

**RIO VALLEY DERMATOLOGY**  
Dr. Michael Hohnadel

The Only Board Certified Dermatologist in Brownsville

MEDICAL & SURGICAL DERMATOLOGY  
TREATING ADULT & PEDIATRIC PATIENTS (OVER 6 MO.)

- Surgical Remediation of Malignant & Benign Lesions Including Skin Cancer, Cysts & Moles
- Skin Cancer Screenings • Acne Treatments
- Hair & Nail Disorders • Psoriasis & Eczema
- Laser Treatments for Psoriasis & Vitiligo

Appointments Available Today! Currently accepting most insurances.

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Mon - Fri 8:00 am - 12:00 pm & 1:00 pm - 5:00 pm  
(located to the left of Valley Baptist in the back of the Central Diagnostic Clinic)

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Save money. Live better.

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Weslaco, TX 78596

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www.walmart.com

**BIRD HUNTING TIPS**

- WHILE AIMING, USE A SWINGING MOTION. MAKE SURE YOUR CLOTHING IS NOT RESTRICTING.
- KNOW THE PATTERNS OF THE BIRDS YOU ARE HUNTING. DIFFERENT SPECIES HAVE DIFFERENT CHARACTERISTICS.
- PRACTICE MAKES PERFECT. SHOOT AT CLAY PIGEONS TO HELP FAMILIARIZE YOUR MOVEMENTS.
- TRY HUNTING DOVES. THEY ARE FAST MOVING, AND MAKE FOR GOOD PRACTICE.

Shop. Dine. Play. Stay.  
**LOCALLY**  
and help support businesses throughout your area.

**sam's club**

Club 8126  
3570 W Alton Gloor Blvd.  
Brownsville, TX 78520  
Phone 956-350-6917

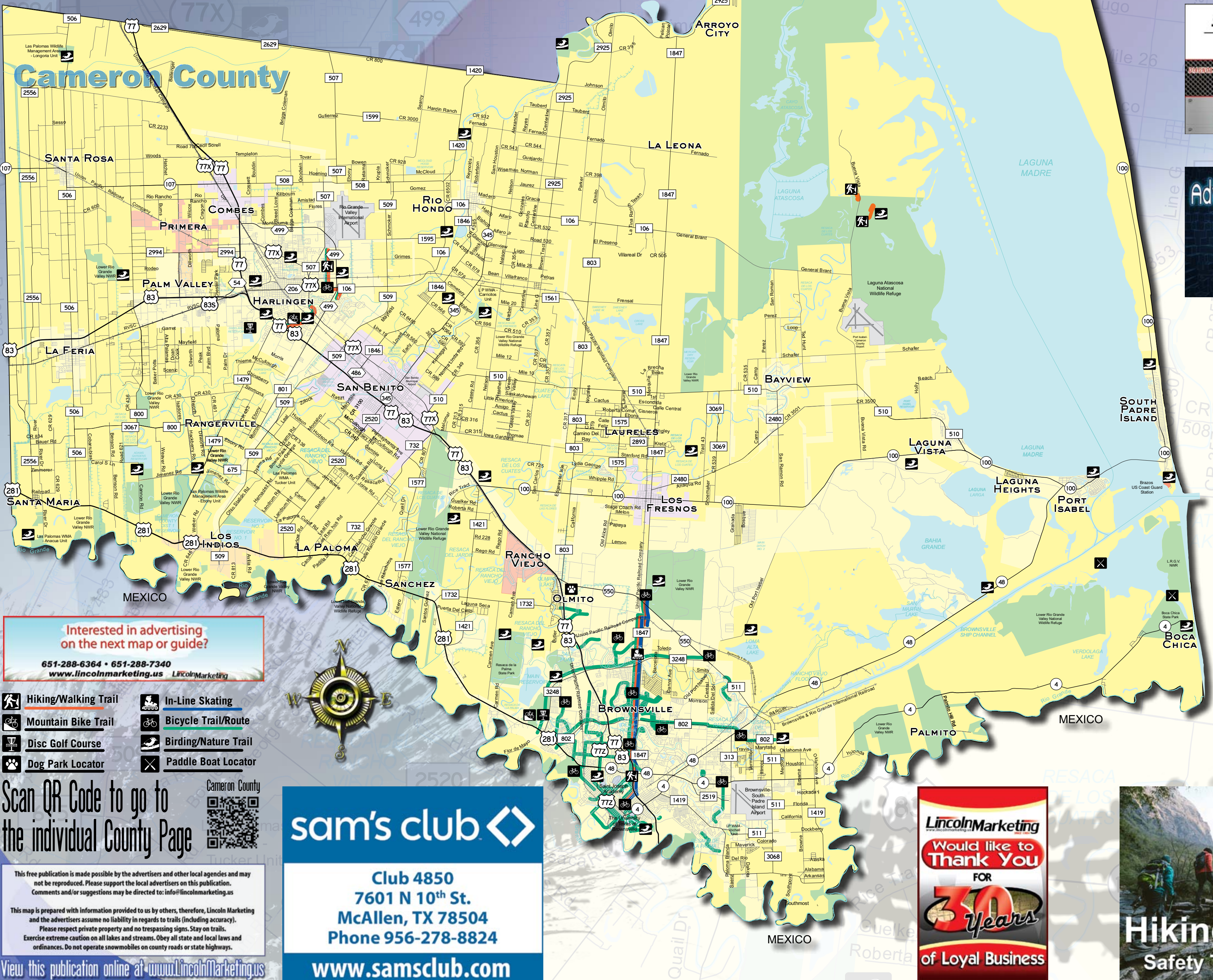
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**Local Area Map**  
Cameron County with Brownsville, South Padre Island & Port Isabel, Texas

With Recreational Trails

Free **LincolnMarketing**

**UTILITY TRAILER SALES**  
**SOUTHEAST TEXAS, INC.**  
www.utilitytrailers.com  
713-670-2000



**STEVE'S MOBILE MECHANICS**

"I will come to your Home or Business for your car NEEDS"

DIAGNOSTIC COMPUTER • BRAKES • TUNEUPS • ALL AROUND SERVICE

Just Call Steve  
**956-909-0988**

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Call: 651-288-6364  
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Your 1 Stop Shop for ALL your TRUCK, TRAILER, & TANKER Needs!

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LAREDO • LAPORTE • SAN BENITO • EL PASO  
AMARILLO • EAGLE PASS (2018)

**Get Active!!!**

Go Outside and Do SOMETHING!

Anything to get your heart rate up, and your blood flowing you'll feel better and it's good for your health!

- Yard Work
- Golfing
- Walking the Dog
- Bike Ride
- Swimming
- Anything!!!

**Bicycle Hand Signals**

Be Cautious of Other Bikers

Drink lots of Water!

Slow Down!

Shop • Dine  
Play • Stay

**LOCALLY**

...and support the community you live in!

Interested in advertising on the next map or guide?

651-288-6364 • 651-288-7340  
www.lincolnmktg.us LincolnMarketing

- Hiking/Walking Trail
- Mountain Bike Trail
- Disc Golf Course
- Dog Park Locator
- In-Line Skating
- Bicycle Trail/Route
- Birding/Nature Trail
- Paddle Boat Locator

Scan QR Code to go to the individual County Page

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**sam's club**

Club 4850  
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McAllen, TX 78504  
Phone 956-278-8824

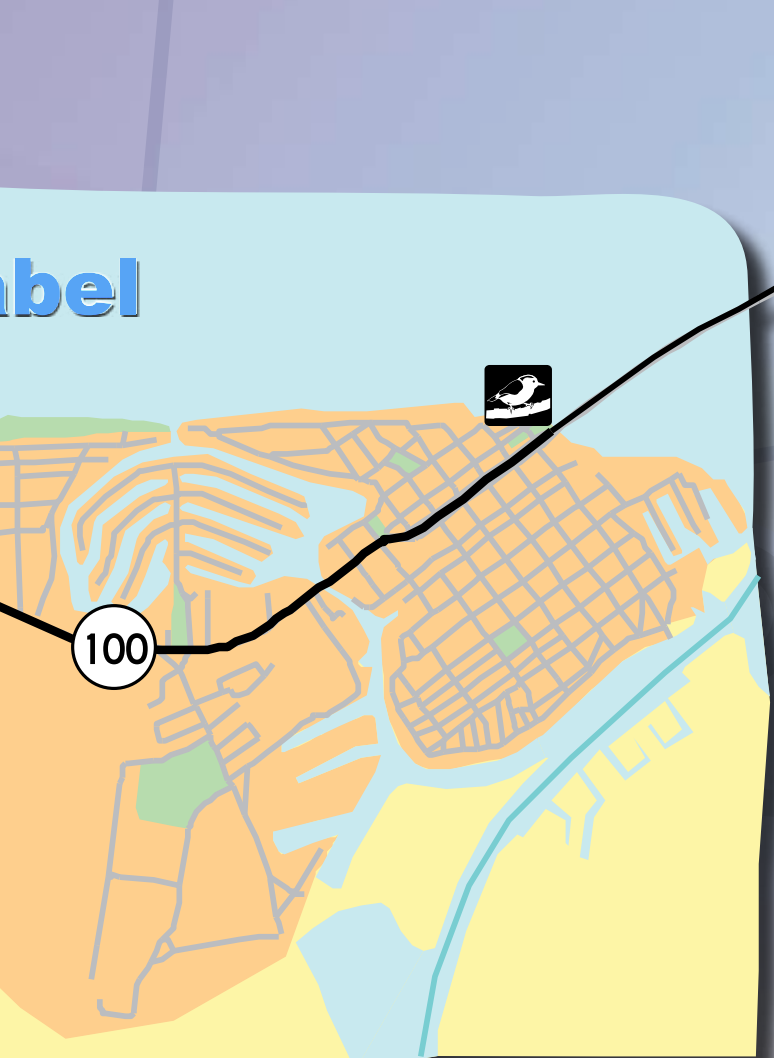
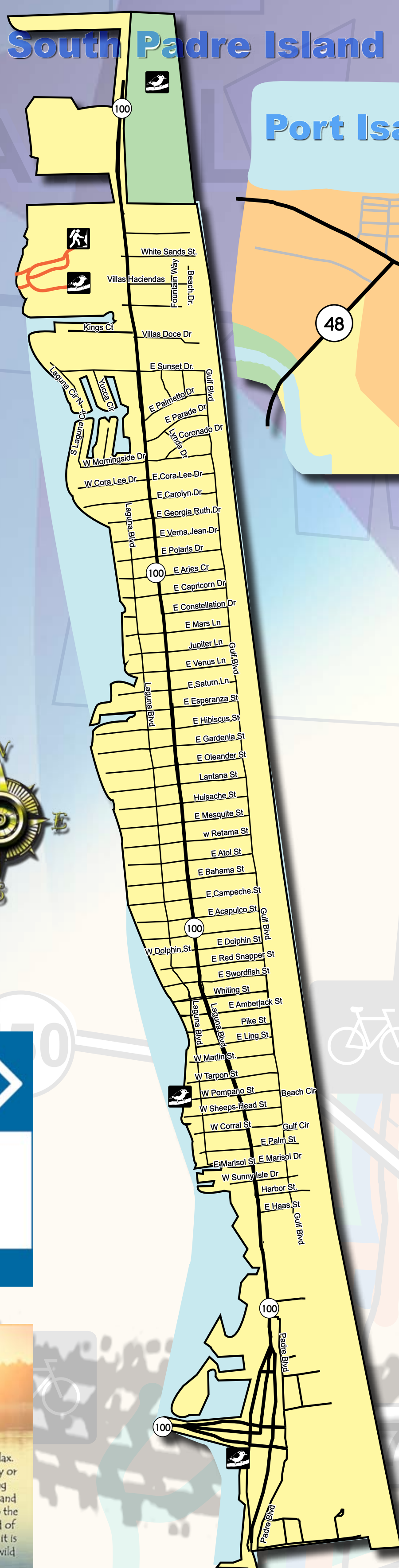
www.samsclub.com

**LincolnMarketing**

Would like to Thank You FOR **30 Years** of Loyal Business

**Hiking Safety Tips**

Before heading out on a hike, make sure you are prepared. Determine the length of the hike you're going on and the type of terrain you are going to traverse. Make sure to wear suitable footwear depending on the weather and terrain. Pack an appropriate size backpack and proper gear for your hike. Let a friend or family member know when and where you are going and how long you plan on being gone.



**Local Area Map** Cameron County with Brownsville, South Padre Island & Port Isabel, Texas

With Recreational Trails

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**DISC GOLF**

Disc golf or frisbee golf is played a lot like traditional ball golf but instead of hitting a ball with a club into a hole the player throws a frisbee into a basket. Disc golf can be played by just about anyone at any age. It's also an inexpensive sport to get into. Specialized frisbees for disc golf cost around \$10-\$15 and a lot of courses are free. Playing disc golf is a great way to get out for some exercise, enjoy nature and have some fun.

*Advertisers Appreciate It!*

Tell Them You Saw Them On The Map!

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**OUTDOOR Fun Facts**

- 85% of plant life is found in the ocean
- Fire usually moves faster uphill than downhill
- Wildfires can reach speeds of 14 miles per hour
- For every human there are 200 around million insects
- The only continent with no active volcanoes is Australia
- You can only see a rainbow if you have your back to the sun
- The record high in the U.S. was in Death Valley, CA at 134F and the record low was in Prospect Creek, AK at -79F
- Oak trees produce acorns when they are around 20 years old
- Parks run by the National Park Service have around 3 million campers per year

- Hiking/Walking Trail
- Mountain Bike Trail
- Disc Golf Course
- Dog Park Locator
- In-Line Skating
- Bicycle Trail/Route
- Birding/Nature Trail
- Skate Park Locator

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*Fishing*

Fishing is a good way to get out and relax. It can also be a time to bond with family or friends. Fishing is healthy as well, being outside and active is good for the body and eating fish can be beneficial. There's also the excitement of never knowing what kind of fish is going to take the bait or how big it is going to be. Plus fishing helps support wild life management.

Shop • Dine  
Play • Stay

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