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OUTLOOK

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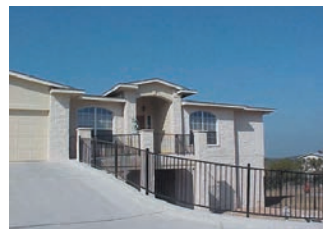
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Feast of all ain'ts

I grew up celebrating Thanksgiving in a solidly middle class 1960's way in Texas; right down to the canned cranberry sauce my mother would plop out onto the clear glass dish which seemed to be used only for that purpose once a year. It was a distinct marker of happy times. Family gathered around the dining room table – extended to its maximum length – and praised the giant turkey worthy to be the centerpiece.



We would eat and talk, leave the table then return to eat and talk some more. Board games and walks around the neighborhood would serve to pique our appetites a bit more and so we would make another pass at the food, now moved to the kitchen. Fond memories for me.

Many years later I married a wonderful man who came from the land of ice and snow – also known as Minnesota. Somehow he talked me into going there for Thanksgiving. Minus five was the reading on the temperature gauge as we arrived at his sister's house. While I loathe frigid weather, I was looking forward to the feast. So it was with a combination of shock and horror that we were lead to the garage of their house where I saw Italian food from a local restaurant being pulled from shopping bags. If my jaw didn't physically drop, it most assuredly did in my later mental recollection.

This wasn't Thanksgiving. There wasn't a turkey, or cranberries, or even a table – except for a pool table – and we were in a garage. Albeit an exceptionally clean and large one outfitted with a gigantic television, sofa and club chairs.

Family members began to gather. A group too large to fit around one table. The catered food was unveiled on the spotless workshop counter and the smell of tasty sausage and tomato sauce, garlic bread and fresh green salad with vinaigrette began to waft subtly through the warmly lit space. We filled our plates, ate and talked, filled our plates some more and watched football on the giant screen. Afterward we played the dollar game standing around the pool table and laughed as a family does when it is thankful for being together. I remember looking around at the scene at some moment and thinking what a wonderful family I have. I don't even mind the ice and snow now.

I hope you make some great memories this Thanksgiving, whether you're treading on familiar turf or breaking new ground. Thank you for joining us.

Victoria



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Dripping Springs Outlook

Dripping Springs Outlook

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Pedal Ranch Publications

Dripping Springs Outlook

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.
- Thur. Nov. 3, 5-9pm. Dripping Springs First Thursday. For more info see ad (pg.19).
- Sun. Nov 6, 1-5pm. Hill Country Christmas Market at Lone Oak Motors. For more info see ad (pg.29).
- Sun. Nov. 6, 11-3pm. 19th Annual Empty Bowl Project at Mercer Street Dance Hall. For more info see ad (pg.16).
- Wed. Nov. 16, 1-7pm. Dripping Springs Women's Club Holiday Marketplace at Dripping Springs Ranch Park. A portion of the \$3 admission goes towards DS Women's Club scholarship fund for female seniors. More info at DSWomensClub.com.
- Thur. Nov. 17, 5:30-7:30pm. Hill Country Senior Citizens Activity Center's Mexican Dinner Fundraiser. For more info see ad (pg.11).
- Sat. Nov. 26, 10-5pm. Dripping Springs Lion's Club and the DS Chamber of Commerce host the Hill Country Holiday Gift Tour. For more info see ad (pg.32).

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



Diabetes and neuropathy

by Allison Hernandez, SPT

Diabetes is one of the most common diseases in the United States, where 9.3% of the population, or 29.1 million Americans, are affected by this disease. The percentage is even higher (25.9%) in those who are 65 or older. With diabetes comes other possible complications such as heart attack, stroke and high blood

pressure, as well as neuropathy. Neuropathy is defined as damage to the nerves and it affects about one half of the diabetic population.

Nerve damage caused by diabetes is called diabetic neuropathy. There are many different kinds of neuropathy, but the most common is peripheral neuropathy. This primarily affects the hands and feet. When the nerves are damaged, the signals that are being sent to the hands and feet do not come through as strong, if at all. This could lead to several different symptoms, but most commonly there is weakness and decreased sensation in the hands and feet. Because of the decreased ability to feel in the toes and foot, it is very important to check inside your shoes before putting them on, checking the skin and making sure to try to wear shoes as much as possible. By taking these steps, it will protect your feet and lower chances of foot wounds.

The diminished sensation caused by peripheral neuropathy can also lead to a loss of balance. Since people with neuropathy cannot feel the ground as well as before, their feet cannot give appropriate feedback in order to perform daily tasks such as navigate up and

down stairs or walk on uneven ground. Commonly, when there is difficulty walking, the number of falls increases. In the US, greater than 300,000 people fracture their hip each year and 95% of them are caused from falls. Approximately one third of those with hip fracture die within one year of the trauma.

Physical therapy can help with any balance or weakness diabetics experience from their neuropathy. In order to help compensate for the decreased nerve activity, diabetic patients need to strengthen the muscles of the legs. If the muscles are strong, these patients will be less likely to fall or they will at the very least, be able to get up easier from a fall. Working on re-training patients' balance will help them learn new strategies to compensate for their leg weakness and nerve damage.

If you are experiencing unsteadiness on your feet or have been falling more often, the licensed physical therapists at Kethley Physical Therapy would love the opportunity to help get you back on your feet.

Allison Hernandez, SPT from Texas State in San Marcos. 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 the past 16 years. KPT has two convenient locations and 8 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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I'm a genie in a bottle

by Dr. Chae Tracy

Health does not come from a bottle! It's an inside job. Do you truly believe that taking a weight loss pill is the healthy way to lose weight and achieve health? Companies advertise that as long as you take their magic pill you

can still eat whatever you want and continue with your unhealthy lifestyle that got you into the situation you are in in the first place. You may look healthier. But are you?

One scenario: *We have a male who is 60 pounds overweight and starts taking med's because his cholesterol and blood pressure are high. In conjunction he starts a fad diet program consisting of weight loss pills, pre-packaged bars, boxed meals, etc. He loses 40 pounds in three months and his cholesterol and blood pressure on paper are better. Yet he did not change his lifestyle and continued to eat junk, not get adjusted and not exercise.* Was this a long-term change? What happens when he quits taking the pills and doesn't have the prepackaged bars and meals? Odds are he will go straight back to his old habits and put the weight back on just as fast as he lost it because no one addressed the root cause of the problem – his inability to make good, healthy, life-promoting choices for himself.

In another scenario we take the same guy but he decides to make long-term lifestyle changes. He starts exercising five days a week and cleans up his diet. He eats whole foods consisting of raw fruits and veggies and cuts out fast food, boxed foods and carbs. He educates himself on healthy portions, good fats, bad fats and how

getting adjusted and allowing your body to rest and digest properly is the key to staying healthy. Three months later he lost over 40 pounds and is educated on how and what to eat, how often he needs to work out and get adjusted thus he can sustain his weight loss and lifestyle change. Who do you think is healthier?

You see getting and staying healthy is an inside job – you can't put junk in your body and not expect to get junk out. You must have a properly aligned spine which allows your body and all its systems to function at 100%. Once you understand how the body works, how to take care of it and how to maintain this lifestyle, then you have the true key to health.

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The hour glass

by Debra Maddox

At our first moment of life, our proverbial hour glass is turned over and the sands of life drip through it until there is more sand to drop and life ends. Scientists have figured out that something in our bodies called *telomeres* are very much like the sands in an hour glass. Telomeres are the longest when we are born, when they

get short they tell the body to expire. Recent scientific research has shown that stress affects an enzyme called *telomerase*. This enzyme protects and rebuilds telomeres which are protective caps on human chromosomes. When telomeres get too short, our cells start to malfunction and lose their ability to divide – a phenomenon that is now recognized as a key process in aging. When people get stressed, their telomeres shorten. Researchers have linked perceived stress to shorter telomeres in Alzheimer care givers, victims of domestic abuse and those with early life trauma.

One of the most effective interventions of stress which cause the erosion of telomeres is meditation. In one study, those who meditated 12 minutes a day for eight weeks had significantly higher levels of telomerase activity than a control group that listened to relaxing music. In another study, those who meditated had a 30% higher level of telomerase than a control group that did not meditate.

Meditation involves slow, regular breathing, while staying grounded in the present. As thoughts pop into the mind, observe them without judgement and let them go. Feel your body relaxing and with each breath all the stress is leaving your body. From our proverbial hour glass of life, meditation slows down the rate of the falling sands of time. Meditation lowers blood pressure, and boosts immune response allowing the telomeres to shrink at a slower rate.

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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Diabetes and your oral health

by Ron S. White, DDS

November is American Diabetes Month. The American Diabetes Association joins with the 29 million Americans with diabetes to raise awareness and to create a sense of urgency about this growing public health crisis. Here are some pertinent questions regarding diabetes and your oral health:

1) *Is there an association between gum disease and diabetes?* For the nearly 29 million Americans who have diabetes, many may be surprised to learn about an unexpected complication associated with this condition. Research shows that there is an increased prevalence of gum disease among those with diabetes, adding serious gum disease to the list of other complications associated with diabetes, such as heart disease, stroke and kidney disease.

2) *Does gum disease impact diabetes and vice versa?* Emerging research also suggests that the relationship between serious gum disease and diabetes is two-way. Not only are people with diabetes more susceptible to serious gum disease, but serious gum disease may have the potential to affect blood glucose control. Research suggests that people with diabetes are at higher risk for gum disease, ranging from gingivitis (an early stage of gum disease) to periodontitis (serious gum disease.) According to the Centers for Disease Control and Prevention, people living with diabetes are two times as likely to develop gum disease. That's because people with diabetes are generally more susceptible to infections and less able

to fight germs that invade the gums.

3) *If I have diabetes, am I at risk for dental problems?* If your blood glucose levels are poorly controlled, you are more likely to develop serious gum disease. Like all infections, serious gum disease may be a factor in causing blood glucose to rise and may make diabetes harder to control. Other oral problems that can be associated with diabetes include thrush, an infection caused by fungus that grows in the mouth, and dry mouth, which can lead to soreness, ulcers, infections and cavities.

4) *How can I help prevent dental problems associated with diabetes?* It is critical to control your blood glucose level and take good care of your teeth and gums, along with regular checkups every six months. To control thrush, a fungal infection, maintain good diabetic control, avoid smoking and, if you wear dentures, remove and clean them daily. Good blood glucose control can also help prevent or relieve dry mouth caused by diabetes.

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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How to get rid of that turkey neck

by Rocco C. Piazza, M.D

Until most recently the only way to get your double chin to disappear was with liposuction, or the turtleneck your mother bought you for Christmas. A *double chin*, *jowls* or *waddle* are all terms for that extra fat accumulation around your neck – and they are about as appealing as the problem itself. We now have two options to combat that turkey neck.

The most recent addition is an injectable called Kybella®. Kybella®, has been well-researched and is FDA-approved. The chemical used is deoxycholic acid which is produced by our liver to help digest fat. During a treatment session the patient will have multiple small injections of the drug into the neck. There is some discomfort at the injection sites and as the chemical begins to work, which can be managed by the application of ice. Each treatment takes around 15 minutes. You can expect swelling of the neck after each treatment. Most patients require at least two treatments, eight weeks apart, and can start to see results six to eight weeks post injection.

Our second option is the CoolMini applicator from Zeltiq, CoolSculpting®. CoolSculpting® is an excellent FDA-cleared method of reducing fat through *cryolipolysis*. The CoolSculpting® device

is applied to the area of fat to be treated and the area is cooled to close to freezing. This causes crystals to form within the fat which cause their destruction. Most people need two treatments, although some may need more. Treatments are done about a month apart and take 45 minutes each. Afterwards there is a bit of redness and some mild swelling. The patient will then start seeing results as early as three weeks, with final transformation three months from their second treatment.

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.



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When can I apply for new health insurance for 2017?

by Tom Diehl

If you are eligible for Medicare, Open Enrollment is from October 15 to December 7. Besides Original Medicare Parts A and B, you can apply for added coverage with Part C and/or Part D. You can choose extra benefits through a Medigap

(or Medicare Supplement) plan or with a Medicare Advantage plan. These are not available through the government; they are sold by many insurance companies. Part C enhances medical treatment benefits and Part D is a prescription drug plan. Parts C and D are optional.

For those under age 65, the Open Enrollment for individual Major Medical Insurance is offered from November 1 to January 31. Many changes have occurred in this area. Some insurance companies decided not to participate in 2017 sales. Others have changed their plan structures and their rates. There are lots of current health plans which will not be renewing for 2017. Agent should receive new rates and plan details near the end of October. Letters were sent to existing clients describing this situation.

This year we may have a smaller total number of health plans from which to select. Several carriers have decided not to provide any plans through the federal marketplace, but will offer some “off-market.” If your income and household size are within certain parameters, you may qualify for a premium tax credit and possibly even reduced-cost-sharing when selecting health insurance through the Federally Facilitated Marketplace (FFM). Certified agents can

provide free enrollment assistance.

Remember that fees can be assessed if a tax payer or his/her family members are not covered with a qualified “ACA-compliant” health plan. For 2016, that fee is based on 2.5% of household income or a flat fee for adults of \$695 each, plus \$347.50 each for children, whichever is higher! For full details on how this is calculated, I suggest you visit Healthcare.gov. There is a toll free number if you need help. When you are ready to enroll, a licensed insurance agent can provide you with help and free quotes.

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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Is adoption right for you?

by Jennifer R. Cochran-Green



November is the time for Thanksgiving and is also National Adoption Awareness Month. This month many courts across the nation will host Adoption Days to finalize adoptions of children placed into forever homes through foster care. And, Texas is the second largest adoption state in the country – over 11,000 children are adopted in Texas each year!

Many couples pursue adoption for many different reasons. Some turn to adoption after battling infertility or health issues, others feel called to expand their family through adoption. But, is adoption right for you? The following questions may help you answer that question.

1) What kind of adoption is best for your situation? Foster, international, private, adoption agency? Each type of adoption has its own unique challenges and benefits so do a lot of homework – read materials, interview agencies and talk with other families you know who have adopted a child.

2) Does race or gender matter to you? Children from all backgrounds and ethnicities are placed for adoption so be prepared to answer that question honestly.

3) Can you afford to adopt? Review your financials so that you know what you can and cannot afford. Check with your employer to see if they offer any adoption benefits as well as maternity/paternity leave. The IRS has historically offered an adoption credit which helps recoup the out of pocket costs of adoption. Talk to your CPA to see if you qualify. There are also other ways to get an adoption funded through grants, loans and sometimes even crowd funding.

4) Are you really prepared for it? Adoption is not a one-time transaction, it is a lifelong journey. Open adoption is now the norm which means the birth parents will be choosing *you* to parent their child and they may want to have post-adoption contact. Plus, research shows that open adoption is best for the adopted child as well.

As with making any important decision, adoption requires a lot of self-reflection and study. Most adoptive parents will tell you the joy and blessing of a child in their family is worth the challenges inherent in adoption.

Jennifer Cochran-Green is a family attorney who represents clients in adoption, custody and divorce matters. As an adoptive parent, she personally understands the unique challenges of the process and has authored a children's book "Will You Be My Forever Family?" Jennifer is offering Outlook readers a complimentary copy of her book in an e-book format. Email her at jencochran-law@gmail.com.

Jennifer R. Cochran-Green

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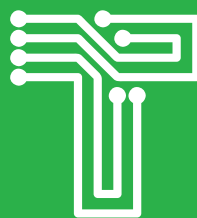
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Medicare Rx coverage: It is time to compare and we can help

by Jillian Blackwell



Medicare Open Enrollment is the time of year when you can change your Medicare coverage to better meet your needs. For most people, it is the only time you can pick a new Medicare Part D (prescription drug) plan and it can only be done from October 15 through December 7, annually. Medicare health and drug plans can make changes to their coverage each year. These changes impact the cost and coverage of your plan. Any changes that are made during

Open Enrollment take effect January 1 of next year.

It is important for every Medicare beneficiary to review the changes to their current plan and compare their plan with other plans each year. If you are dissatisfied with your plan, you can change it during Open Enrollment. Even if you are satisfied with your coverage, take action and look at other Medicare plans. They may offer better health or drug coverage. Research shows that people with Medicare prescription drug coverage (Part D) could lower their costs by shopping available plans each year. You can compare plans on your own with the plan finder tool at Medicare.gov or you can come by Dripping Springs Pharmacy and let us help you!

While choosing the right Medicare Part D plan can save you money, it can be a confusing process. Fortunately, there are special plan comparison tools like PrescribeMedicare that pharmacies like

ours can use to guide you through the process. With PrescribeMedicare, you can find out which plans cover your medications, how much your premiums, deductible and copays will be, and if and when you will reach the coverage gap. You can also see side-by-side comparisons of your current plan with any available Medicare Part D plan. This Medicare plan review ensures that you have the coverage you need at a price you can afford for the following year.

When it comes to Medicare, don't be overwhelmed by your options. Give us a call at 512-858-7935 or stop by today for your free Medicare Part D comparison. We're here to help!

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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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Massage, yoga, wellness

by Cyle Wells

Relaxed is defined as a state where we are stress, anxiety, and worry-free. Most of us are not relaxed throughout our regular day because of demands made on us physically, mentally and emotionally. This is where the benefits of regular massage comes in.

Massage is meant to be a way to refresh you; to lengthen muscles and tissue and leave you feeling better than when you came in for a session with a therapist. Massage is an important part of your health routine because it is an amazing way to impact your circulatory, lymphatic, and nervous systems. While a massage is detoxifying, it is also calming to your nervous system.

Massage works to lengthen the fascial layer that lies between the skin and muscle. This fascial layer can inhibit our range of motion and even slow down the circulation and waste disposal processes of our blood capillaries that run through the web-like fascial system.

Yoga is a wonderful way to keep fascia long and healthy, to get your circulation kicking into gear on a daily basis and to strengthen and gently stretch your muscles. Yoga can be very slow and gentle or it can be faster-paced and physically demanding. The most important thing to remember in yoga is to keep breathing and to stay in contact with your flow of breath. Yoga practice mimics life at times, the point here being we can't stop breathing when things

become challenging – we do our best and move on.

Wellness is an incredibly broad term, generally used to describe a healthful, greener, more invigorated life. Wellness can start with choosing only organic fruits and vegetables or taking a hot bath once a week. Wellness can be incorporating pure ingredients in your self-care routine; pure, chemical-free oils like jojoba and argon for face and body and high quality essential oils for health, body and housekeeping.

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Volunteer Entertainers who are willing to come occasionally: Dee-Jay to facilitate dances. Stand-up comics, bands, drama groups, choirs, magicians, songwriter entertainers, drummers, jugglers, group-game leaders.

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Volunteers to help in the thrift store: We have wonderful people who are regularly scheduled to help in the thrift store. We could not fund the senior center without them. If you are willing to come once or twice a month or even weekly, please call us! There is no age limit! Also...we are going to need people to assist with our building remodels. We will begin this construction in the near future. If you have skills and are willing to donate a small portion (or large portion) of your time, we would greatly appreciate your help! If you have a civic-minded or a church group that is willing to do a project...please call us! We have projects!

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Stress and inflammatory skin conditions

by Karen Laine,
Para-Medical Aesthetician



If you find skin conditions such as acne, rosacea, psoriasis or eczema flares prior to a big event, following traumatic life circumstances, or other stressful times, inflammatory skin disorders are exacerbated by the body's inability to deal with the physiological response of

stress and the "fight or flight" syndrome. The body reacts to stressors, whether physical, mental or emotional, in basically the same manner. The body isn't capable of recognizing the type of stress it's up against.

When the stress system is triggered, it produces many physical changes. It reacts by cutting off circulation to the digestive tract and diverts blood flow to the large muscles in order to fight or flee. During times of stress, the gut is unable to process and absorb nutrients properly nor expel waste through normal channels, thus inflammation occurs. Additionally, blood pressure, heart rate and muscle tension increase with the release of stress chemicals, some of which are physically damaging to your body. The most sensitive cells make up the Hypothalamus, a part of the brain controlling all your hormone activity and immune system. Over time the Hypothalamus struggles to manage things properly leading to adrenal burnout, thyroid problems, weight and mood problems and many types of chronic illnesses.

The key to managing these skin conditions and the well-being of your entire body, is to deal with these reactions through both diet and stress management.

- Reduce or eliminate inflammatory foods: Tran-fats, dairy and grain foods are known to aggravate the digestive system and contribute to many health issues.

- Get sleep: This is your body's repair and restore time. Employ natural supplements such as melatonin for help with sleep. Avoid stimulating behavior before bedtime, i.e. TV, computers, etc. Lower the lights.

- Find support and talk about it: Enlist the aid of a counselor or therapist. Seek natural methods and supplements for stress, depression and anxiety.

- Employ relaxation techniques: Try deep breathing, yoga, visualization, biofeedback, journaling or meditation.

- Get some exercise: Helps eliminate stress induced chemicals and toxins from your body through sweat and improved circulation and release of "feel good" chemicals called endorphins in your brain. Shower with lukewarm water soon after to remove irritants from skin.

- Do something you enjoy: Try sports, reading, hobbies, a change of pace to distract your mind.

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.

Quality of life



by Frank Shuman, DVM

The decision to euthanize a close companion is always a decision that is fraught with doubt, guilt and grief. It is hard to make a life-ending determination like this for someone who can't tell you what their wishes are and yet a judgment call must be made. Conflicting opinions from family members and concerns on financial limitations also put a strain on this process. This isn't a decision that needs to be made alone or without guidance. Consulting with your veterinarian will help you make the most educated choice for you and your pet.

Some people will tell you that you will simply "know" when it is time but this idea is not really fair. Determining someone else's life quality is not completely intuitive. I like to ask my pet owners what are the three things that your companion enjoys the most or consistently performs. These things can be as innocuous as always meeting you when you come home or sleeping consistently at the foot of the bed. Once these consistencies are lacking then it is time to take a closer look at your pet's overall health to determine if there is an issue that can be resolved or managed. Some pets simply become debilitated by age or disease to a point where their life quality deteriorates to an unacceptable level, but there are also a significant number of issues that can be improved or cured. Understanding where to draw the line can be helped by thinking about this issue now before a pet has slowly diminished and it is hard to understand how he or she got to their current condition. By becoming aware of those simple consistencies with your pet, it will be easier to identify when and to what extent your pet has diminished.

Once the decision has been made new questions can arise for the pet owner. The personal decision of whether or not being present is considered. There isn't a wrong decision and an owner shouldn't feel guilty if they decide not to be present for emotional reasons. Not all hospitals have the same procedure but typically a request form must be signed authorizing the procedure to be performed. Home euthanasia is an option at Dripping Springs Animal Hospital but this may not be an option at all pet hospitals. Please know that you aren't alone during this difficult time. Euthanasia in a lot of circumstances in the kindest thing we can do for our loved companions.

Frank Shuman IV is the Medical Director at Dripping 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 is Cryotherapy and who benefits from it? *by Alison Hoyt*

Cryotherapy has been used since the 1970's; its initial design and use was to help Rheumatoid Arthritis. Since then cryotherapy became widely used for a variety of applications including reducing pain and inflammation, improved sports performance and beauty. Whole body cryotherapy is an amazing and natural

way to achieve health benefits simply through the exposure of cold temperatures.

Cryotherapy is a form of cold therapy where the client stands in a cryosauna that fills with nitrogen vapor to drop that ambient temperature down to -130° to -180°F. This temporary dry cold penetrates only the outer layer of the skin and cues the body's bio-response to the extreme cold that promotes the natural healing process.

Studies have shown that exposing the body to these sub-zero temperatures can help reduce inflammation, relieve muscle soreness, improve energy, boost endorphins, improve collagen production and burn over 500 calories.

What happens when you go in for a cryotherapy session? For your first session you will fill out a waiver and meet your cryotherapy technician. After that your technician will direct you to change into the fluffy robe, socks and cryo-booties. You will step into the cryosauna and you will trade you your robe for a warm pair of mittens and your three-minute session will begin.

Once the session begins you will feel the cold, dry nitrogen vapor surrounding you. The technician will be talking with you throughout

your entire session and will be continuously monitoring how you are feeling. After three minutes of therapy and conversation your session is over. Cryotherapy is a dry, surface cold so you warm up almost instantly following the session.

Since the body responds to cold temperatures by releasing endorphins, people report a noticeable improvement in their overall mood and energy levels in addition to a fresh stretched feeling. Often times chronic pain sufferers find an immediate relief of pain due to the decreased inflammation.

Whether you are one that suffers from chronic pain due to inflammation, an athlete or simply seeking improved general health cryotherapy can be extremely beneficial for you.

Alison Hoyt and Dawn Gibson are beyond thrilled to be able to offer this service to the Dripping Springs community. Stop by today and see how cryotherapy can help benefit you! www.cryoranch.com. 737-300-2137

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About Kim Burke

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Kim Burke of Kuper Sotheby's International Realty will provide you with the unsurpassed service that your unique property requires. Through strategic partnerships with local, national and international advertisers such as the *Wall Street Journal*, Financial Times, *Austin Business Journal*, Trulia, Realtor.com, *Zillow* and hundreds more; Kim has a distinct edge in marketing properties of all types. Her expertise gets listings sold quickly and the process is a breeze.



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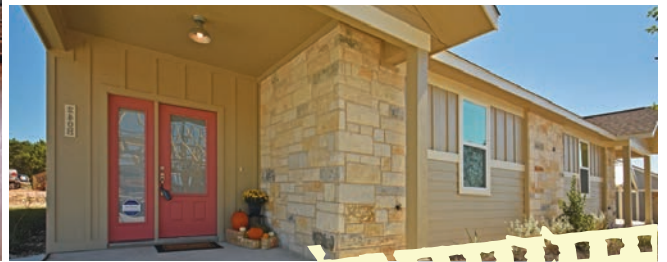
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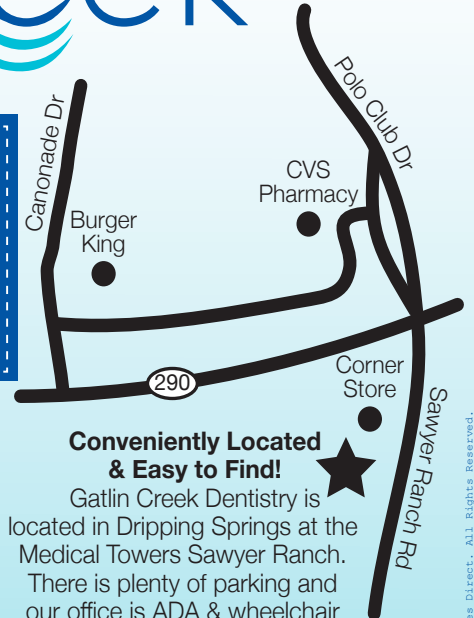
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Benign neglect



by Deborah Carter Mastelotto

Definition of benign neglect: *An attitude or policy of ignoring an often delicate or undesirable situation that one is held to be responsible for.*

I recently saw a funny Facebook rant by a millennial about millennials, apologizing for her generation. My first thought was “helicopter parenting – could have benefitted from a little benign neglect.” It’s a real parenting movement, letting kids make decisions and experience consequences while they still have a safety net. When I was the sole parent of young children, this was the parenting style I inadvertently adopted but like so many other mothers, I had little choice at the time. So when I read Erika Myers’ insightful article in the January 2013 issue of GoodTherapy.org, about parenting and the art of benign neglect, I had an *aha* moment because it made me wonder about our current world.

Benign neglect was also a national policy proposed to Nixon in 1969 by Daniel Patrick Moynihan, at that time an affairs advisor on Nixon’s staff. He sent Nixon this memo: *“The time may have come when the issue of race could benefit from a period of ‘benign neglect.’ The subject has been too much talked about. The forum has been too much taken over to hysterics, paranoids and boodlers on all sides. We need a period in which progress continues and racial rhetoric fades.”*

Of course Nixon chose instead to use it against the “other side.” But, substitute the word *racial* with *politics*, or *mommy-shaming* or whatever crazy-making news crawls across our Facebook feed today. Shouldn’t we all cultivate a little benign neglect in our lives? Could we apply it to our relationships with our families, our mates, our aging parents, our siblings? What about our employees and co-workers? And bosses? Or our town, our state, or our country, our world. In these trying times, where negative politics of every type fill every available media orifice, shouldn’t we choose not to be inundated, maybe practice a little personal *hands off*? I don’t know about you, but I need a break. 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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Dripping Springs Chamber of Commerce Focus on Business: Susan Santamaria

A long-time resident of Dripping Springs, Susan Santamaria is actively involved in our community, serving as President of the Dripping Springs Community Foundation since 2010, enjoying membership in the DS Women's Club since its inception and membership in the DS Chamber of Commerce. She and her husband, Richard Santamaria, care about the Dripping Springs area, its residents and environment. Smart, honest and caring is how those who know her, describe her. With clients in 17 states, as well as here in the greater Dripping Springs area, it is caring that differentiates her first and foremost from her business competitors.

Too many businesses today treat the slogan, "We put our clients' interest first," as nothing more than a marketing phrase. Susan Santamaria does not; she has built her reputation as a successful and sought after financial advisor by making that slogan the foundation of her client relationships. That's why she affiliated with Raymond James Financial Services (RJFS) as an independent advisor in 2015, and together with her husband, Richard Santamaria, established S/R Santamaria Associates, LLC. Through Raymond James, they offer clients the resources of one of the largest financial services firms in the US – a Fortune 1000 firm with more than 10,000 associates

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Smelly water?

by Randy Lawrence

One major water quality issue shared by many of us is water which emits a rotten egg odor caused by hydrogen sulfide gas. This problem is unique to homes whose water source is a private well, as municipal and community water supplies are required to treat the water at the source. In the past, getting rid of rotten

egg odor has been inconvenient and expensive, but recent advances have made eliminating it a much easier task to accomplish.

One common method of treating well water for hydrogen sulfide was to inject chlorine directly into the water as it is pumped from the ground. Unfortunately, these chlorine systems can often be maintenance intensive and prone to breakdown. It is also difficult to maintain a consistent level of chlorine without constant monitoring. Another problem with these systems is that the homeowner is responsible for proper dilution rates so as to avoid exposure to high levels of this caustic chemical.

Another way of removing odor is to use a well water storage tank, which allows for the release of the gases. This is an effective way to remove the gas without harmful chemicals, but it typically requires a large amount of space, as well as a separate pump to re-pressurize the water. Unfortunately, storing water in a tank subjects it to possible bacterial contamination from outside sources. Ultraviolet disinfection and filtration are usually recommended when water is stored in a holding tank. There are benefits to this

type of system, but the need for extra equipment can be cost prohibitive for many.

Many people aren't aware that reliable, user-friendly equipment has been developed which will aerate and filter your water inside a sealed, pressurized tank. This tank takes up very little space and can be used alone or as pre-treatment for a water softener. The result is water that is completely free of hydrogen sulfide, iron and any sediment that may come from your well, without the need for chemicals or maintenance by the homeowner. Contact your favorite licensed water treatment specialist to discuss details on how to make your water smell better!

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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The mother of invention

by Lindley Pond

Happy fall to all of you! What an amazing summer and early fall we've had. The green we normally see fading by the dog days of summer never left! The abundance of rain from spring through summer, even in our hottest times, did wonders for our gardens – whether they be for veggies or ornament-

tal. Kind of gave new hope to possibilities.

Having praised the rain, we still should be conscious of our water usage. Addressing drainage issues became a must after the past year. We came up with so many different ways to take care of these problems while maintaining beauty and creating something pleasing to look at. Whether it's a rain garden that attracts hummingbirds and butterflies, a dry creek dotted with boulders to create a natural path for run off, a berm planted with seed mixtures of wild flowers and native grasses for diversion of water or natural boulders creating a wall with a drainage well behind, they all served their purpose and brought an added dimension to our landscapes.

Necessity truly is the mother of invention. Sometimes it's hard to get out of our "box" and see possibilities that never occurred to us. We all know about function before beauty, which usually means the piggy bank has to be replenished before we get to the wish list of fun stuff! This way we are handling both and in doing

so can then move on to other projects that are on our wish lists. If you need help with a plan or an installation.. or both, give us a call. We'd love to help.

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Plan early for your next home

by Trey Powers

Is a home purchase in your family's future? It is never too early to get a home-buying plan in place. Six to twelve months out is a good idea. While the mortgage side of the plan can seem daunting, it is arguably the most important. Now is the time. *Plan, plan, plan.*

Start with your credit; taking advantage of the right to a free copy of your credit report. Errors are not uncommon and can be the downfall to getting a timely loan. Your actual credit score will also be extremely important, both determining whether you qualify for a loan and ultimately the available interest rate. Next, consider your current debt. Balances carried on credit cards, charge cards, student loans and car loans will each lower your allowable monthly housing cost, thus limiting the home price you may wish to consider.

We are blessed with a bustling housing market here in Dripping Springs. Others are coming in droves for their slice of life in the Hill Country and with that comes a huge demand on available homes. When a Dripping-area house goes on the market there are often multiple offers within a few days. It is therefore imperative that you are pre-qualified by a trusted lender before you begin looking at houses. A pre-qualification letter is very often required by a realtor before they begin helping a buyer search. They want to know you can afford what they are helping you look for. Likewise, a seller's agent will likely require a pre-qualification letter along with the purchase offer. Real estate agents on both sides want to know that

a buyer will qualify for their loan.

Consult a trusted mortgage professional early to understand your situation, the impact it will have on your ability to qualify, and for how much. They will show you where you are and where you need to be. Such a consultation will be free, as will getting that much-needed prequalification letter.

Shopping for a new home is such an exciting time in life. Do not let the mortgage side rob you of that joy. Get a jump start on it now. *Plan, plan, plan.*

Trey Powers is a licensed mortgage loan officer with City Bank Mortgage, a Texas-owned 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: *Pictures don't lie?*

by Roland Brown



A truism states "pictures don't lie." Photographs and videos are frequently used in court as evidence. We will assume here that the photos and videos have not been altered and reflect what the camera actually "saw." The fact is that even unaltered pictures often do lie. They may distort the truth, reveal only part of the truth or even hide the truth.

Fishermen know that if you hold that prize catch at arms-length towards the camera it will look larger thus distorting the perception of someone viewing the photo as to the fish's actual size. The trial lawyer must analyze any photo or video that may be offered in evidence to determine whether it truly depicts the scene in question, whether it may reflect inadmissible information or whether, even though it may accurately reflect the scene, it is nevertheless so inflammatory or prejudicial that the court should exclude it from evidence. For example, when I send an investigator to photograph the vehicles involved in a collision, if there happen to be empty beer bottles on the floorboard of the vehicle that struck my client I want at least one photo to show that. The bottles may or may not be relevant to the wreck, but that's the photo I'll try to get into evidence and if the other attorney fails to object, the presence of the bottles may well affect a jury's view of the other driver thereby favoring my injured client.

Another example might be that my opponent brings in a photograph suggesting that a stop sign was obscured by leaves on a tree. However, if the picture was taken in May, the spring leaves on the tree may hide a sign that was visible in February when the wreck occurred. The date, time of day, position of the photographer, type of lens used and other factors must always be considered.

While photos or videos are potentially helpful, whether offered as courtroom evidence or in a news report as proof of who did what during a traffic stop, each must be viewed with a cynical eye in the context of other facts.

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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Board breaking

by Sarah Geenbergh

I've been thinking a lot about board breaking lately. We recently had a student break a board that he could not break a few months ago. It was a great moment – much greater than if he had broken it in the first place.

There is a saying that we use all the time, “seven times down, eight times up.”

So when we don't break, we simply save the board, practice more and try again.

But a strange thing happens, mentally, with the boards. And I think it happens in life, too. The board does not tell you that just a little more force would have broken it. It doesn't tell you that if you had struck it just a half of an inch over, it would have broken. It doesn't tell you that it is damp today and that the same strike would have broken it on a dry day. The board does not tell you how close you were to breaking it. All that happens is that you hit it and are left standing there in front of everybody with a surprised look on your face and a sore hand. Then you think, “I just hit that as hard as I could. This is impossible.” I wonder in all of my life's failures how close I was to succeeding. And yet success looked so distant, so impossible.

We shake that by simply getting up and trying again. And we get good at getting up and trying again. After awhile we realize

that going through the frustration of failure is an option. Frustrated or not, we are going to get up, so why go through the negative emotions? We can if we want, but we don't have to. Once we're released of that, we find ourselves willing to try harder and harder things.

Sarah Geenbergh is the head instructor of Wimberley Chayon Ryu “Natural Way Martial Arts.” The school is has moved into another space still in the Old Baptist Church by Blue Hole. You can reach her at 512-971-8528 or visit WimberleyKarate.com.



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Brewing our own

by Cale Thibaudeau



About eight years ago, a group of my friends decided we wanted to brew beer. Pick it up as a hobby, learn the process, buy some books, get some equipment and have some fun. Anyone who has had a hobby, knows you can get in pretty deep before you even know it. Long story short, we brewed quite a few beers in those first years.

We tried some basic styles first. After we messed up a couple times we learned the two most important factors when brewing – cleanliness and temperature. These two factors are crucial in order to track progress. Without taking extreme care in these two areas, you get results that are never consistent, and therefore, you cannot learn from your mistakes.

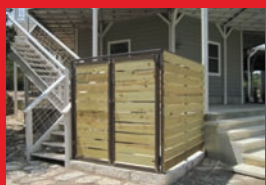
Cleanliness is important so that you are only working with one strain of yeast. If you have dirty equipment, the flavor you were expecting from one type of yeast, could be altered and produce flavors you were not expecting. Yikes! We brewed quite a few red ales, and if we didn't keep everything clean, they wouldn't have gotten any better. Lucky for us, they did. After brewing ales for a bit, we decided to venture into the extremely difficult world of lagers.

Lager'ing is a very detailed and extended process. This is where the temperature part comes in. If you make one mistake, you'll taste it. But all that extra effort really pays off. We focused on low alcohol, simple beers. Truly, I now understand that simplicity is more difficult than complexity. A crisp, clean and refreshing beer – one that was made by you and your friends – nothing tastes better!

Do you have a good homebrew story? Swing on by the shop and let's talk!

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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Put Thanksgiving lessons to work in your financial plans

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



Gavin J. Loftus

Thanksgiving is almost here. Over the years, this holiday has taken on a variety of meanings, most of them centered on family, caring and sharing. You can carry these same values past Thanksgiving into your daily life – and you can certainly incorporate them into your financial strategies for taking care of your loved ones.

So, here are a few suggestions:

- **Protect your family.** If something were to happen to you, could your family pay the mortgage? Could your children still afford to go to college someday? To protect your family's current lifestyle and long-term goals, you may well need to maintain adequate life and disability insurance.

- **Invest in your children.** If you have young children and you'd like to see them go to college someday, you may want to start putting money away toward that goal. You can save and invest for college in a variety of ways, but one popular method is through a 529 plan, which offers high contribution limits and potential tax advantages. Plus, a 529 plan gives you significant control and flexibility.

- **Safeguard your own financial independence.** Almost certainly, one of the most undesirable outcomes you can imagine is to become financially dependent on your grown children. Even if you save and invest diligently throughout your working years, you could still be vulnerable to financial dependency if you need an extensive period of long-term care, such as a nursing home stay. These costs can be

enormous and Medicare typically pays only a small percentage and usually for just a limited time. To protect your financial freedom, you should explore ways of addressing long-term care costs. A financial professional can explain those alternatives that may be appropriate for your situation.

- **Communicate your wishes to your family.** At some point in your life, you will need to draw up your estate plans, which could include a will, a living trust, a durable power of attorney, a health care directive and other documents. To be fair to your children and other family members and to avoid hurt feelings, you should clearly communicate your plans and your wishes while you are still around.

Thanksgiving means more than turkey and football. And if you can successfully apply the lessons of this holiday to your financial plans, both you and your family will have reason to be thankful.

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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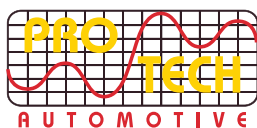
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Fall décor bucket list

by Reba Byrd and Karl Monger

The perennial key to modern fall décor is to make your space feel cozy yet sophisticated. This year it's a win-win for all tastes because the fall décor trends run the entire gamut. Let's break it down..

There's no more joyful expression of fall than to *jump into a pile of leaves*. If your pile-jumping days are over, you can opt to bring out fabrics and pillows that feature leaf motifs. After all, fall foliage is not just for the outdoors anymore. During this season in which nature is transitioning all around you, bring into your home textures and patterns that conjure up notions of elemental foliage. Think natural woodlands and fresh fall flowers, rustic textures and rich, dark greens. French-inspired farmhouse style is getting a lot of attention, as are animal and nature motifs.

Build a bonfire for the senses by adding bold splashes of orange or fiery red. Solid colors have made way for bold prints, from geometric patterns to softer floral motifs. Buttery yellows are in the forecast for spring, as are softer metallics such as rose gold and silver, which impart luxury and glamor in any space. Whereas metallics are in for furniture, flat black is the it-color for fixtures. This combination lends itself both to the popular trend in Americana and to a modern esthetic.

Include soft, cuddly throws to wrap up in on a cold winter's day. Add plenty of cushions and blankets made of rich textures like faux

fur, cable knits and velvet, which adds an interesting dimension especially when combined with linen. Long fringe and knotted tassels are popular as accents. If mixing prints, patterns and colors is your thing, do it with rugs! Layer a small rug over a larger one to introduce pattern and color.

Hayrides are a quintessential feature of the season and design-wise it's a hit to bring that earthy sensibility indoors by working hay-themed art and haystack-print fabrics and linens into your décor scheme. Adhering to a neutral palette of earth tones and greys is big this season. More feminine palettes such as pink pair well with the soft greys that continue to enchant the design world.

Don't forget to put out some pumpkins and seasonal squash by the doorway. In lieu of the real McCoy, consider picking up ceramic pumpkins that you can repaint annually to keep up with changing trends.

Happy fall, y'all!

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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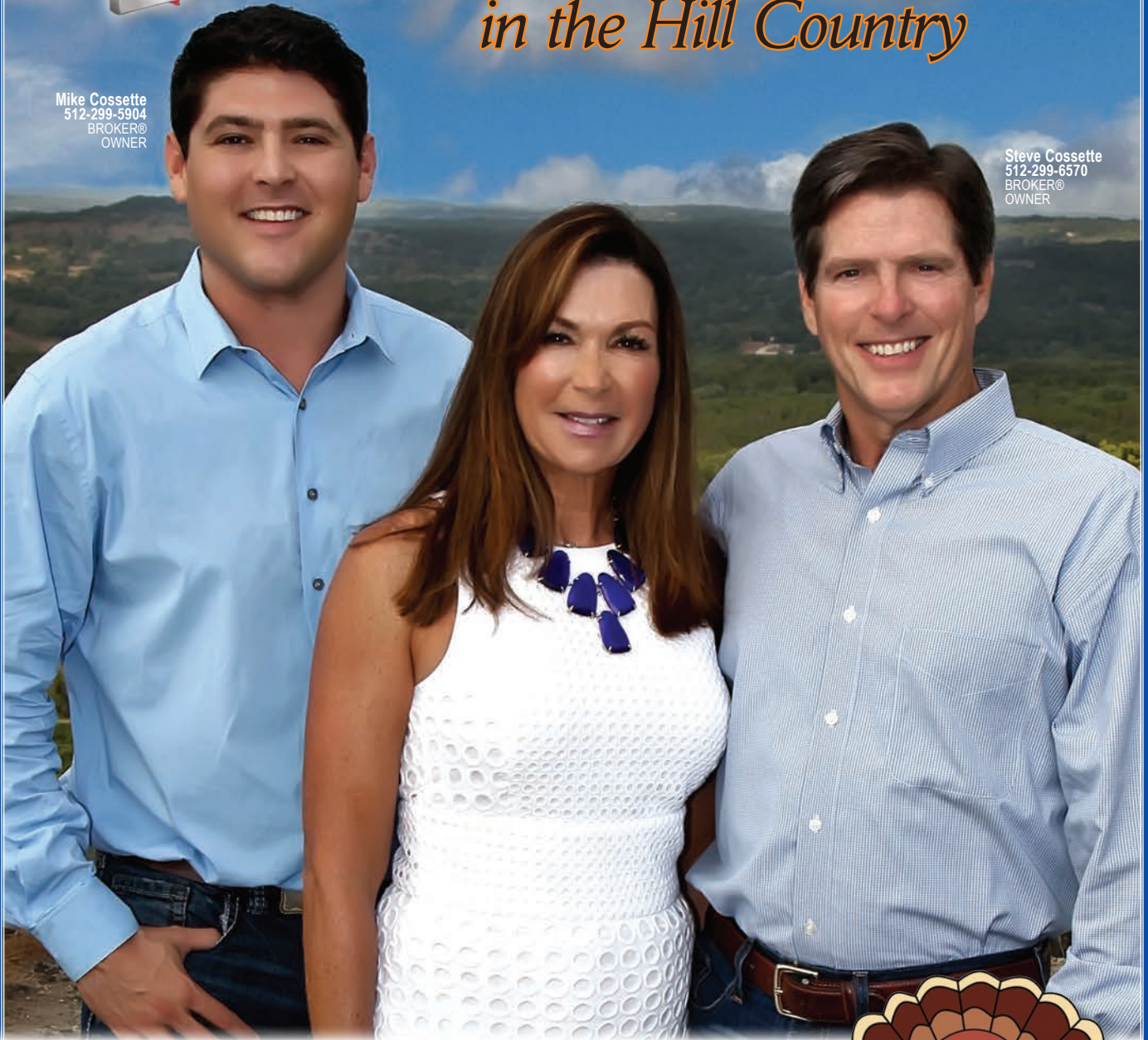
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