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OUTLOOK

Volume 13 Issue 5 • Dripping Springs, Texas • August 2016

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Are you Dripping with Taste?

There comes a point when you know you've made it; a moment when you realize all your hard work has paid off. My guess is the staff and volunteers of Dripping With Taste reached that place a while ago. After all, this will be the 9th Annual wine and food festival the Dripping Springs Area Chamber of Commerce and Visitors Bureau has hosted. Yet each year they surely must be delighted with the ever-increasing numbers of tickets sold, food and drink vendors participating as well as local artisans showcasing their work.



I must admit that I'm so impressed each year that I think it can't get any better, and yet it does. Settled in at Dripping Springs Ranch Park and Event Center for the past few years, Dripping With Taste has hit its stride by bringing together the people, products and location for one of the best parties of the year. And everyone is invited to it!

The only question that remains is: Are you Dripping With Taste? If for some reason you haven't sampled this delicious event before, then check out more details in this issue and visit DrippingWithTaste.com to purchase tickets in advance.

Thank you for joining us.

Victoria

DSOutlook.com



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Dripping Springs Outlook

Dripping Springs Outlook

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The Dripping Springs Outlook, a subsidiary of Pedal Ranch Publications, is mailed monthly to all street addresses serviced by the Dripping Springs Post Office, plus many routes in 78737.

It is also distributed to businesses throughout the community.

Contact us to find out how you can submit information, photos, or promote your business directly to over 13,000 addresses.

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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 2nd Tues. 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 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 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.
- Sat. Aug. 20, 10th Annual Hill Country Rally for Kids. For more info see pg. 32.
- Sat. Sept. 10, 9th Annual Dripping With Taste Wine & Food Festival. For more info see pg. 33.

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*Please submit your event details at least six weeks prior to your event to Info@DSOutlook.com.
Distribution is the 1st of each month.*



How to lift objects safely

by Victoria Kelly, SPT

Today is moving day and the new apartment is on the third floor. Or, you've got a lot of lifting to do today at work – whether it involves moving equipment, patients in the hospital, boxes, hay bales or other kinds of loads. Before you get started, please take a few minutes to read these guidelines to make sure you are

protecting your body during the task of lifting. Improper lifting technique can cause neck, shoulder and back pain and possibly even more serious injuries. Learning the proper way to lift will help minimize your risk for pain and injury, whether your to-do list involves lifting heavy objects or repetitively lifting light-weight objects.

First, make sure you have a clear path from Point A to Point B, particularly when lifting heavy objects. Planning ahead like this helps avoid any awkward or sudden movements during the lift that can strain your muscles. Also, be sure to test the load by pushing the object lightly with your hands or feet to see how easily it moves. If it seems too heavy for you to lift by yourself, ask for help.

Stand as close as you can to the load or slide the object close to you prior to lifting. Face the object directly with your feet shoulder-width apart. Bend the knees and hips, keeping your back straight. If the object is on the floor, straddle the load if possible, with one leg on each side of the object. Lift the object with your legs, not your back, and avoid twisting. Tighten your stomach muscles so your abdominal muscles assist in the lift and reduce strain on the low back.

Keep your feet shoulder-width apart and distribute the weight you are holding equally on both sides of your body. While carrying, hold the object in midline in the space between your shoulders and your waist. This decreases the load on your back. Do not twist at the trunk when carrying – instead, move or change directions with your feet. With repetitive lifting, pacing is key. Take small breaks every 10-15 minutes to avoid over-stressing your muscles.

If you have injured your back, shoulder or neck or if you have been experiencing pain in those regions for more than a few days, consider seeking a referral to physical therapy from your doctor. Not all back/shoulder/neck pain is the same. A licensed physical therapist will design an individualized treatment plan for the specific problems you are having. Physical therapists are well educated in human anatomy and body mechanics, and are prepared to provide you with the tools you need to keep moving. If you have any questions about this topic, please contact Kethley Physical Therapy.

Victoria Kelly is a student from UT Southwestern Medical Center in Dallas. Kethley Physical Therapy wishes her the best of luck and thanks for all her hard work. Kethley Physical Therapy has been providing physical therapy to the Dripping Springs and surrounding communities for over 15 years! KPT has two convenient locations and 7 licensed physical therapists to treat all your musculoskeletal needs. We are open from 7am to 6pm Monday-Friday and can be reached at 512-858-5191 or at KethleyPT.com.

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Don't feel like your symptoms are being managed

by Timothy O. Bryce, LAc and Ryan M. Shepherd, ND

Regular medical exams with your primary are important but what is a wellness exam and how is it different?

The Naturopathic Wellness Exam with Acupuncture Pros includes blood work, physical

and diagnostic assessments specific to you and, most importantly, nutritional and dietary examinations, particularly as they relate to your laboratories.

Acupuncture Pros takes into account details your annual physical usually doesn't. Rather than looking mainly for red flags, we examine patterns specific to you, not just what the numbers say. What might seem "normal" in a routine physical may indicate room for improvement to us based on your unique profile and symptoms, not to mention how much stress you experience and what you do for a living. All of this matters. Sometimes "within normal limits" is actually not normal at all – not for you. For example, the adult TSH reference range for the thyroid is from 0.5-5.0. According to a study published by the American Association of Clinical Endocrinologists (AACE), a TSH measurement of 3.0 and higher actually may be diagnostic of hypothyroidism.

Our cells require not just food but nutrients to function properly. All individuals have unique needs with their nutritional environment. Our wellness exam can give us information that may not show up in standard tests, which will allow us to tweak that environment to your benefit. Perhaps you need more vitamin D than average, due to age or other complication. It might be best for you to eat

certain foods at different times of the day than you have been, due to absorption issues or energy complaints. We can assess this. Your typical annual physical will not.

In addition to our wellness exams, including laboratories, assessments and nutritional counseling, we offer two unique services to the community – personalized herbal medicines in both tincture and pill form and our proprietary F.A.S.T. Needle Therapy, which is the only acupuncture treatment of it's kind.

At our integrated Wellness Center and with our partners at First Family Chiropractic, we work together not only to provide options but to offer well-rounded care for the whole you. Our aim is to help you and your family live well every day, not just live day to day.

Mr. Bryce is a Doctor of Acupuncture, born, raised and educated in Texas. He likes fly fishing. He is expecting his second child in September. His is the founder of Farmgrass.org.

Mr. Shepherd is a Doctor of Naturopathy, transplanted from Toronto. He was educated in the U.K., Canada and China. He is a huge foodie. He is the founder of F.A.S.T. Therapy.



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The good in every bad situation

by Debra Maddox

Activities of Daily Living, commonly referred to as ADL's, is a term used in the healthcare profession to refer to people's daily self-care activities. The concept of ADL's was originally proposed in the 1950's, by Dr. Sidney Katz and his team at the Benjamin Rose Hospital in Cleveland, Ohio. They are

the things you do when you get up in the morning to get ready to leave the house, such as get out of bed, go to the toilet, bathe and dress. What happens when your elder loved one in a Skilled Nursing home can't perform these functions? A Certified Nursing Assistant comes in to save the day!

A Certified Nursing Assistant, commonly referred to as a CNA, is the lifeblood of any skilled nursing facility. They provide basic patient care under the supervision of a licensed practical or registered nurse. A CNA knows how Grandma likes to wear her makeup, her favorite outfit and favorite snack. They even change the bed linens!

A CNA has attended a four week course consisting of hands on and classroom training. At the end of the course the prospective nurse assistant must go to Pearson's View School, which is sponsored by the Texas Department of Aging and Disabilities, and

pass a difficult exam. A CNA must continue to work to keep her license active.

So, thank you CNA's. You mean so very much to both the residents and the families of the Skilled Nursing homes. Many of you will move on in your careers to become nurses. You are our precious resource, providing care to those who have lost so much.

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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Play hard, protect your smile

by Eileen Murphy, RDH

The statistics are clear that sports and recreation can lead to dental injury; more than three million teeth will be knocked out in youth sporting activities this year. However, the evidence is also clear that wearing a mouth guard can help to prevent dental injury; an athlete is 60 times

more likely to suffer harm to the teeth when not wearing a mouth guard.

Mouth guards can prevent damage to the teeth, jaw and inside of the mouth by buffering the impact of a fall or blow to the head. It's important to use a mouth guard during any activity where there is a strong chance for contact with other participants or hard surfaces. Here are the main types of mouth guards:

Stock. These mouth guards can be found at almost any sporting goods store and are inexpensive. They are pre-formed and are ready to wear right out of the package. Because they are generically formed, however, they may not fit your teeth and mouth very well. These mouth guards can be bulky which can make it hard to breathe and talk while wearing them.

Boil and bite. These mouth guards can also be found at most sporting goods stores and are inexpensive. These often fit much better than the stock mouth guards because they can be formed to suit your mouth. The mouth guard is boiled in hot water to soften

the plastic and then it is inserted into your mouth. As the plastic cools, it shapes to fit around your teeth. However, you may still end up with a bulky mouthpiece and getting the boil and bite method just right can be tricky.

Custom-fit. You can get a mouth guard made specifically for your teeth from your dentist. The dentist will take a mold of your mouth and send it off to have a mouth guard made just for you. This requires visits to your dentist. This mouth piece will fit you the best which translates to better comfort and more routine use.

Any mouth guard is better than no mouth guard, but it is important to find one that you will use regularly and that does not inhibit your breathing during activity. It should fit comfortably, cover the teeth and gums and remain securely in place during activity. With all they can do to protect the teeth, mouth guards are one of the most effective pieces of protective equipment in sports!

Dr. Ron White is located at 4189 E. Hwy 290. He has served Dripping Springs Smiles for over 15 years. He and his team strive to provide comfortable, compassionate care in a calm and luxurious office. Appointments can be scheduled by calling 512-858-LOVE Your Smile (5683).



Ron S. White DDS

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Top 10 Reasons women are happy they have had a tummy tuck

by Rocco C. Piazza, M.D



Tummy tucks were among the top five procedures performed last year, according to the American Society of Plastic Surgeons, with a 104% increase since 2000. The procedure's popularity holds true at my practice as well, with an ever-increasing number of patients choosing to fix problems of the lower tummy area. Why? This "tried-and-true" procedure yields some of the most dramatic results

and highest patient satisfaction rates. We've heard so many positive remarks over the years, it's hard to keep up! Here are the top ten reasons patients are thrilled with their results – in their own words:

- 10) "I have a flat tummy."
 - 9) "I love my belly button shape."
 - 8) "I can see my abs now."
 - 7) "I love wearing clothes that fit my mid-section and waist-line."
 - 6) "I can finally see the results of my exercise routine."
 - 5) "Intimacy is much improved due to confidence gained."
 - 4) "No more skin overhanging my jeans."
 - 3) "I am much more confident in my bikini that I wore before the kiddos."
 - 2) "I no longer look three months pregnant!"
 - 1) "I don't have a flabby pubic area anymore it's all been lifted!"
- Before any surgical procedure, I suggest my patients do the

following for the best possible outcome and long-standing results. Incorporate an exercise regimen at least two to three times a week to tone your body and strengthen your core. Practice good nutrition by eating a clean, healthy diet. Stop smoking and limit alcohol intake. If you have very young children, consider your extra childcare options for the post-surgical period. Lifting small kiddos can have a direct impact on your results in the first few weeks after surgery. The last advice I have is to consult with a surgeon who is ABPS Board-Certified in Plastic Surgery. It is important that you are able to communicate well with your surgeon and his/her staff.

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.



Rocco C. Piazza, M.D.
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Dental insurance encourages routine exams

by Tom Diehl

I addressed this subject about three years ago, but I believe that it's worth another reminder. Practicing the habit of good dental hygiene rewards your efforts in several ways and having dental insurance is an incentive to receive free preventive exams each year! Most dental

insurance plans provide two visits annually for an exam, cleaning and x-rays at little or no charge.

In addition to regular teeth brushing and flossing, it is important to have your dentist thoroughly examine your mouth. If there are signs of gum disease, tooth decay, cracked fillings or chipped enamel, your dental hygienist or dentist will advise you of the problem. It is important to tackle such dental needs in a timely manner. If left unattended, these issues could lead to more costly remedies like root canals and crowns.

When you schedule your routine six month check-ups, you have the opportunity to catch problems early, but you also will be able to maintain a healthier mouth and a cleaner, brighter smile. Don't let bad breath be a cause for embarrassment. Bacteria can multiply at an incredible rate, if your mouth, gums and teeth become a neglected environment, which encourages their growth. Research shows that if Gingivitis or Periodontitis (gum disease) have been present in one's mouth for an extended period, they can contribute to such serious health conditions as heart disease, stroke, diabetes and rheumatoid arthritis, to mention a few. There are dozens of websites which ex-

plain in detail, just how devastating the consequences can become!

Dental insurance helps make the overall cost of good dental health more affordable. Typical plans will pay for most of the bill for your preventive dental exams. Your coverage becomes even more significant when used to reduce the expense of basic and major dental repairs like fillings, root canals, extractions or crowns. Having insurance is an ideal way to spread the cost of dental healthcare over the course of a year. Contact a licensed independent insurance agent to compare a variety of affordable dental plans.

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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A long, lean Pilates body

by Mardee Calkins



So often people start a workout program and they are ready to get strong, lose weight and feel better quickly, but things don't go as planned. The rate of injury in fitness has needlessly climbed exponentially in fitness in the last few years due to high impact programs that beat up the joints and overbuild the wrong muscles. We have muscles in the body

that are similar to great volunteers. They are ready to jump in and help with everything. The problem occurs when we begin to use those volunteer muscles incorrectly with the wrong firing patterns in the body and we over-develop muscles that we don't need to build. This can result in injury, bulky muscles (in the wrong places) and an imbalanced look to the body.

In Pilates, we practice quality movements that focus on the smaller, stabilizing muscles in the body to increase the body's ability to move as it was made to, as well as increasing the long and lean look to the body that affords grace, flexibility and stability. The stabilizing muscles of the body are accessed when we safely create movement with instability to activate the flight or fight instinct in the body, activating all the tiny stabilizing muscles. Every strengthening movement we do in Pilates creates length and strength simultaneously. We focus on the slow and controlled movements, not allowing gravity or momentum to influence the biomechanics, insuring the correct firing patterns and developing the muscles evenly and beautifully, for a long, lean body that has more strength than most body builders that are big and bulky. It is this component of Pilates that attracts Hollywood starlets and professionally athletes alike.

If you are looking for a balanced body with long, lean muscles, look no further. Call Trio Fitness today and get on the path to the long, strong body you've admired in other people. Your muscles never know how old they are, they only know if you're using them.

Mardee Calkins is a comprehensively trained Pilates teacher through BASI Pilates, Pilates Method Alliance, and Pilates Academy International, whom she also teacher trains for. She is a registered yoga teacher, certified personal trainer, Spin instructor, barre instructor and nutritional coach.



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Magnesium: *Mother nature's miracle mineral*

by Radhia Gleis

Nearly every day someone comes into the store with questions about magnesium. Magnesium is involved in over 300 biochemical processes in the body. One of its most important functions is that it plays a key role in producing energy, this makes it vitally important for all cellular functions and processes. It helps maintain normal

muscle and nerve function, keeps heart rhythm regular, supports a healthy immune system and keeps bones strong. The key to magnesium is getting enough.

There are so many kinds of magnesium, people become dazed and confused when it comes to picking the right magnesium for their needs. So, let's break it down.. *Magnesium oxide* – often used in milk of magnesia products since this form has a strong laxative effect. *Magnesium sulfate* – used externally and is great for muscle relaxation. *Magnesium Citrate* – has a better bioavailability compared to oxide, but does have a stool loosening effect. *Magnesium Aspartate* – has shown to reduce muscle hyper-excitability. *Magnesium Malate* – preliminary evidence shows that it may reduce muscle pain and tender points, especially in fibromyalgia patients. *Magnesium Orotate* – it has been shown to improve heart failure, symptoms of angina and exercise performance in clinical trials. *Magnesium Taurate* – shown to reduce blood pressure, stabilize nerve cells, improve the contraction of the heart muscle and have an anti-thrombotic effect. *Magnesium-L-Threonate* – shown to

improve memory and brain function. *Magnesium Glycinate* – glycine is a well-known, calming amino acid; this combination has good bioavailability and does not have a laxative effect. This is the magnesium our wellness consultants recommend most often and works well for sleep. Martin's Wellness will be promoting it during the month of August.

I hope that clears up any confusion. Take this document into one of Martin's pharmacies the next time you need to pick your magnesium or ask the wellness consultant to assist you with your magnesium needs.

Best of Health!

Radhia Gleis, Med, CCN, is a certified Clinical Nutritionist/Holistic Practitioner, Wellness Director for Martins Wellness Pharmacies with three locations in the Austin area. She is available for private consultation at the LakeHills Pharmacy, M-F, 1:30 to 6:30pm. Contact Radhia@cpdwellness.com



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Tend to your fascia

by Cyle Wells

Did you know that when the body's fight or flight response is engaged, not only is adrenaline released but the fascial connective tissue between our skin and muscle tightens around the blood vessels to decrease bleeding and pain in the event of injury? Our fascia receives messages from the blood supply and central nervous system and responds accordingly. In recent history, surgeons considered fascia to be "the gunk you cut through to get to the good stuff." Now we know it plays a huge role in everything we do. It surrounds every muscle in the body.

When magnified twenty-five times, fascia looks like juicy, wispy strands of a web-like substance. Magnification shows that sustained strategic pressure causes the stuck bundles of fascial tubules to separate. This is good. Ever heard of a *knot*? The knots and crunchy stuff we can sometimes feel in our shoulders and elsewhere are stuck bundles of fascia, mashed together and stagnant due to a variety of factors. Dehydration, stress, exercise (too much or a lack thereof), and diet are just few to name. The fascial tubules, when magnified, look almost as if they are filled with water.

Stress is an inevitability that we learn to manage. Frequent massage will unstick glued down, bundled up fascia giving you greater range of motion and comfort. Regular massage is good for everyone – even children and teenagers. Depending on their level of activity adolescents can benefit from fascial stimulation and flush-

ing of toxins. Adults typically have at least one or two problem areas that flare up after a long weekend, prolonged travel, exercise, or stressful times. Regular massage will keep these areas in check and gradually improve the condition of your muscles and fascia.

Our fascia requires attention. The use of a foam roller and heat in the form of a bath, balm or pad will soften fascia as well. Neuroscientists have recently found evidence that fascia contains human consciousness. We certainly know it's wired to the brain. Fascia carries information to the brain faster than nerve impulses. Tend to your fascia. Schedule a massage today.

Cyle Wells is a licensed massage therapist and certified and insured Vinyasa and Kundalini yoga instructor. Please visit our new South Austin location off of iconic South Congress at 204 S. Mary St. Book online at RelaxedRepublic.com.



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Are you seeing spots?

by Karen Laine,
Para-Medical Aesthetician



If you're prone to discoloration, brown spots, age spots or sun spots (hyper-pigmentation) you've probably noticed they become more visible during the summer. While hyper-pigmentation can be challenging, both to prevent and fade, these tips can definitely help achieve more evenly-toned skin.

Wear sunscreen – applied generously and often. The number one cause of premature skin aging is sun damage, and exposing your skin to the sun can bring out sun spots. How generously sun block is applied, then re-applied when outdoors is more important than the SPF number. If lotion type SPF doesn't suit your needs, try the new mineral powder sunscreens which go on dry and last for hours.

Exfoliate gently. Once discoloration appears, it is beneficial to use exfoliating products such scrubs and mild acids (glycolic, lactic and/or salicylic.) When regularly used, these exfoliants help break apart and lift pigmented cells to lessen their appearance.

Use a skin lightener/pigment suppressor. In addition to exfoliating, use of a skin lightener helps prevent/fade brown spots by suppressing melanin cell activity. Many skin lighteners contain the ingredient Hydroquinone which is very effective, or choose a slower, more natural approach utilizing a type of vitamin C, kojic acid, licorice root, etc.

Limit exposure heat/sun. Not only direct UV rays, but heat can stimulate melanin activity, resulting in brown spots. Unfortunately, no matter how diligent you are about sunscreen and staying in the shade, you still may not be able to avoid pigment formation. Keep skin as cool as possible and use a pigment suppressor.

Eat a diet rich in antioxidants. Research finds a diet rich in fruits and vegetables containing vitamins A, C and E can increase internal SPF significantly against sunburn and DNA damage.

Get monthly facials. Professional facials give your skin increased results far beyond your home care products. Many tend to neglect their skin in the summer, and come back in the fall to seek skin repair. Anti-oxidant facials are a great way to prevent damage. Go easy on chemical peels or laser, as those are best reserved for cooler months.

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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Air travel with your pets



by Frank Shuman, DVM

Traveling with pets is becoming common place in today's society. Air travel isn't always a smooth ride and must be planned out in advance to prevent hiccups.

Requirements for air travel are dictated by the state or country of destination and the airline carrier you will be using.

Your veterinarian can provide you with the requirements to be met for your destination of travel and guide you through the preparation process. Make sure to start this process at least two months in advance for domestic travel and at least six months in advance for international travel and to Hawaii. Hawaii and international destinations adhere to more strict guidelines and usually require testing that must be spread out over a few months. A USDA Health Certificate is required in most cases. This certificate in most cases is valid for 30 days but some authorities deem it valid for only 10 days.

Each airline carriers' requirements for pet travel can vary so it is always important to contact their customer service department. Most airlines require pets to be 15 pounds or less to fly in the cabin with their owners. This also means the carrier must fit under the seat in front of you. Check with the airline about the carrier size and dimensions.

Pets can also fly as a checked bag. Federal regulations require that kennels be properly labelled with stickers indicating *Live Animal* and *This End Up*. Feeding instructions for packaged food and bowls for food and water must be provided. Absorbent material should line the kennel and contact information must be attached as well. According to the Animal Welfare Act, there are specific temperature guidelines to which airlines must adhere. Travel can be stressful for some pets so it is important to acclimate them to their kennel. Mild tranquilizers can sometimes be used to keep your pet calm during travel but aren't ideal and should always be approved by a veterinarian.

With the proper preparation and guidance, air travel can be accomplished with ease so the whole family can enjoy.

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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Introduction to essential oils

by Diana Jones

You have probably heard about the increasing popularity of essential oils. At times people refer to them as “alternative” but plants have been providing safe, effective health solutions to families through the ages. Egyptians in 3500 BC used plant extracts for health, cosmetic and religious

purposes. In 460 BC, Hippocrates, father of modern health, used plants with his patients. Frankincense and myrrh were given to the Christ child and in 1943, Jean Valent used oils on soldiers.

Essential oils are natural aromatic compounds extracted and distilled from plants for health benefits. People ask if essential oils are the same as herbs; they are super-charged in potency and they are 50-70 times more powerful than herbs. Let’s use peppermint leaf as an example. It would take 28 cups of herbal peppermint tea to equal one drop of peppermint oil. Peppermint oil is used to stay cool, stay alert, relieve feelings of tension, promote healthy respiratory function and promote digestive health just to name a few.

Essential oils are effective. Oils contain hundreds of different compounds, providing a complex and versatile ability to combat threats without building up resistance. Oils work with the body to address issues and root causes on a cellular level. The body then heals itself instead of putting on a “band-aid” to cover up symptoms.

Not all oils on the market are created equal and therefore therapeutic benefits can vary greatly. You will find many oils on the market that vary in their quality. Synthetic grade is used in toxic chemical fragrances. Food grade is used in cooking extracts and

flavorings. Therapeutic grade is unregulated which leads to misleading label claims, compromised quality and marginal health benefits. The highest grade on the market is CPTG which stands for Certified Pure Therapeutic Grade. CPTG oils are verified safe for all ages and users, harvested in their natural habitat and are beyond organic, verified pure, free of fillers, pesticides and foreign contaminants.

Essential oils are simply an amazing way to care for yourself, your family and your home. Nature is a force to be reckoned with and indeed creates something more powerful than man-made.

Diana Jones is a certified nutritional herbologist, zone balance therapist, quantum physics biofeedback holistic practitioner and wellness advocate. She's spent a lifetime learning about natural health and wellness. Free classes August 4, 7pm Essential oils 101 and August 18, 7pm Back to school essential oils. RSVP Contact: 512-585-2725 or dianabjones@gmail.com. Book a free one-on-one session, or a group class on how to use essential oils to support a path towards overall health and wellness.



DIANA JONES
Wellness Advocate

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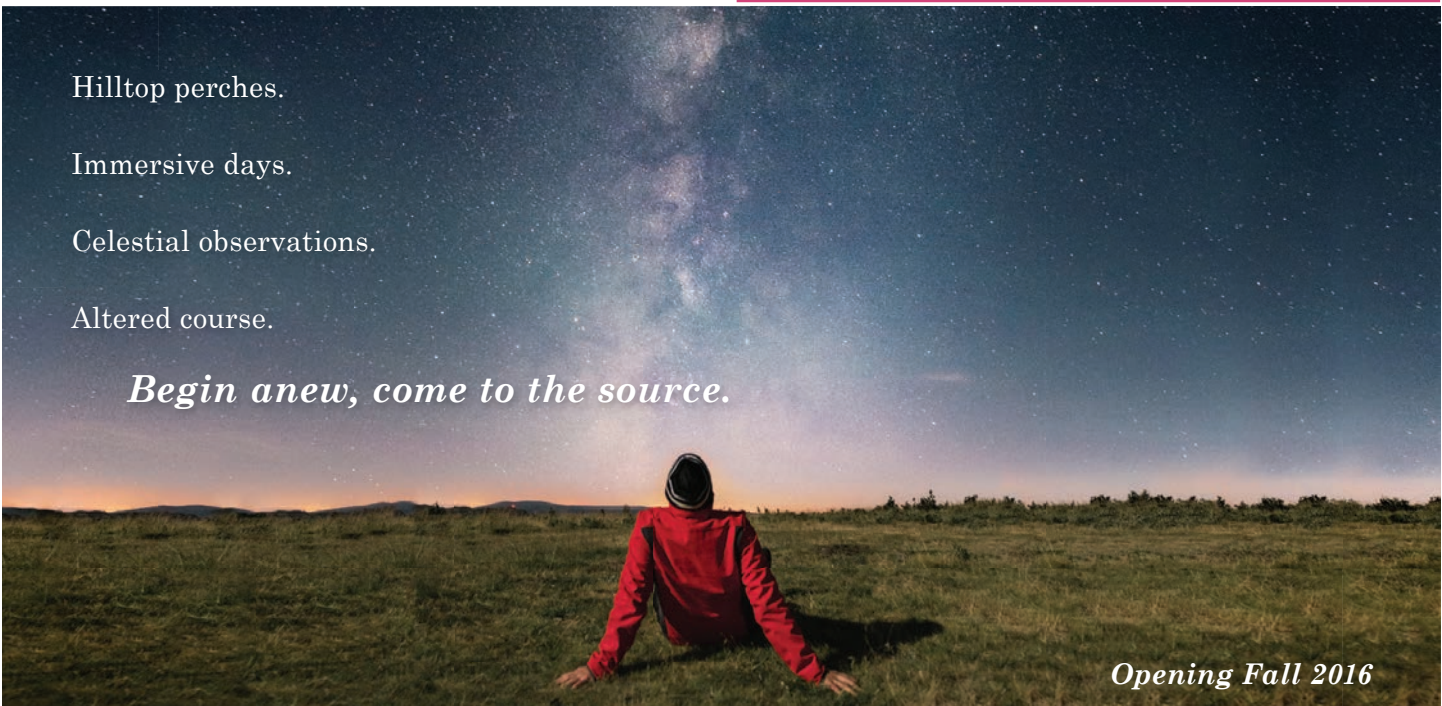
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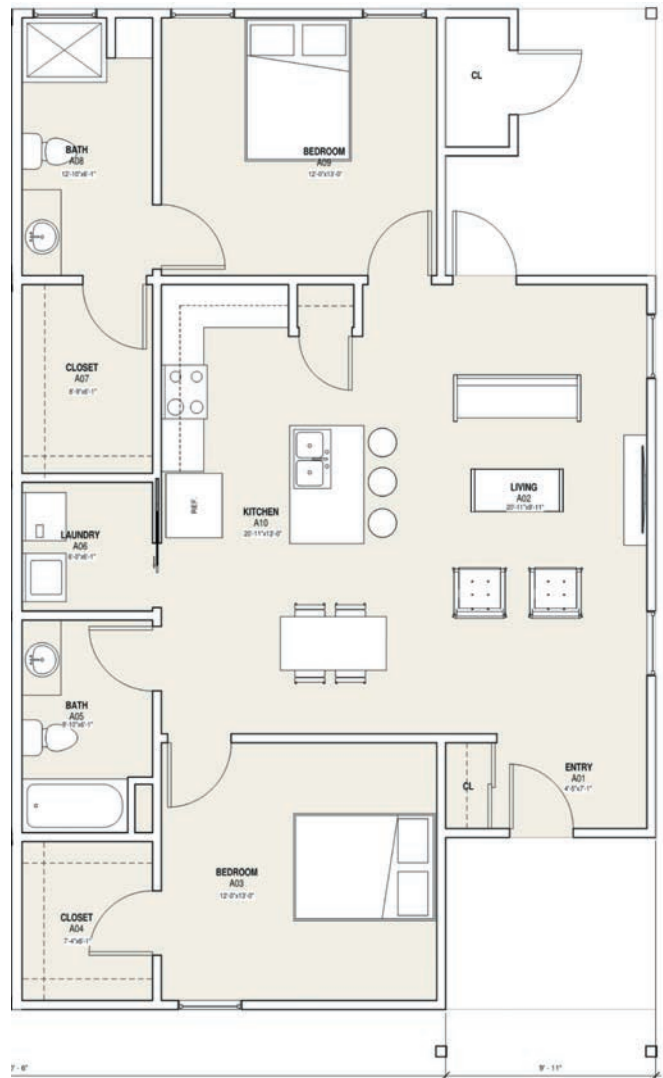
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Be aware of heat stress this summer



by Steven Austin

You aren't the only one that dreads the dog days of summer; your plants suffer from the heat too. Did you know that high temperatures alone can cause significant damage to your plants' health? High temperatures reduce photosynthetic rates faster than they reduce respirations rates.

The result – carbohydrates produced by photosynthesis are used faster than they can be replaced – an imbalanced budget! Higher temperatures increase the loss of water through stomates in the leaves, thereby increasing the demands on the root system to take up water in order to cool themselves via transpiration. (Usually high temperatures are also accompanied by low rainfall – insult to injury.) Cellular membranes also become unstable and result in ion leakage within the leaf cellular structure.

So how do plants cope with high temperatures? One way is through the formation of heat shock proteins (HSPs). HSPs are found in humans and other animals as well and perform the same function as in plants: *maintain the integrity and function of proteins in high heat*. HSPs are formed in response to rising temperatures and help to stabilize proteins to ensure cell functioning. HSPs help to moderate metabolic reactions that would otherwise speed up and cause an imbalance of metabolites and acidification in cellular tissue. Calcium also plays a critical role in temperature stress adaptation by modulating enzyme activity and stabilizing membranes. There are physical adaptations as well, such as increasing leaf hairs and waxes, changing leaf morphology to reduce light interception and changing leaf orientation.

Preparing plants for heat stress consists of the horticultural basics: *plant properly in high quality soil, manage soil fertility and properly irrigate.*

A Wimberley resident, Steven Austin is a member of the Texas Chapter of the International Society of Arboriculture and is an ISA Certified Arborist and ISA Tree Worker/Climber Specialist. His expertise includes integrated pest management of trees and shrubs and state-of-the-art organic treatments. He holds a commercial pesticide license with the Texas Department of Agriculture and is Texas Oak Wilt Certified by the Texas Forest Service. Steven is an Arborist Representative for Bartlett Tree Experts and can be reached at 512-392-1089 or toll-free at 800-443-8733.



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Reverse osmosis water filtration

by Randy Lawrence

In the recent past, we have discussed improvements in traditional water softeners, and the positives and negatives of a few alternative treatment methods. One important theme we have not touched on is drinking water. A reverse osmosis system is a *point-of-use* filter set which typically

installs under the kitchen sink, and is used to feed a separate drinking water faucet at the sink. The quality of the water provided by these units will rival any commercially available bottled water, and is best used for drinking and cooking.

A reverse osmosis filter system makes a great companion piece to finish off your whole house treatment system. The system usually consists of several stages of filtration in order to remove the maximum amount of impurities from your drinking water. The first stage is typically a sediment filter for removal of solid particles, such as dirt or sand, which may be in your water supply. The second stage of reverse osmosis is carbon filtration. The purpose for this stage is primarily to remove chlorine. The main reason for these first two stages is to protect the third stage of filtration from damage. This stage is called the membrane, and is where the majority of the purification takes place. The reverse osmosis membrane removes up to 99% of chemical impurities from your drinking water. This clean water is stored under pressure in a small tank near the filter system. Just before the water is used, it is forced through the final stage of carbon filtration. This post-carbon is designed to polish

the water immediately before use, ensuring that you get the best tasting water possible.

The water provided by a reverse osmosis filter system will greatly improve the taste of coffee or tea, and will eliminate the need for flushing your coffee maker with vinegar, as no build-up will occur. There are many custom styles and finishes available for drinking water faucets, so matching your existing fixtures is not difficult. When possible, a line can be installed through cabinets to supply purified water to an existing refrigerator, or ice-maker. A licensed professional can consult with you to ensure your family is drinking the best quality water available.

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 20 years of experience he has serviced Wimberley and surrounding areas for over a decade.

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“Let us not talk falsely now, the hour is getting late..”

by Deborah Carter Mastelotto

My friend Miss Pamela Des Barres quoted this line from a Bob Dylan song and it reminded me of an article I read recently, written by a hospice nurse. Twenty years ago I would have passed on this article, even ten years ago, but right now this minute I feel close to those people, the ones sharing their last regrets. I have

more life behind me than ahead of me and time and love feel scarce and precious. So I read on through her hospice experience. Below she lists the five things people regret on their death beds:

1) "I wish I'd had the courage to live the life I wanted, instead of the one expected of me."

This was the most common regret.

2) "I wish I hadn't worked so much or so hard."

This one came from every dying male patient, regretting overspending so much precious time on the work treadmill and not enough with kids or wives or nature or friends.

3) "I wish I'd had the courage to express my feelings."

Politeness is part of our culture, so expressing how we really feel can come hard. But science proves bottling up feelings causes illness and disease.

4) "I wish I'd stayed in touch with my friends."

This nurse saw patients in their last days scrambling unsuccessfully to get in touch with people who had been meaningful in their lives.

5) "I wish I'd allowed myself to be happier."

This one was a shocker. Folks at the end of their lives actually realized happiness was a choice and they didn't choose it. So think about who you are now and choose to be happy. Stay close to friends and tell the people in your life just how much they mean to you. Take time to connect with your environment and live the life you were meant to live. If our hour is later than we know shouldn't our interactions be meaningful and deep and true? Or at least true to ourselves?

Read the complete column at 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

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Planning for fall

by Lindley Pond

I'd first like to say to all of the folks that had damage from the flood of Memorial Day, I express my sincere apologies. Hopefully this finds things looking a little brighter!

This summer has not been like any other I can remember in recent years. As I write this, we still have not hit 100 degrees and things are still green. What a difference a year makes. August, in my book, is one of those months when we know it will heat up and we are better off making plans for a fall garden or hammering out details on hard scrapes, even implementing them if the war chest allows.

Bones are a good thing to get in place for cooler temperatures which are coming our way. I tried something different in my veggie garden that really simplified my life and made the whole experience really satisfying, as well as super productive. Cattle and horse troughs along with rough cedar raised beds made for space with nothing but the best soil.. No rocks, which has always been a problem.

Another great late summer project is a really good clean up/ hair cut. What worked, what didn't? Keep that which speaks to you and discard that which is either too maintenance hungry or doesn't

work well with your plan. If you start now with a plan and some help, your dreams coming true are just around the corner. We're here if you need that help! Thank you.

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How to pay yourself as a business owner

by Nancy Williamson

Are you a new business owner? You may be wondering how to pay yourself from your business. The answer depends on the way your business is set up. Here are common methods for making payments to business owners.

Corporations. If you own a traditional C corporation, your salary is subject to income and payroll taxes. Both are withheld from your paychecks, and your business must "match" the social security and Medicare portions and pay the taxes to the IRS. In addition, you might also choose to pay yourself dividends, which are usually taxed at preferential rates and exempt from payroll taxes.

If your business is an S corporation, you generally must pay yourself wages and you also have the option of taking "draws." Draws aren't reduced by federal income tax withholding or payroll taxes, and may be considered a return of your investment in your business.

In either case, you'll need to take a reasonable amount of compensation. Why? To avoid having your payments reclassified, resulting in additional tax and penalties. For example, if you take large draws and a small salary from your S corporation, the IRS can challenge your salary as being unreasonably low in an attempt to avoid payroll taxes. Similarly, salaries of C corporation owners may be deemed to be unreasonably high if the IRS suspects the motive is an attempt to maximize business deductions for wages.

Partners and sole proprietors. Generally, as a partner or sole proprietor, you'll pay yourself from business earnings without withholding income or payroll taxes. If you're an owner, or member, of a limited liability company, you're typically paid and taxed in a similar manner as partners. Remember, even if the payments you take aren't subject to withholding, you still may be required to pay quarterly installments of estimated tax.

Contact us for payroll suggestions and tips. We're here to help.

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.

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Litigation: *Do I need two lawyers?*



by Roland Brown

The way it was told to me, it was during his divorce trial that Worried Client was whispering to his lawyer, Willie Winn Arnot. W.C. tells Willie, "When one of my wife's lawyers is up talking to the judge or jury, her

other lawyer is sitting over there thinking. When you are up talking, no one is thinking!"

Clients, like kids, say the darndest things, but then maybe W.C. had a point. Do you ever need more than one lawyer? Typically choosing a lawyer you know well or whose practice is based near you gives you easier access to the lawyer and staff along with a sense of teamwork with someone who has a relationship to your community. However, your favorite lawyer may not have the level of expertise needed to successfully handle the particular matter you are faced with. You may then choose to permit your attorney to associate another attorney with expertise in the type of case at hand to assist in preparing or trying the case. These arrangements can be very flexible. Sometimes your local attorney will handle certain aspects of the matter while the associated attorney handles other portions. In other situations, your attorney may turn the entire matter over to the other attorney but remain as your local contact.

You may be considering retaining a lawyer from another area or state because you heard her interviewed on TV or perhaps heard others mention her as particularly successful with a certain type of case. You can consult with your local lawyer to determine if that is a wise choice. If so, the local attorney can make the contact for you and assist as needed. It may not cost you any more to retain two or more lawyers than it would to retain only one. If the attorneys work well together, this gives you more bang for your buck. You will want to talk to your lawyer to be sure you have a clear understanding about fees and expenses from the outset. You *do* want to be sure someone on your team is thinking all the time!

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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Your adjustable rate mortgage: *Adios!*

by Trey Powers

Refinancing can be done for many reasons, but switching from an adjustable-rate mortgage (ARM) to a fixed-rate mortgage is one of the most common. If you currently have an ARM and will live in the home longer than the initial phase of the ARM, now is the time to refinance to a

fixed rate mortgage. Refinancing to a fixed-rate makes the most sense when interest rates are low, and right now rates are near all-time historic lows.

One thing you can be sure of with your current ARM is that your rate will go up. It is the “give and take” accepted when chosen as your loan type: *low initial rate, but with increases over time.* With a 5/1 ARM for example, at the end of five years your rate will increase between 2% and 3% depending on the margin set on your loan. Consider this: *a 2.5% increase on a \$400,000 loan means \$576 more per month and over \$200,000 more paid over the life of the loan.* A low, fixed rate provides stability and ultimately significant cost savings for your family. To calculate differences on your particular loan, use an easy online mortgage calculator such as TexasMortgageCalculator.com.

If you choose to refinance to a fixed-rate loan, you will also have the opportunity to make additional changes to your loan at the same time. Depending on your circumstances, you may be able to lower your monthly payments, shorten your loan term or borrow from a portion of your available home equity.

Any time you refinance, you will be responsible for paying

closing costs. These costs can be rolled into the new loan amount meaning no cash is required at close. While loan amount increases slightly, using the scenario above, those costs could offset in less than a year.

So when was the last time you reviewed your current home mortgage? While retirement and personal investment choices are periodically reviewed for performance, many homeowners fail to do the same for the largest investment they will likely ever make. Talk to your trusted mortgage lender about what you would like to accomplish and see what is achievable for your situation.

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

Many in business are skeptical about joining the local Chamber of Commerce. You read all the blog posts about how “traditional” marketing is dying and everything is moving to the mobile space. You may be skeptical about the return on value for investing in the Chamber of Commerce, but consider that the institution has been around since 1768, so maybe it’s worth a shot.

What is the Chamber of Commerce?

Whether you are new to running a business or have been at it a while, you might have no idea what the Chamber of Commerce is.

The concept of the Chamber of Commerce is simple. It is a place where local business gets together and help each other grow, network and get advice. All the Chamber members have a similar goal, to grow their business.

Benefits of advertising with the Chamber of Commerce.

High quality link? A boost to SEO?

Link building is still part of search engine optimization. Every Chamber of Commerce has a highly visible directory that drives web traffic. By joining the Chamber of Commerce, you are able to be part of the directory and get a high-quality link from a great source to your website.

Networking.

Networking is not for everyone. However, networking and meeting people is vital to most businesses. The networking events offered by the Chamber of Commerce are a great way to source new customers. The great part of the Chamber of Commerce is that everyone has the same goal – to make connections and to build

relationships. People want to do business with people.

Make Business Partnerships.

One of the best things achieved through networking is building business partnerships and sharing leads. You may not get business directly from those you network with but they will become a wonderful connection that will send you leads and vice versa.

Part of Your Holistic Marketing Plan.

In order to be successful in marketing, you need a holistic marketing plan. Combine the best of traditional marketing with the new inbound marketing approaches. The Chamber of Commerce gives you tons of opportunity to create a well-oiled holistic marketing plan.

Bonus: Get To Know Your Community.

Do you know all of the happenings in your community such as Farmer’s Markets, festivals, sports or live music? Well, let the Chamber of Commerce help. People at the Chamber of Commerce are citizens and volunteers, not just businesses. Just like your local church, it is a great way to get to know the people in your community and get involved. This might not directly benefit your business, but it could make your community more fun to live in.

Should You Join The Chamber of Commerce?

Investing and joining your Chamber is a great way to grow your business. So if you are on the fence about the Chamber of Commerce, check it out. Normally the membership fee is rather inexpensive. Once you join, you will be able to watch your business grow and meet some really interesting people along the way.

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Wine culture

by Cale Thibaudeau

There is a long list of folks that work to get the bottle from the vineyard to the shelves. They range from producers, importers, distributors, restaurateurs and retailers to ultimately end up in the hands of the consumer. Each role plays an important part to form the culture of wine here in Austin.

It is a culture where everyone is excited to learn from each other. Whether it is a customer telling me of a recent visit to a wine region or a distributor showing me a selection of wine to taste and evaluate, I take every occasion as an opportunity to learn. Keeping an open mind is necessary to gain as much from these experiences as possible. Everyone has a story to tell and we all benefit when we have an open exchange of ideas.

It has been really fun to meet so many people along the way. The Austin wine culture has always been dynamic and continues to grow with great restaurants and retail. With this growth, comes a hunger for more and a wine consumer that wants to explore. In fact, just last week I had a few requests for orange wine which to the customers' surprise we have! The demand for this is met by more distribution of great wines, beers and spirits. That's where Twin Liquors comes

in to provide the customer base with the widest variety and detailed selection as possible. It is an ever changing landscape out there, so stop on by if you are looking to explore or want to know what orange wine is all about.. *Hint:* It's not wine made from oranges!

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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Investing: A marathon, not a sprint

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



Gavin J. Loftus

The 2016 Summer Olympics have begun in Rio de Janeiro. One of the most compelling events is the marathon, a 26.2-mile endurance contest with roots dating back to ancient Greece. It may be that we've kept our interest in the marathon because it can teach us much about life – and it certainly has lessons for investors.

In fact, if you were to compare investing to an Olympic sport, it would be much closer to a marathon than a sprint. Here's why:

- *Long-term perspective* – Sprinters are unquestionably great athletes and they work hard to get better. Yet their events are over with quickly. But marathoners know they have a long way to go before their race is done. And successful investors, too, know that investing is a long-term endeavor and that they must picture their end results – such as a comfortable retirement – to keep themselves motivated.

- *Steady pacing* – Sprinters go all out, every second and every stride. But marathoners have to pace themselves – too many spurts of speed could tire them out and doom their performance. As an investor, you, too, should strive for steady, consistent progress. Rather than attempting to rush success and achieve big gains by chasing after supposedly “hot” stocks, instead try to follow a long-term strategy that emphasizes diversification among many different investments.

- *Ability to overcome obstacles* – When sprinters stumble or fall, they are finished for the race; there's simply not enough time to

recover, so they typically just stop. But over 26 miles, a marathoner can fall and – providing he or she is not injured – get up again, compete and possibly even win. So instead of dropping out of the “race” and heading to the investment sidelines, stay invested in all types of markets.

- *Proper fueling* – Sprinters have to watch what they eat. But world-class marathoners have to be ultra-diligent about their diets, especially in the period immediately preceding a race. When you invest, you also need to periodically “refuel” your portfolio so it has the energy and stamina needed to keep you moving forward toward your goals. And that means you must add dollars to those areas of your portfolio that need beefing up. Regular reviews with a financial professional can reveal where these gaps exist.

As an investor, you can learn a lot from Olympic marathoners – so put this knowledge to good use.

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.

<p>Free Portfolio Review</p> <p>Gavin J. Loftus, CFP®, AAMS 512-894-3801 <i>Financial Advisor</i></p>

10th Annual Hill Country Rally for Kids

10th Annual Hill Country Rally for Kids

The Hill Country Rally for Kids is a 501(c)3 organization with a mission to provide assistance for kids in need around the Texas Hill Country. Over ten years ago, two individuals volunteered their time to help with some small outdoor tasks at the Burke Center for Youth, a residential treatment center for abused young boys in Driftwood, TX. This endeavor created a desire for these two individuals to give back and eventually led to the formation of the Hill Country Rally for Kids which is now supported by community of Dripping Springs and the surrounding areas.

Last year, with the help of our community, we were able to give \$120,000 to Amber's Angels, Boy Scout Troop 101 and Venture Crew, the Burke Center for Youth, the Dripping Springs Ag Boosters, RED Arena, School's Out Food's In, Tiger Totes, San Marcos Children's Center, BIG Love, and Helping Hands of Dripping Springs. A large number of our volunteers not only fund these beneficiaries - they work with the nonprofits throughout the year.

Annually, there are four events: a Gala in April, BBQ Cook-Off on August 13th at Camp Ben McCulloch in Driftwood, Car Show on August 20th at Mercer St.in



Downtown Dripping Springs and a golf tournament on September 10th at Vaaler Creek in Blanco, TX. Details are at hcrally.com.

Another annual and exciting part of The Rally is the raffle. This year we have two items, a custom Jeep and a custom Yamaha Rhino ATV. The first winner drawn chooses either the Jeep or the Rhino. The second winner drawn gets the other. If you purchase more than one ticket, you could win both! Tickets are \$20 each or six for \$100. Tickets can be purchased

online at hcrally.com or at one of the following sponsor's locations in Dripping Springs - Austin Automotive Specialists, Central Garage, L&L Automotive, Ron White Dental and Unlimited PowerSports.

Last but not least, we would like to recognize all of our sponsors. In particular, our first title sponsor, AmCheck of Dripping Springs, donated \$10,000, and the Dripping Springs Lion's Club, in honor of Larry Lacey's dad, donated the Yamaha Rhino.

The Hill Country Rally for Kids Board of Directors and volunteer team appreciate your support! If you are interested in becoming a sponsor, volunteer or participant, please visit hcrally.com or call 512.775-1839 for details.



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College bound

by Reba Byrd & Carolyn Verdina

August is here! School will be starting soon. For the many students that are college bound, preparations must now be finalized. Especially for the freshman leaving home for the first time, it's *the big move*. Not only are they leaving friends and family, but the familiar environment of their

own room. Whether living on or off campus, you want to ensure their comfort and well-being.

One special way to do that is by having custom bedding made for their college room. With the beautiful selection of fabrics on the market today, what better way to personalize your son or daughter's new home away from home. A bright, cheery comforter or duvet cover along with coordinating pillows will give new life to that tired dorm room. Another option is bedding from Pine Cone Hill, which offers a multitude of fabrics and color options to choose from.

Fresh, new window treatments are also a great way to brighten up the place. Depending on the needs of the student, they may need a heavy-weight curtain or shade for blocking light or sound, a lighter weight curtain to let in sunshine or maybe just a valance to add a much-needed splash of color.

Space is limited in most college living quarters. A bedside table that includes shelving or additional storage will come in handy. A comfortable desk chair is a must for those long hours spent studying. If the room space permits, additional seating is nice to have for the

occasional visitor. A favorite chair from home given new life with Amy Howard paint might be just what the homesick student needs.

A decorative lamp will spruce up the room as well as provide extra lighting for that late night reading. Some colorful wall art will be a nice touch. Tie it all together with a soft, cozy area rug to keep their toes warm on that cold floor.

It may be hard for some to leave the comforting familiarity of home. Being involved in decorating their new spot will help instill confidence and pride in their big accomplishment.. they are college bound!

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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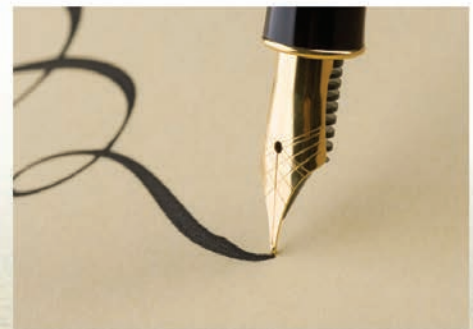
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