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Identity and Independence

Identity creates a sense of belonging for each of us. How do you choose to identify yourself? As a Dripping Springs resident? Certainly as this town has grown over the thirteen years that I've had the privilege of publishing the Dripping Springs Outlook, I've seen it change and evolve in many ways. I'm sure you have too. Yet residents here have steadfastly maintained a solid sense of identity.



Each season celebrates hallmarks of uniqueness that are distinctly Dripping Springs. This month is no exception. The 4th of July Fire in the Sky sponsored by State Representative Jason Isaac is a perfect example. Held at Dripping Springs Ranch Park, it is free and open to the public offering a fun way for the entire family to salute our nation's independence. You will find more information about this spectacular event in this issue on page 32.

On July 9, the 5th Annual Dripping Springs Tomato Round-Up presented by the Dripping Springs Farmers Market will showcase local homegrown tomatoes. Everyone is invited to come enjoy some of the season's best, taste the entries and vote for your favorites along with a panel of judges. Find more information about this delicious event on page 33 of this issue.

When it comes to identifying yourself, there's no better place than Dripping Springs to start. Celebrating independence and identity, something we've done for a long time, and will continue to do.

Thank you for joining us.

Victoria

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Dripping Springs Outlook

Dripping Springs Outlook

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Pedal Ranch Publications

CALENDAR of EVENTS

- Every 2nd Sun. at 2pm, Children of the Confederacy, Magnolia Rangers Chapter #927. For more information call 512 858-1085.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit DrippingSpringsRotary.org.
- Every 1st Mon. DS Ag Boosters meet in Ag Building behind DS Middle School at 7pm. Visit DSAgBoosters.org for updates.
- Every 1st & 3rd Mon. 6:30pm, Lions Club meets at Dripping Springs Ranch Park located at 1042 Ranch Road 12. Across from the DS Elementary School. For information call Sharon Goss at 512-923-8630 or email dslionsclub@gmail.com.
- Every 2nd Mon. G.O.D.S. Moms. Free Childcare. Contact Joanne Thomas at 512 894-0581 for more details.
- Every 2nd Mon. Dripping Springs 4-H Club meets at 7pm at the Ag Booster Building (located behind DS middle school).
- Every 3rd Mon. Eastern Star meets at Rambo Lodge at 7:30pm. Call Kathy Clark for more info, 512 858-7004.
- Every 3rd Mon. 7pm. Hill Country Centering Prayer Community meets at a local residence. Call Myra at 512-496-1531 or Sharon at 512-413-3248.
- Every 4th Mon. 7pm. Gen. Ben McCulloch 2435 Daughters of the Confederacy meets at Veteran's Hall, Dripping Springs. Call 512 858-7177.
- Every Tues. 6:30pm Toastmasters of Dripping Springs meet at Pioneer Bank, 100 Creek Rd. Visitors welcome. For more info visit DSToastmasters.com.
- Every Tues. Thur. and Sat. Noon-2pm, Dr. Pound Pioneer Farmstead and Museum is open for tours. Call 512 694-0874.
- Every 2nd, 3rd and 4th Tues. 7pm, DS Boy Scout Troop 101 meets at the DS United Methodist Church. Call Tim Short at 512-743-2537.
- Every 4th Tue. Artists Alliance of the Hill Country meet alternating between The Barn on 4000 Bell Springs Road in Dripping Springs and Artists studios. For more information visit ArtistsAllianceHC.com.
- Every Wed. Farmer's market at the Triangle, 3-6pm. For more info contact CityofDrippingSprings.com or 512 858-4725.
- Every Wed. During the school year, from 6:30-8pm, Awana meets at First Baptist Church, 203 Hwy. 290 West. Contact Julie FitzGerald or David Longenecker at fbcdskids@fbcds.com or 512 858-4270 for more information.
- Every Wed. at 8:30am. The Hill Country Christian Business Networking Alliance meets at El Rey. For more info visit Hill Country Christian Business Networking Alliance (HCCBNA) on Facebook.
- Every Wed. 5-6pm. Christ Centered Prayer, meditation and class. McArthur Hall Meeting Room #1, St. Stephen's Episcopal Church 6000 FM 3237. For more info call 512-847-9956
- Every 3rd Wed. Dripping Springs Cook-Off club meetings in the VFW hall in Dripping Springs. For more information call Michele Ryon 512 299-7455.
- Every 3rd Wed. Bluebonnet Auxiliary meets at 2pm at Hill Country Care Nursing and Rehab Center, 1505 W. 290. Call Janice Ruyle, 512-264-2538 for more information. Volunteers needed. The Bluebonnet Aux provides entertainment and special events for the residents of HCC.
- Every 1st Thur. 7pm Vince F. Taylor American Legion Post 290 of Dripping Springs invites all eligible veterans to Veteran's Hall at the Triangle. For information call 512 858-5637.
- Every 1st Thur. 6-7:30pm. Nonfiction Addiction Book Club at the Dripping Springs Public Library. New members welcome. Contact SuzAnne Beard at 512-858-7825 or suzanne@dscl.org.
- Every 1st Thur. Apr.-Dec. *First Thursday Dripping Springs*, merchants extend their hours until later in the evening and have a variety of specials which might include one-day sales, special activities, food, music and art. For more info visit FirstThursdayDrippingSprings.org.
- Every 3rd Thur. at 7pm, Thirsty Thursday is co-sponsored by the City of Dripping Springs and New Life Lutheran Church at City Hall, 511 W. Mercer St. Area poets, musicians, songwriters and storytellers share work in the house at DS Ranch Park. For details call 512-858-2024.
- Every 3rd Thur. 7pm, DS VFW Post 2933 invites all eligible veterans with foreign service to Veteran's Hall at the Triangle. Call 858-5637.
- Every 4th Thur. 6pm, Photographers of Dripping Springs meets at the Holy Spirit Episcopal Church, 301 Hays Country Acres, Dripping Springs, TX 78620. Visit Photographersofds.us or on Facebook.
- Every 2nd Fri. Mothers of Preschoolers (MOPS) group meets at 9am at the Episcopal Church of the Holy Spirit (301 Hays Country Acres at Hwy 290W). Childcare available. For information call 512 858-4924 or email DrippingSpringsMOPS@gmail.com.
- Every 1st Sat. On or after the full moon, 7:30pm, Rambo Masonic Lodge 426 meets. Dinner at 6:30pm. Call 512-858-7177.
- Mon. July 4, Independence Day
- Mon. July 4, 7pm. Fire in the Sky Fireworks at Dripping Springs Ranch Park. For more info see ad page 32.
- Sat. July 9, 10-1pm. Dripping Springs 5th Annual Tomato Round-Up. For more info see page 33.

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*Please submit your event details at least six weeks prior to your event to Info@DSOutlook.com.
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Summer swim with sharks

by Dr. Jonathan Shultz

Summer is finally here! After long winter months of reduced activity, most of us can't wait to spend time outdoors. For some, it's a chance to return to gardening or summertime sports. Yet for many others, back pain puts

a damper on summer fun. An astounding 60 to 85 percent of the population suffers from low-back pain (LBP) at some point. Approximately 10 percent of those cases become chronic. However you spend this season, we have some winning strategies to keep back pain from spoiling summer activities.

Physical exercise is key to preventing all types of back pain. For people with prior episodes of spinal injury or discomfort, regular exercise can prevent relapses. A 2008 German study tested exercise programs involving movements opposite to the positions the spine is in most often. They found that these "countering" exercises are especially effective at preventing pain and overuse injuries. This same research team proved that inactivity causes back muscles to atrophy, so staying active is important. Especially important for developing a strong back is maintaining "core" stability, focusing on strengthening the abdominals and paraspinal muscles that hold the spine erect.

Optimal posture is crucial for avoiding spinal injuries. At FFC we analyze posture by examining the alignment of key areas like knees, hips, shoulders and pelvis. One condition chiropractors look for is vertebral subluxation, or misalignment of the spinal bones. This irregularity alters nervous system function and irritates spinal

musculature. Remember that while proper posture is important, it's easy to inadvertently revert to old habits. Adopting strong postural awareness can take weeks of mindful practice.

Establishing new habits and routines is essential, but nothing can replace regular chiropractic checkups. Chiropractic is uniquely positioned to help patients prevent back pain because care is centered on spinal health. Chiropractic also blends the best of traditional health care with integrative medicine. At FFC, we are specifically trained to identify underlying physical sources of back pain and nervous system disruption and care is individually customized for each patient. Consistent chiropractic visits help patients stay healthy and pain-free all summer.. and all year long!

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Your final act of kindness

by Debra Maddox

One certainty, we are all going to die! Do you want to talk about death now or just leave it for a discussion among your personal representatives in a hospital setting should a sudden illness or accident happen? Do you want to burden your loved ones to have to make choices that can leave you living

very disabled for years? Talking about death and dying prior to a sudden illness or accident helps promote understanding, acceptance and peace of mind for your family.

Today the average American can expect to live an average of four years with a chronic illness and/or disability prior to death. The most common cause of adult disability is the result of a stroke. Once you live one year past the onset of stroke, your life span resets back to your original life expectancy. Potentially, one can live for years as a very disabled person depending on the severity of the stroke. The average place of death is in a facility setting. Modern medicine may be able to save your life, but at what cost?

For some, modern medicine is able to save a life, but not preserve the quality. If you can no longer take natural breaths do you want a ventilator to breath for you? What about getting nutrition from a tube placed in your stomach? If you have a massive stroke, do

you want life-saving measures that may lead to years of you being totally dependent on others?

It's okay to talk about death. It frees you to live the life you want. Should something medically catastrophic happen, your medical power of attorney knows exactly what you want. She will be armed with your advance directives and Out-of-Hospital-Do-Not-Resuscitate Order should it be needed at a moment's notice.

Debra Maddox joined Hill Country Care as the Director of Admissions and Local Marketing. She has lived in Dripping Springs for nine years with her three children, spouse, and many pets. She enjoys volunteering; being awarded 2nd place January 2015 Dripping Springs Citizen of the month. Contact Debra at 512-858-5624.



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Mommy, Daddy, I'm thirsty

by Eileen Murphy, RDH

Mothers and fathers hear this from their children, from toddlers to teens. The action we take in reaction to this request can set our children up for either a lifetime of good dental and physical health, or for a lifetime of poor choices that can lead to dental and physical problems.

As parents, the choices we have include milk, juices, soda, Gatorade, energy drinks and water. In order to make a healthy choice we need to know what these drinks contain. Milk and juices are filled with nutrients that children need. Juices, however, also have a high citric acid content and milk has a high sugar content – so these are good choices with meals when their saliva increases washing away the acids and sugars.

There is the temptation to give our children sodas, Gatorade and energy drinks. Is this a healthy choice? Probably not, especially if it is in a sippy cup or used between meals. The following chart compares the acid and sugar content of common choices.

Product	Acid Low = Bad	Sugar per 12 oz.
Pure Water	7.00 (neutral)	0.0
Mountain Dew	3.22	11.0 tsp.
Gatorade	2.95	3.3 tsp.

Coke Classic	2.63	9.3 tsp.
Sprite	3.42	9.0
Diet Dr. Pepper	3.41	0.0
Surge	3.02	10.0
Orange Minute Maid	2.80	11.2
Dr. Pepper	2.92	9.5
Battery Acid	1.00	0.0

Source: Minnesota Dental Association *
The threshold pH for enamel dissolution is 5.5

Water has a neutral pH and is harmless. Battery acid destroys tooth enamel. Many common drink choices are listed from “better” to “worse,” showing both acid and sugar content.

Another important thing to remember when making choices is that soft drinks are linked to lower bone density in adolescent girls. There is also concern that soft drink consumption often replaces milk consumption. This can lead to calcium deficiencies. The empty calories in soda are also a factor in the rapid increase in childhood obesity.

So, the next time your child says, “Mommy, I’m thirsty!” think about your reaction to this request. Between meals, water is the best choice in helping your child learn about and maintain good dental and physical health.

Ron S. White DDS

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Nutrition: *You are what you eat*

by Mardee Calkins

Every time food or drink approaches our lips we are making a choice to be healthy or not. We are a complex system in need of a variety of natural, whole foods. When we eat artificial colors, genetically modified foods and processed non-foods that are full of pesticides, hormones and antibiotics, the body cannot function properly. Some of the worst

offenders in our food system are: *artificial sweeteners, refined sugar, MSG (read the list of other names this neurotoxin comes under at TruthInLabeling.org), artificial colors, BHA and BHT, sodium nitrite and nitrate, BVO, pesticides, GMO's, antibiotics and hormones in meats, milk products and eggs.* These controversial ingredients have become normal additives in many foods and can cause a plethora of problems from headaches to learning disabilities in children, including dyslexia. Here are five simple steps to get back on track:

Increase veggies! Veggies are key to giving our body the micronutrients it needs. Veggies will also decrease our appetite for all of the processed foods that inundate the modern diet. We are so fortunate to have an amazing farmers market right here in Dripping Springs.

Increase protein! Our bodies need 15-20 grams of protein every three to four hours to keep our blood sugar balanced and to minimize cravings.

No bags, no boxes! The worst processed foods come in bags and boxes.

Protein for breakfast every day! When we eat this very important macronutrient, we will have less cravings and balanced blood sugar levels. This helps to avoid that mid-afternoon crash, which often leads to cravings for coffee or unhealthy carbs. Children will have the same crashes that adults do, but the result is often behavioral.

Water, water water! There is no substitute. We all know we need to drink water, but somehow it seems to fall to the bottom of the list. Unfortunately tea, soda and alcoholic beverages often seem to take the place of what we should be drinking – water.

Mardee Calkins is a certified nutrition coach and a graduate of the Institute of Integrative Nutrition. She is also a certified Pilates teacher, RYT, personal trainer and Spin instructor. Call or come into Trio Fitness today. TrioFitness.net (512)263-9600



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Personal injury/accident protection

by Tom Diehl

If you are self-employed or work for an employer who does not carry Workers Compensation Insurance, you can purchase your own "Personal Injury/Accident" plan. You could receive cash benefits for your injuries, whether you are hurt on or off the job! Your receipt

for treatment of an accidental injury by a doctor, emergency room or urgent care facility will trigger payment of funds based on your plan's payment schedule. You use the money however you wish, regardless of health insurance coverage.

Most accident plans have a fixed benefit that they will pay a client for items like emergency room treatment, dislocated or broken limbs, severe lacerations or burns, hospital stay, ambulance transportation and other common injuries. Many even provide an accidental death benefit, which is payable to one's designated beneficiary. It doesn't matter whether your medical treatment was covered by a health insurance policy or if you paid for it yourself. Proof of the injury is what justifies payment of your claim.

These accident policies are available for individuals or families. This protection could greatly reduce parents' financial expenses if their children were injured while participating in sports. If a family member is involved in an accident on vacation far from home, it does not affect your eligibility for benefit payment; there are no "network" restrictions on who provides the emergency treatment. Just be sure to get a receipt for treatment of those injuries from a medical professional.

Many policies have multiple levels of coverage and their premium cost is relative to the amount of compensation paid to the insured for each specific injury category. Therefore, if your risk/danger of injury is high due to your occupation, lifestyle, sports participation or hobbies it is wise to consider a higher level of protection. Those are all factors which affect your odds of experiencing an accidental injury! Remember, your plan must already be in effect, in order to pay benefits for any accidental injury. A licensed insurance agent can provide you with details and no-obligation quotes. This coverage could save you hundreds of dollars if you sustain a serious injury!

Tom has been a licensed independent insurance agent in Dripping Springs since 2003. There are no fees for his assistance in finding the best plans for his client's specific situation, and free quotes can be generated the same day. Contact Tom@AustinHealthPlans.com or call 512-535-3556.



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Wrinkles and lines: *Can they be prevented?* by Rocco C. Piazza, M.D

For many people – yes, we’re talking to you 20 and 30-somethings – “anti-aging” only goes as far as vowing to wash your makeup off every night and making the leap from SPF 15 to SPF 30. While I don’t discount the importance of these changes, the truth is that now is the time to set yourself up for beautiful skin for the rest of your life. Previously,

neurotoxins such as Botox® Cosmetic and Dysport® were only said to minimize wrinkles and lines to help patients “turn back the clock.” Now, a growing number of patients are curious if these same options can be used to prevent rather than to simply treat the signs of aging after the fact. The answer: *Absolutely!* We know you’ve got a lot on your plate, so we’ll start off slow.

Here are two common early signs of aging and the quickest, most effective ways to prevent them. Frown lines, also known as *The 11’s*; these lines appear between the eyebrows when we scowl. They can become persistent as we mature, lingering even when our faces are relaxed and giving us a tired or angry appearance. Yes, worrying can have a physical effect too. Crow’s feet – these lines that branch out from the outer corners of your eyes. Find yourself squinting a lot? This is often a cause of crow’s feet. Not too worry, neurotoxins to the rescue!

Let’s talk about Botox specifically. It’s the most widely studied

neurotoxin in the world and is approved by the FDA for both frown lines and crow’s feet. Here’s how it works. Lines and wrinkles are formed by habitual facial expressions. Botox injections limit those facial expressions. So, if you stop making the expressions in the first place, you stop the wrinkles from ever forming. A skilled injector targets only the muscles responsible for those pesky, dynamic wrinkles. You’ll retain your normal range of expressions and look like yourself – no “frozen” faces here. Plus, both Botox Cosmetic and Dysport are minimally invasive treatments with no downtime – about 10 to 15 minutes with minimal swelling and bruising. Often, our patients receive a full treatment over a lunchbreak or after work. *Rocco C. Piazza, M.D is a Diplomate of The American Board of Plastic Surgery; a member of the American Society of Plastic Surgeons, as well as a national spokesperson for the ASPS. His office is located at 7900 FM 1826 Health Plaza II, Suite 206.*



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Cocktails & Curiosity: *Fun for a great cause*

On April 21, Dr. Rocco C. Piazza of The Piazza Center for Plastic Surgery hosted an event raising over \$6,000 for the Breast Cancer Resource Centers of Texas (BCRC).

Over 150 attendees came together for the third annual Cocktails & Curiosity event at The Terrace Club in Dripping Springs.

"Everyone at our practice and all these wonderful guests were there because they wanted to make a difference in the lives of women diagnosed with breast cancer and their recovery journeys," Dr. Piazza says. "It's a cause that's so close to so many people and we're proud to do our part."

BCRC is a local nonprofit staffed by breast cancer survivors with the goal of reducing mortality rates by assisting Central Texans diagnosed with breast cancer as they confront the obstacles that stand in the way of their treatment or affect the quality of their life. The organization's aim is to be a centralized resource of information, education and support that empowers those affected by breast cancer to navigate through diagnosis, treatment, recovery and beyond as active, knowledgeable participants in their healthcare.

Dr. Piazza says he has long been an avid supporter of BCRC and



the services the group provides to many of his breast reconstruction patients.

"The BCRC empowers our patients to move through each decision during the diagnosis and treatment of breast cancer like no other resource that exists. Real patient navigators who are breast cancer survivors provide unparalleled support to these women," Dr. Piazza says. "Cocktails & Curiosity is a way to educate the public about BCRC, as well as the process patient's face who are undergoing reconstruction surgery."

Part of the evening cocktail hour was dedicated to testimonials from BCRC clients, breast cancer survivors themselves. Cocktails & Curiosity also included demonstrations and discussions of the latest techniques in cosmetic surgery, skin care and nonsurgical facial rejuvenation. Vendors including Allergan®, Galderma, Revision® Skincare and CoolSculpting® also participated.

"It was an educational night, but also a really fun evening," Dr. Piazza says. "We love putting these events on and making them really appealing and fun for our patients because it helps us spread the BCRC message even further."

For further information on The Piazza Center, please contact info@thepiazzacenter.com or call 512-288-8200.



Summer detox looks great on you *by Radhia Gleis*

We are all exposed to toxins in the air we breathe, the water we drink and products we use. Detoxification is a full-time job for your body; it's a natural, ongoing process that happens 24/7 and with all the toxins and stress in the modern world, it is a lot of work. You should be aware that how well, or how poorly, your body is able

to detoxify will in a large part determine how well or sick you feel.

Every drug, artificial chemical, pesticide and hormone is broken down or metabolized by enzyme pathways inside the liver cells. Many of the toxic chemicals that enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions and not in water. This makes them difficult for the body to excrete. In these fatty parts of the body, toxins may be stored for years, being released during times of exercise, stress, weight loss programs and fasting. So the more fat you have on your body the more toxic you are.

Converting these toxins and carrying them out of the body is known as Phase I and Phase II liver detoxification. A proper detoxification program can be an effective tool for tuning up your lifestyle patterns, reducing your food sensitivities load through an elimination diet and a simple way to facilitate better assessment of complex GI dysfunctions. One of my favorite liver detox programs is Core Restore by Orthomolecular. It's a comprehensive seven-day diet, lifestyle and nutrient program to reduce toxic burden and

support Phase I and II liver detoxification function.

Each Core Restore BT Kit includes a Core Restore Patient Guide – which includes step-by-step instructions, dietary schedule, recipes and grocery list for better compliance. It even includes a little electric mixer. Enjoy improved biotransformation, better digestive system function and increased nutrient absorption which will help you feel more energized.

Radhia Gleis, PhD, Med, CCN, is a certified Clinical Nutritionist/ Holistic Practitioner, Wellness Director for Martins Compounding & Wellness Pharmacies with three locations in the Austin area. Contact Radhia@cpdwellness.com



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Snakes in the grass

by Scott Coltharp, PA-C

The chance of being bit by a venomous snake in Texas is rare. Only 15 of the 113 species/subspecies of snakes in Texas are venomous. There are four species of venomous snakes in Texas: rattlesnakes, copperheads, water moccasins (cotton mouth) and coral snakes. The first three are in the

pit viper family, which typically have a triangular head. The venom from pit vipers is hemotoxic, causing destruction of tissue and blood when bitten. The coral snake, with markings of red on yellow bands, are neurotoxic in which the venom effects the neurological system and can lead to paralysis of the respiratory system.

Most venomous snakebites happen to people who deliberately come in contact with snakes by hunting, catching or studying them. Otherwise venomous snakebites occur when a snake is stepped on or when moving brush, rocks or logs. If you find yourself in a situation in which a venomous snakebite has occurred, here are a few tips you can do to help the situation.

- 1) Move away and stay calm. If possible take a picture. Do not catch the snake.
- 2) Call 911.
- 3) Remove restrictive items like rings, watches, etc.
- 4) Loosely immobilize the affected extremity in a functional position.
- 5) Keep the effected area elevated above the heart.

Things not to do:

- 1) Do not take anything by mouth, apply ice, heat or use elec-

tricity on the bite.

2) Do not attempt to cut the wound and suck out the venom or use a venom extraction device. These efforts have been shown to cause more damage to tissue.

3) Do not apply a tourniquet or a constriction band to the affected extremity.

Snakes are an invaluable part of our ecosystem by lowering the rodent and insect populations. There are resources online to help you identify snakes, including Texas Reptile and Amphibian Identification Group. You can send them a picture to help you identify the snake. Given a choice, snakes want to avoid you just as much as you want to avoid them. Stay aware of your surroundings and look before you reach into areas where snakes like to hide.

Scott Coltharp, PA-C. Scott grew up in Central Texas. He and his family live in Wimberley. He has been working at Tiger Clinic Pediatrics for 12 years.



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Get kissed by the sun without the damage

by Karen Laine,
 Para-Medical Aesthetician



Warm weather is here and summer fashions are exposing more skin. Many of us with light skin feel a bit awkward since Coco Chanel, of designer fame, made it vogue to have a tan. Instead of damaging and prematurely aging your skin with sun exposure or tanning beds, why not try air-brush tanning?

Sunless tanning is a safe, easy way to obtain a natural looking golden glow year round without exposure to harmful UV rays. A colorless, even mist is hand applied to the skin's surface using an airbrush. Once applied, the solution immediately begins to react with the surface skin layer. Within hours, a natural looking tan begins to develop and after 12 hours the color will be fully developed.

The tanning solution has been tested and recognized as safe by the FDA. DHA is a naturally occurring sugar that reacts with the skin's proteins to form a long-lasting, healthy, tanned appearance.

The average full body session generally takes 20 minutes to apply and dry. An airbrush tan can last between five and ten days depending on your skin type and activity level. The sunless tan fades naturally as your body sheds the tanned skin cells. Keep your skin well moisturized to ensure the longest lasting, most even color.

Shower, thoroughly exfoliate your skin and shave no less than 8 hours prior to your session. Make sure your skin is squeaky clean, free from lotion, deodorant and makeup. A blocking cream is applied to areas that tend to absorb with more intensity to give a more even, tanned appearance.

Wear comfortable, loose fitting, clothing to your appointment. A dark-colored swim suit or undergarments will form your tan lines. You can avoid tan lines by choosing to have a complete body tan. This procedure will be handled with the utmost discretion. Air-brush tanning does not protect you from burning and damaging UV rays. The sunless tan is strictly cosmetic. Always wear appropriate sun screen when exposure to the sun is imminent.

Karen Laine is a para-medical aesthetician and makeup artist with 20 years experience. Contact her at 512-847-8052. Her office is located at 14500 Ranch Road 12, suite 20, in Wimberley.



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Fleas: *The tiny pest*

by Frank Shuman, DVM



This summer has been primed for an escalation in fleas due to the mild winter and significant rains Central Texas has received. These two factors have created an environment that is perfect to a record number of menacing pests. There are over 1900 flea species in the world but, cat and dog owners should only be concerned with only one: *Ctenocephalides felis*, the cat flea.

Fleas are not only a nuisance but carry many harmful and deadly diseases that not only affect our pets but can harm people. Treating your pets can help keep your family safer. A heavy flea burden is lethal, especially to smaller, elderly or younger animals. Conditions brought about via flea infestation include Flea Allergic Dermatitis, anemia, Bartonellosis (Cat Scratch Fever) and tapeworms.

Despite *Ctenocephalides felis*' ability to feed off a wide variety of hosts, this flea definitely does not prefer human blood and won't eat it unless absolutely necessary. A newly emerged adult flea is hungry and may well take a blood meal from the first warm body it finds. An adult flea knocked off its normal host will also be desperate to find a new host and may feed on the nearest warm body it can find. In general, adult fleas regard human blood as a last choice and humans tend not to be bitten unless flea population numbers are high.

Fleas are adaptive and their life cycle is always active – eggs are laid, larvae are developing, pupae are growing and adults are feeding and reproducing. The environmental temperature controls how fast this occurs. If you want to eradicate the flea population in a specific home, it is best to attack when numbers are low in the winter. It is a mistake to stop flea control products in the winter as it will be much harder to gain the upper hand in the spring and summer when the populations are rising.

A big mistake people often overlook is treating the environment which consists of the house and yard. Foggers and sprays are available through local pet stores and hardware stores that are effective against fleas and other biting insects. There are many different flea products for cats and dogs that can be administered topically or orally. These medications can be in combination with heartworm prevention. All of these products either paralyze the mouth parts of fleas or are growth inhibitors. The receptors for these chemicals or pharmaceuticals are specific for insects so it is safe for mammals. Consult with your veterinarian about which product would be appropriate for your pet.

Frank Shuman IV is the Medical Director at Drippings Springs Animal Hospital who has been serving the area for over 30+ years. The hospital is located at 1520 E. HWY 290 and he can be reached at 512-858-4787.



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He's all boy

by Katherine Murphy, MS, OTR, RMT, SIPT-C

Many times out in the community I hear a repeated phrase of, "He's all boy," as an explanation for behavior associated with aggression, excessive force or extreme emotional outbursts. The therapy world has a word for this which is *seeking* (sensory seeking). This unbalance in brain development leads to the body needing excessive amounts of input; for

example, pushing feels good, so more pushing feels better, hence others can get harmed while your child seems happily unremorseful.

Sometimes, the seeking can be in the form of jumping off (everything,) tantrums, running in dangerous conditions without regard to safety or excessive clinginess (hanging onto parent, objects or peers.) This sometimes leads others to feel this child is cold-hearted or mean. While all of us get excited by important events, normal male development involves more large muscle movements, but not harming or trying to control others. The child's body will naturally look for activities to help balance their brain development, but for this child most of these choices aren't safe.

A three-year-old may see jumping off the trampoline to the ground as a fun game, but does not yet have the motor skills to coordinate the landing. If this sounds familiar, find a licensed pediatric therapist to help identify the problems with their development and establish a personalized therapeutic program to improve development and help decrease the anti-social aspects of these behaviors.

Poor development does not get better on it's own and will not be outgrown but continues to impair the connections between skills and the emotional, behavioral and academic functioning of the growing child. Academics skills are rooted in normal development of the body. Being continually singled out at age two, three or four in group settings, having your child unable to follow rules or play games with others, teacher concerns, frequent ER visits or causing harm to others are all indicators of unbalanced development. Solutions are easy, assessment, home programs and professionally guided activities can quickly remediate unbalances and open up the opportunity for normal transitions to the next stage of brain development.

Katherine Murphy, Nationally Board Certified Occupational Therapist for 25 years, licensed massage therapist, cranial sacral trained and a Sensory Integration Certified Therapist specializing in Pediatrics is a long time resident of Dripping Springs and at Family Connections Center since 2008. She is currently training to be a core-in-training for Musgutova Neuro-Sensory-Motor and Reflex Integration (MNRI) Institute.



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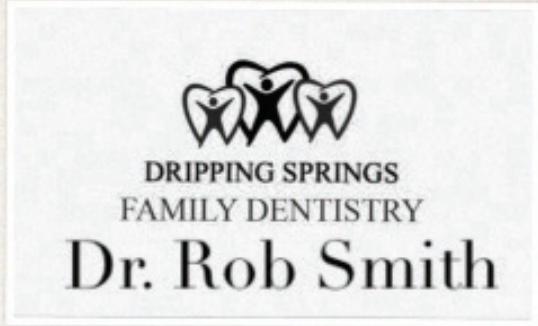


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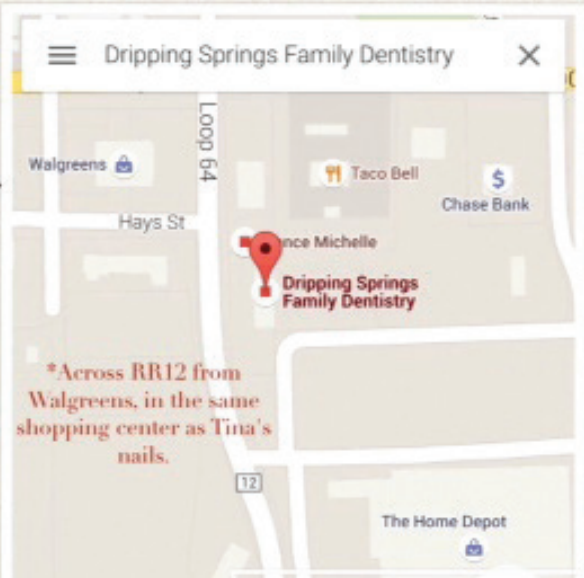
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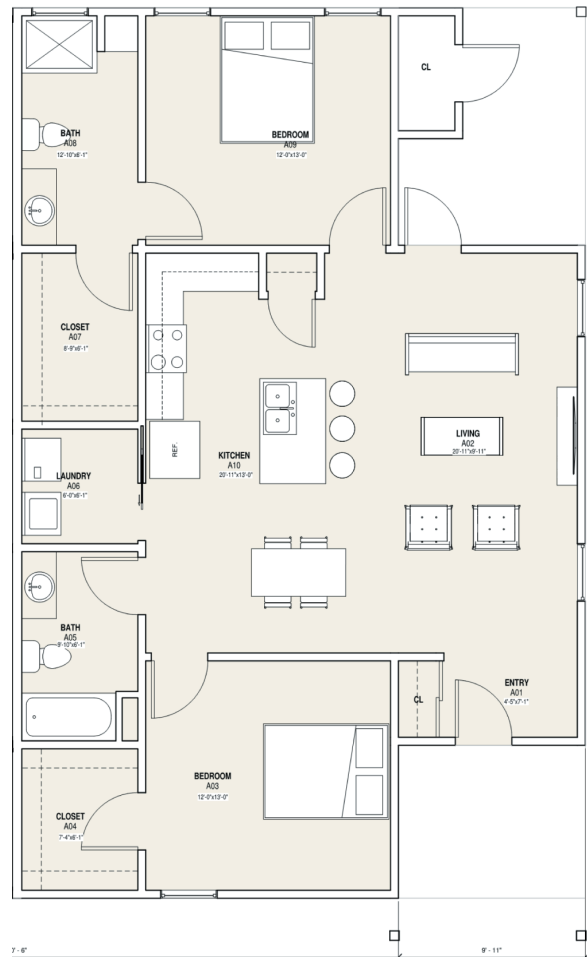
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Buying a home: *The contract of sale*



by Norm Jones

You have found the home of your dreams – now what? You have your pre-approval letter from your lender and you are ready to make an offer. You will need to complete, sign and submit to the seller an offer (in the form of a One to Four Family Residential Contract.) This form, which is promulgated by the Texas

Real Estate Commission (TREC), is nine pages and full of “land mines” but lucky for you, your agent will know how to navigate through the form.

But that’s not all folks. There are addenda that will be added to the contract, such as the Third Party Financing Addendum that sets out the provisions and terms for the type of financing you will use, whether it be conventional, FHA, VA, etc. If you are buying in a subdivision that has mandatory membership in a property owners association, there is an addendum for that. If the seller is using a relocation company, there is a three page addendum and if you want to buy any of the seller’s personal property you will submit a Non-Realty Items Addendum. If you need to sell an existing home before purchasing another, then there is an addendum for that. Not to mention various amendments to the contract, there are about 15 possible addenda, various notices and certificates that may need to be understood in a purchase and sales transaction. Are you feeling overwhelmed yet? Confused? To the lay person who is not a realtor or attorney, just getting through the contract stage of a purchase involves a maze of forms and the knowledge to know which ones apply and how and when to complete them. Are you getting a clear picture that the picture is not very clear?

Your real estate agent studied hard to pass difficult tests administered by TREC. The study materials alone consists of over 2,000 pages of information and after she/he receives the realtors license, then there are numerous hours of continuing education. Someone once said, “Always use a Realtor. They only get paid for results”.

After practicing real estate law for 29 years, representing sellers, buyers and banks, Norm changed his career to real estate sales agent, and is now a Realtor® with Moreland Properties. He and his wife Joni live in Sawyer Ranch. He will use his experience to always give his buyer and seller clients a great result. Contacts: 1005 Ranch Road, 620 South; 512-753-9595; norm@moreland.com; www.moreland.com. He is a member of Graduate Realtor® Institute, ABoR, TAR, NAR and the Texas Bar Association.



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Service call checklist

by Randy Lawrence

As with any major appliance, a water softener can occasionally have problems which are beyond the abilities of the homeowner. There are some simple things you should check before scheduling a service call. They could save you an unnecessary expense.

First, make sure that the unit is plugged into an outlet that has power. Sometimes a tripped breaker or GFCI can cut power to the softener. Often, houses are wired so that one GFCI outlet can cut power to several other outlets, so the reset button could be in a different location. The next item to check is the bypass valve. This takes different forms depending on the type of softener you have, but is typically a quarter-turn valve, or a plunger style handle. The bypass valve should be in the "service" position for soft water. You should make sure that there is salt, or potassium, in the brine tank. It is important to know that, if the unit should run out of salt completely, it can be several days before the softener will get back on track. You can initiate a manual regeneration to speed up the process. You should never have to add water to a brine tank, as the softener is set to add a specific amount of water during the regeneration cycle. On a related note, if low flow is the issue, be sure that your whole house pre-filter (if you have one) is not clogged. If you have checked these basics, and still have a problem, it may be time to contact a licensed professional.

It's worth noting that there are two basic types of service pro-

viders: technicians and parts-changers. The technician truly understands the technology and function of the appliance, and actually wants to determine the source of your problem. The technician also cares to make sure that you understand the problem, what caused it, and how to avoid future issues. Unfortunately, much more common, the parts-changer is simply repeating learned actions in hopes of solving a problem. This can prove to be costly when unnecessary parts, or equipment, are replaced.

Randy Lawrence is the owner of ProQuality Water Systems, a full service water treatment company. He is one of only six Class III Certified Water Treatment Specialists in Hays County (LIC# WT0002693). With over 15 years of experience he has serviced Wimberley and surrounding areas for over a decade.

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Thirteen bits of life advice from a former thirteen-year-old

by Deborah Carter Mastelotto

Recently I was asked for thirteen pieces of advice, to be bound with twelve others into a book for my niece turning thirteen in September. The end of a school year and the start of a new one reminds us, the next time we look our kids are thirteen and too soon they'll be on to their own lives. I was thirteen once. We all were.

9) Develop a relationship with your hairdresser. They give great advice about lots of things.

10) Make friends with different kinds of people. Be interested in their stories. It makes you interesting.

11) Learn to sew. It's cool to fix a seam or replace a button.

12) Learn to eat well. You can do this, no matter which bad family eating habits you grew up with.

13) Trust your intuition. Everyone has a little voice inside whispering the right things to do. Listen to it.

Read the complete article here: Pinkchronicity.com

Deborah Carter Mastelotto is a pathological entrepreneur, an obsessive remodeler, a minor student of quantum physics, an unapologetic observer of human nature and an undefatigable advice-giver. And she has a tiny salon called "Pink West" in a hundred-year-old farmhouse in Dripping Springs, Texas. Visit Pinkchronicity.com

What advice do I wish I'd gotten then?

1) Keep doing what you love no matter what. Life gets busy – don't give up on your favorite stuff.

2) Happiness is a choice. We think it's other people who make us feel one way or another, but it's our job to make ourselves happy and no one else's.

3) Make peace with cleaning-up. No matter who you are or what your life is like, you never get out of cleaning up after yourself.

4) Don't frown, your face will freeze like that. It's true – people who frown all the time actually develop deep, unattractive frown lines.

5) Learn to drink wine. It's more sophisticated than spiked punch.

6) Travel. Get a passport if you don't have one yet. Go anywhere. Travel changes you for the better in a way that nothing else does.

7) Learn as much as you can about cars. Get your dad or some other knowledgeable person to teach you how cars work.

8) Learn about good bedding. Get smart about high thread count, Egyptian cotton, feather duvets..



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Careful planning

by Lindley Pond

By now, I'm sure we are all deep in the throes of summer and its inevitable heat. I'm writing this article in the first week of June, so haven't a clue what we will experience this month. May proved to be usual wet and it's nice to see the greenery as well as to know our water tables are up. We'd gotten so used to our

severe drought situation that our "fixes" for drainage – new hardscaping and usage of some products – seemed to have been done in vain. I witnessed this at my own home.

Since we can no longer swear to hot, dry summers or super cold winters, it's not a bad time to think about the *what if's*. This approach could save not only dollars, but the headache of redoing what we were sure was going to work. Careful planning for all our outdoor wants, can not only give us the desired results, but protect them. There are many simple things to implement before more permanent things such as patios, walkways, a seating area, etc. are installed. Area drains, swales to redirect water, berms to maintain the water's movement, positive drainage away from homes, as well as slight crowning on hardscaping surfaces will help water not pool and move it away from areas it doesn't need to be.

Normally, I'm not a fan of planting in July unless your schedule allows for much TLC to get things established. If you must, try to keep things small as our ground has already heated up and this

puts undue stress on the plant's root system. Take time now to use what you have seen with the water, to come up with a plan that can be implemented as the war chest allows, keeping in mind that sometimes the pot of gold has to wait for the essentials to be put in place. All worth it at the end of the project that was done only once! Happy July! Give us a call if you need some help, we'd love to make the project perfect.

We're here to help fulfill your "outside dreams." Call us for a free consultation and design. Lindley Pond is owner of Lindley Pond Landscaping. We are here to make things out of your reach happen. We've been helping folks in Central Texas for over 15 years. Give us a call for design and installation of your new "lawn." Contact us at 512-775-1629.



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Maximize tax breaks for your vacation home *by Nancy Williamson*

Are you making summer plans for visiting your vacation home? If so, do you have to schedule your stay around dates reserved by paying guests? When you use your vacation home personally and also rent it during the year, you may need to be aware of special tax rules. But there's a benefit to knowing the rules – you can

maximize tax breaks on your federal income tax return. Here are two very broad guidelines to keep in mind.

1) When you rent your home for 14 days or less during the year, all of the income you receive is tax-free. That's true no matter how much you charge. You're not even required to report the rent.

What's the downside? Because you're not claiming the income, any expenses you incur that are related to the rental under this exception are generally not deductible. However, you can still claim your mortgage interest and property taxes if you itemize.

2) If you rent your vacation home for more than 14 days, all of your rental income is reportable. You'll have to divide your expenses between your personal use and those of the rental. The portion of your expenses related to your personal use, such as mortgage interest and property taxes, are deductible as long as you itemize. You deduct the rental expenses against the rental income. Just remember you generally can't claim a loss on your current year tax return when the expenses exceed the income. Instead, you may be able to carry the excess to future years.

If you rent your vacation home when you're not using it, please contact us to discuss the tax rules. We'll help you set up a record-keeping system to track your time and expenses so you get the best possible benefit.

Nancy and her staff have over 20 years of hands-on industry experience working with individuals and entrepreneurs. Services include bookkeeping, financial oversight, budgeting and advice and tax preparation—federal and state.

njw	Nancy J. Williamson, CPA Nancy@Your-Biz-CPA.com www.Your-Biz-CPA.com (512)430-4777
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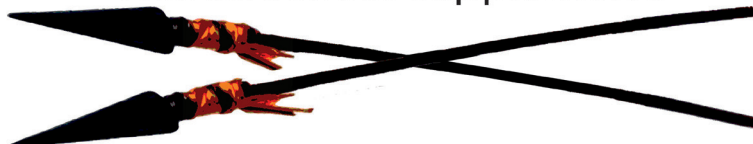
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Litigation: *What is a litigator?*

by Roland Brown



What does a “litigator” do? Some folks may not really know what is meant when a lawyer is referred to as a “litigator.” Let’s discuss the role that a litigator plays in the legal world. The term “litigate” derives from a Latin term which means “to drive a lawsuit.” The title “litiga-

tor” describes one who moves a lawsuit through the judicial (or court) process. Applied to a lawyer, it suggests a licensed attorney who assists clients in preparing and trying the lawsuits they are involved in. The term should also be understood as applying to a lawyer who assists clients in presenting their dispute to an arbitrator (a sort of privately hired judge.) The term “trial lawyer” is somewhat synonymous with the term “litigator.” So, think of a “litigator” as a lawyer who represents one side of a dispute against the opposing side, whether in court or in the arbitration process.

Although the terms sound similar, a litigator and a mediator are not the same. Mediators are neutral individuals who meet with all of the parties to the dispute and assist them in attempting to reach an agreement without court proceedings or an arbitration proceeding. Unlike an arbitrator, the mediator cannot make a decision that is binding upon the parties and unlike the litigator, a mediator does not fight for one side or the other.

A litigator is typically engaged in every aspect of the process from the initial meeting with the client through the trial of the case. The litigator must investigate the facts, determine the law that applies to the case, obtain information from the other party or parties to the dispute through the discovery process and make efforts to resolve the controversy through negotiation. Ultimately, though, the litigator must be prepared to “drive” the lawsuit through the court or arbitration proceeding with a goal of obtaining the results desired by the client. If a party to the lawsuit appeals the trial court’s decision, the same attorney or litigator who tried the case may also handle the appeal. In other instances, an appellate specialist may take over following trial court judgment and prepare the brief on appeal as well as arguing the case before the appeals court. The selection of a litigator or trial lawyer is one of the most important decisions to be made when one finds themselves in a serious dispute.

Roland Brown is a litigation attorney with forty-plus years experience handling civil litigation throughout Texas. For more information call 512-847-2500 or visit RolandsLaw.com.



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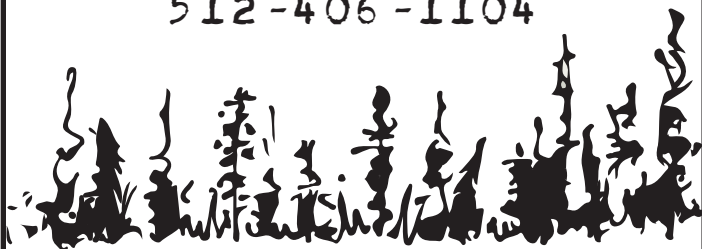
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Will this home ever be paid off?

by Trey Powers

Is becoming debt-free a goal for you as a home owner? It may be the desire to own your home free and clear when the kids leave for college or perhaps upon retirement. Either way, it can be an achievable goal. Here are three ways to make that happen.

Refinance to a shorter term. This reduces the overall interest you pay significantly and gets you out of debt much sooner. Interest rates on a 15 year note can be up to .75 percent lower than a 30 year loan. In addition, there is a good chance that your original interest rate is higher than the current 30 year rate. While the monthly payment will increase with a 15 year loan, it may not be as much as you might think. The reduced interest combined with the shorter pay-off term can save tens of thousands in overall interest paid over the life of the loan.

Refinance to a lower rate, continue to make the same payment. Savings will depend on the exact figures, but it will shave years off of your mortgage and save thousands in interest. Interest rates right now are near historic lows. If your current rate is over four percent, it is worth consulting a mortgage lender to see if refinance makes sense. With minimal information and about ten minutes, they can provide an estimate of the monthly savings and determine if that offsets the costs associated with a refinance. Loan costs are typically rolled into the new loan, meaning you bring no cash to closing.

Make extra payments. The advantage of extra payments is that

all the extra goes toward principal. Making one extra payment per year on a 30 year, \$300,000 loan at 3.75 percent reaps an overall savings of roughly \$30,000, and four years knocked off of your loan. In the same scenario, an extra \$200 paid per month saves \$46,000, and knocks six years off the life of your loan.

Becoming completely debt-free is obviously a lofty goal, but with proper planning can become a reality. Contact your trusted mortgage lender to see how changes in your home loan can help you achieve that goal.

Trey Powers is a licensed mortgage loan officer with City Bank Mortgage, a Texas-based lender. Trey lives, works and volunteers right here in D.S. Call or email for help with anything related to your home loan. Contact: 512-203-5869 & trey@treypowers.com. Visit TreyPowers.com.

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Dripping Springs Chamber of Commerce Focus on Business: *Corridor Title*

Corridor Title, a locally-owned company headquartered in Dripping Springs, delivers professionalism at the closing table and throughout the arch of our clients' involvement in the community. In addition to professionalism, Corridor Title's single most important value proposition is the local market knowledge and relationships that we maintain. Kim Fernea, Corridor Title's Business Development Director, sums it up best, "We take the approach that when our communities and clients thrive, so does Corridor Title. We invest our efforts in the Dripping Springs Chamber, the City's Economic Development Committee and Dripping Springs Independent School District. Over the long term, we succeed only to the extent that our community and clients do. And the more we support both, the better for all involved."

Corridor Title's greatest asset and strength are its employees and we are proud of our 25 member team. Corridor Title's escrow departments in Drippings, San Marcos and Austin, as well as their Title Plant, Policy, Business Development and corporate staff benefit from their significant title industry expertise. Founded in October 2010, Corridor Title's leadership has intentionally recruited in a manner that well-serves its clients. Our staff's knowledge and professionalism are defined by experience and proactive communication that ensures timely and smooth closings. We are particularly proud of the escrow staff that serves the Dripping Springs market. "Brandi Wheeler, Christy Braun, Gina Kufrovich, Ellie Wren, Lisa Blaha and Sandi Bainbridge are an outstanding representation of the best

of what our community has to offer professionally and personally. I am proud to call them my colleagues and that they so well-serve our growing clientele in Dripping Springs," said Patrick Rose, Corridor Title's Founder and President.

Corridor Title is licensed in Hays, Travis and Caldwell Counties and benefits from the reach of its Underwriter-Partners (Alamo Title Insurance, Chicago Title Insurance Company, Commonwealth Land Title Insurance Company, Fidelity National Title Insurance Company, Old Republic National Title Insurance Company, Stewart Title Guaranty Company and WFG National Title Insurance Company.) Corridor's Title Plant and document history dates back to the sovereignty of Texas, and the Director of their Title Plant, Bob Willis, has examined title in Central Texas for over 30 years. And, because their headquarters are local, Corridor Title's escrow teams need not wait in line or get on a conference call to reach the Title Plant. Bob and his team are responsive and available, ready to address issues before they become problems.

Corridor Title understands that the community and region's success is their most important undertaking. Corridor Title supports that effort by supporting their clients.

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I have been working at Twin Liquors for seven years come this fall. In this time we have rotated through hundreds of wines, spirits and beers. Our selection is based on the needs and interests of our customers as well as the seasons. With summer nearly here, we have focused our efforts on styles of beers that are

crisp and refreshing. Cocktails built for the patio and wines perfect for sipping around the pool.

So what are you doing this summer? Relaxing in Austin? Or maybe you are taking a vacation somewhere? I often hear from our customers about their travels and wines, sprits or beers they tried while on their trips. My wife and I are headed to the Champagne region of France on our honeymoon this summer. We are very excited to experience the culture and try some new things. I have been able to get a lot of tips and recommendations from customers and friends that have visited the area before. And, when we get back, I know just the shop to visit should we want to buy some of the champagne we will be drinking in France – Twin Liquors at the Hill Country Galleria!

So whether you are sticking around Austin or have a trip abroad, stop by and tell us about the new things you discover this summer.

We may have a suggestion of our own, too.

Cale Thibaudeau is the manager of the Twin Liquors Marketplace at the Hill Country Galleria. In Dripping Springs, Twin Liquors is located at 598 Highway 290 E in the HEB shopping center. Visit them online at twinliquors.com for recipes, event listings and more.



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How can you declare your financial independence?

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor



Gavin J. Loftus

This week, we observe the Fourth of July with sparklers, picnics and parades. And living in a country that offers so much freedom, we have a lot to celebrate. But on a more personal level, you may still be working toward another type of independence – financial independence. What can you do to speed your progress toward this goal?

Here are some ideas to think about:

- Free yourself from excessive fear.

As an investor, it's not hard to find something to fear. Don't let fear hold you back. It takes discipline and some mental toughness to stay invested in all economic environments, but if you're constantly jumping in and out of the market, you're almost guaranteed to miss out on the kind of continuity and opportunities you need to move toward your financial freedom.

- Liberate your investments' growth potential. Try to always maintain a reasonable percentage of growth-oriented vehicles in your portfolio. The exact amount may depend on your age and tolerance for risk, but at virtually every stage of your life, you need some growth potential.

- Avoid the tyranny of debt. It's not easy to stay out of debt. Try to do everything you can to live within your means and avoid racking up more debt than is necessary. And when you do whittle down your debts, put that "found" money to work. The more you put in your investment portfolio, the more opportunities you have to reach your objectives.

- Free your thinking about the future. Here's another roadblock on your journey toward financial independence: *short-term thinking*. Instead of seeking quick gains, strive for steady growth. Instead of reacting to the news of the day by making impulsive moves, chart a long-term strategy that's appropriate for your needs and stick to it. Instead of focusing on the losses you might see on one month's investment statement, look back over the progress you've made over the last five or ten years. In short, worry less about today – and plan for tomorrow.

It will take a lot of time, effort and patience to ultimately achieve your own Financial Independence Day. But once you do, you'll have reason to rejoice – and you won't even need the fireworks.

Gavin J. Loftus, CFP, AAMS, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-894-3801.

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Exciting news for the
 Songwriter's Festival



Rodney Crowell

The organization of the third annual Dripping Springs Songwriters Festival is now in full-swing! Our festival date – October 14-16, 2016, is rapidly approaching and we're getting all our ducks in a row. This month we have some very exciting news.. *Rodney Crowell* will be the headliner for our festival this year! Rodney is a two-time Grammy-winner, a member of the Nashville Songwriters Hall of Fame and a recipient of the 2009 Lifetime Achievement Award for Songwriting from the Americana Music Association. In October of this year, he will also be inducted into the Austin City Limits Hall of Fame. Crowell's songs have been covered and performed by an eminent group of artists that include Van Morrison, Johnny Cash, Waylon Jennings, Etta James, George Strait, Tim McGraw, Emmylou Harris and Bob Seger.. just to name a few. Rodney has also chalked up a number of chart-busting hits from his own albums, like his huge smash, "I Couldn't Leave You If I Tried". Rodney Crowell is an incredible singer, songwriter and recording artist and we are extremely proud to bring him to Dripping Springs – we can't wait to have him take the stage!

It's been a record-breaking year for the number of songwriter submissions and they are still coming in – some from as far away as Nepal, England, India and Switzerland. We have only two weeks left of submissions (deadline is midnight, July 1) then we'll be faced with the tough but enjoyable task of listening and making our final selections for this year's featured songwriter roster. Thanks to all of the songwriters who've already submitted. There's a *lot* of incredible talent out there.



MARK THOSE CALENDARS NOW
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drippingspringssongwritersfestival.com

Dripping Springs Tomato Round-Up 2016

by Laurel Robertson

Homegrown tomato fans – the wait is almost over! On Saturday, July 9 from 9am until noon, Dripping Springs fifth annual Tomato Round-Up will gather together the best homegrown tomatoes in northern Hays County for everyone's tasting pleasure. Tomato growers, whether farmers or the home garden variety, are invited to compete for prizes and bragging rights throughout the coming year.

This year's Tomato Round-Up will be held at the Triangle in Dripping Springs (the park at Hwy 290 and RR12, also the site of the Dripping Springs Farmers Market on Wednesdays.) Beneath the large tent there will tomato tasting competitions, good food to eat, live music to enjoy, games to play and information from the Hays County Master Gardeners on how to grow the best tomatoes and other gardening tips for Central Texas.

The stars of the show will be the amazing array of garden-fresh, vine-ripened tomatoes – from the smallest, sweetest cherries to the largest, juiciest slicers, to the richest, most flavorful heirlooms. Gardeners from all over the Dripping Springs area are invited to bring their finest tomatoes to compete for prizes in five categories: *cherry, yellow, heirloom, red slicers and romas*. For just \$1/category, the public can taste all the entries and vote for their favorites.

A panel of professional chefs, noted agrarians and other distinguished tastebuds will be on hand to render their verdict on the perfect tomato. First, second and third place prizes for both Judges' Favorites and Peoples Choice will be awarded in all five categories. Best in Show will be honored with the "The Harley Clark" award, in

memory of Dripping Springs' well-known and well-loved tomato-growing wizard.

The Tomato Round-Up is sponsored annually by the City of Dripping Springs and organized by its Farmers Market Committee. Generous business and individual sponsorships help make the event possible. Sponsorships for this year's event are being sought. *For more information on the Tomato Round-Up or if you would like to be one of our sponsors, visit CityOfDrippingSprings.com and click on the "Farmers Market" tab, see the Tomato Round-Up Facebook page or call 512-858-4725.*

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Find us on [f /TomatoRoundUp](https://www.facebook.com/TomatoRoundUp)

Don't mess with Texas

by Reba Byrd & Carolyn Verdina



Don't mess with Texas. We Texans are so proud of our state, aren't we? There is nothing quite like driving through the Hill Country or watching that sunset during the summer months, cold beverage in hand. We all work together to keep our state beautiful, whether we avoid littering

the highways, regulate our water consumption, ride our bikes instead of starting up our cars, sort our recyclables from our trash or buy locally to support our friends' businesses.

Sustainable. Recyclable. Reusable. Organic. These are descriptions we see almost everywhere. Maybe, just maybe, our supporting those efforts and products will help to keep our great state and our world a little bit cleaner.

At Cowgirls & Lace, we are proud to say many of our products support the environment, even in a small way. Our estate finds are used furniture and furnishings that might have otherwise ended up in the trash. We often spruce up those pieces with a touch of paint from our Amy Howard line, restoring a discarded table into one that can become the pride of your home.

A recent addition to our store is Hilde Leigat's environmentally-conscious line of Pom Pom at Home Linens. Hilde grew up in the Belgian countryside and frequented flea markets with her father, where her love of antiques and linen began. Linen is derived from flax, a major crop of Belgium. Flax farming requires little to no

irrigation and no harsh chemicals, keeping the soil and atmosphere free from pollution. Pom Pom at Home fabrics are 100% linen, recyclable, biodegradable and allergy-free – a beautiful combination of environmental sustainability and a lived-in, elegant look for your home.

Let's all keep making those daily choices to keep Texas beautiful. That means supporting sustainable and environmentally-conscious businesses, campaigns, products and consumables. The smallest purchase in support of a company like Pom Pom at Home can make a positive environmental impact. Just remember – don't mess with Texas!

Reba Byrd is the owner of Cowgirls and Lace and Le Ragge Ruggs with locations in Dripping Springs. With 21 years of experience they specialize in custom window treatments and bedding as well as complete lines of furniture and accessories. Le Ragge Ruggs now carries the Amy Howard at Home products and offers classes in the various painting techniques.



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4th of July Events - Central Texas



Fourth of July Events in Central Texas
In July of 1776, America declared its independence from the crown. Over 200 years later, Americans will celebrate the Fourth of July as a reminder of those who built this nation, and of the men and women who dedicated it to this day. So here are our Fourth of July events!

Hill Country Galleria Independence Day Festival
July 4th 9am-5pm - Midlake
12700 Hill Country Blvd, The Cove | 512-382-0888 | hillcountrygalleria.com
The Hill Country Galleria Independence Day Festival, which is held at the heart of The Cove, is a celebration of the American spirit. It is a day of fun, games, and entertainment for the whole family. There will be live music, vendors, family entertainment, and fireworks. The park is wheelchair accessible and has a large playground area. The festival will be held from 9am to 5pm. The admission is \$10 for adults and \$5 for children. Free admission for seniors 65 and over. Free admission for children 12 and under. Free admission for children 12 and under. Free admission for children 12 and under.

Austin Symphony July 4th Concert & Fireworks
July 4th - 8pm-10pm - Fort Worth
The Austin Symphony will present a special concert on July 4th at approximately 8:30pm. The concert will feature a program of American music, including works by Beethoven, Tchaikovsky, and Copland. The concert will be held at the Fort Worth Symphony Hall. The admission is \$10 for adults and \$5 for children. Free admission for seniors 65 and over. Free admission for children 12 and under.

Colar Park Fourth of July Parade & Celebration
July 4th - Parade at 10am - Celebration from 9am - 10pm
Parade Start - Colar Park Center - End - Colar Park The Center
Celebration - Millers Park, Colar Park, TX | colarpark.com
The Colar Park Fourth of July Parade and Celebration is a fun-filled day of fun, games, and entertainment for the whole family. There will be live music, vendors, family entertainment, and fireworks. The park is wheelchair accessible and has a large playground area. The festival will be held from 9am to 10pm. The admission is \$10 for adults and \$5 for children. Free admission for seniors 65 and over. Free admission for children 12 and under.

Lago Vista 4th of July Celebration
July 4th - All day long
Parade and fireworks. Start time 10am (start the fireworks at 10am)
End: The Oaks | www.lagovista.com
The Lago Vista Fourth of July Celebration is a fun-filled day of fun, games, and entertainment for the whole family. There will be live music, vendors, family entertainment, and fireworks. The park is wheelchair accessible and has a large playground area. The festival will be held from 10am to 10pm. The admission is \$10 for adults and \$5 for children. Free admission for seniors 65 and over. Free admission for children 12 and under.

Leader Liberty Fest
July 4th, 2015 - 5:00pm to 10:00pm
Austin's Community College Market Center campus
leaderlibertyfest.com
The Leader Liberty Fest is a fun-filled day of fun, games, and entertainment for the whole family. There will be live music, vendors, family entertainment, and fireworks. The park is wheelchair accessible and has a large playground area. The festival will be held from 5:00pm to 10:00pm. The admission is \$10 for adults and \$5 for children. Free admission for seniors 65 and over. Free admission for children 12 and under.

Phlogerville Firecracker Festival
July 4th 7pm-11pm
Lago Phlogerville, 1214 Main Lane | phlogerville.com
The Phlogerville Firecracker Festival is a fun-filled day of fun, games, and entertainment for the whole family. There will be live music, vendors, family entertainment, and fireworks. The park is wheelchair accessible and has a large playground area. The festival will be held from 7pm to 11pm. The admission is \$10 for adults and \$5 for children. Free admission for seniors 65 and over. Free admission for children 12 and under.

Red, White, & Blue Independence Day Celebration
July 4th - Starting at 4 AM
Red, White, & Blue Independence Day Celebration is a fun-filled day of fun, games, and entertainment for the whole family. There will be live music, vendors, family entertainment, and fireworks. The park is wheelchair accessible and has a large playground area. The festival will be held from 4 AM to 10:00pm. The admission is \$10 for adults and \$5 for children. Free admission for seniors 65 and over. Free admission for children 12 and under.

July 4th Frontier Days Celebration
July 4th - 9am-11pm
Old Settler's Park, Round Rock | roundrocktx.com
The July 4th Frontier Days Celebration is a fun-filled day of fun, games, and entertainment for the whole family. There will be live music, vendors, family entertainment, and fireworks. The park is wheelchair accessible and has a large playground area. The festival will be held from 9am to 11pm. The admission is \$10 for adults and \$5 for children. Free admission for seniors 65 and over. Free admission for children 12 and under.

Taylor Annual 4th of July Festival & Fireworks
July 4th - All day long
Taylor Mayor Park, 1400 Veterans Dr., Taylor | taylor-texas.com
The Taylor Annual 4th of July Festival and Fireworks is a fun-filled day of fun, games, and entertainment for the whole family. There will be live music, vendors, family entertainment, and fireworks. The park is wheelchair accessible and has a large playground area. The festival will be held from 10am to 10pm. The admission is \$10 for adults and \$5 for children. Free admission for seniors 65 and over. Free admission for children 12 and under.

Independence Title
Explore www.independencetitle.com



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1.5 acres, 4 bd, 3 bth, \$469,000
Offered by Steve Cossette



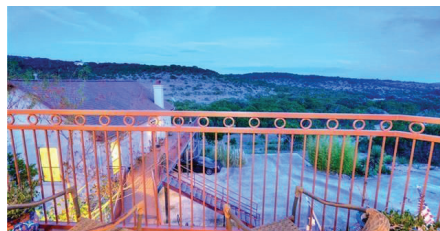
4 bd, 2.5 bth, \$419,900
Offered by TJ Theis



6.7 acres, 4 bd, 3.5 bth, \$949,900
Offered by Pat Bruns



3 bd, 2.5 bth, \$489,990
Offered by Shelli Beck



9 acres, 5 bd, 4bth, \$619,900
Offered by Ron Freeman



8 acres, 5 bd, 3.5 bth, \$795,000.
Offered by Steve Cossette.

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