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These key habits could help you prevent cancer.

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Meet our Miracle Kids for 2017.



Shannon Clinic-Harris

Now **OPEN** for patients!

After months of construction and anticipation, the newest addition to Shannon's downtown campus is now open!

Shannon Clinic-Harris is the largest of the expansion projects announced by Shannon in fall 2014. The 80,000-square-foot, four-story building is home to the following Shannon services:

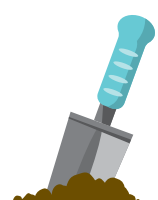
- **First floor**—lab, radiology and nephrology.
- **Second floor**—obstetrics/gynecology.
- **Third floor**—family practice.
- **Fourth floor**—dermatology and Mohs surgery.

Shannon Clinic-Harris is located on the east side of Shannon Medical Center and across the street from the Shannon Women's & Children's Hospital. Patient parking for the new Clinic is located in front of the building off of Harris Avenue.

For more information, please visit shannonhealth.com.



Construction update: The early construction phase is underway on the northeast side of Shannon Medical Center for the hospital tower expansion project. Anticipated completion of the seven-story tower, which will add 80,000 square feet of space to the hospital, is December 2018. More details will be provided as this project progresses.



DIG THIS WAY

Use the proper garden tool—not your hands—when digging in the dirt. Buried sharp objects or debris could cut your hands.

American Society for Surgery of the Hand



COOL TO THE TOUCH

Hot sun can quickly turn a playground slide into a scorching ride. Make sure a slide is cool to prevent a child's legs from being burned.

American Academy of Pediatrics

Find a clinic near you with our interactive locations map at shannonhealth.com.


WELCOME, new providers



Eileen Barbella, PhD
Psychology

Dr. Barbella received her bachelor's degree in psychology from St. John's University in New York. She earned her doctorate in educational psychology, with a specialization in school and community psychology, from The University of Texas at Austin.

Dr. Barbella has practiced as a licensed psychologist for more than 30 years in the state of Texas. Using a family systems framework, she works primarily with adults as individuals and couples. She is accepting new patients at her office located at Shannon Clinic-Beauregard, 120 E. Beauregard.

 **For more information**, please call 325-481-2225.




Kristy D. Edwards, MD, CWS-P
Family Medicine

After receiving her bachelor's degree from Angelo State University, Dr. Edwards earned her medical degree from the Texas Tech University Health

Sciences Center School of Medicine. She completed her family medicine residency at Valley Baptist Medical Center in Harlingen, Texas. Dr. Edwards also completed fellowship training at the University of North Carolina School of Medicine in Chapel Hill, North Carolina.

Dr. Edwards is certified by the American Board of Family Medicine. She is also certified as a wound care specialist by the American Academy of Wound Management. Dr. Edwards provides care to patients of all ages, including newborn and geriatric care. She joins Shannon Clinic from Sonora and is accepting new patients at her office on the third floor of Shannon Clinic-Harris, 220 E. Harris.

 **For more information** or to schedule an appointment, please call 325-481-2000.




Mark Edwards, MD
Family Medicine

After receiving his bachelor's degree from Texas A&M University, Dr. Edwards earned his medical degree from the Texas Tech University Health Sciences Center School of Medicine. He completed his family medicine intern-

ship at John Peter Smith Hospital in Fort Worth and his residency at Valley Baptist Medical Center in Harlingen, Texas. He completed two National Institute of Program Director Development fellowships from the American Academy of Family Medicine.

Dr. Edwards is certified by the American Board of Family Medicine. He joins Shannon Clinic from Sonora. Dr. Edwards provides care to patients of all ages, including newborn and geriatric care. He is accepting new patients at his office on the third floor of Shannon Clinic-Harris, 220 E. Harris.

 **For more information** or to schedule an appointment, please call 325-481-2000.




Wei Kuo, MD
Occupational Medicine

Dr. Kuo received a bachelor's and master's degree from the University of California at Berkeley, an MBA from The University of Texas at Austin, and his medical degree from The University of Texas Medical Branch at Galveston. He

also received a master's degree in environmental health from the University of Cincinnati, where he completed his occupational medicine residency.

Dr. Kuo is certified in occupational medicine by the American Board of Preventive Medicine. He joins Shannon Clinic from Johns Hopkins Aramco Healthcare, where he worked the past 15 years with Saudi Aramco Occupational Health. He has 25 years of experience in occupational medicine, beginning with Monsanto Company, Arnett Clinic and CIGNA Group Insurance, where he managed short-term and long-term disability cases as its medical director from 1997 to 2002. He was an associate clinical professor at the Occupational Medicine Residency Program at the University of Texas Health Center at Tyler from 1997 to 2002. Dr. Kuo will see patients at the Occupational Medicine and Injury Clinic, 2626 N. Bryant.

 **For more information**, please call 325-481-2375.




Kenneth Perret II, MD
Pulmonology

Dr. Perret received his bachelor's degree from Louisiana State University in Baton Rouge, Louisiana. He earned his medical degree from the University of Arkansas for

Medical Sciences in Little Rock, Arkansas, where he also completed his internal medicine internship and residency. Additionally, he earned fellowship training in pulmonary and critical care medicine from the University of Texas Health Sciences Center in San Antonio.

Dr. Perret is certified in pulmonary diseases and critical care medicine by the American Board of Internal Medicine. He is a fellow of the American College of Chest Physicians. Dr. Perret is accepting new patients. His office is located at Shannon Clinic-Beauregard, 120 E. Beauregard.

 **For more information**, please call 325-481-2158.



James Studt, MD
Radiation Oncology

After receiving his bachelor's degree from The University of Texas at Austin, Dr. Studt earned his medical degree from the University of Texas Health Science Center Southwestern

Medical School in Dallas. He completed his therapeutic radiology residency at the University of Texas Health Science Center in San Antonio.

Dr. Studt is certified in radiation oncology by the American Board of Radiology. He has practiced in San Angelo since 1999 and will continue to provide radiation oncology services at the Regional Cancer Treatment Center, 102 N. Magdalen, Suite 120. The center is accredited by the American College of Radiology.

 **For more information**, please call 325-653-2010.



Set your sights on charity

Every summer sporting clay enthusiasts from near and far gather at the San Angelo Claybird Association for the annual Shannon Sporting Clay Shoot. Over the years, Shannon's Clay Shoot has become the largest charity shoot in Texas, attracting more than 700 shooters and 1,500 spectators and volunteers. This year's event is scheduled for Saturday, July 22, at the San Angelo Claybird Association. Two rotations, each with three shooting courses, will be held Saturday at 8:30 a.m. and noon. Shooters may shoot in one or both rotations.

Proceeds from the event benefit multiple departments at Shannon, including AirMedi-regional outreach, diabetes management outreach, the Oncology Angel Fund, outpatient dialysis, palliative care, Patient Benevolence (formerly Shannon Cares Fund), Shannon care coordination and nurse education.

Visit shannonhealth.com or call 325-657-8343 to find out how to be a part of this exciting event.



Shannon Weight Loss Center

Comprehensive approach to weight loss

Obesity is a rapidly increasing epidemic—more than one-third of the adult population in our country is obese. This serious condition leads to health problems such as diabetes, heart disease and stroke. If left untreated, obesity can be fatal.

Higher medical costs are another cause for concern regarding obesity. According to the Centers for Disease Control and Prevention, medical costs for obese patients are approximately \$1,500 higher than for patients of normal weight.

Bariatric surgery is a tool to help obese patients regain control of their health. Sleeve gastrectomy, a type of bariatric surgery offered nationwide, is now available at the Shannon Weight Loss Center.

“The goal of bariatric surgery is to reduce the patient’s caloric intake and to curb hunger,” says Kenny Jastrow III, MD, Shannon General Surgeon. “The sleeve gastrectomy is a restrictive procedure which narrows the size of the stomach. This causes you to consume fewer calories.”

The operation removes the receptors that trigger hunger, which causes the appetite to decrease. National standards are used to determine if a patient qualifies for surgery.

Bariatric surgery is a permanent change to the body, and Dr. Jastrow and his team must make sure patients are mentally and physically capable of tolerating the procedure. The professionals at the Weight Loss Center work with patients before and after the surgery. Before the operation, patients must have counseling with a clinical dietitian, a

psychiatric evaluation and an appointment with a GI physician to evaluate the anatomy of their stomach.

A PATH TO SUCCESS

“At Shannon we have a program in place with trained personnel to help our patients make sure they succeed,” says Dr. Jastrow.

Patients should expect to lose 60 to 70 percent of their excess body weight after the sleeve gastrectomy. How quickly the weight is lost varies for each patient. They may be able to stop taking medications and reverse conditions such as hypertension, high cholesterol and diabetes.

“Surgery is only one part of our patients’ weight-loss journey,” says Dr. Jastrow. “We can make sure the operation is a success from the OR standpoint, but the patient plays a huge role in making sure the outcome is successful. They have to adhere to a diet and make sure they exercise. The post-operative follow-up is intense because we want to make sure they are adhering to the program.”

Patients are given a bariatric manual that offers an in-depth look into the operation itself, including pre- and postoperative care required, dietary plans and foods to avoid.

“I think it’s important that we have this procedure available locally,” Dr. Jastrow says. “We’ve had patients undergo the surgery and they are off of medications, their diabetes is cured, their blood pressure is down. It’s a huge help to some of our patients, and if we can help a handful of patients along the way—that is always the goal.”

For more information about the sleeve gastrectomy procedure, please call the Shannon Weight Loss Center at 325-481-2344 or visit shannonhealth.com.

A second chance at Life

Crystal Delgado shares about life after bariatric surgery

At 27 years old, Crystal Delgado had her first stroke. She spent the next 10 years of her life in and out of the hospital and her doctors’ offices fighting constant sickness and lethargy. She was taking multiple medications to manage her diabetes and blood pressure, a result of being overweight. Last year, the mother of two decided enough was enough.



“I didn’t have any energy, and I was tired all the time,” she says. “And I was tired of being sick and missing out on my kids because of my health. I just couldn’t live like that anymore.”

After discussion with her doctor and her family and prayer, Crystal decided bariatric surgery was her best option. She scheduled an appointment with Dr. Jastrow at the Shannon Weight Loss Center and began the preoperative requirements to educate herself about the surgery and what her life would be like afterward.

Since her surgery in September 2016, Crystal has dropped more than 70 pounds. She is no longer on any of the eight medications she took to regulate her diabetes or the two high-dose blood pressure medications that kept her hypertension at bay—\$700 she can put back in her pocket. She credits her self-discipline and dedication for keeping her on track.

“The surgery is not an easy fix,” she says. “I appreciate Dr. Jastrow telling me up front the surgery is just a tool, and I have to use it properly to be successful. You have to work and keep working. It hasn’t been easy, but I’ve pushed through and kept going.”

“My health has taken away enough of my years. I can’t waste this second chance at life I’ve been given.”

Cancer prevention

Cancer is frightening—there's no getting around it. ● So it may help to know that some simple choices may help you significantly lower your cancer risk. There are no guarantees, of course—you can take every precaution possible and still get cancer. But by some estimates, about one-third of the most common cancers in the U.S. could be prevented with everyday healthy habits—and even more could be prevented if no one smoked. Here are some key habits to know.

KNOW WHAT TO EAT

A healthy diet is one of your best defenses against cancer. But what's healthy? Try choices like these:

Make produce a priority. In fact, try to fill half your plate with it. You might even go meatless at least one day a week. Fruits and vegetables are loaded with natural chemicals that help protect your cells from damage that could cause cancer. And eating plenty of produce reduces the risk of several cancers, including those of the throat, esophagus, colon and stomach.

Make half your grains whole. Fiber-rich whole grains help protect against colon cancer, the second leading cause of cancer deaths nationwide. To meet your mark for grains, choose 100 percent whole-wheat bread, pasta and tortillas, and swap in brown rice for white.

Be fussy about meat. Cut back on eating red meat and processed meat, such as deli meat. Numerous studies show a link between colon cancer and these kinds of meat.

Watch those calories. Being as lean as possible—without being underweight—helps protect against cancer. So keep calorie-packed, nutrient-poor foods, like candy and chips, in an inconvenient place in your pantry—where they're less

tempting to grab on a regular basis. Better yet: Leave them in the store.

KNOW HOW TO MOVE

Need a little push to be more active? Consider this: Regular exercise cuts the risk of a dozen different cancers. So how much do you need? The American Cancer Society recommends:

- At least 150 minutes of moderate-intensity exercise (such as walking briskly) every week.
- Or at least 75 minutes of vigorous exercises (such as running) every week.

If you're time-squeezed—and really, who isn't?—either goal might seem out of reach. But they're actually doable. For starters, you don't have to head to the gym. Any activity that gets you moving counts, from mopping your floor to walking to your mailbox.

To fit in more exercise, you can:

Sneak in activity. See those stairs? They're calling you—take them whenever you can. Pick a far-away spot to park at the mall. Ride a bus? Get off a few blocks early, and walk the rest of the way.

Rise and shine. Set your alarm early, and exercise before your day gets away from you.

Split it up. Instead of doing a 30-minute workout, try three 10-minute workouts scattered throughout your day.

Keep it up. Finally, make your exercise stick by doing what you

enjoy. There's a whole world of exercise possibilities out there. Try something new—maybe paddle boarding, a spin class or water aerobics. You could even ask a buddy to join you. That's another way to stay motivated.

KNOW WHAT TO AVOID

When you're trying to stay cancer-free, the don'ts often matter as much as the do's. Here are three crucial ones:

Don't light up. Smoking causes lung cancer, one of the hardest cancers to treat. But it also raises the risk of many other cancers—and it's to blame for 30 percent of all cancer deaths nationwide. If you already smoke, it's time to be a quitter.

Don't expose yourself to secondhand smoke. Try to avoid it as much as you can. Nonsmokers who breathe in other people's smoke inhale many of the same cancer-causing poisons as smokers. So if you live with a smoker, encourage the person to quit. Or at least, ask him or her to smoke outside your home.

Don't get too much sun. To help protect yourself from skin cancer, try to stay in the shade when outside, especially between 10 a.m. and 4 p.m. And when you are in sunlight, cover up as much as possible and generously apply sunscreen with an SPF of 30 or higher.

Sources: Academy of Nutrition and Dietetics; American Academy of Family Physicians; American Institute for Cancer Research; Centers for Disease Control and Prevention

What you need to know to help prevent the disease

Cut
ca
ris





your
cancer
risk

Two tests that actually prevent cancer

Screening tests can help save lives by finding diseases early, when they're often easier to treat. And two cancer screening tests not only find cancer early; they can also keep it from developing in the first place.

PAPER TEST FOR CERVICAL CANCER

How it's done

Doctors gently scrape cells from the cervix area for examination under a microscope.

How it prevents cervical cancer

The Pap test can find precancerous changes in cells. Doctors can treat precancers, stopping cancer before it starts.

Who should have it

Most women* should get tested:

- Every three years starting at age 21.
- Every five years from age 30, if a Pap test is combined with a test for the human papillomavirus (HPV), or every three years if HPV testing is unavailable.

After age 65, testing may not be recommended.

COLONOSCOPY FOR COLON CANCER

How it's done

Doctors examine the colon and rectum, while a patient is sedated, to look for precancerous growths.

How it prevents colon cancer

During a colonoscopy, doctors can remove precancerous growths they find and stop cancer in its tracks. They can also remove some cancers.

Who should have it

Most men and women* should get screened for colon cancer starting at age 50 and continuing to at least age 75. A colonoscopy is one of several screening tests available for colon cancer.

*Talk to your doctor about the best screening schedule for you.

Sources: American Cancer Society; U.S. Preventive Services Task Force

Cancer by the numbers: What's your lifetime risk? Find out at shannonhealth.com/cancerfacts.

A new way to fight heartburn

Shannon introduces the LINX procedure and Reflux Clinic

You've seen the commercials and you've heard the guarantees. You've tried the remedies and you've waited for results. Despite your efforts, your acid reflux still casts a looming, painful presence over your life. You may think there are no options left and this agonizing condition is a permanent fixture.

If you are living with gastroesophageal reflux disease (GERD), a new way to fight and win your reflux battle is now available at Shannon—the LINX® procedure.

The LES (lower esophageal sphincter) is the body's natural reflux barrier. When functioning properly, the reflux barrier opens to allow you to swallow and closes to prevent stomach acid from traveling up the esophagus. When you have GERD—20 percent of the population does—the reflux barrier is weak and allows the harmful acid to flow back into your esophagus.

Several common symptoms of GERD are heartburn, regurgitation, nausea and chronic chest pain.

“Acid-reducing medications, known as PPIs (proton pump inhibitors), are often prescribed to treat GERD,” says Benton Brown, MD, Shannon General Surgeon. “These medicines might make you feel great, but we are learning that medication might not be the solution to GERD. Medications will only treat the symptoms of reflux by making the stomach acid less acidic, but they do not treat the reflux itself. Even with meds, your symptoms can worsen, and they might become less and less effective over time. It still happens because the muscle is too weak.”

Dr. Brown adds that another area of concern for those taking medication for GERD is research showing a significant increase in esophageal cancer cases.

“The incidence of esophageal cancer is the fastest growing in America over the last 30 years,” he says. “The biggest increase correlates to the use of PPI medications.”

FOCUS ON THE PROBLEM—NOT THE SYMPTOMS

When medication therapy is ineffective, or if you are interested in stopping these potentially dangerous pills, LINX may be the next step for permanent GERD relief.

LINX is a ring of magnetic, expandable titanium beads the size of a quarter. During the laparoscopic procedure, the ring is implanted around the LES, close to the stomach opening.

“The LINX is strong enough to constrict the LES, closing the passageway to keep stomach acid down,” Dr. Brown says. “The added benefit, especially compared to traditional anti-reflux surgery, is that the ring is weak enough to open up when you perform normal bodily functions such as swallowing or vomiting.”




SAFE AND CONVENIENT

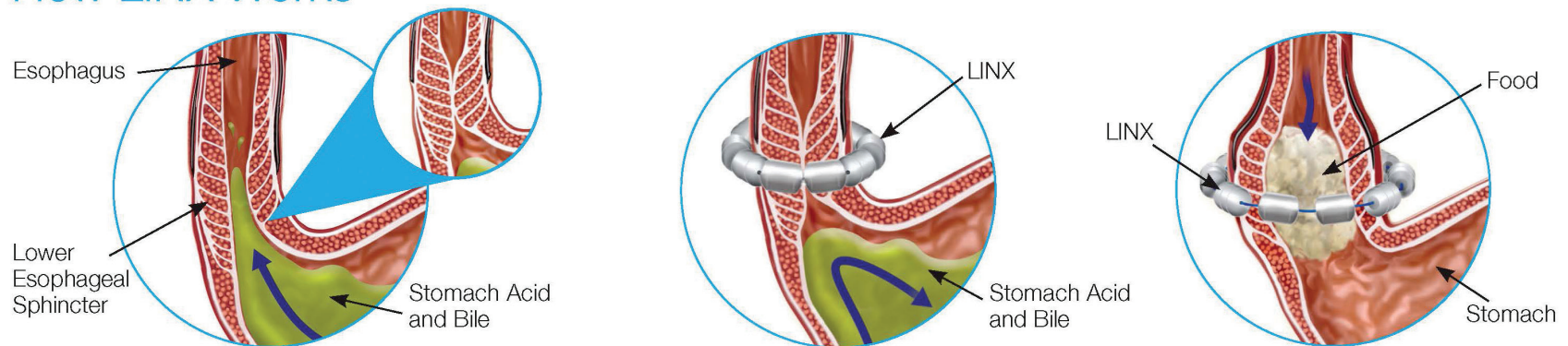
The minimally invasive procedure does not require a hospital stay, and patients can eat a regular diet the same day. Afterward, 90 percent of patients are completely off all reflux medication within a year. It has also been proven to be much safer than every other existing reflux surgery currently available, with over 6,000 successful cases performed around the world.

“The most common misconception of acid reflux is people think they just have to live with it,” Dr. Brown says. “The longer you keep your reflux going, the greater the cost of medications and the greater you are at risk for medication side effects, which can cause problems with your heart and kidneys. You are also at an increased risk for developing cancer in the esophagus if you don't treat your reflux appropriately. If you're on medication and you are still having symptoms, we can help you.”

If you are living with GERD, call the Shannon Reflux Clinic to set up an appointment and discuss your options with a surgeon. The Shannon Reflux Clinic is a multidisciplinary clinic. Surgeons and GI physicians work together to manage your reflux with medications or surgery. LINX may be the right option for you.

 LINX is covered by most insurance providers. Self-referrals are accepted. For more information, call the Shannon Reflux Clinic at 325-481-2344.

How LINX Works



Listen to your gut. Go to shannonhealth.com/heartburn to learn about common heartburn triggers—and how to avoid them.

Children's Miracle Network

 SAVHANNA ALVARADO

Savhanna Alvarado is 16 years old and has chronic asthma. On average, Savhanna is hospitalized once a month and undergoes aggressive treatment. According to her pediatrician, she always has a smile on her face despite her condition. Savhanna is a student at Lake View High School, where her favorite subject is biology. She likes chili dogs, ice cream and all types of music.

 BRYSON BROTHERTON

Bryson Brotherton is 2 years old. In June 2016, he was diagnosed with osteomyelitis in his right knee and underwent surgery followed by six weeks of antibiotics. A few months later, Bryson became very sick and was taken to the Shannon emergency department. Bryson was determined to be in diabetic ketoacidosis. Almost in a coma, Bryson was airlifted to Dell Children's Hospital and was diagnosed with type 1 diabetes. Now wearing an insulin pump, Bryson loves to play outside in the sandbox and paint. Bryson lives with his parents and older sister Adalynn in San Angelo.

Meet the
2017

Miracle
Kids

 HESTON SHORB

After losing their first child to preterm delivery, Heston's parents know he is a true miracle. Heston Lee Shorb was born six weeks early and spent 12 days in the Shannon neonatal intensive care unit. He used several pieces of equipment in addition to receiving a specialized feeding therapy provided by Children's Miracle Network. He is now 19 months old and loves riding his pony, strawberries and playing with cars.

 ALISSA GOMEZ

Alissa Gomez is 7 years old. Alissa was diagnosed with medulloblastoma (a brain tumor) in April 2016. A few days after the diagnosis, she had surgery to remove the tumor from her brain, followed by four months of radiation. Thanks to funding from Children's Miracle Network, Alissa was able to receive some of her treatment at Shannon. She likes playing at the park, crafts and spaghetti. Alissa and her two brothers live in San Angelo with their grandparents.

 TAYTEM DAVIS

In September 2015, Taytem Davis had open heart surgery to repair her aorta. Diagnosed with Loeys-Dietz syndrome, a genetic tissue disorder that affects the body's connective tissue, Taytem will have to be monitored for aneurysms for the rest of her life. Taytem is 14 years old and a cheerleader at Sterling City Junior High. She likes swimming, reading and vanilla cake. Taytem lives in Sterling City with her parents and three siblings, Saydee, Vance and Emilee.

 Save the date
**Children's
Miracle
Network annual
Celebration
Telethon**

You can help local kids by making a simple phone call! The 2017 Children's Miracle Network (CMN) Telethon will air Saturday, June 3 from 2 to 10 p.m. on KLST-TV. The Celebration Telethon provides the opportunity to recognize and thank our donors and sponsors while raising funds toward our annual wish list.

Special segments will feature the 2017 Miracle Kids' stories and information about the numerous items needed to enhance care for children treated at Shannon.

That simple phone call can help make more miracles happen! Every pledge benefits local children treated at Shannon.

To learn how you
can help, please call
325-481-6160.

Stroke? Act F.A.S.T.

When a stroke strikes, time is of the essence.

During a stroke, blood flow to the brain is blocked or interrupted. And when that happens, brain cells start to die. Quick treatment is essential to reduce the risk of serious complications, disability and death.

So know the signs of stroke. It helps to think F.A.S.T.:

- F** **Face drooping.** Is one side of the face drooping or numb? Ask the person to smile—is the smile uneven?
- A** **Arm weakness.** Is one arm weak or numb? Ask the person to raise both arms out to the sides, and take note if one arm drifts downward.
- S** **Speech difficulty.** Can the person speak at all? Is speech slurred or otherwise difficult to understand? Ask the person to repeat a simple sentence. Can they repeat it correctly?
- T** **Time to call 911.** If a person has any of these symptoms, call 911 for help. Call even if symptoms go away. And note the time so you can let medical personnel know what time symptoms started.

The most common type of stroke can be treated with a medication called tissue plasminogen activator (tPA). And the more quickly that a person is treated with tPA, the less damage the stroke may cause.



*Even better than stopping a stroke?
Preventing one in the first place.*

- 1 Keep blood pressure and cholesterol at optimal levels.
- 2 If you have diabetes or heart disease, work with your doctor to get the condition under control.
- 3 Maintain a healthy weight, eat a nutritious diet and get regular exercise.

Sources: American Heart Association; National Institutes of Health; National Stroke Association

A stroke is a medical emergency. Always call 911. Our emergency department staff are trained to treat stroke.

SHANNON CLINIC

www.shannonhealth.com

Shannon Clinic–Beauregard	120 E. Beauregard Ave.	325-658-1511
Shannon Clinic–Pediatrics	225 E. Beauregard Ave.	325-481-2287
Shannon Clinic–Harris	220 E. Harris Ave.	325-658-1511
Shannon Clinic–Magdalen	102 N. Magdalen.	325-658-1511
Shannon Clinic–Southwest	4450 Sunset Drive.	325-658-1511
Shannon Clinic–Sunset	4235 Southwest Blvd.	325-481-2197
Shannon Clinic Urgent Care North	2626 N. Bryant.	325-481-2271
Shannon Clinic Urgent Care West	4251 Sunset Drive.	325-481-2226
Shannon Clinic Urgent Care South	3502 Knickerbocker Road ...	325-481-2222
Shannon Clinic–Red Arroyo	3016 Vista del Arroyo	325-949-9408
Shannon Clinic–College Hills	4141 College Hills	325-481-2320
Family Health Center–Ozona	102 Ave. H.	325-392-3788
Shannon Clinic–Big Spring	2503 Gregg St.	432-606-5178

Shannon Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Language assistance services, free of charge, are available to you. Please call 325-653-6741, ext. 6541.

Shannon Medical Center cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 325-653-6741, ext. 6541.

HEALTH BEAT is published as a community service for the friends and patrons of SHANNON MEDICAL CENTER, 120 E. Harris Ave., San Angelo, TX 76903, telephone 325-653-6741.

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SPRING 2017