6160 FM 2770, Ste. B, Kyle, on May 27. The business employs five stylists, a nail technician and massage therapist. The business doubled its space in the past year, from 1,000 square feet to 2,000 square feet. Coffee and water are available for guests as well as beer and wine in the evenings. 512-268-5108. www.mirrormirrorsas.com

13 Zaxby's, 4002 S. I-35, San Marcos, celebrated its first anniversary June 8. The fast-casual restaurant chain serves prepared-at-order chicken fingers, wings, sandwiches and salads. The restaurant also features a drive-thru. 512-805-6000. www.zaxbys.com. Twitter: @zaxbys

Expansions

14 The Root Cellar Bakery & Catering Co., 142 N. LBJ Drive, San Marcos, received a beer and wine permit from the Texas Alcoholic Beverage Commission in May. In addition to coffee and pastries, the cafe sells a variety of beers, including

Lagunitas Double IPA and Real Ale Imperial Stout, as well as wine, including Francis Coppola Merlot and Louis Jadot Beaujolais. 512-667-6120. www.rootcellarcafe.com/bakery

Name Change

15 The Central Texas Ambulatory Endoscopy Center, 1305 Wonder World Drive, Ste. 105, San Marcos, was renamed as the **Christus Santa Rosa Physician Ambulatory Surgery Center—San Marcos** in May. The facility employs board-certified physicians, including Drs. John Cluely, Edward F. Coles, W. Kern Deschner, Thomas Kepczyk, Shannon J. Marek, and Carlos A. Neghme. The center offers outpatient endoscopy and gastrointestinal services. 512-754-8676. www.christussantarosa.org/outpatientsurgery

16 DaVinci Robotech, 117 N. Guadalupe St., Ste. 101, San Marcos, changed its name to **KidTech Robotics** in May. Owner Johnny Vargas said the business offers children's classes and summer camps that focus on building robots and using science, technology, engineering and math. 512-527-4818

In the News

On May 24 the **Kyle Area Chamber of Commerce** presented the winners of the 2016 Excellence in Commerce Awards at a luncheon. Winners included the Hays CISD Education Foundation, nonprofit of the year; Irene Melendez, volunteer of the year; Allen Deaver of Sky Realty, businessperson of the year; Texas Pie Company, small business of the year; Central Texas Speedway, medium business of the year; and Austin Regional Clinic, large business of the year. 512-268-4220. www.kylechamber.org

Compiled by Brett Thorne and Carlie Porterfield

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Cheers Donut, 1300 Hwy. 123, Ste. 101 San Marcos, opened in early May.



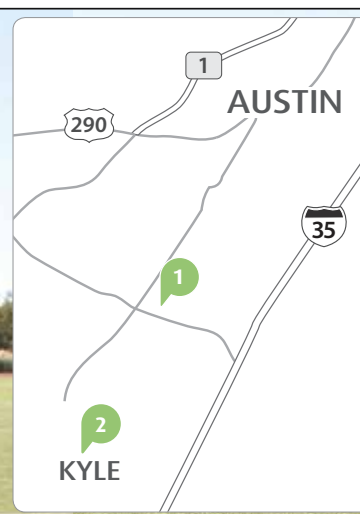
Pollo Tropical, 20471 S. I-35, Kyle, held a ribbon-cutting May 20.



Debby Brewington, co-owner of **Buda's Protein Weight Loss Center**, celebrated its first anniversary in March.



Mirror Mirror Salon and Spa co-owners Diane Himelfarb (right) and Melissa Davis celebrated its first year in business on May 27.



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BUSINESS FEATURE

My Emergency Room 24/7

San Marcos' first freestanding ER treats area's bumps, bruises, breaks and more

By Carlie Porterfield

July marks the second anniversary of the grand opening of San Marcos' first and only freestanding emergency room, My Emergency Room 24/7.

My Emergency Room 24/7 is open 24 hours a day, seven days a week and offers a range of services to customers facing medical emergencies.

"A lot of people in the community have told us they saw a need for us to be here and are glad we're here," said Casandra Harrington, My Emergency Room 24/7 business administrator.

The emergency center serves as an alternate option to going to a hospital emergency room, she said.

"It provides access to care that a lot of people may not have," Harrington said. "We definitely have a place in the community based on the number of people that come to us and that are happy with the care we provide."

The average wait time at My Emergency Room 24/7 is about 10 minutes, but being seen in the emergency room in a Texas hospital usually takes about an hour and a half, she said.

"The lower wait time is the biggest advantage [over a hospital]," Harrington said. "You don't have to wait as long before seeing a physician and actually getting treatment started, whereas sometimes in a hospital if you're not as emergent as another patient, you may be sitting there for a few hours."

Sometimes patients even come from nearby hospitals to My Emergency Room 24/7 because hospital staff had told them that they would have a wait of several hours, Harrington said.

The most common ailment patients come in with is abdominal pain, Harrington said. Lacerations, bone fractures and flu-like symptoms as well as general pain are also common. Although the center gets a lot of local business, there is usually a spike in visitor traffic during the summer months.

One of 11 rotating physicians is always at the center, with an ultrasound technician on call 24 hours a day. The center also has a registered nurse and a radiology technologist on-site 24 hours a day.

"The main thing I see from working here is how wonderful the patients feel when they leave," Harrington said. "They tell us constantly that they had a great experience and that they feel better. It's very rewarding to hear that feedback."

In addition to maintaining a focus on patient care, My Emergency Room 24/7 is also very active in the community, said community liaison Camille King. The company recently gave a "health habits" presentation to San Marcos CISD students.

The success of the San Marcos location has led to the launching of a second location, which will open in San Antonio in November.



My Emergency Room 24/7, San Marcos' first and only freestanding emergency center, opened in 2014 and can treat the same health issues most hospital emergency rooms can treat.



The facility has a CT scanner on-site, and a radiology technologist is on site 24 hours a day.



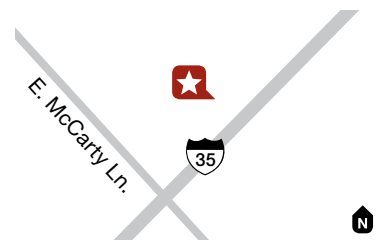
Medical Director Dr. Ryan Cradeur is one of 11 physicians on staff.

TOP 5 most common ailments

- 1 Abdominal pain
- 2 Lacerations, or deep cuts, such as cutting a finger
- 3 Bone fractures
- 4 Flu-like symptoms
- 5 Generalized pain



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DINING FEATURE

967 Food Truck Park

Mobile restaurateurs bring international flavors to edge of Buda's city limits

By Carlie Porterfield

In a field on the outskirts of Buda, among a collection of cornhole boards and horseshoe pits, two restaurants-on-wheels at 967 Food Truck Park serve authentic Thai and Mexican cuisine.

Taqueria Los Chilangos

Taqueria Los Chilangos owner Cristina Mendez is from Mexico City and serves up the same foods she grew up eating, she said.

"The food is 100 percent authentic Mexican. It's not Tex-Mex," Mendez said.

Taqueria Los Chilangos serves most of its customers during lunchtime, and its most popular dishes are the mini taco plates (\$6.99) and the Torta Chilanga (\$6.50), she said. The mini taco plate comes with five mini tacos with either al pastor—a slow-roasted pork—or steak, all for \$6.99. The Torta Chilanga comes with beans, lettuce, tomatoes, onions, jalapenos, avocados, mayo milanesa, chorizo, ham and cheese.

Mendez looked into food truck parks in Austin but ultimately decided to bring her truck to Buda.

"There's no other Mexican food trucks around in this area. I really like the area. It's a calm and simple place," Mendez said.

Mendez decided to start her own food truck after gaining experience working in other Mexican restaurants.

"Working for other people is good but doesn't give me the same satisfaction and doesn't bring me the same happiness," Mendez said. "I'm happy

in my business."

Thai 2 U

Ivori Bunthanom, owner of Thai 2 U, said it was her niece Ruth Musbach's idea to open a food truck. Musbach wanted to spend more time with her baby son, and a food truck allowed more flexibility than a 9-to-5 job.

Thai 2 U is a family effort; relatives will often give their advice for new ways to cook the food the truck offers, Bunthanom said.

"The whole family incorporates ideas together and supports us," she said.

Before opening Thai 2 U in April 2015, Bunthanom had never worked at a food truck, though she had experience in restaurants in New York City and Portland, Oregon cooking Cambodian, Laotian and some Chinese food.

"But my main passion is Thai food, because of all the flavors," Bunthanom said. "It's just layers and layers and layers of flavors."

Everything on the Thai 2 U menu is popular with customers, Bunthanom said, but Thai fried rice and the pad thai, a stir-fried noodle dish, are classics. All entrees cost \$10, tax included.

"We just love to cook," she said. "We want to share our healthy food with everyone."

The community's encouragement allowed Thai 2 U to celebrate its one-year anniversary in April, she said.

"The neighborhood is very, very friendly and supportive," Bunthanom said. "They actually appreciate [us] being here and try to give us the support we need to keep us here."



Buda's 967 Food Truck Park is home to two food trucks: Taqueria Los Chilangos and Thai 2 U.



The Torta Chilanga (\$6.50) is one of the most popular items on the menu at Taqueria Los Chilangos.



Thai 2 U's lemongrass noodles (\$10) includes rice noodles stir-fried in kaffir lime leaves, galangal, lemongrass, garlic and Thai chili.

BATTLE OF THE TRUCKS

City officials are planning to capitalize on the rising popularity of food trucks in Central Texas by holding a food truck competition in Buda this fall.

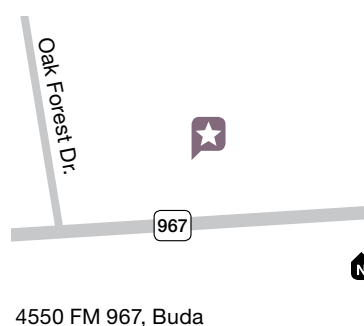
"We're looking at reaching out and getting food trucks from all over Central Texas to come out and have a good time," said J.R. Gonzales, Buda Area Chamber of

Commerce managing director.

Although a date has not been set, it will be held in November and set in the parking lot of Cabela's. The event will feature live music and free admission, Gonzales said.

"We'll invite the entire community out and hopefully turn it into an annual event," he said.

967 Food Truck Park



4550 FM 967, Buda

Taqueria Los Chilangos

512-744-5145
Hours: Mon.-Tue. 7 a.m.-5 p.m.
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Thai 2 U

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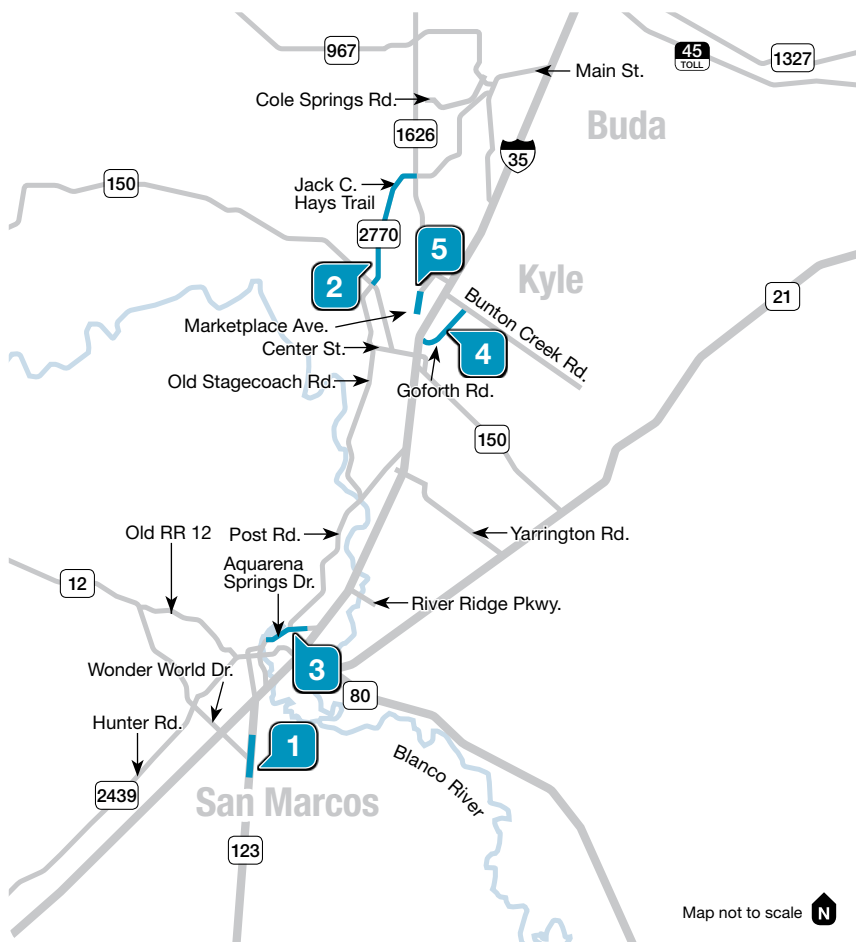
TRANSPORTATION UPDATES

Major projects in the area

Compiled by Brett Thorne



News or questions about these or other local transportation projects? Email us at sbknews@communityimpact.com.



Map not to scale

1 Hwy. 123 overpass

The Texas Department of Transportation is building an overpass on Hwy. 123 over Wonder World Drive in San Marcos. As of early June, the contractor had completed construction of access roads on either side of the new overpass and was working on building retaining walls and bridge columns.

Timeline: March 2015-mid-2017

Cost: \$11.6 million

Funding sources: TxDOT

2 FM 2770 resurfacing

TxDOT is resurfacing FM 2770 in Kyle from FM 150 to FM 1626 to improve driving conditions in that area. Weather conditions may affect the project completion date.

Timeline: May 16-late July

Cost: \$840,000

Funding sources: TxDOT

3 Aquarena Springs Drive overpass

The city of San Marcos partnered with TxDOT to build an overpass over the Union Pacific Corp. railroad tracks on Aquarena Springs Drive in San Marcos. When completed, the overpass will feature two travel lanes in each direction

as well as access roads on both sides of the overpass. The contractor was working on widening the road as of early June.

Timeline: June 2015-late 2017

Cost: \$20.7 million

Funding sources: TxDOT, city of San Marcos

4 Goforth Road improvements

Work on Goforth Road in Kyle, which will be expanded to include three lanes in some areas and two lanes in other areas between I-35 and Bunton Creek Road, began in April. As of early June, the contractor had begun working on placement of a storm drain system throughout the project area.

Timeline: April 2016-March 2017

Cost: \$6.6 million

Funding sources: city of Kyle

5 Marketplace Avenue extension

Construction on the extension of Marketplace Avenue—from its former endpoint at City Lights Drive to Burleson Road in Kyle—was completed in May. The road features a lane of travel in each direction as well as a center turn lane.

Timeline: fall 2015-May 2016

Cost: \$3.7 million

Funding sources: city of Kyle

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EDUCATION

Partnership aims to stoke SMCISD students' interest in STEM fields

By Brett Thorne

Elementary and middle school students in San Marcos CISD may be preparing for summer, but a collaboration among the district, Texas State University, NASA and El Centro Cultural Hispano de San Marcos aims to ensure learning continues even while school is out of session.

The Future Aerospace-Engineers and Mathematicians Academy, or FAMA, Project aims to promote science, technology, engineering and math, or STEM, education to district students, with a focus on historically underrepresented populations, including minorities and girls.

“As Americans we are great technology users, but we haven’t kept up the same pace as other countries as being the developers of the technology,” said Araceli Ortiz, director of the LBJ Institute for STEM Education and Research at Texas State. “There are a few [Americans who have developed revolutionary technologies], so that’s great for those few millionaires. ... But I think all of our citizens need to have a slightly different perspective.”

The FAMA Project aims to change students’ perspectives through increased STEM instruction in SMCISD classrooms, after-school STEM activities and summer camps, which will be held throughout the summer for students in grades 3-8 at no cost to the students or their families because of a \$400,000 grant awarded by NASA in October.

Ortiz said she has been holding similar camps for SMCISD students since 2013. The response from students eager to participate year after year has been

encouraging, she said.

“It’s surprising that once kids realize it’s an academic camp they’re still so excited about it,” Ortiz said. “It’s not arts and crafts. It’s not run around and play outdoors. Those are great experiences, but that’s not what this is. This is a fun, hands-on academic camp.”

In an effort to make the camps accessible to every SMCISD student, the district has agreed to provide free transportation to the camps as well as free meals for each camper.

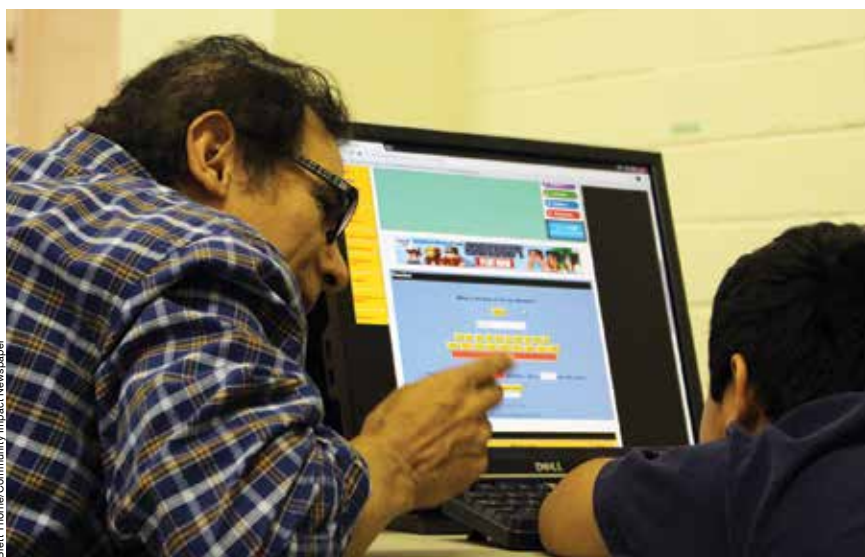
Improving involvement in STEM fields has also been a goal of the state of Texas.

In October 2000, the Texas Higher Education Coordinating Board began tracking the state’s progress in a variety of education fields, including STEM, in annual reports titled “Closing the Gaps.”

According to the 2015 CTG report, the number of STEM degrees awarded in Texas has been increasing in recent years. However, the state will likely not meet THECB goals for the number of STEM-related degrees and certifications or the number of STEM teacher certifications awarded in the state.

“The number of STEM awards, which was relatively stagnant for several years at the beginning of CTG, has improved steadily in the last seven years,” the report states. “Moving forward, continued growth in these fields will be critical for Texas.”

Nicole Dray, director of elementary curriculum, instruction and federal programs at SMCISD, said the district began implementing more STEM curriculum in fourth- and fifth-grade classrooms in the spring semester.



SMCISD teacher Jesse Villalobos tutors a student at an after-school activity organized by the Future Aerospace-Engineers and Mathematicians Academy, or FAMA, Project.

Summer camp calendar

The Future Aerospace-Engineers and Mathematicians Academy, or FAMA, Project aims to generate interest in science, technology, engineering and math, or STEM, fields among minorities and girls in San Marcos CISD. This summer the FAMA Project will offer free camps to every SMCISD student in grades 3-8. For information call 512-878-0640, or visit www.txstate.edu/fama.

July 4-9	July 11-16	July 25-30
Third grade 8 a.m.-3 p.m. Materials engineering	Fifth grade 8 a.m.-3 p.m. Aerospace engineering	Seventh grade 8 a.m.-3 p.m. Life in space
July 11-16	July 18-23	Aug. 1-6
Fourth grade 8 a.m.-3 p.m. Mechanical engineering	Sixth grade 8 a.m.-3 p.m. Lego robotics	Eighth grade 8 a.m.-3 p.m. Aerospace and rockets

Source: Future Aerospace-Engineers and Mathematicians Academy/Community Impact Newspaper

“Really what we’re working for is to develop that future scientist, that future engineer ... and maybe spark their interest to pursue it at the post-secondary level,” Dray said.

Sara Torres, a Travis Elementary School teacher who helps manage the FAMA Project, said she is already seeing the program bear fruit with her students. At the start of the 2015-16 school year, Travis Elementary School students were asked what they wanted

to do when they grow up.

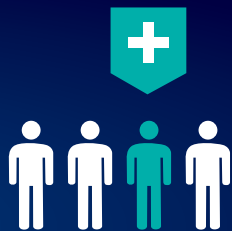
One student who participated in Ortiz’s camps the previous summer was quick to answer that he was going to be an engineer, Torres said.

“In one week that we had for camp last summer, he’s already got that idea that, ‘Oh I’m going to be an engineer, and this is what I’m going to design,’” Torres said. “For me the success rate of the project [is measured by] the kids who keep coming back.”

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Duke Saldivar, MHA | Chief Executive Officer

Warm Springs Rehabilitation Hospital of Kyle is the only state-of-the-art inpatient and outpatient physical rehabilitation facility in Hays County. A Seton Healthcare Family partner with Post Acute Medical, the Rehabilitation Hospital accepted its first patient in August of 2014. Specializing in the rehabilitation of patients with diagnoses of stroke, brain injury, spinal cord injury, orthopedic conditions, neurological conditions and pulmonary disease, Warm Springs Rehabilitation Hospital of Kyle uses a team of highly trained specialists directed by a Physical Medicine and Rehabilitation physician. The team also includes physical therapists, occupational therapists, speech pathologists, rehabilitation nurses, respiratory therapists, clinical pharmacists, and dietitians. The rehabilitation treatment team is supported by internal medicine physicians, pulmonologists, cardiologists, wound care specialists and ancillary staff. State of the art imaging facilities, laboratory, mobility and balance equipment and a saltwater pool define the hospital uniquely in the rehabilitation hospital space in Central Texas.





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TELEMEDICINE

Providers, insurers push for tech to meet demand for physicians

By Brett Thorne

When a patient arrives at Central Texas Medical Center in San Marcos presenting symptoms of a stroke, he or she receives a brain scan, and a mobile video conferencing cart is brought to their bedside.

By the time the scan is completed, a physician in another city appears on the screen to consult with the patient and gauge whether he or she has experienced a stroke—and needs immediate transfer to a neurologist in Austin—or is experiencing a less severe medical issue that can be cared for in-house.

Previously that patient would have had to wait many minutes for CTMC staff to get a doctor on the phone and explain the situation in order to get a recommendation for treatment.

“It has streamlined our care for these patients because time is very, very important for these patients,” said Kara Meyers, CTMC stroke and chest pain coordinator. “When you have to be making phone calls to all these hospitals trying to get a doctor on the phone ... that’s very time-consuming. Now we don’t have to wait for any of that. We just hit a button, and the doctor is there.”

CTMC’s stroke-treatment strategy is one example of how telemedicine, the treatment and remote diagnosis of patients by means of telecommunications technology such as smartphones, video conferencing and other means, is

being used by health care providers to improve patients’ outcomes.

Some involved in the health care industry say telemedicine could help address Texas’ physician shortage. Merritt Hawkins, a physician search and consultation firm, estimates Texas needs to add 12,819 physicians to bring it up to the nation’s per-capita average, but others believe it needs to be regulated tightly to ensure patient safety.

CommUnity Care, an Austin-based health care provider with 25 clinics in Central Texas, began using telemedicine in March 2014. Since then it has been added to 10 of the provider’s locations.

Wendy Salazar, practice manager at CommUnity Care’s Austin/Travis County Integral Care Unit, said psychiatric services are one of the primary fields served by telemedicine. The lack of necessity for a physical examination makes video-based consultations especially effective in psychiatry, she said.

Since CommUnity Care began utilizing telemedicine appointments for clients seeking psychiatric services, the provider’s “no-show” rate for first-time appointments—a closely tracked statistic for most psychiatric care providers—fell from 48 percent to about 24 percent, she said.

Dr. Kwame Asamoah owns and operates the Pflugerville-based ExpressMD Urgent Care, which recently began implementing



**12,819
NEW PHYSICIANS**

would need to be added to Texas’ health care providers to reach the national average of physicians per 100,000 people, according to Merritt Hawkins, a physician search and consulting firm.

The situation is especially dire in rural areas, where

**10 HOSPITALS
HAVE CLOSED**
since 2010, the report states.



TELEMEDICINE,

the use of health care information transmitted via electronic communications such as smartphones, tablets and videoconferencing, may help meet some of that demand by providing access to physicians in historically underserved areas.

Sources: Merritt Hawkins, IHS Inc./Community Impact Newspaper

telemedicine in its practice. The company has contracted with dozens of employers in Central Texas for work site urgent care.

When a worker is hurt on the job ExpressMD sends a technician equipped with a video-capable tablet and other medical equipment to the site. The technician is able to facilitate a consultation between the injured worker and Asamoah or another of ExpressMD’s board-certified physicians on staff.

Prescriptions can be written if necessary, and the physician can advise the worker on how to treat the injury, Asamoah said.

“[The employer] doesn’t have to lose

another worker who is going to put [the injured worker] in a car and drive him away from the work site in order to be seen,” he said. “The employer saves a lot of money that way.”

Asamoah said he does not see health care providers’ adoption of telemedicine slowing any time soon. In Texas especially, he said, the increasing patient population will make it difficult for providers to keep up with demand.

“It’s going to be more and more difficult for patients to find health care services they need, so I think this idea of telemedicine where they can be seen relatively quickly by a distant provider is actually going to become a necessity,” Asamoah said.

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NEWS BRIEFS

Compiled by Carlie Porterfield and Brett Thorne

Hays County hospitals achieve top safety ratings

Central Texas Medical Center in San Marcos and Seton Medical Center Hays in Kyle each received an “A” grade for patient safety from the Leapfrog Group, a national hospital watchdog, in May.

The ratings were based on patient satisfaction outcomes such as preventable errors—including instruments being left inside patients after surgery as well as accidental cuts and tears during surgery.

“Ensuring our patients’ safety while they are in our care is the job of every single person that works at Central Texas Medical Center,” CTMC President and CEO Anthony Stahl said

in a news release. “We’re gratified to be recognized once again with the highest hospital safety score by the Leapfrog Group’s elite program.”

Neal Kelley, vice president and chief operating officer at Seton Hays, said the hospital has made numerous conscious decisions to improve patient safety. Many hospitals staff their intensive care units with internal medicine doctors, he said, but Seton Hays made a decision to hire board-certified intensivists, doctors who have been specially trained in critical care.

“Internal medicine doctors work all throughout the hospital, but when you

have special ICU physicians who are trained in critical care, your outcomes are proven to be better,” Kelley said.

Kelley said the hospital plans to continue striving for A ratings in the future.

The safety scores are released twice annually and cover the spring and fall.

“Avoidable deaths in hospitals should be the No. 1 concern of our health care leaders. Hospitals that earn an ‘A’ from Leapfrog are leaders in saving lives, and we commend them and urge their continued vigilance,” said Leah Binder, president and CEO of the Leapfrog Group.

HOSPITAL SAFETY REPORT CARDS

SETON	Spring	Fall
2013	B	C
2014	B	B
2015	B	A
CTMC	Spring	Fall
2013	C	C
2014	C	D
2015	A	A

Sources: Leapfrog Group/Community Impact Newspaper



Seton Medical Center Hays, 6001 Kyle Parkway, Kyle, opened two new labor and delivery rooms May 31. The hospital now has six labor and delivery rooms.

Anticipating growth, Seton Hays adds two labor and delivery rooms

Seton Medical Center Hays opened two new labor and delivery rooms May 31. The additional rooms are aimed at helping the hospital keep pace with growing demand, said Dr. Fausto Meza, vice president of medical affairs at Seton Hays.

“We’re [adding the new labor and delivery rooms] because we have been here in this community, and we’ve been growing,” Meza said. “We need more room to service our community.”

Nikki Rivers, Seton Hays chief nursing officer, estimated the hospital was delivering about 30-35 babies each month when it opened on Oct. 1, 2009. The hospital is now delivering about 80-90 babies each month, she said. Seton officials expect that number to increase to 100 babies per month soon.

Rivers said she expects this summer

to be one of the busiest periods in the nearly seven-year history of the hospital’s maternity ward.

The addition brings the hospital’s total number of labor and delivery rooms to six. In addition to those rooms, birth-related services and amenities offered at Seton Hays include seven staff obstetricians, hospitalist pediatricians, a Level II neonatal intensive care service, two operating room suites, lactation services, a high-tech infant security system, in-room sleeping accommodations for families, and prenatal and breastfeeding education.

“We’re always looking to grow,” Meza said. “Stay tuned. We have some growth coming up. We’re really just listening to the community and finding out what they need more of.”

CTMC offers ‘revolutionary’ blood clot treatment using acoustic pulse

In late spring, Central Texas Medical Center became the first hospital in the region to perform a procedure that uses ultrasound waves to break up blood clots.

During the EKOS Acoustic Pulse Thrombolysis procedure, a catheter is guided to a blood clot, where it releases an acoustic pulse that makes the clot more receptive to medication known as a thrombolytics.

“It’s a pretty revolutionary device,” CTMC Interventional Cardiologist Anthony Cedrone said. “This catheter actually breaks up the blood clots and then delivers a blood-thinning medication directly into the blood clot.”

Previously, patients treated for blood clots had to take medication orally.

The three conditions EKOS treats are pulmonary embolisms, peripheral arterial occlusions and deep-vein thrombosis, all of which are associated with blood clots. Typically, these issues are treated with traditional blood thinners.

Cedrone said the EKOS treatment generally leads to better outcomes for patients.

One San Marcos woman has received the EKOS treatment so far, and Cedrone said it went well. Blood clots are a common problem in San Marcos, and being able to treat them locally is good for everyone, he said.

“I think any community that’s growing such as San Marcos is should be able to take care of their sickest patients right here at home,” Cedrone said.

CONDITIONS TREATABLE BY EKOS

PULMONARY EMBOLISM

A pulmonary embolism occurs when one or more clots travel from existing clots in the arms or legs through the body and get trapped in the lungs, where they can block the circulation of oxygen. This can lead to a strain on the heart’s ability to pump blood, increasing the likelihood of heart failure or cardiovascular collapse.

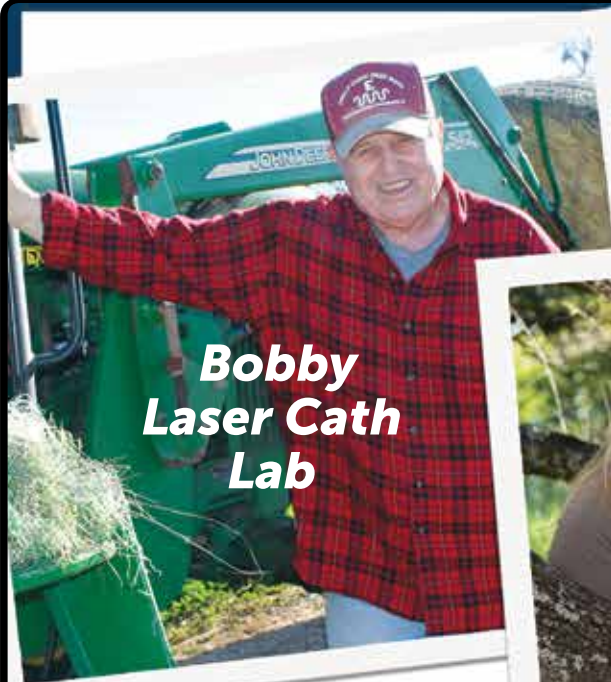
DEEP VEIN THROMBOSIS

Deep-vein thrombosis occurs when a blood clot forms in a deep vein, or a vein away from the body’s surface, and limits blood flow. DVT is a potentially life-threatening condition and is most common in the leg or pelvis, but can also occur in an arm or the chest.

PERIPHERAL ARTERIAL OCCLUSION

Most commonly the result of the hardening of the arteries, or atherosclerosis, peripheral arterial disease occurs when cholesterol and scar tissue build up to form plaque inside the arteries of the feet and legs, and sometimes arms. This decreases blood flow and can lead to clots.

Sources: Central Texas Medical Center/Community Impact Newspaper



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Wound Care Institute

Rehabilitation Institute

NEWS BRIEFS

Compiled by Carlie Porterfield and Brett Thorne

San Antonio-based health care provider expands to San Marcos

Christus Santa Rosa expanded to San Marcos in April after merging with a longtime San Marcos-based endoscopy center.

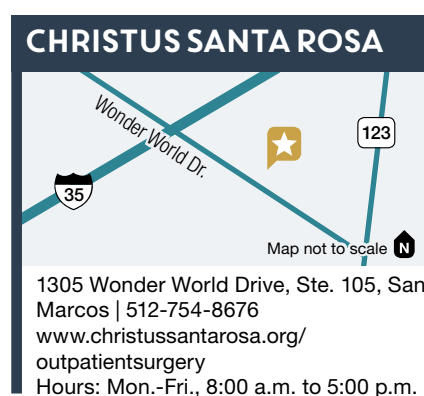
The Central Texas Ambulatory Endoscopy Center was rechristened as the Christus Santa Rosa Physicians Ambulatory Surgery Center—San Marcos, or CSR-PASC-SM, in May. The practice is located at 1305 Wonder World Drive, Ste. 105. The facility provides endoscopic and gastrointestinal services in an ambulatory—or outpatient—setting.

Christus Santa Rosa, a San Antonio-based health care provider, has owned and operated the Christus Santa Rosa Physicians Ambulatory Surgery Center New Braunfels since 2009.

Ken Haynes, president and CEO of Christus Santa Rosa, said the New Braunfels center has been serving patients along the I-35 corridor, including residents of the San Marcos area, since it opened.

“Going into San Marcos and working with those physicians really allows us to do what we like to do best, which is keep care closer to home,” he said.

The CSR-PASC-SM will continue employing the six board-certified physicians who previously practiced at the Central Texas Ambulatory Endoscopy Center, including Drs. John Cluely, Edward F. Coles, W. Kern Deschner, Thomas Kepczyk, Shannon J. Marek and Carlos A. Neghme.



New spine surgeon to focus on Hays, Caldwell, Bastrop counties

A new doctor joined Seton Medical Center Hays, 6001 Kyle Parkway, Kyle, to become the only full-time spine surgeon serving Hays, Caldwell and Bastrop counties.

Dr. Vincent Wang, who has years of experience treating a full range of back and spine problems, began seeing patients at Seton Hays in April. Before moving to Central Texas, Wang worked in Sugar Land at the Texas Spine and Neurosurgery Center, he said.

Wang specializes in minimally invasive spine surgeries, said Fausto Meza, Seton Hays vice president of medical affairs.

“Here, prior to Dr. Wang coming, we didn’t have that whole spectrum of care,” Meza said.

Back pain caused by spinal problems is a prevalent issue, and local hospital officials saw plenty of demand for a surgeon to handle it, Meza said.

“People with back pain are very common in the outpatient setting,”

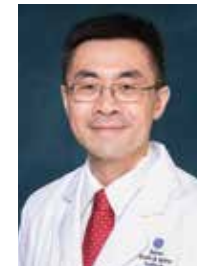
Meza said. “Not all of them need surgery, but when you do, you definitely want a good physician.”

Before Wang’s arrival, patients in Hays County would have to travel to Austin, San Antonio or even Houston to undergo certain procedures. But now, Wang can treat patients close to home.

“For a community that’s growing so quickly, that’s something that people really look for,” Meza said.

Wang said he hopes to help improve Seton Hays’ programs during his time in Hays County.

“In the Kyle practice, we are going to try to build up a more comprehensive spine program,” Wang said. “That will be the goal. It’s still fairly early on, but so far I enjoy my time here very much.”



Vincent Wang

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“I could not have asked for a more friendly and caring staff,” said Vernon McDonald. Mr. McDonald said the food was great and he enjoyed happy hour. He was also impressed with the cleanliness of the facility. Mr. McDonald expressed that he would “definitely come back to the facility” if he needed to in the future, and would recommend the facility to family and friends.



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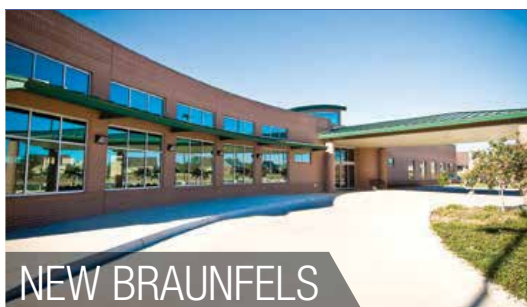
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SPRING ALLERGY GUIDE

Compiled by Caitlin Perrone Designed by Kara Nordstrom

A rainy spring has ushered in green trees, but spring is also tree pollen season. This guide includes information on local allergens and tips on when it is a good idea to visit an allergist.

COMMON LOCAL ALLERGENS IN SPRING



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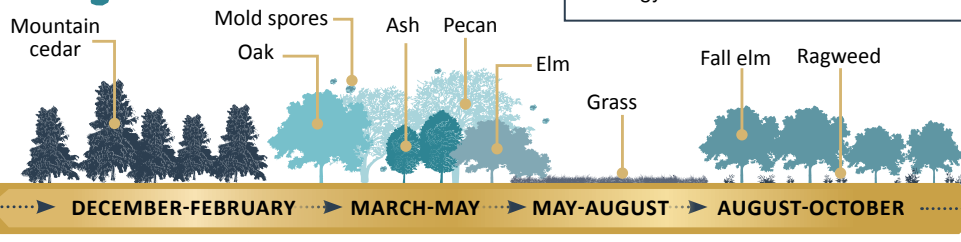
Nasal steroids: Flonase, Nasacort, Rhinocort
Sprays to relieve nasal congestion

Saline sinus rinses: rinses mucus, pollen, dust and mold from the nose and clears sinuses

Prescription versions: Nasonex, Qnasl, Zetonna
Treat the same symptoms as antihistamines and nasal and sinus congestion, but are more effective than antihistamines



SEASONAL POLLENS



A GUIDE TO LOCAL TREE POLLEN

Oak, ash, elm and pecan trees pollinate in the spring, and unique to the Austin area is the winter pollination of mountain cedar. The drought experienced by Texas in the past several years diminished most seasonal pollination, but recent rains will increase pollination and symptoms for allergy sufferers, according to the Allergy & Asthma Associates in Austin.

WHEN SHOULD I SEE AN ALLERGIST?

- If you are unable to manage allergies with the aforementioned treatments
- If your symptoms last for several months of the year
- If allergies cause other problems, such as repeated sinus infections or trouble breathing
- If you had a severe reaction to a bug bite or sting
- If you are interested in testing to find out what you are allergic to
- If you are interested in allergen immunotherapy—shots or sublingual drops

Sources: Allergy & Asthma Associates, Johnson & Johnson/Community Impact Newspaper

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REGIONAL HIKING AND NATURE TRAILS GUIDE

Compiled by Lyndsey Taylor • Designed by Kara Nordstrom

CENTRAL TEXAS offers many state parks, nature trails and areas for hiking. This guide includes regional trails and parks in Central Texas in which hikers can find places to hike and find other outdoor recreational activities such as fishing, camping, boating, scuba diving and biking. This list is not comprehensive.



Courtesy Texas Parks & Wildlife Department

BASTROP STATE PARK

100 Park Road 1A, Bastrop
512-321-2101
www.tpwd.state.tx.us/state-parks/bastrop

Guests can stay overnight at campsites, historic cabins or an RV site. The park includes 7 miles of trails and a pool, which is open from May through September. For those interested in biking or driving through the scenery, the park offers 12 miles though the forested Lost Pines. Guests can also fish in the 0.5-acre Lake Mina.

BERRY SPRINGS PARK AND PRESERVE

1801 CR 152, Georgetown
512-943-1920
<http://parks.wilco.org>

The park includes a 2.5-mile hike and bike trail. Other activities at the park include camping, hiking and fishing.

BLANCO STATE PARK

101 Park Road 23, Blanco
830-833-4333
www.tpwd.state.tx.us/state-parks/blanco

The park's hilly terrain includes cedar and pecan trees. Guests can camp at premium sites with water and electricity or inside screened-in shelters. Fishing is also available.



Courtesy Canyon of the Eagles Nature Park & Resort

CANYON OF THE EAGLES NATURE PARK & RESORT

16942 FM 2341, Burnet
512-334-2070
www.canyonoftheeagles.com

The 940-acre nature park has 14 miles of designated nature trails, some of which will be unavailable until Aug. 31 because of the nesting season for the golden-cheeked warbler and black-capped vireo, according to Canyon of the Eagles staff. Trails are available for use by overnight guests at the resort and to visitors who pay a day-use fee.



Courtesy Chase Fountain/Texas Parks & Wildlife Department

COLORADO BEND STATE PARK

P.O. Box 118, Bend
325-628-3240
www.tpwd.state.tx.us/state-parks/colorado-bend

Hikers can walk through 32 miles of multiuse routes. Other activities on-site include camping, mountain biking, caving, fishing, swimming and guided tours. The park is located in the canyon lands of the Colorado River, which has slow-moving water.

ENCHANTED ROCK STATE NATURAL AREA

16710 RR 965, Fredericksburg
830-685-3636
www.tpwd.state.tx.us/state-parks/enchanted-rock

Rock climbing, geocaching and picnicking

are among the area's activities. A park store offers some gift items, and Sweet Marlets offers food, drinks, frozen treats and other items. Campers can purchase firewood on-site, and are asked to bring their own drinking water for water preservation.



Courtesy Chase Fountain/Texas Parks & Wildlife Department

INKS LAKE STATE PARK

3630 Park Road 4 West, Burnet
512-793-2223
www.tpwd.state.tx.us/state-parks/inks-lake

Hikers can travel through shady forests and rocky hills throughout the 7.5 miles of trails the park offers. Pecan Flats, a 3.3-mile trail, is ideal for families, according to Texas Parks & Wildlife Department. Water activities include water skiing, swimming, boating, scuba diving and fishing.

LAKE CREEK TRAIL

Entrances to the parking lot are at 9100

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- **PLUS!** Discounts on program registration

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& SAVE \$48**

Meadow Heath Drive, Austin, and at the intersection of Braes Valley and Effingham streets in Austin
512-943-1920
<http://parks.wilco.org>

Running along Lake Creek connecting Parmer Lane to Broadmeade Avenue, Lake Creek Trail is approximately 1.5 miles long. The trail is primarily concrete and includes one free-span pedestrian bridge and two low-water crossings. The park includes parking spaces and benches on its 13 acres.



MCKINNEY FALLS STATE PARK

5808 McKinney Falls Parkway, Austin
512-243-1643
www.tpwd.texas.gov

Nearly 9 miles of trails at this park wind through the Hill Country. The 2.8-mile Onion Creek Hike and Bike Trail has a hard surface suitable for strollers and road bikes. The Rock Shelter Trail is only for hikers and is the location of where early park visitors camped. The site offers campsites with water and electric hookups and six newly remodeled cabins.

PACE BEND PARK

2805 N. Pace Bend Road, Spicewood
512-264-1482
<https://parks.traviscountytx.gov/find-a-park/pace-bend>

Located in western Travis County, amenities include more than 9 miles of trails along Lake Travis. The 1,368-acre park includes campsites with water, showers and electrical hookups; primitive campsites; an RV dumping station; and nature and primitive hiking trails.



PEDERNALES FALLS STATE PARK

2585 Park Road 6026, Johnson City
830-868-7304
www.tpwd.state.tx.us/state-parks/pedernales-falls

Guests can hike or bike the park's trails located in the Hill Country. Trails include the 0.5-mile Twin Falls Nature Trail and a 6-mile Wolf Mountain Trail, and other activities include tubing, canoeing and kayaking the river at the Trammel's Crossing. The park also offers 10 miles of rugged trail for horseback riding.

SAN GABRIEL PARK TRAIL

445 E. Morrow St., Georgetown
512-930-3595
www.parks.georgetown.org/hike-bike-trails

The 1.6-mile granite trail loops around San Gabriel Park. On the North San Gabriel River, there is a 1-mile lighted concrete trail that spans from San Gabriel Park to Rivery Park. On the south side of the river there is a 1-mile lighted concrete trail that begins at Walden and College streets and ends at Blue Hole Park. These trails connect to 9 miles of trails along the San Gabriel river.

SOUTHWEST WILLIAMSON COUNTY REGIONAL PARK

3005 CR 175, Leander
512-943-1920 • <http://parks.wilco.org>

A crushed-granite hike and bike trail is located along the developed parkland and the Jim Rodgers trail comprises 1.9 miles. The park comprises close to 800 acres and offers basketball and tennis courts, a 400-meter track and Cedar Rock Railroad, a miniature train that runs through the area.

KNOW YOUR VENOMOUS SNAKES

Compiled by Emilie Shaughnessy • Designed by Ethan Hill

Central Texas residents engaging in outdoor activities near water or rocky or wooded areas may encounter four different types of venomous snakes. Venomous snakes may not release venom with every bite, but a venomous bite can cause severe injury or even death.

TYPES OF VENOMOUS SNAKES IN TEXAS



Photos courtesy of Texas Parks & Wildlife Department

COPPERHEAD

HABITAT: forests, rocky areas, swamps or near sources of water

MARKINGS: reddish to golden tan skin with hourglass-shaped gray or brown bands and a copper-colored head

HABITAT: lakes, ponds, marshes and ditches—may bite underwater

MARKINGS: dark brown or black skin with dark brown bands and white interior of mouth



COTTONMOUTH (Water moccasin)

HABITAT: mountains, prairies, deserts and beaches; often found sunning on logs or boulders

MARKINGS: eight varieties found in Texas ranging from light gray to brown skin with dark crossbands, blotches or diamond-shaped markings



RATTLESNAKE

HABITAT: forests, marshes and beaches; often found in leaf piles or burrowed into the ground

MARKINGS: red, yellow and black skin with red and yellow bands touching



CORAL SNAKE

WHAT TO DO IF YOU, YOUR PET OR SOMEONE ELSE IS BITTEN BY A SNAKE

- Seek medical attention immediately. After eight to 10 hours, antivenom treatment is generally ineffective.
- Remember the color and shape of the snake to help with treatment.
- Keep the bite victim calm and still to slow the spread of venom if the snake is poisonous.
- Wash the bite area with a disinfectant if available and remove jewelry or tight-fitting clothing before the onset of swelling.
- Keep the bite below heart-level.

Sources: Texas Parks & Wildlife Department, U.S. Centers for Disease Control and Prevention/Community Impact Newspaper

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& Flu-like Symptoms



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Vomiting & Diarrhea

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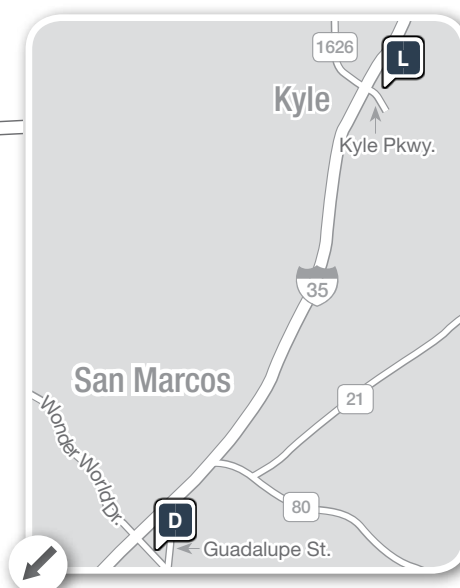
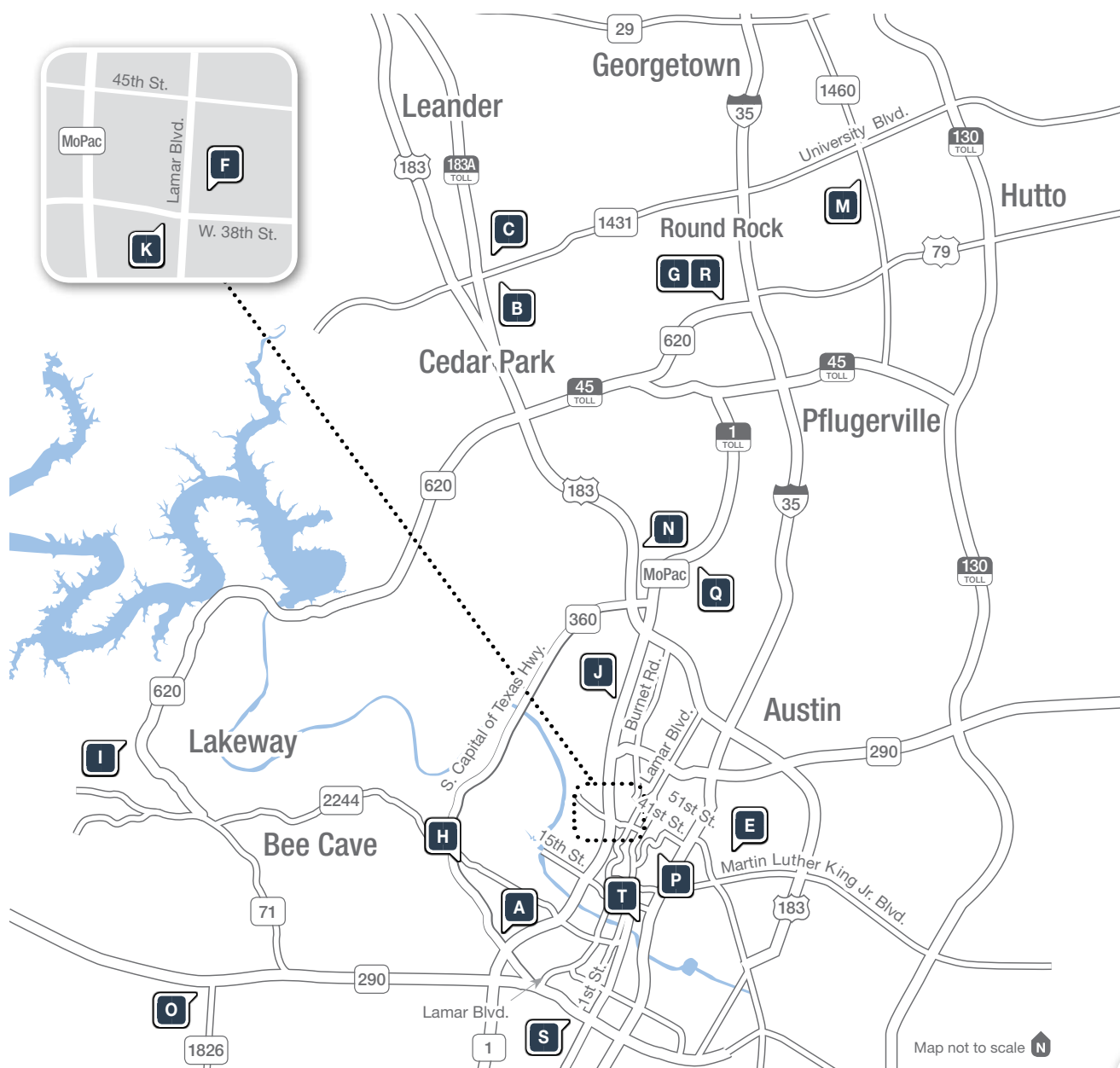
¹ Estimated savings, your insurance plan may differ

² Convenience fee may be covered by your insurance plan



AUSTIN REGIONAL CLINIC

REGIONAL HOSPITALS



A Arise Austin Medical Center
3003 Bee Caves Road, Austin
512-314-3800
www.arisemedicalcenter.com

B Baylor Scott & White Emergency Medical Center at Cedar Park
900 E. Whitestone Blvd., Cedar Park
512-684-4000
www.sweh.org
Average of 800 emergency department visits per month

C Cedar Park Regional Medical Center
1401 Medical Parkway, Cedar Park
512-528-7000
www.cedarparkregional.com
Level IV Trauma Center; average of 2,198 E.D. visits per month

D Central Texas Medical Center
1305 Wonder World Drive, San Marcos
512-753-3584
www.ctmc.org

E Dell Children's Medical Center of Central Texas
4900 Mueller Blvd., Austin
512-324-0000
www.dellchildrens.net
Level I Trauma Center; average of 6,443 E.D. visits per month

F Heart Hospital of Austin

3801 N. Lamar Blvd., Austin
512-407-7000
www.hearthospitalofaustin.com
Average of 626 E.D. visits per month

G Heart Hospital of Austin at Round Rock Medical Center
2400 Round Rock Ave., Round Rock
512-341-1000
www.stdavid.com

H The Hospital at Westlake Medical Center
5656 Bee Caves Road, Austin
512-327-0000
www.westlakemedical.com

I Lakeway Regional Medical Center
100 Medical Parkway, Lakeway
512-571-5000
www.lakewayregional.com
Average of 154 E.D. visits per month

J Northwest Hills Surgical Hospital
6818 Austin Center Blvd., Austin
512-346-1994
www.northwesthillssurgical.com

K Seton Medical Center Austin
1201 W. 38th St., Austin
512-324-1000
www.seton.net/austin
Level IV Trauma Center; average of 2,887 E.D. visits per month

L Seton Medical Center Hays
6001 Kyle Parkway, Kyle
512-504-5000
www.seton.net/hays

M Seton Medical Center Williamson
201 Seton Parkway, Round Rock
512-324-4000
www.seton.net/williamson
Level II Trauma Center; average of 2,432 E.D. visits per month

N Seton Northwest Hospital
11113 Research Blvd., Austin
512-324-6000
www.seton.net/northwest

O Seton Southwest Hospital
7900 FM 1826, Austin
512-324-9000
www.seton.net/southwest
Level IV Trauma Center; average of 1,342 E.D. visits per month

P St. David's Medical Center
919 E. 32nd St., Austin
512-476-7111
www.stdavid.com
Level IV Trauma Center; average of 4,759 E.D. visits per month

Q St. David's North Austin Medical Center*

12221 N. MoPac, Austin
512-901-1000
www.stdavid.com
Level IV Trauma Center; average of 6,016 E.D. visits per month

R St. David's Round Rock Medical Center*
2400 Round Rock Ave., Round Rock
512-341-1000
www.stdavid.com
Level II Trauma Center; average of 3,531 E.D. visits per month

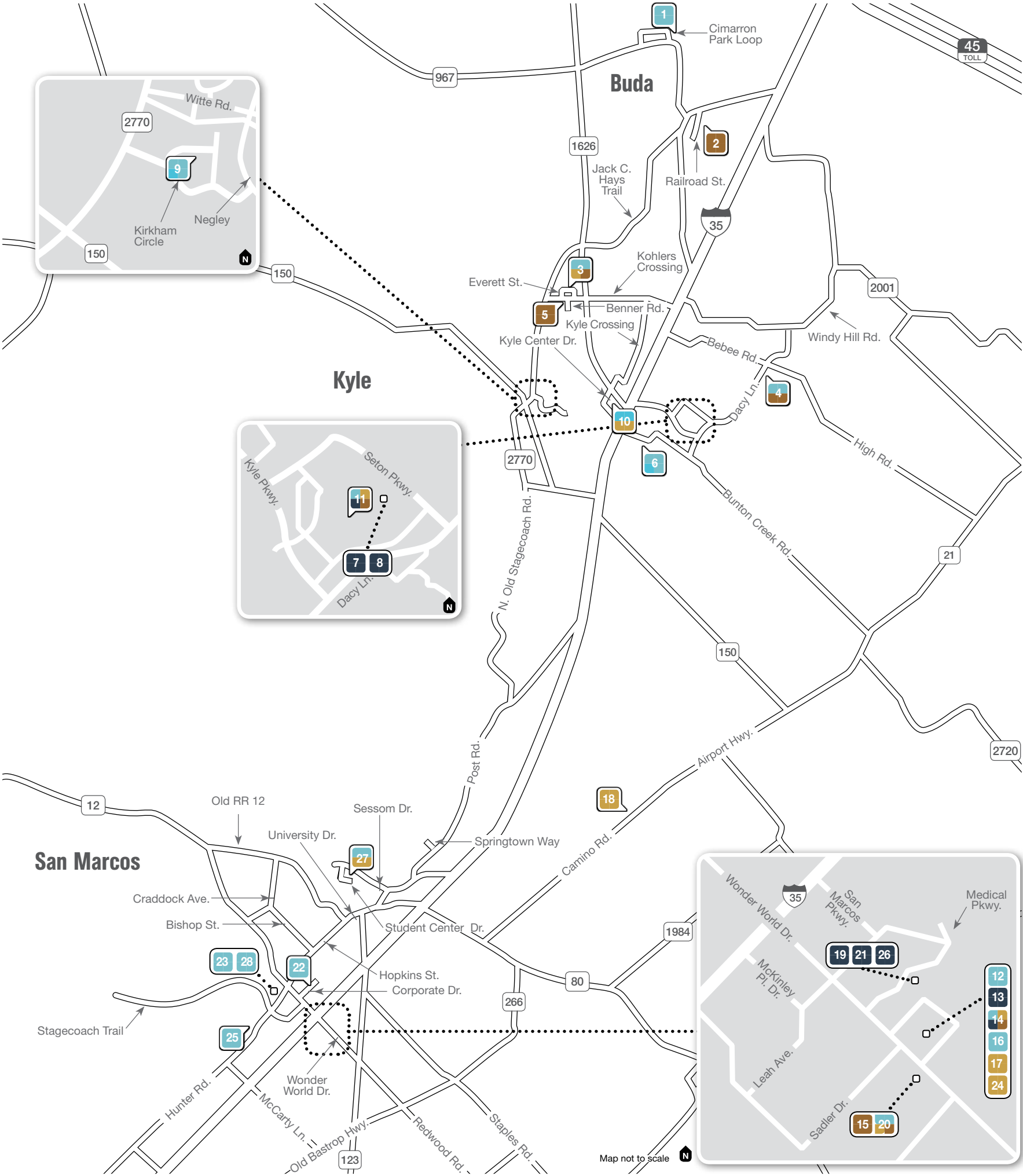
S St. David's South Austin Medical Center*
901 W. Ben White Blvd., Austin
512-447-2211
www.stdavid.com
Average of 9,083 E.D. visits per month

T University Medical Center Brackenridge
601 E. 15th St., Austin
512-324-7000
www.seton.net/brackenridge
Level I Trauma Center; average of 5,893 E.D. visits per month

**These clinic averages include emergency department visits from multiple hospitals. This list is not comprehensive.*

AREA PHYSICIANS

Family Practice Internal Medicine OB/GYN Pediatrics



BUDA**1 AllMedPhysicians**

1760 FM 967, Ste. B
512-295-7877

Family Practice

Linda Carney

2 Pediatric Junction

211 Railroad St.
512-312-5312
www.pediatricjunction.com

Pediatrics

Anna Lincoln

KYLE**3 Austin Regional Clinic Kyle Plum Creek**

4100 Everett St., Ste. 400
512-295-1333
www.austinregionalclinic.com

Family Practice

Fidelis Amadi
MaryAnn Gamble
Margaret "Molly" Gilmore
Kaleb Hamilton
Michael de Lota
Sandra Lynn Worrell

Internal Medicine

Raul Ramirez

Pediatrics

Shana Godfred-Cato
Kimberly C. Avila Edwards
Jacqueline F. Fournier
Conor Hagen
Amit Salkar

4 CommuniCare Health Centers

2810 Dacy Lane
512-268-8900
www.4all4life.org

Family Practice

Leslie Robert Demetri

Pediatrics

Teresa Velasquez

5 Corridor Primary Care Pediatrics

4221 Benner Road, Ste. 205
512-392-1700
www.corridorpd.com

Pediatrics

Angela Black
Rhonda W. Deschner
Jeanne Flinn
Michael Grady
Sue Ann Harrison
Jill Humphrey
Ivri Messinger
Michelle Miller
Noelle Williams

6 Gilcrease Medical Group

135 Bunton Creek Road, Ste. 102
512-268-2091
www.gilcreasemedicalgroup.com

Family Practice

Gary L. Gilcrease

7 Hays Women's Health

1180 Seton Parkway, Ste. 240
512-268-0286
www.hayswomenshealth.com

Obstetrics & Gynecology

Kimberly Rutter

8 Kyle Parkway OB/GYN Associates

1180 Seton Parkway, Ste. 340
512-504-0851
www.kyleparkwayobgyn.com

Obstetrics & Gynecology

Jason Bosco
Jennifer Goss
Jessica Mueller
Jamie Zachrisson

9 Live Oak Health Partners

177 Kirkham Circle
512-405-0077
www.liveoakhealthpartners.com

Family Practice

Erik J. Arhelger

10 Seton Family of Doctors at Hays

5103 Kyle Center Drive, Stes. 103, 104
512-504-0855
www.setonfamilyofdoctors.com

Family Practice

David Clampitt

Internal Medicine

Mousumi Chanda-Kim
Elizabeth Goman

11 Seton Medical Center Hays

6001 Kyle Parkway
512-504-5000
www.seton.net

Family Practice

David Clampitt

Internal Medicine

Mousumi Chanda-Kim
Elizabeth Goman

Obstetrics & Gynecology

Jason Bosco
Jennifer Goss
Jessica Mueller
Jamie Zachrisson

SAN MARCOS**12 Charles Peter Anderson**

1400 N. Hwy. 123
512-396-3663

Family Practice

Charles Peter Anderson

13 Caring Center for Women

1305 Wonder World Drive, Ste. 209
512-396-7575
www.caringcenterforwomen.com

Obstetrics & Gynecology

Barrett Blaue
Kari Fay
Teresa Irwin
Beth D. Reid
Michael Grady

Sue Ann Harrison
Jill Humphrey
Anna Lincoln
Ivri Messinger
Michelle Miller
Roger Pruitt

14 Central Texas Medical Center

1301 Wonder World Drive
512-353-8979
www.ctmc.org

Family Practice

Charles Anderson
Erik J. Arhelger
Todd Buchanan
Linda Carney
Jay Gruhlkey
Amy Hernandez
Randall Kirtley
Jennifer Kowalik
Richard Laue
Charles Laurence
A. Lane Lee
Eric Price
Juan Ramirez
Mark Randolph
Stephen Richardson
Michelle Rodriguez
William Rogers
Barton Romanek
Brent Sanderlin
Lane Sebring
Ralph Sharman Jr.
J. Wesley Wallis
John Weaver
Kimberly Wheeler
Myriah Willborn

Internal Medicine

Anna Boecker
Lenore DePagter
Donna Dolan
Greg Moore
Grayson Smith
Julia B. Symon
Gladys Weng

Obstetrics & Gynecology

Nancy E. Bass
Kevin Blair
Barrett Blaue
Risa Curtis
Kari Fay
Mary Geldernick
Lauren Hermann
Teresa Irwin
Jennifer Kowalik
Kody Kunda
Beth Delaney Reid

Pediatrics

Angela Black
Anna Boecker
Lenore DePagter
Rhonda W. Deschner
Julie Fisher
Jeanne Flinn
Michael Grady
Sue Ann Harrison
Jill Humphrey
Anna Lincoln
Ivri Messinger
Michelle Miller
Roger Pruitt
Noelle Williams

15 CommuniCare Health Centers

1340 Wonder World Drive, Ste. 4201, San Marcos
512-392-1718
www.4all4life.org,

www.communicaresa.org

Family Practice

Hector Vasquez

Pediatrics

Marjan Linnell
Teresa Velasquez

16 David L. Schneider

1601 Redwood Road, Ste. B
512-754-6622
www.resolutehealth.com

Family Practice

David L. Schneider

17 Donna J. Dolan

1305 Wonder World Drive, Ste. 206
512-396-1525, 866-294-1525

Internal Medicine

Donna J. Dolan

18 Gary Job Corps Wellness Center

2800 Airport Hwy.
512-396-6513
gary.jobcorps.gov

Internal Medicine

Carlos Zamora

19 Jenifer Kowalik

1999 Medical Parkway, Ste. A
512-392-7111

Obstetrics & Gynecology

Jenifer Kowalik

20 Live Oak Health Partners

1320 Wonder World Drive, Ste. 101
512-396-3911
www.liveoakhealthpartners.com

Family Practice

Nicole Riojas
Michelle C.B. Rodriguez
Brent Sanderlin

Internal Medicine

Lenore DePagter
Julia Symon
Gladys C. Weng

Pediatrics

Lenore DePagter

21 Live Oak Women's Health

2001 Medical Parkway, Ste. C
512-396-3545
www.liveoakhealthpartners.com

Gynecology

Nancy Bass

22 Randolph Family Medicine

1920 Corporate Drive, Ste. 208
512-878-6330
www.randolphfamilymedicine.com

Family Practice

Mark B. Randolph

23 William R. Rogers

310 Stagecoach Trail, Ste. 200-A
512-396-4700

Family Practice

William R. Rogers

24 San Marcos Diagnostics

1305 Wonder World Drive, Ste. 206
512-396-1525

Internal Medicine

Grayson Smith

25 San Marcos Family Medicine

2406 Hunter Road, Ste. 106
512-396-7686
www.smfm.net

Family Practice

Richard Laue
A. Lane Lee
Vip Mangalick

26 San Marcos Obstetrics & Gynecology

2003 Medical Parkway, Ste. B
512-392-0033

Obstetrics & Gynecology

Kody Kunda

27 Texas State University Student Health Center*

298 Student Center Drive
512-245-2161
www.healthcenter.txstate.edu

Family Practice

Cesar Cantu
Sarah Beth Doss
Bryant Frazier
Gaila Kenneally

Internal Medicine

Margaret Whisenant

28 Medfirst at Hunter

2108 Hunter Road, Ste. 116
512-754-7700

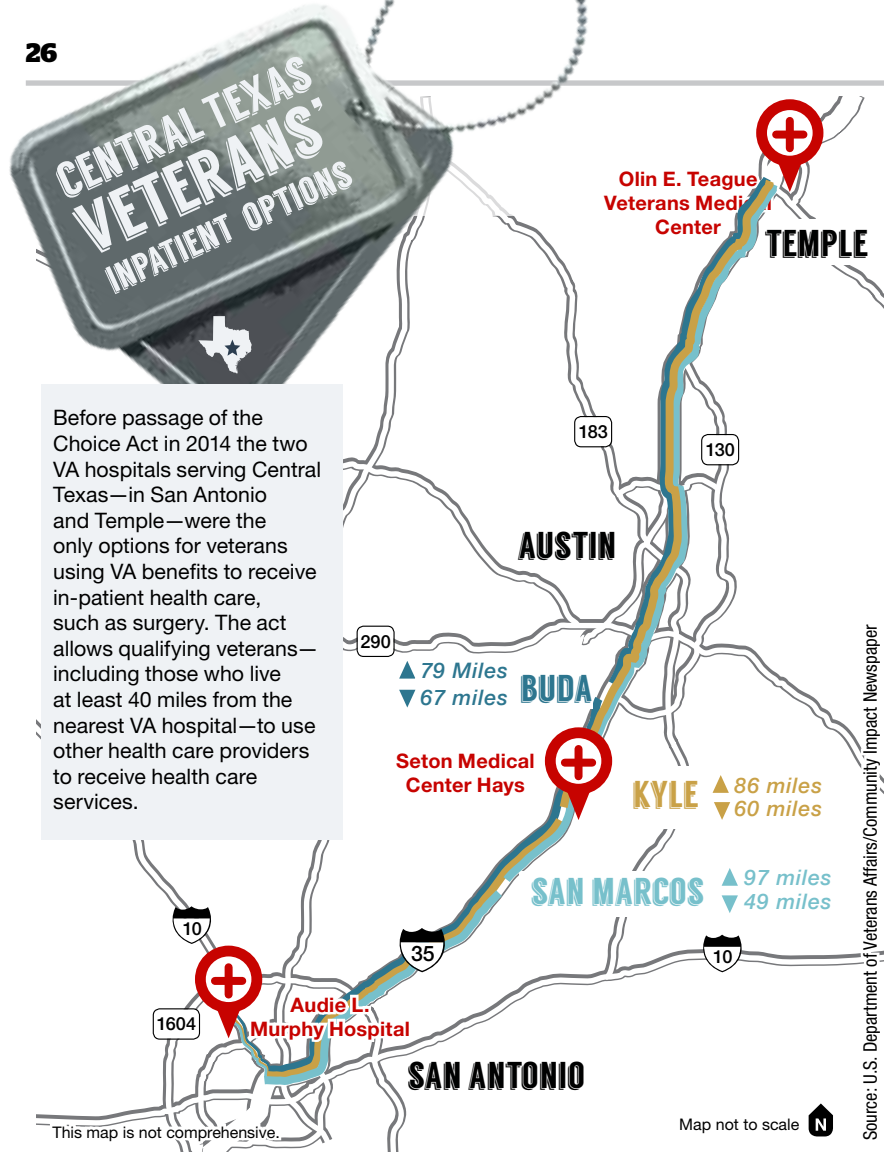
Family Practice

J. Wesley Wallis

*Services at the Texas State University Student Health Center are only available to Texas State students.

The doctors listed in this directory all take appointments and practice in the fields of family practice, internal medicine, obstetrics/gynecology and pediatrics.

Doctors practicing in other fields are not included. This list is not comprehensive.



Veterans

Continued from I 1

The 13,536 veterans residing in Hays County have had more access to health care since April, when Seton Medical Center Hays joined a program aimed at addressing months-long wait times at health care facilities managed by the U.S. Department of Veterans Affairs.

Jude Prather, Hays County veteran services officer, said Seton Hays' participation in the program could be "a game-changer" for those who have served in the armed forces and live in Central Texas.

Months-long wait times at VA clinics sparked national dialogue about how best to care for veterans and led Congress to pass House Resolution 3230, also known as the Choice Act, in 2014. The act expanded the number of health care providers veterans could use to receive care and reorganized the taxpayer-funded system that spent \$59.42 billion on their care in 2014, according to the VA.

According to the most recent data available from the VA, new patients at Central Texas' two VA hospitals—located in Temple and San Antonio—waited an average of 54.71 days and 31.3 days, respectively, for a general

care appointment between May 15 and Sept. 1, 2014.

"The Choice Act is that first step that provides additional access for veterans for health care—that first step in the privatization of health care," Prather said. "Years ago something like this would have been unheard of."

Hays County has been a popular destination for veterans for years, Prather said, because of its proximity to two major military hubs in San Antonio and Temple. The county's location also makes health care access at veterans hospitals difficult.

The distance from San Marcos, Buda and Kyle to the Audie L. Murphy Memorial Hospital in San Antonio ranges between 49 and 67 miles. The distance to Olin E. Teague Veterans Medical Center in Temple ranges between 79 and 97 miles.

Veterans living in Hays County seeking inpatient services—such as surgeries or other services requiring patients to stay at the health care facility overnight—would have had to drive to Temple or San Antonio to receive care before Seton Hays joined the program.

Veterans are eligible for the program if they live at least 40 miles from a VA health care facility, have to wait at least 30 days for an appointment or have a

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Anthony Atencio, HIS
Hearing Instrument Specialist

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major transportation challenge to get to the nearest VA health care facility.

Choice at Seton

Since the hospital became a Choice facility 27 veterans have used the Choice program to access health care at Seton as of May 27, according to the hospital.

Jesus Garza, CEO of Seton Healthcare Family said the most popular services veterans are seeking from Seton Hays are related to obstetrics and gynecology, behavioral health and neurology.

Garza said advances in medical care on the battlefield mean more veterans are returning home after conflicts, but it also means many are returning with major medical complications including amputated limbs and post-traumatic stress disorder.

“When Congress [created] the [Choice Act], they realized that the VA didn’t have all the tools they needed to serve the growing needs of this very vulnerable population,” Garza said.

Seton Hays has created a network of “navigators” to help veterans through the often-complicated process of dealing with health insurance, Garza said.

Prather said he has often wondered why more facilities were not available to veterans for health care.

“I would drive a veteran up to Temple for an MRI, and I would be thinking, ‘I’m driving by all these hospitals. I’m driving by all these MRIs. Why couldn’t we just get [an MRI] there or there? Why are we driving this two-hour trek to Temple?’” Prather said.

Veteran needs

Bradley Jenkins, a veteran who served four tours of duty in Iraq and is now attending Texas State University, requested an appointment for shoulder surgery from the VA in 2015. He was told he may have to defer the surgery for months because of a long wait list for appointments. Jenkins’ shoulder had been in a sling for 12 weeks, so he decided to pay out of pocket for the surgery at Seton Hays.

The \$40,000 surgery worked out well, Jenkins said, and he worked with the VA to repay him for the procedure.

He would have never had to pay out of pocket for the procedure had he been able to access a health care provider participating in the Choice program.

Jenkins has since enrolled in the Choice program, and he said he seen improvements in the veterans’ health care system.

“It’s a life-changer because accessibility to care is not just for the elderly,” Jenkins said. “There are young guys who are vets, and we need to go to the hospital, too.”

According to a 2015 study, the VA anticipates a decrease in the total number of veterans but an increase in the number of veterans demanding health care services from VA facilities.

Jenkins is one of the nearly 5.8 million veterans who have served in the armed forces since the Gulf War in the early ’90s, according to the VA. The average age of a veteran in that group is 41 years old. Jenkins, who is in his mid-30s, said he expects he will begin using health care from the VA—

through VA hospitals and clinics or through Choice providers—much more in the future.

“When I start hitting 50, I’ll probably be using it a whole lot more,” Jenkins said.

The future of the Choice program is not entirely clear though. When Congress passed the Choice Act in 2014, the program was set to expire after the VA had spent all of the \$10 billion allocated to the program or by Aug. 7, 2017, whichever comes first.

Congress may choose not to renew the program, but Garza said he would be surprised if Congress let the Aug. 7, 2017, deadline pass without extending it.

“We know there is a great passion in Congress to make sure these individuals are treated correctly, and my guess—even though it’s always subject to politics and a vote—is that [the Choice Act] would probably be extended,” he said.

Jenkins, having received care before and after the Choice Act was passed, said he believes the legislation represents the future of veterans health care, when more private providers will be available to care for those who have served in the armed forces.

“I really feel like our veterans should be taken care of,” Jenkins said. “We can’t ask a 20-year-old kid to go to Iraq and do all this cool guy stuff, and then [ignore him] when he’s 34 and has arthritis in his knees. That’s not normal.”

CHOICE ACT HIGHLIGHTS

House Resolution 3230, also known as the Choice Act, was approved by Congress in 2014.

+ The act gives qualifying veterans access to care at participating non-VA facilities, including Seton Medical Center Hays. Eligible care includes any affliction a veteran would seek treatment for at a VA facility, including broken bones, headaches and colds.

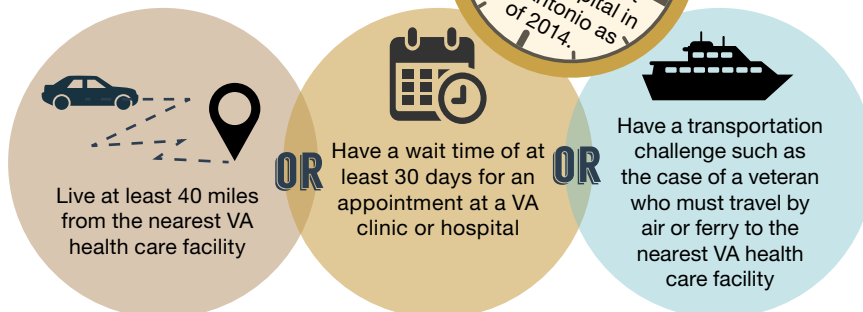
+ It also increased transparency of the VA by requiring wait times for appointments at VA hospitals to be published regularly.

+ It also extended assisted-living programs for veterans dealing with traumatic brain injuries.

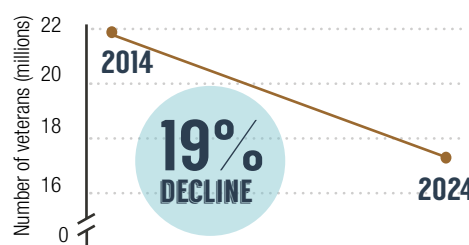
House Resolution 3230, also known as the Veterans Access, Choice and Accountability Act, allocated \$10 billion to cover the increased cost of expanding access to health care for veterans.

DO YOU HAVE A CHOICE?

In order to qualify a veteran must:

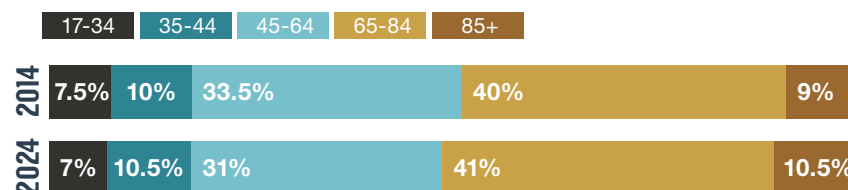


U.S. VETERAN POPULATION PROJECTIONS

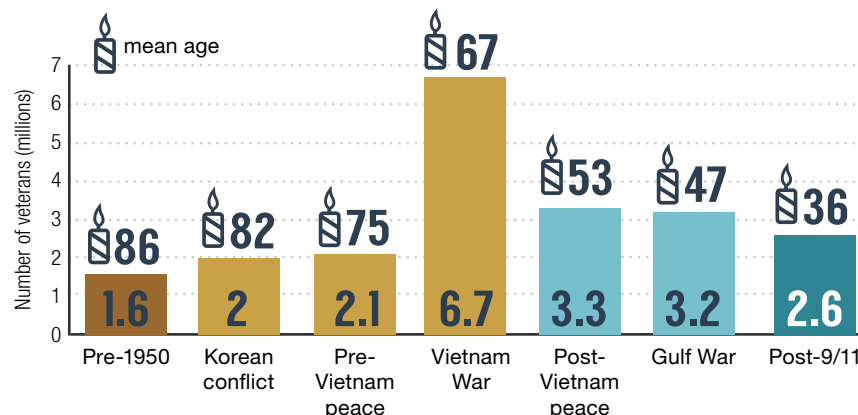


The veteran population has been declining for three decades, according to the U.S. Department of Veterans Affairs, but the number of patients at VA health care facilities has been increasing since 2005. The VA estimates that trend will continue through 2019, after which the number of veterans accessing health care services through the VA will level off or decrease.

VETERAN AGE MAKEUP PROJECTIONS



NUMBER AND MEAN AGE OF VETS BY ERA



WHAT IS AILING OUR VETERANS?

Veterans are 13.5 times more likely than civilians to experience

PTSD.

Veterans have a 13% higher chance of developing

DIABETES than civilians.

Instances of diabetes and hypertension in the veteran population are expected to increase by

12% AND 8%, respectively, from 2015-24.



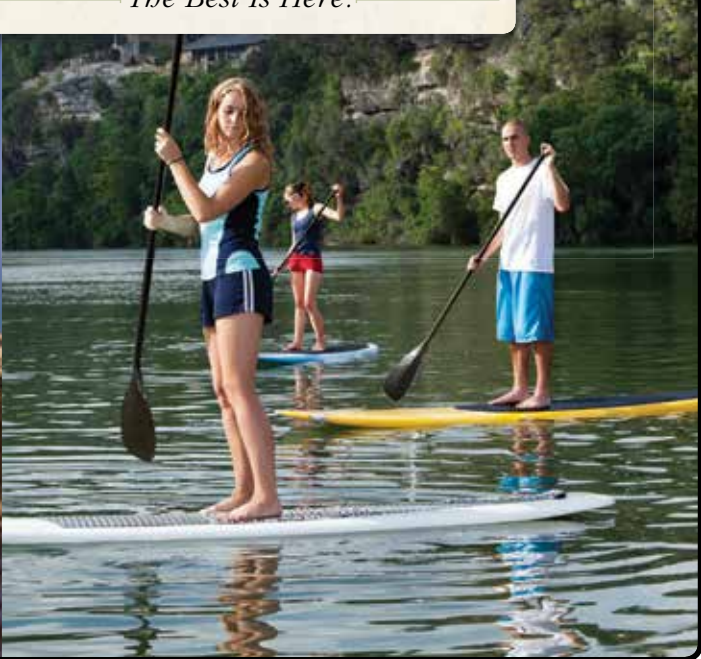


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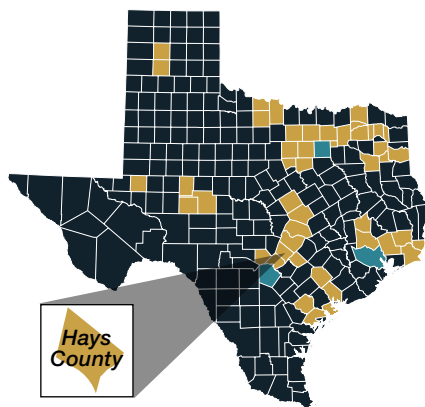




MENTAL HEALTH CARE SHORTAGE

in Central Texas

FEDERALLY DESIGNATED MENTAL HEALTH PROFESSIONAL SHORTAGE AREAS AS OF JULY 2015



- Full mental health professional shortage area
- Partial mental health professional shortage area
- Not designated as a mental health professional shortage area

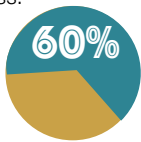
BY THE NUMBERS 2016



1 IN 5 Americans are affected
by mental illness.

More than
40,000

Americans commit
suicide each year



of adults with a mental
illness received no
mental health care
services in 2015



\$193 BILLION +

is lost in earnings annually because of
employees with serious mental illnesses.



The **NO. 1 REASON** children
are admitted to hospitals is for either
depression or bipolar disorder.

Texas, Hays County see mental health care services shortage

Central Texas far below national average of psychiatric professionals per capita, experts see some improvement

By Leslee Bassman and Brett Thorne

In Hays County the shortage of mental health resources is especially dire, as a Seton Community Needs Assessment performed in 2013 found there was one full-time psychiatrist dedicated to patients in Hays County for every 21,460 residents.

The U.S. is facing a crisis in which a large portion of the population is suffering from mental illness yet current resources severely miss the mark to serve those with such health conditions, according to physician search and consulting firm Merritt Hawkins.

Terry Jackson, community liaison for Oceans Behavioral Hospital—which opened at 1106 S. I-35, San Marcos, in August—said Hays County is “horribly, horribly underserved” in terms of mental health care availability.

“There is an enormous lack,” she said. “There is a lack of providers. Folks may realize they need mental health help, and they can call for a psychiatrist and there can be five to six months’ wait even to

get in to see the psychiatrist. There is a nationwide lack, but it certainly hits our area as the population increases.”

Texas has the fourth-lowest number of psychiatrists per 100,000 residents in the U.S., with 4.1 psychiatrists per 100,000 residents, according to physician consulting firm Merritt Hawkins’ 2015 North Texas Regional Extension Center report.

“There’s an increasing awareness among our leadership that this is an issue that has been ignored for far too long,” said Greg Hansch, National Alliance on Mental Illness-Texas public policy director.

Rural areas

According to a needs assessment performed by Seton Health Care Family in 2013, Hays County residents reported 3.5 poor mental health days each year, compared to the national standard of 2.3 days per year.

In all, the study identified behavioral health services as the fourth highest priority need for Hays County.

This situation is not unique to Hays County as other areas that are rural, or have been rural and are quickly developing, face similar shortages of mental health services.

Although mental health care options in the more densely populated portions of Central Texas are

prevalent, the region provides some challenges to those seeking treatment in its more rural areas, according to Merritt Hawkins. Out of the state’s 254 counties, 185 counties have no general psychiatrist, including the Central Texas counties of Blanco, Burnet, Caldwell, Fayette, Lee, Llano and Mason, its report stated.

“Spicewood is a perfect example,” said Karen Ranus, executive director for the Austin affiliate of NAMI. “If you have an individual that’s living way out in the country, they don’t have access to trans-

portation. You’ve got rural areas that are dealing with higher levels of poverty and lack of [health] insurance. So you start taking all of those into account, and it becomes very challenging [to access mental health resources].”

According to an April 2016 Hogg Foundation brief, “The Mental Health Workforce in Texas Continuing Challenges & Sensible Strategies,” half of Texas psychiatrists accept private insurance

as opposed to nearly 90 percent of Texas physicians in other fields, and only 21 percent of Texas psychiatrists accept Medicaid patients compared with 37 percent of Texas physicians in other fields.

Local offerings expand

Hansch said the state’s recent mental health focus may account for the larger numbers of people accessing mental health care, reduced wait lists for treatment and more community mental health centers.

“Texas in the past few years has come a long way in bolstering resources that are dedicated to the public mental health system,” he said. “There’s [still] a need for more resources for the public mental health system.”

Among the resources available to residents of Hays County and surrounding areas is the Scheib Center, 1200 Bishop St., San Marcos. The center has offered mental health care services to the community since 1998.

Oceans Behavioral Hospital began admitting patients in August 2015. The 24-bed facility will provide inpatient treatment for people ages 55 and older who experience such psychiatric symptoms as depression, suicidal thoughts, homicidal thoughts, delusions, hallucinations or an inability to manage daily activities. A typical stay in the hospital is about

See **Mental health** | 31

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Mental health

Continued from I 29

two weeks as the patient reaches mental stability, Jackson said.

In an effort to expand access, Oceans opened a mental health outpatient service aimed at patients ages 18 and older.

Jackson characterized the service as “intense.” Qualified patients are able to see a psychiatrist as soon as they are admitted to the facility and participate in up to three group therapy sessions each day for up to four days per week.

Jackson said Oceans’ inpatient services will be covered under Medicare parts A and B. The company is working with major insurers such as Humana and Blue Cross Blue Shield to gain coverage for those who do not qualify for Medicare as well

as the outpatient services.

Statewide shortage

Merritt Hawkins cites a statewide trend that indicates although primary care doctors are anticipated to be in short supply, the steepest shortage may be among psychiatrists.

This shortage can be attributed to an aging psychiatrist population—with 60 percent of Texas psychiatrists being age 55 or older—the small numbers of medical school graduates who choose psychiatry residency programs and the continued negative stigma of mental health issues, Merritt Hawkins’ 2015 report states.

“There is a potential in the near future to have more psychiatrists leaving the specialty per year than entering,” according to

Merritt Hawkins.

The Texas Legislature, through the help of sponsor Sen. Charles Schwertner, R-Georgetown, passed a student loan repayment program—Senate Bill 239—during the previous legislative session. The program encourages recent medical school graduates to focus on underserved geographic areas, or Health Professional Shortage Areas, by offering school loan repayment assistance for certain mental health professions.

“The purpose [of SB 239] is to try to get more folks in the door to get into this field,” Ranus said.

Three new medical schools are slated to open in Texas—including The University of Texas, Dell Medical School, the South Texas School of Medicine in McAllen and Harlingen, and The University of the Incarnate Word in San Antonio.

Part of the issue in growing the number of psychiatrists in the state corresponds to retaining them after they finish medical school, Hansch said.

“The state doesn’t have enough residency slots for people who go to medical school in Texas to stay in Texas and do their residency here,” he said. “So people will go out of Texas and do their residency out of state.”

What can be done?

Integrating primary health care providers to better coordinate mental health treatment is a possible solution since most adults with a mental health condition also have one or more chronic physical conditions, according to the Hogg Foundation brief.

Other possible improvements include increasing treatment reimbursement rates for doctors, advocating peer support services, expanding physician internship and residency slots in-state and broadening the use of technology to connect a patient with a mental health professional, the brief stated.

The state’s recent increased mental health focus may account for more people accessing mental health care, reduced wait lists for treatment and more community centers, Hansch said.

“Texas in the past few years has come a long way in bolstering resources that are dedicated to the public mental health system,” he said. “[However] there’s a need for more resources for the public mental health system.”

DID YOU KNOW?

Hays County residents reported an average of

3.2 POOR MENTAL HEALTH DAYS ANNUALLY.

That is slightly above the national average of 2.8, and the

STATE OF TEXAS AVERAGE OF 3.

Sources: County Health Rankings/Community Impact Newspaper

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CITY & COUNTY

News from San Marcos, Kyle, Buda and Hays County

Compiled by Brett Thorne

Hays County to work with Kyle, builder, landowners on FM 150 route selection

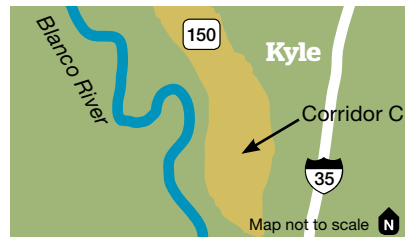
HAYS COUNTY The Hays County Commissioners Court approved a plan May 17 to determine the potential alignment of FM 150 when it is rerouted south of its existing course and connected to Yarrington Road near I-35.

Joe Cantalupo, vice president with K Friese and Associates, the company managing the realignment project, said property owners within the large swath of land expected to contain the realigned road have been asking about the road's exact alignment.

Cantalupo said KFA will work with the county, city of Kyle and property

owners within the potentially affected area to gather ideas about where the road should go.

The road will be built somewhere in Corridor C, a swath of land stretching southeast from west Kyle to I-35.



Source: K Friese and Associates/Community Impact Newspaper

Hays County hires construction manager for potential jail, law-enforcement projects

HAYS COUNTY On May 24 the Hays County Commissioners Court hired Turner Construction as the construction manager at risk to handle the potential building of a new county jail, law-enforcement center and co-located communications center.

Commissioners plan to place a bond measure on the November ballot that would fund construction of the new facilities. Hiring Turner will help commissioners put a specific price tag on the project.

Brenda Jenkins, senior vice president of ECM International and bond project manager, said the committee

helping to craft the bond proposal—including commissioners Debbie Gonzales-Ingalsbe and Will Conley—interviewed three firms May 23 and chose Turner.

“This is an important step as we move forward in this process. This will give us the numbers we need to present to voters,” Gonzales-Ingalsbe said.

Take the poll online at communityimpact.com/sbk-poll.

Will you support Hays County's potential November bond to fund construction of a new jail, law-enforcement center and co-located communications center?

Appraisal district mails valuation notices

HAYS COUNTY The Hays Central Appraisal District began mailing appraisal notices to property owners in Hays County on June 6. The notices alert property owners of changes in the value of their property.

In Hays County, the total taxable value of property increased to \$21.69 billion, which represented an appreciation of 12.79 percent from the \$19.23 billion valuation in 2015.

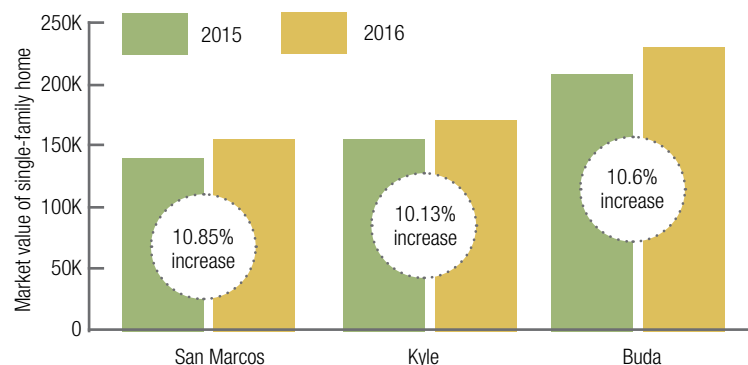
Much of the growth in the county's total

taxable value was driven by multifamily residential properties, a category that increased in value by 28.21 percent, rising from \$1.17 billion in 2015 to \$1.50 billion in 2016, according to a news release from the Hays CAD.

The taxable value of commercial and industrial property in the county rose from \$1.84 billion in 2015 to \$2.1 billion in 2016.

Property owners may file a protest to appeal their appraised value with the Appraisal Review Board by July 6.

Single-family home market value increases



Source: Hays Central Appraisal District/Community Impact Newspaper

Meetings

Buda City Council

Meets at 6:30 p.m. the first and third Tuesday of each month
Live webcasts of meetings:
www.ci.buda.tx.us/livestream
121 Main St. • 512-312-0084
www.ci.buda.tx.us

Kyle City Council

Meets at 7 p.m. the first and third Tuesday of each month
Live webcasts of meetings:
communityimpact.com/cityofkylemeetings
100 W. Center St. • 512-262-1010
www.cityofkyle.com

San Marcos City Council

Meets at 6 p.m. the first and third Tuesday of each month
Live webcasts of meetings:
www.sanmarcostx.gov/videos
630 E. Hopkins St. • 512-393-8000
www.sanmarcostx.gov

Hays County Commissioners Court

Meets at 9 a.m. each Tuesday
Live webcasts of meetings:
www.co.hays.tx.us/commcourtlive
111 E. San Antonio St., San Marcos
512-393-2205
www.co.hays.tx.us

For the full version of any of these articles, visit us online at communityimpact.com/sbk.

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CALENDAR

Compiled by Brett Thorne

June

17 and 24
Movies in Your Park

The Buda Parks and Recreation Department hosts screenings of "Hotel Transylvania 2" on June 17 and "The Goonies" on June 24. Concessions are available. Attendees are encouraged to bring lawn chairs and blankets. Movies begin at dusk. Free. Buda City Park, 204 San Antonio St., Buda. 512-295-7170



Courtesy Juneteenth Foundation

17 through 18
Juneteenth Celebration

San Marcos celebrates the anniversary of the end of slavery in the U.S. with live music, a barbecue cookoff and other activities. 7 p.m. (Friday), noon (Saturday). Free. San Marcos Plaza Park, 206 N. CM Allen Parkway, San Marcos. 512-393-8400

23 Summer in the Park concert series

Brave Combo performs at the event. This year's concert series marks 30 years of bringing free live music to downtown San Marcos. Alcohol is allowed but glass and plastic foam containers are prohibited. In the event of rain, the concert is held at the San Marcos Activity Center, 501 E. Hopkins St., San Marcos. Previous performers include Soul Track Mind and the Derailers. 7:30 p.m. Free. San Marcos Plaza Park, 206 N. CM Allen Parkway, San Marcos. 512-393-8400

July

04 Popsicle Run

Participants can run, jog or walk in a 4-mile, 3-kilometer or 1-kilometer race. At certain areas

Worth the **TRIP**

Courtesy The Zac Wilkerson Band

JUL 10
11th Annual Wilkins Family Live Free & Fly

Live music is performed by The Josh Grider Band, The Zac Wilkerson Band, Walt Wilkins & the Mystiqueros and Tina Mitchell Wilkins with special guests. The event also includes a silent auction, raffle, food trucks and other attractions. Proceeds from the concert benefit Austin Harmony Project and Golden Hub of Fredericksburg. 1-6 p.m. Free. Luckenbach. www.luckenbachtexas.com

throughout the course, runners have the option to be showered with "color powder" by spectators. Popsicles are provided by Lone Star Delights. Each participant receives a shirt, and awards are given for the top finishers in various age groups in the 3K and 4-mile races. 7-10 a.m. \$10 (1K), \$15 (3K), \$20 (4-mile). 5940 McNaughton, Kyle. www.tinyurl.com/2016popraces

05 Mobile Food Pantry

The Hays County Food Bank, Central Texas Food Bank and San Marcos CISD partner to provide food at no cost to families and individuals in need. Families and individuals are invited to bring their own bag or box to fill with food. Photo identification must be provided. 8:30-9:30 a.m. Free. Rattler Stadium, 4660 Hwy. 123, San Marcos. 512-392-8300. www.haysfoodbank.org

09 Stock car races

The event includes live music, vendors selling a variety of goods and 12 classes of stock car racing. Central Texas Speedway's Car Bar will be open during the event serving beer and wine. Other concessions are also available for purchase. Gates open at 3 p.m. Racing begins at 6 p.m. Free (children age 12 and under), \$15 (general admission). Central Texas Speedway, 24801 I-35, Kyle. 512-268-1114

13 Business Over Breakfast

The Kyle Area Chamber of Commerce hosts the event on the second Wednesday of each month. The event gives business owners and entrepreneurs a chance to network over breakfast and coffee, which are provided. 7:30 a.m.-9 a.m. \$5 (chamber members), \$10 (nonmembers). Madeline Manor, 1014 Old Stagecoach Road, Kyle. www.kylechamber.org

16 Buda Farmers Market

Local artisans and farmers convene to sell a variety of goods, including beef, fresh tomatoes, produce, baked goods, body products, gluten-free products, and arts and crafts. 9 a.m.-12:30 p.m. Free. Across from Garcia's Restaurant, 121 N. Main St., Buda. 512-395-5775. www.budafarmersmarket.com

Featured **EVENT**

Courtesy Bryan C. Parker

16 through 17
Float Fest

Chromeo, Rick Ross, Santigold, Big Gigantic and the Austin-based Lowin headline the music festival, which is in its third year. Attendees can tube the San Marcos River, camp and experience two days of live music. All passes include tubing, camping and entry to the music festival. Camping check-in begins at 10 a.m. July 16. Music begins each day at 2 p.m. \$60 (single-day admission), \$99 (weekend pass), \$100 (RV pass, includes access to RV campsites, does not include festival access), \$149 (single-day VIP pass), \$299 (VIP weekend pass). Cool River Ranch, 601 Dupuy Ranch Road, Martindale. www.floatfest.net

Online Calendar

Find more or submit San Marcos, Kyle or Buda events at communityimpact.com/sbk-calendar.

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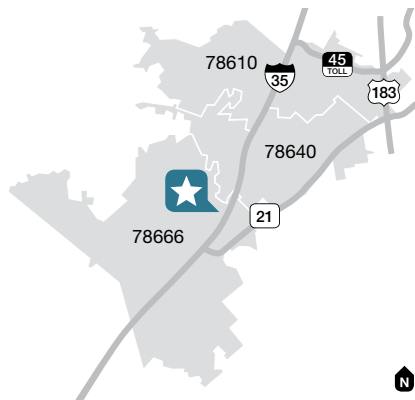
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FEATURED NEIGHBORHOOD

Blanco Vista



Build-out year: not built out

Builders include: Bohn Homes, Brookfield Residential, Buffington Homes, CastleRock Communities, Homes by Avi, Newleaf Homes, Pacesetter Homes

Square footage: 1,010-3,899

Home values: \$167,694-\$509,445

HOA dues (estimated): \$360 annually

Amenities: splash pad, pool, junior Olympic swimming pool

Schools: Blanco Vista Elementary School, Wallace Middle School, Lehman High School

Property taxes (in dollars):

City of San Marcos	0.5302
Hays County	0.4232
Special Road District	0.0438
Hays CISD	1.5377
Austin Community College	0.1005
Total (per \$100 value)	2.6354

*As of 6/8/16

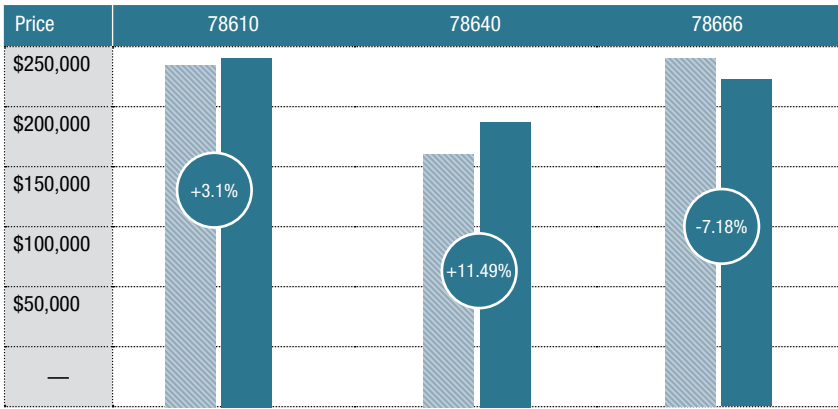


Market Data

On the market (May 2016)

Price Range	Number of homes for sale			Average days on the market		
	78610	78640	78666	78610	78640	78666
\$149,999 or less	4	5	9	36	12	12
\$150,000-\$199,999	7	35	6	26	13	13
\$200,000-\$299,999	44	44	10	48	31	47
\$300,000-\$399,999	11	4	4	30	33	22
\$400,000-\$499,999	1	0	4	333	0	0
\$500,000-\$599,999	0	0	0	0	0	0
\$600,000-\$799,999	1	0	1	81	0	0
\$800,000-\$999,999	0	2	1	0	85	0
\$1 million +	0	0	0	0	0	0

Median price of homes sold May 2015 vs. May 2016



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- Achilles tendonitis
- Tarsal tunnel syndrome
- Pediatric foot care
- Ingrown toenails
- Senior walking problems
- Flatfoot, fallen arches
- Toe deformities
- Neuromas



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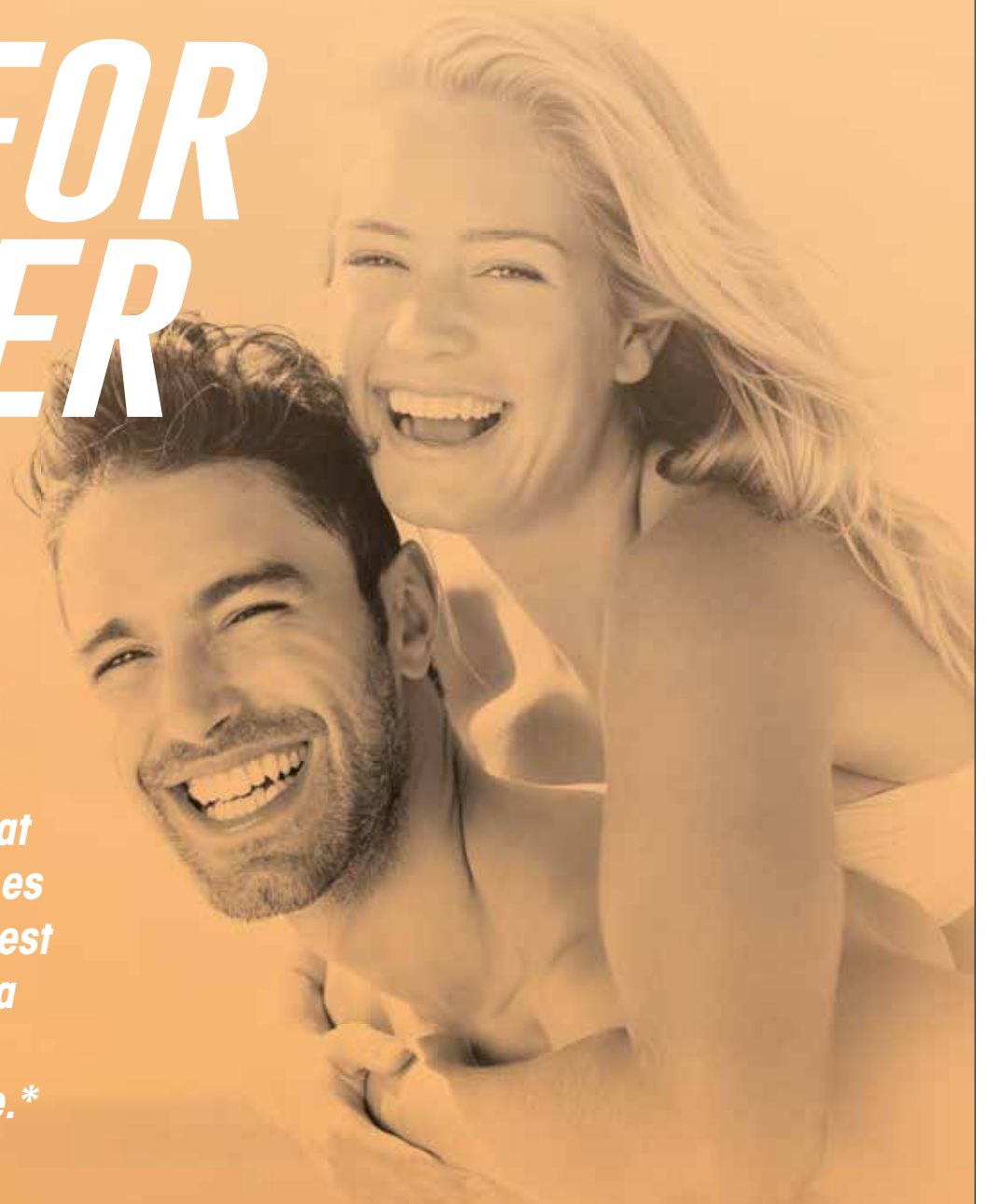


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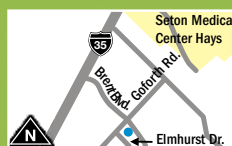
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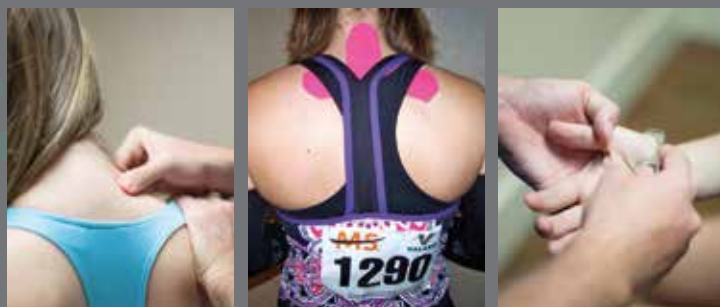
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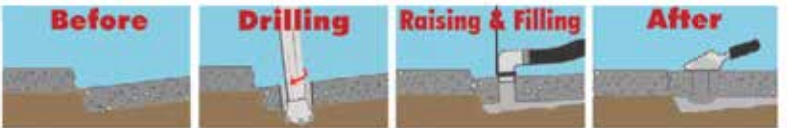
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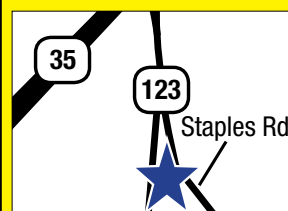
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