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OUTLOOK

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Live and learn

Many years have passed since I graduated from high school, yet I will always remember what a student who sat next to me in the auditorium that day said. "After today I'm never reading another book again." I don't know whether he kept his word or not because I haven't seen him since, but I do recall thinking how devastated I would be if I couldn't read books any longer. I'll admit there were some in the required reading curriculums that I didn't fully appreciate. (I'm looking at you Herman Melville.) But even the duller books about civic government and geometry enlightened me on general topics that have helped me through the years.



The biggest influencers for me were the novels that transported me to a different time to meet fascinating characters who took me with them on their adventures. I was so beguiled that I became a writer for my junior high school newspaper. It was the first of many writing jobs I would enjoy and that launched a career I've loved every step of.

With classes back in session this month, I think about my own excitement when I started a new school year. It was a thrilling promise of learning something unexpected. And while being cast into the belly of a gigantic whale wasn't exactly what I was looking forward to reading, I managed to turn in a decent report and get an acceptable grade.

Have a great school year. And go Tigers! 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 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. Sep. 10, 9th Annual Dripping With Taste Wine & Food Festival. For more info see pg. 33.
- Wed. Sep. 14, 12-4pm, Community Shred It Day at Keller Williams/Steward Title parking lot. Bring your paper to shred. No job too small or big.
- Wed. Sep. 21, 4-7pm, Wilson Appliance Open House. Food provided by area chefs, drinks and libations from local brewery. Incredible prizes given away all evening.
- Sat. Sep. 24, 10-4pm, Dr. Joseph Pound Historical Farmstead presents the 26th Annual Pioneer Day. For more info see ad (pg.19).

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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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Think F.A.S.T. to detect signs of a stroke *by Mikinzi Kaliszewski, SPT*

Stroke is the fifth leading cause of death and a leading cause of serious, long-term disability in the United States. It can happen to anyone at any time, so it is important to be equipped with F.A.S.T. thinking to detect signs of a stroke. The quicker the individual can receive treatment, the less severe the damage and

long-term disability will be.

There are three different types of stroke. Ischemic stroke is the most common and it occurs when there is an obstruction within an artery, preventing blood from reaching an area of the brain. This type of stroke is typically not painful. A hemorrhagic stroke occurs when a blood vessel ruptures and allows blood to leak out into the surrounding tissue. This type of stroke is often described as “the worst headache of my life.” The final category of stroke, transient ischemic attack (TIA), is often referred to as a mini-stroke. An individual who experiences a TIA will show the typical signs of a stroke but they will resolve within three to twenty-four hours of initial onset. Although there are no residual effects, the individual is ten times more likely to have a stroke in the future.

Researchers have developed a simple, one-minute test for detecting signs of a stroke and it can be performed by anyone, even a child. *F.A.S.T.* stands for *face drooping, arm weakness, speech difficulty and time to call 911*. First, ask the person to smile. Is their smile uneven? Is one side of the face drooping downward? Second,

ask the person to raise both arms. Does one arm drift downward? Is one arm unable to lift as high as the other? Third, ask the person to repeat a simple phrase such as *don't cry over spilled milk*. Does the speech sound slurred or unusual? If the answer is yes to any of these questions, even if the symptoms go away, call 911 immediately.

After a stroke, it is common to experience weakness, impaired balance, difficulty walking and/or limited ability to perform activities of daily living (bathing, eating and dressing.) Physical therapy has been proven to effectively treat all of these impairments. If you or a loved one are living with limitations after a stroke, ask your doctor for a referral to physical therapy. Through an individualized treatment plan and expert knowledge and skills, the licensed physical therapists at Kethley Physical Therapy would love to get you moving.

Mikinzi Kaliszewski is a student from Texas State University and we wish her the best as she pursues her Doctorate in Physical Therapy. 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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It's an inside job

by Dr. Chae Tracy

Why is chiropractic different than other healing arts? The one concept that distinguishes a chiropractor from most any other sort of doctor is the concept of innate intelligence.

Acknowledgment of "innate" is in fact our uniqueness as a profession. It is what distinguishes the chiropractor and provides the lens through which we look to influence health and adaptation within your body.

I tread cautiously here because over the last century chiropractors have scared people off, or are labeled as having weird, cult-like religious beliefs, because of this topic. I am leaning in here and purposefully not shying away from this topic because this concept helps explain so clearly why medication is a horrible long-term solution for your health.

The idea is simple – most of what our bodies do each second to function is not controlled by our conscious mind. You cannot change your cholesterol levels or white blood cell count, simply because you think about it. You cannot control the rate at which you digest food or how fast your hair grows either. Your body controls these and millions of other functions each day.

This chiropractic concept of innate intelligence helps explain, acknowledge and give context to how amazing our bodies are! So then, what controls the health and function in your body? How does this life force, or innate intelligence, function and communicate with the 75 trillion cells or so inside of you? That, my friends, is the genius of the chiropractic. Your CNS regulates your entire body.

It is the mainframe computer that runs and operates all of the different systems that make up the human body. For 121 years now, chiropractors have been influencing the brain and spinal cord with specific adjustments to the spine that influence the brain.

Any change from a chiropractic adjustment in the level of function within your brain has an impact on the innate intelligence inside of you. That in turn helps you better adapt to stress, heal and repair at a higher level. This is why chiropractic and its focus on the innate intelligence coordinated by your brain is true wellness oriented health care, not sick care or symptom care.

To find out more about our revolutionary approach to health and wellness with services including gentle and specific chiropractic for the whole family, massage therapy, weight loss, TMJ treatment, acupuncture, naturepathy, progressive rehab and custom nutrition, - A Total Wellness Center. Most insurances accepted, Call Family First Chiropractic now to change your life forever, 512-858-WELL



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Happiness is..

by Debra Maddox

Every year when my, now, 75-year-old mother's birthday arrives, I carefully deliberate on what to give her for a present. Should I purchase a new iPad for her or some other brand new electronic toy? Do I purchase socks and shorts, which were a perennial favorite gift for her to give her children at

Christmas time? Maybe an outfit from one of her favorite clothing stores? What would make her happy?

Material things are no longer important to her. All my mother really wants for celebrations is to have her "family" gather around and spend time with her. Facetime/Skype is not the next best thing to being there. It does not matter to her if she has a big present or something handmade. There is a study in the *Journal of Consumer Research* that backs what I believe. The experiences that make people happy change over time as they age. When we are older and believe that our time on earth is ending, there is more value placed on ordinary experiences, the stuff of which our daily lives are made.

Experiences make people happier than material possessions and sharing experiences with others generates most pleasure. So, this holiday season when you are thinking about what to do for your aged parents or grandparents, get in the car and visit. Spending

time with them is the best present. Read a book to them, play cards, put a puzzle together. Just sit and watch the grass grow with your loved one. Material things are left in this world. As we depart, our memories come with us. Give a senior citizen a good memory to take with them.

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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The big deal about gum disease

by Eileen Murphy, RDH

Periodontitis means “inflammation around the tooth” – it is a serious gum infection that damages the soft tissue and bone that supports the tooth. With periodontitis (gum disease), the alveolar bone around the teeth is slowly and progressively lost. Microorganisms, such as bacteria, stick to the surface of the

tooth and multiply; an overactive immune system reacts with gum inflammation.

Untreated gum disease will eventually result in tooth loss and may increase the risk of stroke, heart attack and other health problems. In most cases, periodontitis is preventable. It is usually caused by poor dental hygiene.

Here’s how gum disease develops and why professional cleanings are important:

- 1) Dental plaque forms on teeth – this is a pale yellow biofilm that develops naturally on teeth. It is formed by bacteria that try to attach themselves to the tooth’s smooth surface.
- 2) Brushing teeth gets rid of plaque, but it soon builds up within a day or so.
- 3) If it is not removed, within two or three days it hardens into tartar. Tartar is much harder to remove than plaque. Another name for tartar is calculus. Getting rid of tartar requires a professional – you cannot do it yourself.
- 4) Plaque can gradually and progressively damage teeth and

surrounding tissue. At first, the patient may develop *gingivitis* – inflammation of the gum around the base of the teeth. Even though the gums are irritated and bothersome, the teeth are not loose. There is no irreversible damage to bone or surrounding tissue.

5) Persistent gingivitis can result in pockets developing between the teeth and gums. These pockets fill up with bacteria.

6) Bacterial toxins and our immune system’s response to infection start destroying the bone and connective tissue that hold teeth in place. Eventually the teeth start becoming loose and can even fall out.

The most common complication from periodontitis is the loss of teeth. However, patients with periodontitis are also at a higher risk of having respiratory problems, stroke, coronary artery disease and low birth weight babies. So the big deal is that gum disease is preventable by brushing, flossing and visiting your local, friendly dentist at least twice a year.

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).

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BOTOX Cosmetic for guys? Our nurse injector talks “Bro-tox”

by Rocco C. Piazza, M.D



For whatever reason, anti-aging has long been considered “for the ladies.” It might be true that women pay closer attention to skin care products and treatments, but we’re not entirely sure why this myth has perpetuated for so long. Wanting to look your best is not specific to women or men, for that matter everyone wants to feel their best. With a growing number of male patients looking to Botox Cosmetic and injectable fillers this is becoming more and more evident.

Inspired by our recent live “Bro-tox” injection with Dr. Piazza, we asked our nurse injector, Hayley, a few questions about the trend. Here’s what she shared:

Q: Have you noticed a “Bro-tox” trend?

Hayley: Yes, the word is finally out! I have noticed that most of my male clients have been concerned about their fine lines and wrinkles for a while by the time they come in. Usually their wife, partner or close friend who gets injectables opens the door to the conversation. Once their wife or partner justifies it, or they find out their best guy friend has had BOTOX, they feel comfortable moving forward with a treatment session.

Q: Why do you think men are becoming more open to non-surgical treatments?

Hayley: Most of my male clients fall under the following categories:

- *Situational:* Preparing for a big event, like a wedding or job interview.

- *Rat race:* Wanting to look refreshed, well-slept and rejuvenated in a competitive highly demanding or stressful job.

- *Dedicated athlete/health nut:* Starting to see lines and hollowing of the face long before the body starts to age due to long-term sun exposure from sports activity and lean body mass. Ultimately, this guy wants his face to look as good as his body does.

Because Austin is a young and competitive city, “Bro-tox,” brows and “man-icures” are just as common as keeping up with a gym routine.

Q: How are male BOTOX patients different than women, or are they?

Hayley: Oddly enough, my male clients are very consistent with their treatments – they never miss routine maintenance and they always carve out time in their schedules to stay refreshed. However, my female clients are *much* tougher when it comes to some of the mild discomfort associated with injections. *No pain, no gain, guys!*

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.



Medicare annual open enrollment alert

by Tom Diehl

Medicare’s annual Open Enrollment for 2017 begins soon. If you are already enrolled in a Medicare plan, you can make changes to your coverage from October 15 through December 7. Each year at this time you can review and compare other options for either a Medicare Advantage

Plan or a Medicare Supplement (or Medigap plan,) which are considered Part C. You can also choose a prescription drug plan, commonly called Part D. Parts C and D are not available through original Medicare, but are sold by insurance companies. You may also choose only Parts A and B, if you prefer.

If you need a better plan than your current one, now is the time to begin researching what is available. Many major insurers offer Medicare products in our area. You should reflect on the details of your present plan summary and take note of the benefits that you want to upgrade.

If your doctor has recently prescribed a drug that is not covered by your current Part D plan, find a new drug plan that will help with coverage for that new item. Note which pharmacies you can use and compare pricing also. You will want to confirm that all of your physicians are going to be “In-Network” providers during 2017, with any new plans you are considering. It is important to decide what kind of a network is best for you. Many companies offer plans with regional and national PPO networks, HMO’s, PFFS (Private-Fee-For-Services) plans, Special Needs plans, etc. If you

frequently travel outside your home area, this could be a significant issue. Some Part C plans only cover emergency treatment when you are out of your network area!

A licensed independent insurance agent, who is certified to sell Medicare plans, can describe all of your options. That way you will be informed and feel more assured when it comes time to enroll in a different plan. If you are content with your current plan choice, there is no need to re-enroll for next year. Just be certain that your insurer will still be offering your plan in 2017. So.. don’t procrastinate!

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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Back to school tips for coparents



by Jennifer R. Cochran-Green

Coparenting after divorce is often a minefield, especially when there is still parental conflict or resentment because of what happened during the marriage or the divorce. The issues associated with the start of the school year can strain the coparenting relationship as they negotiate the last days of summer, the first day of

school, the purchase of school supplies and school clothes, child care arrangements, extracurricular activities, pickups and dropoffs and much more. This time stresses the need for more communication, and unfortunately raises the risk of miscommunication between coparents who probably have little tolerance or patience for the other.

A few helpful tips for avoiding pitfalls (and lowering the risk for coparent miscommunication and potential litigation):

1) Get information directly from the school by enrolling in your child's school's Parent Portal System, if available. These programs allow parents to access information on grading, attendance, discipline and assignments.

2) Establish your own relationship with teachers, coaches and school officials. Coordinate with the other parent a rotating schedule to bring in snacks and supplies so that the effort is shared and that one parent is not always bearing the burden (and accompanying resentment.) Review the school calendar and add the school breaks and holidays to your personal calendar versus relying on the other parent to communicate this information. This goes for extracurricular activities as well.

3) Extend courtesy to the other parent. One of the greatest lessons we can pass on to our children is applying the Golden Rule in our relationships. If you have possession of your child on a holiday or a special milestone such as a first dance, invite the other parent to come over for pictures and to participate. A little goes a long way.

The above tips will help you maintain focus and demonstrate to your child (and coparent even if they don't readily acknowledge it) that your coparenting relationship is important to you and that you have your child's best interest at heart. If nothing else, it will provide good evidence in court.

Jennifer R. Cochran-Green is a family attorney representing clients in adoption, divorce and custody matters. She has practiced in the Dripping Springs area for the last 7 years at 13062 W. Hwy 290, Suite 103, Austin, TX 78737. More information about Jennifer and her services are available at JenCochranLaw.com or via phone at (512) 870-8187.

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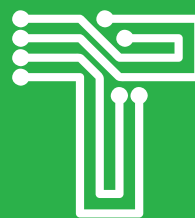
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Don't let the flu catch you

by Jillian Blackwell

Influenza (flu) season is right around the corner and now is the time to get ready. According to the Centers for Disease Control and Prevention (CDC), 40 million Americans get the flu each year – that's more than one in every ten people! The good news is there are many things you can do to help avoid the flu.

Flu is a contagious viral respiratory illness. It causes mild to severe symptoms in all ages. Usually, the flu starts with sudden onset of cough and fever and lasts about one week. Serious illness can result in complications including hospitalization or death. People at highest risk of flu complications include young children, pregnant women, people with chronic medical conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

How to fight the spread of flu.. First, get your flu shot. An annual flu shot is the best way to decrease the chances that you will get the flu and spread it to others. The CDC recommends that *everyone* six months and older get a flu shot. When more people get their flu shot, less flu spreads through the community. Your pharmacist or physician can help you decide which type of flu shot is right for you. Next, take preventative actions to stop the spread of germs. Wash your hands often with soap and water and avoid touching your eyes, nose and mouth. Try to avoid close contact with sick people and limit contact with others if you are sick.

Finally, ensure that your immune system is healthy and strong. Vitamin D is an important factor in immune system health. Studies have found that people with low vitamin D levels may have an increased risk of developing influenza. Supplementing your body with vitamin D during the winter months supports your immune system and may lower your risk of getting the flu.

Dripping Springs Pharmacy can help keep you well this flu season. Get started by stopping by for your flu shot today!
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Jillian Blackwell, Pharm D is a Clinical Pharmacist at Martin's Compounding & Wellness Pharmacies with three locations in the Austin area. Contact Jillian@cpdwellness.com



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Why regular massage is good for you

by Cyle Wells

The issues that I most often treat are created at the desk. Upper body and low body tension, as well as hard, stuck fascia have become very common in many adults. When we repeatedly make the same movement, we are lengthening and contracting the same muscle groups over and over, creating tension and bundling

muscle fibers. Tissue can become inflamed and then glued down in the area, inhibiting circulation and range of motion.

Regular massage of these stressed muscles will decrease the negative consequences of sitting at a desk, frequent driving, riding on an airplane, stress injuries from exercise, and stagnancy. I typically recommend clients come in weekly at first to address the issues that are interfering with their daily lives. This gives little time for the tissue and muscle fibers to harden again.


I also recommend home care between your massage sessions. A foam roller is a valuable tool to address the legs, gluteals, hips and back. Rolling out after a massage will perpetuate the therapeutic treatment and continue to soften the tissue and muscle. Heat therapy, like tiger balm and hot baths, will also encourage your muscles to relax, increasing range of motion and giving muscle fibers and tissue a chance to unbind.

Regular massage will also benefit you on a mental level; when

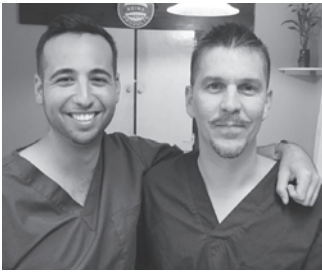
you have regular massages scheduled the brain begins to relax in anticipation. This is why writers sit down to write at the same time each day or devoted yogis wake up at four o'clock in the morning to practice Sādhanā. The brain knows to prepare itself for the corresponding mental state.

Our life histories are stored in our tissues. How we treat ourselves will be reflected in our physical bodies henceforth. Love your physical body. Give it the maintenance it needs.

Cyle Wells is a licensed massage therapist and certified and insured Vinyasa and Kundalini yoga instructor. Please visit our new South Austin location at 2525 Wallingwood. Book online at RelaxedRepublic.com.



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Wellness Exam 101

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

Our Naturopathic Wellness Exam, combined with acupuncture and herbal medicines, will help you feel optimized and energized.

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Routine physicals don't adequately address lifestyle or nutrition. Typical blood work is general, done after an illness or condition. In the end, while you might have a full medicine cabinet and are again not ill, there has been no meaningful change regarding your quality of life.

Our Wellness Exam offers you more. It starts with blood work, taking 20 minutes, drawn right in our office at the Family First Chiropractic Wellness Center. The facility is like a warm home; music is playing, kids are running about.

These blood tests are more extensive than the basics you usually receive, including levels for hormones, energy, thyroid, cholesterol, electrolytes, digestion, inflammation and more. We are looking between the numbers at the whole, individualized picture of you.

A scheduled exam occurs after results return. It is a personal interview lasting an hour. There is no rush. We are partners on a health crusade. We take your nutrition, lifestyle and environment as seriously as your medication.

This exam includes an in depth medical and family history, assessments and goal setting. We follow with a nutritional plan and herbal regimen. Subsequent visits and blood work are scheduled to measure progress. Adding acupuncture, including our proprietary F.A.S.T. technique, increases your turn around. Acupuncture is a unique therapy. It reduces body pain, speeds healing and is effective at reducing stress. It supports the changes initiated with the Wellness Exam. This synergy of natural therapies with scientific diagnostics – where East meets West – is a powerful way to address root causes of problems.

Want to feel good again?

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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Omega-3s and your skin

by Karen Laine,
Para-Medical Aesthetician



You've heard about Omega-3s benefits for your health, but did you know they are crucial for supple, clear, healthy skin?

Skin cells are short-lived with a rapid turnover rate, meaning nutrients needed to build new cells must readily be on hand. Omega-3s are a key component in the fatty membranes of skin cells. Without this special type of fat on hand, the body must build new cells with "inferior"


fats, resulting in less than optimal skin health. As we age, getting enough Omega-3s is even more important as they are necessary to ensure healthy cell membranes that keep skin hydrated.

The primary cause of skin aging is the sun's UV rays. Think of Omega-3s as internal sunscreen. The two kinds of Omega-3s found in fish oil, EPA and DHA increase resistance to UV light and act as protection from harmful free-radicals formed when unprotected skin is exposed to the sun. EPA goes one step further to help block the release of UV-induced enzymes that break down collagen, which leads to fine lines, wrinkles and sagging skin.

Any condition that ends in *itis* indicates a problem associated with inflammation. Dermatitis, psoriasis, rosacea and eczema are inflammatory conditions of the skin. If you've visited a dermatologist lately, chances are he/she probably didn't speak with you about your diet. A number of credible studies strongly correlate the Western diet with inflammatory skin conditions, acne and oily skin, specifically, dairy, refined carbohydrates and grain foods. Along with diet changes, Omega-3s can improve these conditions by greatly reducing silent inflammation in your body. Unlike acute inflammation from surgery or injury, silent (chronic) inflammation is much more dangerous because it isn't readily apparent. If left untreated, it can lead to serious health conditions like heart disease, arthritis and possibly even some types of cancer.

Whether your goal is to fight aging, reduce inflammation, clear up acne or simply improve your skin's health and appearance, high quality Omega-3 supplements are great additions to your beauty regimen.

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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Old age or arthritis?



by Frank Shuman, DVM

As our close companions start to get some gray around the muzzle we often see them start to slow down a bit. This limiting factor is often due to arthritis which can diminish their quality of life.

The good news is that there are now a variety of therapies that can be used in combination or separately for arthritis in dogs and cats. Medicinal therapies can help significantly. There are multiple different classes of medications that can be effective in managing joint inflammation.

Most of us have heard of glucosamine/chondroitin oral supplements which have been shown in some studies to preserve the thickness of the cartilage. Also, a diet rich in Omega 3 and 6 fatty acids has proven to be helpful for arthritis. These supplement help promote regeneration of joint fluid which promotes the beneficial concept of putting more oil on a squeaky wheel. NSAIDs (non-steroidal anti-inflammatory) or medications in the same class as aspirin have been formulated for pets and have proven to be significantly better and safer over the last decade to manage joint inflammation. Stronger medications focused on pain management can be given to work synergistically with NSAIDs.

An injectable cartilage protectant called Adequan® is proving to be very effective in treating arthritis. Adequan® has numerous beneficial effects for the arthritic patient including the inhibition of harmful enzymes involving joint cartilage destruction, stimulation of cartilage repair and increasing joint lubrication. We have seen remarkable results even with some end stage arthritis cases, however, it works best in early stage degenerative joint disease when there is still some cartilage left to protect. This medication is given via injection and can easily be administered by owner at home after a short tutorial.

Class IV High Intensity Laser Therapy speeds healing, reduces inflammation, relieves pain and kills bacteria. Laser treated tissue is stimulated at the cellular level such that individual cellular energy production is increased to metabolize damaged cells. Laser therapy has great potential to reduce old age, arthritic pain without risking the side effects we sometimes see with the long-term use of anti-inflammatories.

The biggest and easiest way to reduce the progression of arthritis and help prevent it from ever occurring is keeping your pet at a healthy weight. Less pressure on joints makes them happy and better able to maintain their peak performance.

Please don't hesitate to consult with us at Dripping Springs Animal Hospital to help you tailor a treatment program 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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What's all this smell about?

by Diana Jones

Why essential oils? Essential oils are an emerging category of natural wellness products that provide a natural alternative for health care. If you are concerned about using synthetic drugs and their cascading side effects or simply would like to try natural solutions before going to your

healthcare practitioner, then essential oils are a great option for you!

What are essential oils? Essential oils come from plants. Their role is to protect plants from bacteria and fungus, deter insects and slow decay. To extract the essential oil, plant material is steam distilled. The resulting essential oil contains powerful properties. They have a clean feel and are quickly absorbed into the skin.

What can essential oils do? Essential oils offer fast, effective relief for acne, allergies, difficulty breathing, burns, colds, coughs, flu, fevers, headaches, hormone imbalance, inability to sleep, mental clarity, feelings of sadness and despair, sore throats, stomach issues, pain, difficulty focusing and concentrating, bacteria, viruses and so much more.

Just one pound of certified pure, therapeutic grade (CPTG) Melissa essential oil requires nearly four tons of plant material. Many manufactures will offset the cost of this oil by diluting it with citronella oil – affecting its healing properties. Adulteration is revealed when skillfully analyzed with gas chromatography-mass spectrometry. An adulterated oil would never be labeled CPTG. Producing, testing and certifying essential oils for purity and potency is more costly. Choosing CPTG oils for your health and wellness

is worth the investment.

CPTG oils are 100% pure plant extracts; they contain zero fillers, pesticides, chemicals or artificial ingredients. They are safe and effective for all ages. They work quickly with no side effects and they are non-habit forming. They relieve pain, soothe emotions and are effective against viruses and bacteria.

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 Sept. 8th 7:00 Introduction for new users and Sept 22nd 7:00 Take control of your health naturally RSVP Contact: 512-585-2725 or dianabjones@gmail.com. You may 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.



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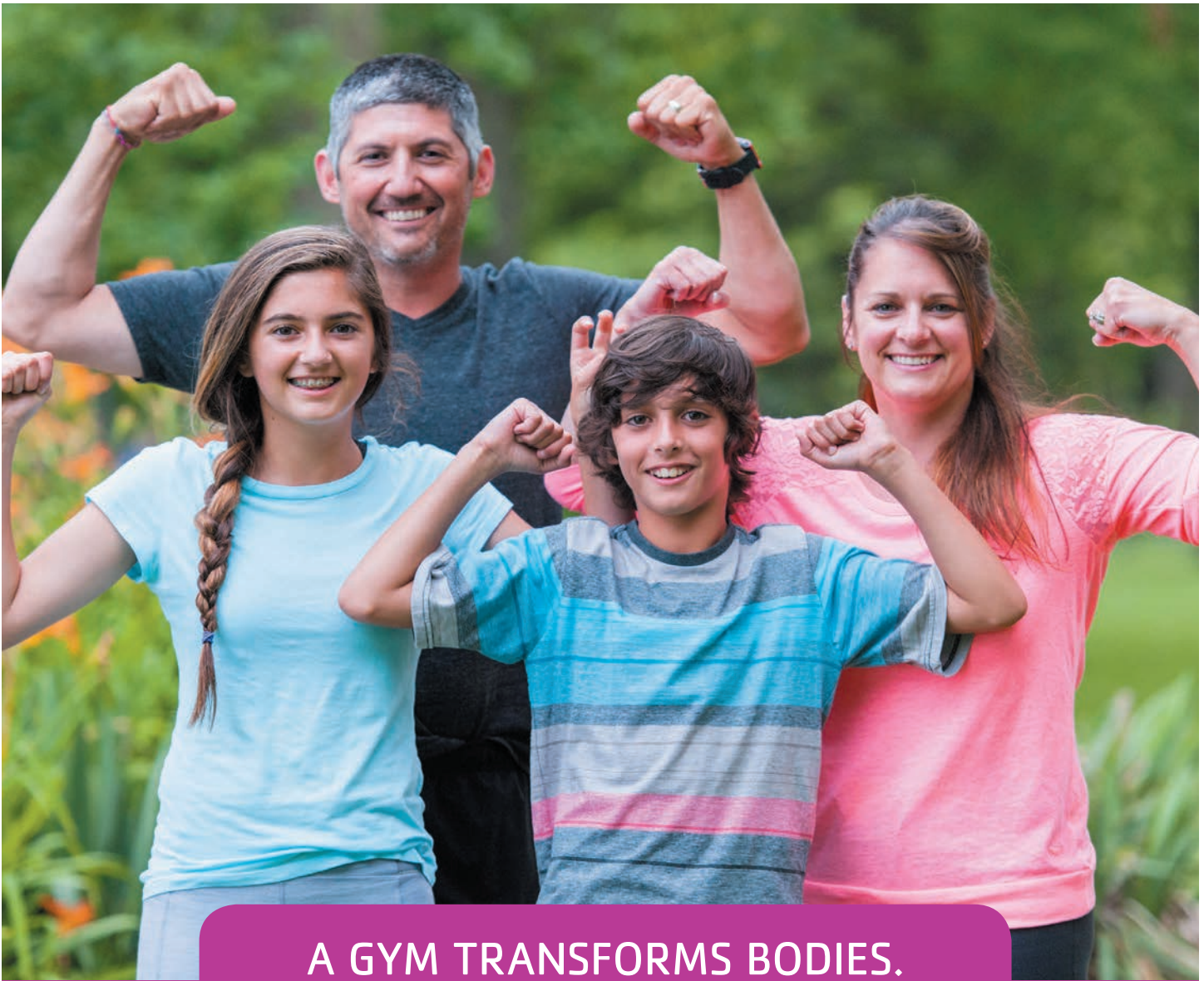
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Routines change.. so will your dog's behavior

by Lillian Sikorski



School is back in session which usually means your family routine will change. You and your family are not the only ones affected – your dog is often affected with routine change as well. If you notice your dog suddenly exhibiting new and unwanted behaviors, the change in routine may be the reason. Remember that dogs are very much creatures of habit. Your irregular or busy schedule may also attribute to your dog's change in behavior.

If this sounds familiar, devote some quality time and practice these training tips to help address problems with your dog's change of routine.

- Give your dog plenty of exercise which tires them out and promotes relaxation.
- When you leave, give your dog their favorite safe toy and only give them this valued prize when you are away. Your dog will associate your departure is nothing to be concerned with and will learn to relax in your absence.
- Leave them in a safe, comfortable area.
- If your dog enjoys TV or music, leave it on when you are gone which may give them a sense of comfort.
- Keep your departures calm. They learn it's no big deal when you leave and there is nothing to fear when you are gone.
- When you return, greet your dog in a calm manner which will lessen their anxiety.
- Incorporate short and fun positive training sessions which mentally stimulate your pup.
- The more time you spend training and interacting with your dog, the more rewarding your relationship will be.

I'm sure you have seen those well-trained dogs that race back to their owner when called or walk on a slack leash or simply sit calmly while they are being petted. With patience, time and training your dog can also attain desired behaviors. An example is the Olympians that just competed in Brazil. Most weren't born with their capabilities. They spent many years training to reach their goals. Devote some time and use the training tips above to increase your dog's confidence and lessen their anxiety.

Lillian Sikorski has over 30 years' experience training dogs in Texas. She is a member of APDT (Association of Professional Dog Trainers) and uses only positive training techniques. Contact her at 361-205-2215 or lillian@speakdog.net today to discuss a customized training session in the convenience of your home.



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Getting soft water doesn't have to be hard

by Randy Lawrence

Considering all of the different water-related products currently being advertised, deciding which technology is right for your water can be confusing for homeowners. Most are aware that a water softener is necessary, yet many will admit that these systems are a mystery to them.

A softener is considered *point of entry* treatment, meaning that all of the water entering your home is treated as it flows through the unit. Water softeners are a proven method of eliminating scale and salt-based ion exchange is the only technology that physically removes the calcium from your water. Salt-free alternatives leave hardness minerals in your water, which will continue to cause scaling and corrosion. Many current marketing campaigns for alternatives make unsubstantiated claims regarding the efficacy of these products and seek to capitalize on myths surrounding salt-based softening by using outdated facts or overstating figures. Many of these technologies are not new, but simply being re-introduced with catchy new names. What you may not know is that advances in the water treatment industry have resulted in softening systems which are far more salt-efficient and user-friendly than ever.

Water softener pricing and quality can vary greatly. There are units available from \$500 all the way up to \$5,000. The lower priced units do not include installation, which can significantly change the final cost. Then there's the question of who will make

repairs when they become necessary. On the other end, the highest priced units are often so proprietary that parts and service come at a premium. The goal is to find a reliable treatment system that can last for many years without paying too much.

Unless you are a serious do-it-yourselfer, it's probably in your best interest to purchase a unit from a licensed independent dealer who can properly size and install the best unit for your home and remain available after installation to make any necessary adjustments to the equipment. A simple water analysis and a few simple questions will determine the proper softener for your home.

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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What if you do an amazing job with your job?

by Deborah Carter Mastelotto

What if you try really, really hard to do the best you possibly can with the job you already have? What do you think might happen? So many times a client tells me, "I'm not creative," and it breaks my heart.

Creativity gets a bad rap; assumed to be the exclusive domain of painters and writers and designers and great cooks. We

compare our mundane, linear-driven days to other people's stellar artistic accomplishments and the gulf between us seems too wide to cross, even intellectually. You think what you do daily – selling houses or teaching fifth graders or answering phones isn't creative. But in her book *Big Magic*, Elizabeth Gilbert tells us, "You can measure your worth by your dedication to your path, not by your successes or failures. A creative life is an amplified life. It's a bigger life, a happier life, an expanded life and a hell of a lot more interesting life. Living in this manner – continually and stubbornly bringing forth the jewels that are hidden within you – is a fine art, in and of itself."

The book *Big Magic* is about her thoughts on creativity – what it is, how it happens and what feeds it. She's a writer but I think this advice applies to anybody. My mother was a canning genius, expressing her creativity in rows and rows of jewel-like jelly jars. She had five kids and virtually no money, but she could somehow find a laden fruit tree with an owner willing to give the fruit away. My mother stocked our station wagon with folded brown paper

shopping bags. If the opportunity for creativity presented itself, she was ready for it. So, when the opportunity for creatively living your life presents itself, are you prepared? What if you grab hold of the life you have, right now, this minute and make the decision to have a go at it in the best, most soul-driven, most creative way possible? I ask you again, what do you think might happen? Read more 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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Prepare for fall

by Lindley Pond

I hope by the time you are reading this that we are into the “fall” season. I also hope that we didn’t hit 100 degrees this summer. It’s early August so it’s anybody’s guess, but worth wishing for. As the fall does show up and the heat diminishes, there are lots of things to do outside.

about things that don’t need maintenance, painting and staining. Think about things that take care of themselves – that could mean a compost pile to reduce your footprint or starting a fall garden, which turns into a spring garden once the bounty is over. We are here to help if you don’t know where to start and need a hand. Feel free to give us a call. Life’s too short to stay indoors!

It’s a great time to reflect on summer; what was your outdoor space lacking? What worked? Starting with good bones and a goal will get you closer to your dream. If the heat beat you up, look at planting some native shade trees. All types of elm and oak trees are good choices. If you’re looking at your water bill from the summer, or worse yet your lawn that has been restricted to once a week watering and looks pretty sad, maybe it’s time to look at other options.

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.

If you can’t part with a green look, there are several native ground covers that do well in our areas. *Wedellia*, *Frog Fruit* and *Horse Herb* all work and can be mowed if you like a crisper look.

Because we got lucky with pleasant summer temperatures, you may have spent more time outside and realized you don’t have enough space for seating or cooking out. Great time to plan an extension of your living space; move the indoors out. Patios with seating walls can be a nice area for friends and family. Add some sun shades for cover and you’ll be comfortable next summer.

In thinking about a goal and plans, try and remember to think



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Refinancing your mortgage: *Is now the time?*

by *Trey Powers*

When was the last time you reviewed your current home mortgage? While investment choices are periodically reviewed for performance, many homeowners fail to do the same for the largest investment they will likely ever make.

Interest rates continue to be near all time historic lows which should prompt a look at the performance of your current mortgage. Is now the right time to refinance? There are several factors in play with this decision depending on your goal(s).

• **Goal 1: Lower interest rate/monthly payment.** It's often advised that if a home owner can lower their interest rate by 1%, they should consider refinancing. While this is true, it unfortunately sends the message that anything less than a full percentage point drop wouldn't be enough. On a 30 year, \$400,000 loan, the difference between 3.75% and 4.50% is \$174 a month. Depending on the number of years left on the current loan and how long you plan to live there, a .75% reduction could absolutely make sense.

• **Goal 2: Pay off loan sooner.** Many homeowners would like to own their home free and clear by a certain milestone (kids off to college, retirement, etc.); one way to accomplish this is to restructure with a shorter loan term. While refinancing to a shorter term comes with an increased monthly payment, the overall savings over the life of the loan is significant.

• **Goal 3: Shift from an adjustable rate mortgage (ARM) to fixed**

rate. An ARM saves money when rates go down, but when they go up, payments can leap significantly. It's a gamble. A fixed rate removes that uncertainty. With interest rates as low as they are today one should ask, "In the next few years, are rates more likely to increase or decrease?" An online mortgage calculator (TexasMortgageCalculator.com) will very quickly run unlimited loan scenarios. Use the calculator to compare monthly payment and amortization schedules with various rates and terms.

So is now the right time to refinance? Contact a trusted mortgage professional to help answer this question. It's certainly the right time to consider it.

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 www.TreyPowers.com.

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Litigation: *Expert testimony*



by Roland Brown

How would a jury know whether the pulley shaft holding the gondola on the cable broke because it wasn't manufactured properly? How would the jury determine the cost of life-time care for the paralyzed victim?

A trial might involve testimony from a number of experts. A metallurgist would likely testify that the shaft had been analyzed after the disaster and was found to contain fabrication flaws. The fabricator's metallurgist might then argue that such weaknesses are unavoidable and that it was the responsibility of another party to the lawsuit to inspect the part, perhaps including use of x-ray technology to discover latent flaws. That expert might suggest that such testing would have disclosed the defect preventing the defective part from being installed on the gondola. Still another expert might opine that the company that assembled the gondola ignored specifications and used a shaft that was too small in diameter suggesting that the shaft would have failed even had there been no defect because it wasn't designed to carry the gondola's weight.

Later in the trial the injured victim's attorney might call several "damages" experts to testify. These could include the plaintiff's surgeon, a rehabilitation specialist, a life-care planner and an economist who would describe the extent of the injury, appropriate treatments, the type of personal care required for such an injured individual, the cost of providing the care as well as what amount of money would be required in today's dollars so the care could be received over the victim's expected lifetime. Bringing such specialized testimony to a jury is an expensive and often daunting task but in order for the jury to properly assess responsibility and, where appropriate, provide just compensation for the losses sustained, the trial lawyer must be familiar with the types of expert testimony required, be able to secure the experts and oftentimes pay for their services in advance. The attorney also must persuade the court to allow the experts to testify and must help the experts present their opinions in a compelling fashion.

Working with experts is but one of the many components that goes into successfully litigating.

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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Dressage: A benefit for every horse and rider

by Ashley Shaw

Dressage is a French word that means training. I prefer to say that dressage means *discipline*. This equestrian discipline is an age-old practice of horsemanship that dates to Roman times and is featured in the present day Olympics. In this event, the horse responds to subtle, nearly invisible cues from the rider, appearing to dance across the arena. The relationship between horse and rider is the foundation of the training. But what purpose does dressage have in everyday riding?

Like any other relationship or athletic endeavor, the act of becoming more disciplined can only improve your results, no matter the goal. Equestrians from any discipline can appreciate the effort it takes to develop a rapport with your horse and a training routine that works for the horse and rider team. Dressage is not about the horse's head position and it is not necessary to have an expensive warmblood or incredible mover. Dressage is about engaging your horse's hind end to improve strength, suppleness and balance. To develop the horse this way, the rider must refine the way they ask the horse to respond to cues.

Becoming more disciplined in your body position improves your balance and strength in the saddle and results in a more positive relationship with your horse. In addition, your horse will become stronger, more balanced and happier in their work. Certainly, developing new muscles is tough; we have all had a rough day at the

gym. However, the way your horse will begin to engage different parts of their body will give them confidence and only further improve your partnership.

Dressage is a discipline that welcomes every horse because the way the tests are scored allows the riders to compete with themselves and receive valuable feedback about the training. The individual marks are scored, as well as the way the horse responds to the rider, and the quality of the riding. Many breed associations offer awards for horses that compete in dressage and Western Dressage is a growing discipline that has a bright future. Like many things in life, practice and discipline lead to success.

Ashley Shaw is a USDF Silver and Bronze medalist. She has worked for Jan Ebeling, 2012 Olympic Team member, and Johan Rockx, coach of the 2016 Dutch Olympic Team. She is based out of Galloping Springs Ranch. Visit www.gallopspringsranch.com or email ashawdressage@gmail.com



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3rd Annual Dripping Springs Songwriters Festival

by Jim Halfpenny



As we approach the threshold of our third year of the Dripping Springs Songwriters Festival we can't help but reflect how this baby got started. My numerous performances at various songwriter festivals across the country always seemed to spark one recurring thought on the long trips home, "Man, someone should do this

in Drip'!" Dave and Laurie have both accompanied me to festivals in Florida and Mississippi and it was during a long drive home from one of those that Laurie and I got the inspiration for our festival. Dave enthusiastically agreed with us that Dripping Springs would be the perfect place to host a similar event and the Barber Shop was the first venue to come onboard. And so, in the winter of 2013 the Dripping Springs Songwriters Festival was born – a healthy, but loftily ambitious offspring of inexperienced parents.

It was a challenge to get the ball rolling but we had the valuable benefit of actually seeing what worked, and more importantly, what didn't work at the other festivals. We shamelessly borrowed from their good points and totally discarded or re-hashed the bad ones. First and foremost on our long list of important bullet points was to make absolutely certain that our featured songwriter rosters were always tip-top, top-notch. Our second aim was to maintain a high level of professionalism and to strive to make our festival run more

efficiently than the others we have attended. Gratefully, I believe we've succeeded in spades on both counts.

Organizing this event has been a lot like raising a child. You do your best and hope that in the end they turn out to be good, up-standing additions to their community. And, just as in child raising, there have been laughs, tears and even a few scrapes with bullies on the playground – but we are extremely proud of our kiddo. Please join us again this year, on October 14-16, as we present two-time Grammy-winner Rodney Crowell and over 40 Featured Songwriters at six venues on six stages, all in the quaint Historic District of beautiful downtown Dripping Springs. More information can be found at our website at DrippingSpringsSongwritersFestival.com.



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Keeping the look of your luxury vinyl tile floor

by Shaun Daniels

In order to keep the look of your newly installed luxury vinyl tile floor, you need to know proper method of cleaning it. Cleaning your tiles doesn't really need to be that complicated because there are simple ways for cleaning them. Brushing, mopping, sweeping or vacuuming on a regular basis is already enough to make

your luxury vinyl tile floor look good as new. Placing doormats at every entrance can also do a lot when it comes to reducing the amount of dirt from entering your house that may scratch or leave a mark on your floor.

But if you want to preserve the lavish look and finish of your luxury vinyl tiles, then you must be prepared to remove any dirt, food stains, spills or grease as soon as possible. You can do this with the help of a compatible cleaning solution and a damp cloth. You need to be aware of the cleaning solution you are going to use for your floor because it might contain some chemicals which can damage your floor. You must also prevent too much sunlight from hitting your luxury vinyl tiles so you can preserve the color and protect the floor from fading. Another thing to keep in mind is your heavy furniture. A luxury vinyl tile can be damaged especially if heavy furniture is just casually moved across the surface. You need to use floor protectors that will support your heavy furniture when you want to move them by dragging them into place.

Cleaning a Luxury Vinyl Tile Floor

As mentioned earlier, cleaning this type of floor can be done in a simple way like brushing or mopping. You can vacuum or sweep with a soft brush so you can get rid of small debris on the floor. You shouldn't let the floor get soaked with water and be sure to use a damp cloth when you clean the surface of the floor.

How to Repair Luxury Vinyl Tiles

You may want to avoid any scratches, marks or holes to fill your luxury vinyl tile floor. But if these can't be avoided you can repair the floor with some simple methods. If you want to fill in the holes in your tiles, you can fill in the holes with a clear epoxy resin mixed with an acrylic paint that matches the color of your floor. And if, for example, you need to replace a damaged tile, you can use a blow dryer first to loosen the glue that holds the tile in place. After that, you can easily remove the damaged tile and replaced it with a new one. You will have to re-glue the new tile to keep it in place. Just make sure that the new tile will match the entire color of your floor as well as the design and pattern.

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Football generations

by Cale Thibaudeau

My family formed the company CKC Graphics and Signs in the mid 1990's. That stands for my two brothers Craig & Kyle and me, Cale. My parents have been running this company since then, and now as they retire, it has passed hands to a new owner outside the family.

My brothers and I have all moved in a different professional directions and although we chose not continue the family business, we take the work ethic my parents taught us. We all learn something from the previous generation. That is the whole idea, right? Then improve upon what came before us.

This applies in all aspects of life, football included. And the season is almost here, which means, it should be cooling down. The team I root for is no stranger to "cooler weather;" the Green Bay Packers. Each year, they build on what came before them. I have respect for their attention to tradition and their work ethic. And I can't wait to fire up the grill and enjoy some cold beers and watch some football. Maybe even enjoy a bottle of Sancerre that my wife and I brought home from our recent trip to France.

We had opportunity to visit a few family run wine estates. It gave us the opportunity to see what several generations can accomplish. Vineyards and cellars passed down generation to generation; how to

work a particular soil or manage a row of vines. They are building on what came before them; bringing in new barrels or updating their tasting room. Adding vineyards or dividing them into smaller parcels to create more site specific wines. The passion and knowledge was easy to perceive while walking with them through the vineyards. Truly a great trip my wife and I enjoyed together.

So, what do you want to pass along to the next generation?

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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Investors can learn much from workers

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



Gavin J. Loftus

We observe Labor Day, a celebration of the American worker. And there's a lot to celebrate, because our workers have accomplished great things and, in the process, demonstrated a variety of impressive character traits – many of which also can be useful to investors.

For example.. perseverance. Have you ever read about an inventor who failed dozens of times before finally

hitting on a winner? Markets will drop, individual investments may disappoint, tax laws may change and so on. But if you're patient, and you follow a long-term strategy that's based on your needs, risk tolerance and time horizon you can overcome those obstacles that may be blocking progress toward your goals.

Inquisitiveness.. During your own work, you've probably found that you can improve your effectiveness simply by asking a few questions or otherwise learning a little more about your tasks at hand. As an investor, you'll also find that knowledge is power – because the more you know about investing and investments, the better prepared you can be when making decisions. The investment world is fascinating, and it can be complex – but it is also understandable to those who make the effort.


Flexibility; when something isn't working, you may need to try another approach. Successful workers know this – and so do successful investors. Suppose, for example, you have been trying to boost your overall return by buying and selling investments. After a

while, you may realize that such behavior is costly – in more ways than one. Upon recognizing these problems, you could decide to "switch gears" and follow a long-term, "buy-and-hold" strategy. That's flexibility – and that's a great attribute for investors.

Vision. Good workers have a clear picture of what they want to accomplish – and they know what they must do reach their goal. As an investor you also need to establish a vision of where you want to go and how you can get there. Then, use this vision to help guide your actions, such as increasing your contributions to your 401(k) or IRA or changing the investment mix within these accounts.

Transferring what you learn from the working world to the investment arena can help make investing a less laborious and potentially more enjoyable process. So put that 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.


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Dripping With Taste

This is the ninth year that the Dripping Springs Chamber of Commerce is hosting Dripping with Taste Wine & Food Festival. It's really grown since 2007, when the first festival had only 11 wineries and three food vendors at the Creekside Pavilion. Originally the purpose of the festival was to focus on the Texas wine industry specifically promoting the fledgling wineries in our part of the Hill Country.

What a difference a few years makes! The 2016 Festival is so much more than wine and food – hand-picked artisans, a variety of music, beer, distilled spirits, classes, door prizes and even a cigar smoking room. About 75 vendors will be on hand to help about 2,000 Festival goers have a “taste” of what is happening in Texas. There's plenty of room to move around as the festival takes place in the Dripping Springs Ranch Park Event Center and parking is free.

The festival is a treat for locals since most of our own wineries, breweries and distilleries are included in the line-up and under one roof! But we also have people who come from all over the state every year. James Sherrill and his family have come from Friendswood for the last five years. James says, “I have attended wine festivals in British Columbia, Washington, Oregon, California and Texas. Your festival is the best! It is ridiculously affordable, offers a wonderful selection of Texas wines and the ambience is just about perfect for

DRIPPING WITH TASTE WINE & FOOD & ARTS FESTIVAL

wine lovers.”

It's easy to have fun at the Festival – start by pre-purchasing a ticket online and save \$10. Come to the Dripping Springs Ranch Park Event Center on Saturday, September 10 between noon and 6pm. Each adult festival ticket buys you food and drink tasting tickets, a souvenir drink glass and a wristband to take part in all the festivities. You can also purchase additional tasting tickets for only \$1 each. Come taste, visit with friends, enjoy the music and learn a little all in one afternoon.

The premier sponsors for this year's Dripping with Taste, Taylor Morrison and Henna Chevrolet, are newcomers to Dripping

Springs and they're going to make a great impact on our community. Taylor Morrison has developed Founder's Ridge, a development where residents can escape the city and relax with a small town feel without being far from the energetic Austin nightlife. Founder's Ridge is next to Dripping Springs Elementary and across from the DS Ranch Park. Henna Chevrolet, an automobile icon in the Austin area, will announce their Dripping Springs plans in the near future.

All the proceeds from Dripping with Taste Wine & Food Festival go to the Chamber's Visitors Bureau to help continue promoting Dripping Springs as a tourism destination. Come join us on September 10. For further details and to purchase your tickets, go to www.DrippingWithTaste.com.

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Choosing upholstery fabric

by Reba Byrd

To some, selecting upholstery fabric is almost as bad as picking out a new swimsuit! My theory is to simply spend the time now to find the one that is right and you will “wear” it with pride for years when it’s the perfect fit.

Many people expect to choose and purchase their sofa fabric in one trip to the fabric shop. This can work if you are choosing a print with several shades of the same color. If you are looking for a solid fabric or if there is any question as to whether the colors in a particular print will work, take home a sample.

The biggest factor to consider is light. Most stores have florescent lighting, whereas most homes have incandescent and natural lighting. Take home samples that are light, medium and dark versions of the colors that appeal to you. You will often notice subtle color changes in a fabric once you get it home. It may be intensified one way or another based on your surroundings. Review your choices at night and several times during the day. Once you know the color works, purchase the fabric of your dreams.

Another consideration is usage. If you have animals that like destroying upholstery, buy extra fabric! If you have heavy usage (children, messy husbands or couch potatoes) consider heavy weight upholstery or a new alternative – softer, family friendly indoor/outdoor fabric. For lighter usage you can use both upholstery weights and mid-weights. Mid-weights can expand your choices to linens, hemp, cottons, twills and denims. These will probably wear as long

as five to seven years, just in time to re-decorate!

When selecting upholstery fabrics, look for a nice, tight weave and choose the stretchy fabrics for pillows. For those who like the scientific approach, check for double rub information. For home use, the recommendation is approximately 25,000 to 50,000 double rubs. For dining room chairs my favorite method of fabric protection from wine and food spills is to buy enough fabric to cover two extra chair seats.

Comfort is always an important factor and softness is vital to an inviting home. The time you spend now on selecting a great fabric that welcomes guests and works for your family, as well as your budget, will pay-off well into the future.

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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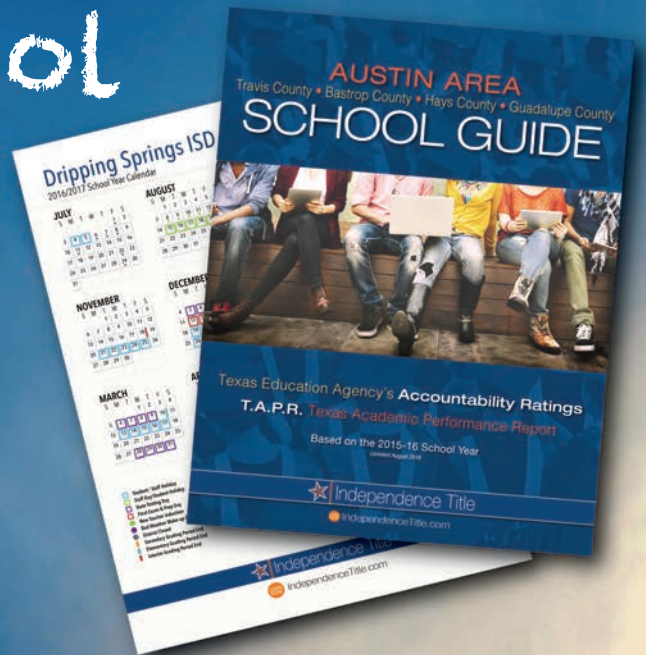
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