



Dripping Springs

PRST STD
U.S. POSTAGE PAID
PERMIT #30
Dripping Springs, TX 78620
ECRWSS

OUTLOOK

Volume 13 Issue 9 • Dripping Springs, Texas • December 2016

Postal Patron

The Gateway to Life in Dripping Springs



DRIPPING SPRINGS AUSTIN BASTROP CEDAR PARK

www.stanberry.com

A Central Texas Tradition



RESIDENTIAL

COMMERCIAL

FARM & RANCH

512.894.3488



YOUR BEST REAL ESTATE RESOURCE

721 BEAUCHAMP ROAD, HENLY 78620

BEAUTIFUL 4/2.5/3 CUSTOM HOME ON 1.7 ACRES. 2349± SF MAIN HOME AND 500± SF BONUS ROOM OVER 3 CAR GARAGE, GREAT FOR AN OFFICE, HEATED / COOLED, TOTALING 2849± SF. MAIN HOME IS A ROCK EXTERIOR, GARAGE IS 2 SIDED ROCK WITH HARDI-PLANK. STAINLESS APPLIANCE PACKAGE IN KITCHEN. MLS# 2869813 \$498,900



Scott Daves REALTOR®

512.415.2265 www.scottdaves.net

LOT 25 RIVER VIEW DR 5± ACRES, 200 FT OF PEDERNALES RIVER FRONTAGE! BUILD YOUR DREAM HOME, 2ND HOME OR RETIRE HERE, LOW TAXES. \$149,900 MLS#3093949 JOHNSON CITY, BLANCO COUNTY

1800 SPRINGLAKE DR 4.69± ACRES WITH A 1321 SF, 2/2 HOUSE, FABULOUS VIEWS OFF FRONT PORCH, QUIET & PEACEFUL, BUT CLOSE IN. \$289,900 MLS#6350183 DS, HAYS COUNTY

204 GATLIN CREEK RD 9.04± UNRESTRICTED ACRES, 4 LOTS, GATED ESTATE W/ 1 SITE BUILT & 2 MOBILE HOMES, OUTBUILDINGS, BARN AND 1000 SQ/FT GUEST QUARTERS, 1 WELL, 3 SEPTIC SYSTEMS, MAGNIFICENT OAK TREES. \$899,900 MLS#7012250 DS, HAYS COUNTY

424 HIDDEN CREEK DR CLASSIC CUSTOM, ONE STORY, 3988 SF, 4/3 ON 12.5 ± ACRES, WILDLIFE EXEMPTION, LOW TAXES, HORSES ALLOWED, WELL & RAINWATER, PASSIVE SOLAR SYSTEM, JCISD. \$829,900 DRIPPING SPRINGS, HAYS COUNTY

Terese Peabody BROKER

512.699.7711 www.tpeabody.com



16907 SOUTH RIDGE LANE
AUSTIN, TRAVIS COUNTY

Find tranquility on Lake Travis in this newly re-modeled, stunning lakeside home. 3 bed/3 full bath, open concept layout features spectacular views from nearly every room! Large covered deck for inside/outside entertaining and boat ramp. \$929,000 MLS# 2121885



151 TERRA SCENA TRAIL

DRIPPING SPRINGS, HAYS COUNTY
1.04 acre corner lot located in eco-friendly subdivision. 15 home sites enclave dedicated to a resource-conscious lifestyle. Views of rolling hills situated among beautiful oak trees. Bring your green builder or use one of ours. DSISD. \$105,000 MLS# 3992658



808 KEMP HILLS DRIVE
AUSTIN, TRAVIS COUNTY

3/2 Ranch style home on ± 0.5 acre lot. 1,865 SF/tax record with open living room and great outdoor living area. Screened in porch in back. Hot tub and fire pit area. Great location to enjoy country living. 20 minutes to downtown Austin. DSISD. \$320,000 MLS# 1752164



Carla Black REALTOR®

512.363.2226 carla@stanberry.com



Kevin Clark REALTOR®

512.788.2777 coachkevin@stanberry.com

STANBERRY SUPPORTS:

DRIPPING SPRINGS HELPING HANDS, INC.
Join us in our commitment to caring for our community.
We provide a food collection box in our office!
Please feel free to stop by and donate!



ROADS • DRIVEWAYS
SITE PADS • LAND CLEARING
ON-SITE SEWAGE FACILITIES
LICENSED INSTALLER



Odell Equipment Company

ROY ODELL 512-923-8608 roygodell@gmail.com

WISHING YOU AND YOUR FAMILY MERRY CHRISTMAS AND A VERY HAPPY & PROSPEROUS NEW YEAR!

Finding that it means a little bit more

A favorite book during the holiday season for my children when they were young was "How the Grinch Stole Christmas!" by Dr. Seuss.

One passage in particular was poignant for all of us. Even though the Grinch had made off with all the presents, decorations and food (right down to the roast beast) in Whoville, he witnessed something astonishing. "And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more."

I always worked to maintain this principle as the 'true north' of Christmas for my kids. Each year an abundance of presents lay under the sparkling tree on Christmas morning, yet the night before the foundation of why we were celebrating was discussed. My children were always excited to recount the stories they had learned, and the real reason for the season. I'm proud that today, as the marvelous adults they are, they still hold the true meaning of Christmas in their hearts.

We here at the Dripping Springs Outlook wish you and your family a happy and healthy Christmas. It is our privilege and pleasure to bring you the best of what Dripping Springs residents have to offer through their businesses and products. Dripping Springs continues to grow and evolve yet at its heart it remains the friendly town that we all fell in love with; filled with people who care about one another. We all understand that "means a little bit more."

Thank you for joining us.

Victoria



Dripping Springs Outlook

publisher/editor

Victoria Belue Schaefer

account executive

Carol Brown

512-576-7711

assistant editor

Cyle Wells

ad design

Joey Johnson

cover photograph

Kevin Schaefer

contact

512-358-6271

Info@DSOutlook.com

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

It is also distributed to businesses
throughout the community.

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

*Entire contents copyright ©2016. Reproduction of any of
this publication requires written permission of publisher.*

*We are not responsible for the products and services
advertised or the views contained in this publication.*

BUY LOCAL BUY DRIPPIN'

© 2010, Dripping Springs Area Chamber of Commerce

Dripping Springs Outlook

Page 3

December 2016



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 6:30pm 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. Dec. 10, 12-2pm, The Pound House Farmstead Homespun Holiday in Founders Park. For more info see ad (pg.12).
- Sat. Dec. 24, 5-9pm. Christmas Eve at Dripping Springs United Methodist Church. For more info see ad (pg.28).
- Sun. Dec. 25, Christmas



Dripping Springs Psychotherapy Directory

Find a local therapist
when you need one

www.DrippingSpringsPsychotherapyDirectory.com



Are you in pain?

by Cody McGrath, SPT

Pain affects more people in the United States each year than diabetes, heart disease and cancer combined and is the most common cause of long-term disability. There are two primary types of pain – acute pain and chronic pain.

Acute pain occurs when there is an injury somewhere in the body, which triggers a danger signal to be sent to the spinal cord. In the spinal cord, the body decides whether the danger signal should be sent to the brain or terminated. Once in the brain, it decides if your body should feel pain. This process is known as the *gate control theory*. On the other hand, pain becomes chronic when lasting longer than three months, creating a frustrating situation for those who suffer from this form of pain.

Chronic pain is characterized by a response known as *central sensitization*, which is an altered response that leads the brain to determine that harmless things should produce pain. This causes confusion in the pain centers of the brain on top of changes that occur in the spinal cord. Chemicals that increase sensitivity to pain flood the spinal cord and lead to more pain signals being sent to the brain and spinal cord. When more pain signals are being sent to the brain and spinal cord, things that should not hurt, begin to hurt, essentially fooling the brain.

Central sensitization frequently occurs in people who suffer from chronic low back pain, chronic headaches, fibromyalgia and irritable

bowel syndrome. There are several psychosocial factors that may predispose individuals to chronic pain. These factors can include but are not limited to a belief that pain is harmful, withdrawal from social activity, job dissatisfaction and fear avoidance beliefs.

For those who suffer from chronic pain, research shows that education about what causes chronic pain along with a personalized exercise program is the most effective way of treating this form of pain. At Kethley Physical Therapy, our therapists are highly educated in pain science and are experts in movement. If you suffer from chronic pain, Kethley Physical Therapy can get you back to a pain free life.

References

1. *Manual Therapy Institute, Foundations Workbook, Pages: 66-82.*
2. *Chronic Pain Information Page: National Institute of Neurological Disorders and Stroke (NINDS). U.S National Library of Medicine. NINDS.nih.gov/disorders/chronic_pain/chronic_pain.htm. Accessed November 9, 2016.*

Cody P. McGrath, SPT from Texas State University. We wish him the best as he pursues his 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

KETHLEY PHYSICAL THERAPY

“Keeping Dripping Springs Moving”



Now Two Locations Serving the Dripping Springs Community

(512) 858-5191
800 West Hwy 290, Bldg B
In The Arbor Center

www.KethleyPT.com

(512) 894-2194
14101 West Hwy 290, Bldg. 500
In The Medical Tower at Sawyer Ranch



Shiver me timbers

by Dr. Chae Tracy

Did you know that it's a myth that cold weather causes colds? Viruses – coupled with a lowered immune response – cause colds. Certain bacteria may also spawn infections that produce cold-like symptoms. However,

cold weather isn't completely off the hook. Most cold-causing viruses survive better with low humidity, which occurs most often during winter months. Also, cold temperatures can dry nasal membranes, making them more vulnerable to infection. But, just because the temperature has dropped, doesn't mean that you're doomed to get sick. FFC has developed a list of natural ways to help you ward off the cold and shorten its duration.

The chiropractic lifestyle protects and builds the immune system, which is fundamental to ward off colds. The foundation of this approach is on making choices that focus on prevention, from adequate nutrition and sleep to regular chiropractic visits.

Why is chiropractic vital to the immune system? The spinal cord contains a multitude of nerves that emerge between spinal bones. Vertebrae often become misaligned, restricting spinal movement and affecting adjacent nerves – a condition called *subluxation*. Research shows that subluxations weaken the immune system. The good news is that through a series of gentle and safe maneuvers, called *chiropractic adjustments*, FFC doctors correct subluxations. Chiropractic care has beneficial effects on immune function when

misaligned vertebrae are corrected. One, study found that levels of white-blood cells, which are associated with immune function, were “significantly higher” following chiropractic adjustments.

With the symptoms of a cold, staying active probably is the last thing on your mind. However, a small amount of gentle exercise is helpful for body and mind. A short walk, may do wonders to make you feel better and help to loosen built-up mucus and fluids. Of course, you don't want to overdo it. Exercise also produces feel-good hormones. These hormones fight off the blues. Studies prove that emotional stress weakens the immune system and the body's natural immunity. So, when you feel the sniffles coming on, work to reduce stress. It's true that stress is practically unavoidable, however we can control how we respond to a particular event, behavior, place or person. Begin by determining your major stressors and eliminating as many as possible

Sleep is essential to rejuvenate the body and mind. Lack of sleep affects health, concentration, memory, decision-making abilities, energy, enthusiasm and mood. If that isn't enough, inadequate sleep severely inhibits the body's natural ability to ward off colds.

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



The secret of thieves

by Cyle Wells, LMT

Thieves Oil is an ancient recipe containing a blend of cinnamon, clove, rosemary, eucalyptus, and lemon essential oils. This oil blend is named after the thieves that looted the homes of the deceased during the Black Plague. Once traders, merchants, and perfumers, importing spices like cinnamon and clove from India, the Black

Plague shut down international trade business and the traders went broke. In order to protect themselves from the disease of departed, they created a medicinal blend that protected them from the plague. The king heard about this magical, medicinal blend and promptly rounded up some of the thieves and demanded the recipe, which is similar to an essential oil blend mentioned in the Bible.

There are many versions of Thieves oil, as it is debated how many drops of each essential Oil to use. Diffusing Thieves oil has been shown to reduce antitoxin bacteria by 99%. Diffuse 20 drops for 15 minutes, 3-4 times a day to cleanse sinuses and strengthen respiratory system. Thieves Oil is an incredible household cleaner; add to your favorite water and vinegar solution (1/2 distilled water, 1/2 distilled white vinegar plus essential oils of your choosing) to disinfect counter tops and other surfaces. Add a few drops to your laundry load or clean dish washer and washing machine by adding a few drops and running a rinse mode. Make a vapor rub for back, throat, and chest by blending equal parts Thieves Oil and a carrier

oil (avocado oil absorbs really quickly). Add a few drops to your massage oil or blend into your daily body moisturizer to stave away muscle ache. Food-grade Thieves Oil can be great for the digestive tract; add one drop food-grade Thieves Oil to a bottle of water to sip on throughout the day. For headache relief, add 1 drop Thieves Oil onto thumb and place on roof of mouth, avoiding lips and tongue. Blend into a carrier oil (1:1 ratio) and apply to acne and other skin conditions. Massage into the bottoms of feet and into palms to strengthen immune system. Young Living has a wonderful, food-grade Thieves oil blend or you can make your own with the fore mentioned oils. It's a beautiful holiday fragrance.

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



Cyle Wells
LMT, RYT-400
512 406 1104
relaxedrepublic.com



High blood pressure and the holidays

by Ron S. White, DDS

Mother-in-law coming in for Christmas.. ornery uncle here for the holidays? The holidays are a time of year when blood pressure can become an issue. However, it's not just special occasions when we realize that our blood pressure should be checked. At least once a month I have a patient who comes in for their regular check up and cleaning and for the first time realizes that they have high blood pressure. This condition is so easy to overlook with little or no symptoms.

Did you know?

- 1) High blood pressure usually has no symptoms. In fact, many people have high blood pressure for years without knowing it. That's why it's called the "silent killer."
- 2) Hypertension is the medical term for high blood pressure. It doesn't refer to being tense, nervous or hyperactive. You can be a calm, relaxed person and still have high blood pressure.
- 3) It is estimated that over 25% of Americans have high blood pressure.
- 4) Hypertension alone is the most important risk factor for heart failure. It is the leading cause of strokes, kidney failure and blindness. In fact, having high blood pressure increases stroke risk four to six times!

The medical community, as a whole, is trying to catch high blood pressure before it hurts our patients. Few people have time for a once-a-year physical examination. And if you are not sick with a common cold or flu during the year, your blood pressure most likely does not get checked. This is where dentists and hygienists can play a key role in screening our patients at least twice a year. Many of my patients have discovered they have high blood pressure during a regular six month cleaning visit to my office. This screening has led to subsequent doctor's appointments and preventative medication.

Optimal blood pressure with respect to cardiovascular risk is less than 120/80 mm Hg. The American Dental Association recommends that any patient with a reading of 180/110 or higher be restricted from even urgent treatment without medial consultation. Elective treatment should certainly be avoided.

The cause of 90–95 percent of the cases of high blood pressure isn't known, however the good news is that high blood pressure is easily detected and usually controllable. So make sure you are getting your blood pressure checked at least twice a year either during your regular dental cleanings or with your primary care physician. *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

Makin' Drippin' Smile Since 1999!

512-858-5683 • www.ronswhite.com













Glad you asked: *Belly buttons and tummy tucks*

by Rocco C. Piazza, M.D

As funny as it might sound, a topic I am frequently asked about (both online and in the office) is related to belly buttons specifically, what happens to them during a tummy tuck procedure.

Q: How will a tummy tuck change the shape of my belly button?

A: Often, the belly button takes on a different appearance after having chil-

dren. It can be wrinkled in appearance, look puckered or distorted and it can often take on the appearance of a frown. Former belly button piercing sites can add to the complexity of the distortion of the shape. A tummy tuck will reconstruct the belly button to a more natural appearance.

Q: How do you make sure to create a natural-looking belly button?

A: I envision a slender appearance to the abdomen and I take great care to sculpt the tummy tissue around it. In addition, I work hard to plan the inset and suturing of the belly button so that the scar is concealed just inside. This minimizes the visibility of the scar to the naked eye.

Q: How can I ensure my belly button heals properly?

A: Keep the belly button clean after surgery and follow your surgeon's instructions for scar protocol. It is imperative that patients protect the skin of the tummy and the belly button with a sunscreen that contains zinc.

Q: Can I get my belly button pieced after a tummy tuck?

A: Patients may choose to do this after surgery, but it is my opinion that a belly button should be free of piercings, as it is one of the most attractive parts of the abdomen after a tummy tuck.

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.



ROCCO C. PIAZZA, MD, FACS
Plastic and Reconstructive Surgeon

7900 FM 1826, Health Plaza II
Suite 206, Austin, TX 78737

O: 512.288.8200

F: 512.288.8207

www.thepiazzacenter.com



It's time to apply for new health insurance for 2017

by Tom Diehl

If you are eligible for Medicare, Annual Open Enrollment will end after December 7, 2016. Besides Original Medicare Parts A & 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&D are optional.

For those younger than 65, Open Enrollment for Individual Major Medical Insurance is still offered until 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. Letters were sent to existing clients describing this situation. The deadline for a January 1, 2017 effective date is to submit an application by midnight December 15, 2016.

This year we 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 subsidies when selecting health insurance through the Federally Facilitated Marketplace (FFM). FFM certified agents can provide you with 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 for each child, whichever is higher! For full details on how this is calculated, I suggest you visit Healthcare.gov. They list 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.



*Serving Central Texas, the Hill Country,
and all of the great state of Texas*

Tom Diehl (512) 535-3556
tom@austinhealthplans.com

Three child-centered tips for co-parents to avoid the naughty list this holiday season



by Jennifer R. Cochran-Green

The holidays can be tough for families experiencing separation. We're all human and conflict happens despite our best intentions. Keep these tips in mind to create a great holiday experience for the children so that they remember this special time with fondness.

1) Be nice and flexible with the holiday schedule. The custody order specifies holiday arrangements, but be sure to talk about it so that there are no surprises. If you know your holiday plans with the kids are going to be different this year, then talk about it well in advance because nobody likes last minute holiday changes. If your co-parent wants to deviate from the schedule this year, don't be naughty and say no without consideration. Think of the children and consider agreeing to the change if it's in their best interest – the more flexible you are the more it gets reciprocated.

2) Be nice by offering to coordinate gifts. As we all know, children love gifts and now have two Christmases. Some parents choose to split the list of gifts, and by doing so establish expectations and share the cost. Don't be naughty and disparage your co-parent if they don't want to do it, just try to remain positive and focus your energy on enjoying the holidays your way.

3) Be nice by sharing your children's excitement. If the other parent gives a gift that you don't approve of or is more expensive than your's, don't be naughty and criticize the other parent. Share in your child's excitement that they just got a great gift! They're happy about the gift, not who gave it to them. Likewise, if they are excited about the gift that you gave them, don't be naughty and demand that they leave the gift at *your* house. Accommodate your child if they want to take your gift to the other parent's house.

The above will go a long way in helping your children adapt to having two homes and enjoy this special time of year.

Jennifer Cochran-Green is a family attorney who represents clients across Central Texas in family matters to include adoption, divorce and estate planning. Jennifer is offering a free 30-minute consultation on the above matters to Outlook readers. She can be reached at (512)870-8187 or jencochranlaw@gmail.com.

Jennifer R. Cochran-Green

Family Attorney

13062 Hwy 290 West, Suite 103

Austin, TX 78737

Tel (512) 870-8187

Fax (512) 236-5303

www.jencochranlaw.com



**LONE STAR
DENTAL
CENTER**

Joe O. Miller, Jr., DDS
711 West Hwy 290,
Dripping Springs, Texas 78620
Office (512) 858-7660
Fax (512) 829-5966

Se Habla Español
— Visit us online —
 Texas Lone Star
Dental Center PA
www.texaslonestardental.com



Wednesdays 

3-7pm (or dusk)

The Triangle
(HWY 290 / RR12 / Mercer)

512 858-4725

 /drippingspringfarmersmarket



Lisa InMan
512 452-2424
landmapd@hushmail.com

**Austin
Plant
Design
inc.**

Serving commercial & residential properties
Specialties: Huge selection of tropicals from Hawaii, California & Florida
Designing interior homes & outside patios/landscaping
No job is to large or small
The newest each year in Christmas decorations

TECHNICITY



**TECHNOLOGY SERVICES
DONE RIGHT**

[512] 982 . 4114
TECHNICITYPC.COM

PC & Mac Repair • Sm. Business Consulting
Phone & Tablet Screen Repair

ARMADILLO



E-CIGS

www.ArmadilloEcigs.com 27490 RR12 • Dripping Springs
(512) 858-7620 11am - 7pm Mon - Sat



CBD oil: *The dawning of a new age in nutritional therapy*

by Radhia Gleis

The other day a mother came into the pharmacy and asked for another bottle of CBD oil for her autistic son. I asked her how that was working for him and she replied, her son has not had a tantrum since she put him on it. She said this has been a lifesaver because his psychotropic medication was not working for him. Another

mom told me CBD oil is the only thing that works for her daughter's seizures. So, what is CBD oil and what does it do?

CBD is extracted from specific varieties of cannabis. The most abundant constituent of cannabis is the cannabinoid known as THC. There is a lot of misinformation surrounding CBD, partially because of its close resemblance to THC. It's important to know that CBD is completely separated from THC and CBD cannot get you "high". CBD is non-psychoactive because it does not act on the same pathways as THC. Therefore, unlike THC, CBD is considered a legal cannabinoid and is safe to consume in any amount and concentration.

Studies have shown CBD to:

- Reduce nausea and vomiting
- Suppress seizure activity
- Combat psychosis disorders, inflammatory disorders, neurodegenerative disorders, tumor and cancer cells, anxiety and depression disorders and cigarette addiction
- Used in the treatment of acne

- Effective in many autoimmune diseases, such as diabetes
- Reduction of pain due to inflammation from fibromyalgia
- Have anti-anxiety effects caused by PTSD
- Combat insomnia

Wow, sounds too good to be true? ..Possibly, but Mother Nature can be very benevolent and perhaps she has graced us with one of her many miracles. I know this much – CBD is well-tolerated and safe even at high doses and seems to be effective for many conditions. Many of our patients are grateful to have it available. It comes in an oral spray, capsules, as well as a topical balm and is available at all Martin's Wellness Pharmacies.

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

20% off NuMedica Micellized D3
When you get your flu shot at Martin's Pharmacy
Unit 1 bottle per individual with this coupon

Dripping Springs Pharmacy
100 Commons Rd. Ste. 1
512-858-7935
M-F 8am-7pm | Sat. 9am-2pm
MartinsWellness.com

Winter holiday hazards for pets

by Frank Shuman, DVM



The holidays are here and with the excitement and chill in the area come a few hazards that can land your best friend with an urgent trip to the vet. Here are some tips for keeping your pets out of danger during the holiday season.

When baking or cooking for those guests arriving, remember to keep your

pets out of the kitchen and remind your guests to avoid feeding your pets. There are quite a few ingredients that can cause gastrointestinal upset or worse. Unfortunately many of the seasonal plants that we enjoy during this holiday season are toxic to our furry friends. The following are the most common:

- Lilies that may be found in holiday flower arrangements cause kidney failure in cats.
- Poinsettias, if ingested, can be irritating to the mouth and stomach, and may cause mild vomiting or nausea.
- Mistletoe has the potential to cause cardiovascular problems. However, mistletoe ingestion usually only causes gastrointestinal upset.
- Holly ingestion could cause vomiting, nausea, diarrhea and lethargy.
- Christmas tree water may contain fertilizers, which, if ingested, can cause stomach upset. Stagnant tree water can be breeding grounds for bacteria, which can also lead to vomiting, nausea and diarrhea, if ingested.

Your animal may become poisoned in spite of your best efforts

to prevent it. One way to prepare for possible emergencies is by keeping telephone numbers for your veterinarian, a local emergency veterinary service and the ASPCA Animal Poison Control Center (1-888-4 ANI-HELP) in a convenient location.

Also as the weather cools, pets that spend a large portion of their time outside need to be provided with protection from the elements. Providing a dog house or space out of the elements with straw or fresh blankets can provide the insulation needed for those chilly days. If temperatures below 45 degrees fahrenheit are forecasted, then it's necessary to get your pets out of the elements to prevent risk of hypothermia.

Hopefully your holiday season will be filled with happiness and family gatherings and this information will just be heeded and no calls necessary.

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.

dripping springs animal hospital

Frank Shuman, DVM
A Full Service Small Animal Hospital

512-858-4787

Dripping Springs Animal Hospital
Since 1985 1520 E. Hwy 290



LIVE LOCAL...VOTE LOCAL

Pick your favorite for 2016...

- Business of the Year
- Up and Coming Business of the Year
- Business Person of the Year
- Outstanding Customer Service Award
- Non-profit of the Year
- Hometown Hero / Ed Sims Memorial Award

TWO WAYS TO VOTE FOR YOUR FAVORITES

Paper ballot - *pick them up at many local businesses, Chamber of Commerce office and City Hall*
On-line - *www.DrippingSpringsTX.org - using your smartphone, tablet or desktop*

**VOTING ENDS
JAN 8, 2017**



Save the Date!
It's a Suits & Boots Fiesta



15th Annual Suits & Boots Community Awards Celebration

Friday, January 20, 2017
Dripping Springs Ranch Park
Community Events Room
6:00 - 9:00 pm

Suits & Boots advance discount tickets \$55 until Dec 15

Reserve a table for \$650

Purchase tickets at www.drippingspringstx.org

Look for the Suits & Boots logo

Be a Sponsor

Contact the DS Chamber of Commerce at 512-858-7000 for a sponsor form and find out how your business can invest in Chamber events.



Be a Celebration or Table Sponsor this year! Want to really get into the fiesta spirit? Decorate your own table to celebrate your business or organization. We'll provide the table linen, but the rest is up to you!
Contact *Deanna Scott* 512-461-0973



**Free
FUN
FOR THE
WHOLE
FAMILY!**

Homespun HOLIDAY

An Old-Fashioned Christmas Delight

Saturday December 10, 2016 • 12-2pm

- ★ Take your photo with Santa next to the covered wagon
- ★ Enjoy holiday refreshments
- ★ Christmas book readings
- ★ Make and Take Pioneer Ornaments
- ★ Tour the Pound House and see all the Christmas Decorations



Conveniently located in Founders Park, (1/3 mile north of 290 on RR 12).
512.858.2030 or poundhouse@verizon.net www.drpoundhistoricalfarmstead.org

The many benefits of beauty sleep

by Karen Laine,
Para-Medical Aesthetician



Wrinkles, bags and crow's feet don't stand a chance against plenty of sleep and effective day-to-day skincare. Getting the right amount of sleep every night at regular intervals is essential to leading a long, healthy and productive lifestyle. "Beauty sleep" is not just an expression. It really is the key to beautiful, healthy skin

that lasts. Sleep restores the skin's natural balance and increases the effectiveness of skincare treatments. Skin automatically rejuvenates during sleep. New skin cells grow and replace older cells.

Not enough sleep leads to stress, which triggers the adrenal glands to create an over production of the stress hormone, cortisol. Once the hormone is released, it stimulates the sebaceous glands to produce more oil. Stress creates a chain reaction that is a recipe for bad skin. Clinical studies have proven stress is the common denominator of many skin problems.

When you don't get enough sleep, not only are you tired, but you physically show the signs of sleep deprivation with dehydrated skin and puffy under-eye bags. Lack of sleep causes blood vessels to dilate, causing the look of dark circles. The ideal amount of consecutive sleep is six to eight hours in order to allow the body to get through the five sleep stages. During these stages, the cortisol and insulin levels help produce more collagen. During the fourth stage, growth hormones surge and tissue repair occurs.

When a lack of sleep increases the levels of stress hormones, the body undergoes chronic stress, which leads to increased inflammation and subsequent acceleration of aging, and worsening of acne and other inflammatory skin conditions such as psoriasis. Poor sleep habits can result in skin sensitivity and irritation. The skin gradually loses its ability to protect itself from all the chemicals, pollutants and dirt it comes in contact with everyday.

By avoiding caffeine four to six hours before bed, limiting alcohol and heavy meals before sleep, getting regular exercise and developing a regular bedtime and morning wakeup call, even on the weekends, your skin will thrive with a healthy glow. Look to sleep as a source of fuel for greater beauty, energy and health.

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.



For the Health and Appearance of Your Skin

14500 RANCH ROAD 12
Wimberley Mountain Plaza
Suite #20
WIMBERLEY TX 78676

By Appointment
512/847-8052
karenlaineskintherapy@earthlink.net



EAGLE MOUNTAIN

- FLAGS & FLAG POLES
- PATRIOTIC GIFTS
- KNIVES & CUTLERY

512-847-0010 • 800-385-5605

Mon-Thu 9-5 • Fri til 3 • 333 FM 2325 • Wimberley
EagleMountainFlag.com



Chico's Place

- Loving care of small dogs
- In a home environment
- Boarding
- Daycare
- Grooming

512-585-4112

Book Your Holiday Reservations Early

Chicos-Place.com • Pam.Colvin@mac.com

Conveniently located off Hwy 290 in Dripping Springs

SEPTIC TANK PUMPING & REPAIRS

Commercial & Residential

Se Habla Español



SELLMAN ENTERPRISES

Septic Inspections & Certifications For Resale

- SEPTIC PUMPING
- CLEANING
- REPAIRS

DRIPPING SPRINGS: 858-2040

BUDA: 312-0002

AUSTIN: 445-5489

WIMBERLEY: 847-5070

LAKE TRAVIS: 263-3993

SAN MARCOS: 396-7070

Dripping Springs

BLINDS & DRAPERY

WINDOWS WITH STYLE

Serving Dripping Springs and surrounding areas for over 13 years

512-900-2354

DSBlindsAndDrapery.com

Blinds
Shutters
Shades



Drapery
Hardware
Bedding

Free Hidden Tilt Option on All Shutters



Come chill at the Ranch

by Alison Hoyt

How does cryotherapy help athletes, those of us trying to maintain a healthy physical lifestyle or even someone that has soreness from day to day tasks? Professional athletes across all sports have started using cryotherapy. In fact, both World Series Teams, the Chicago Cubs and Cleveland Indians use cryotherapy.

Cryotherapy helps to achieve whole body relief from inflammation. When people put stress on their body through exercise they experience muscle soreness, often called *micro-trauma*, which causes swelling and inflammation. This inflammation causes muscle stiffness, decreases in strength and localized pain or soreness.

Ice has been used for years to combat the inflammation. This only results in localized relief and is very time consuming. Cryotherapy offers whole body relief by shocking the nervous system into thinking it is freezing. The brain then sends signals throughout the body that cause blood vessels to constrict, forcing more blood to the core and sending messenger proteins called *cytokines* and *interleukins* to be managed in a way that “shuts down” the inflammatory response throughout the entire body. This helps speed up the overall recovery process and allows someone to get back to training much sooner.

Whole body relief is accomplished by standing in a chamber that is filled with nitrogen gas. The chamber drops to between 130 and 180 below zero. The session only lasts up to three minutes and cools only the surface of the skin. Cryotherapy is a very dry cold

and very tolerable. Since it only cools the top eighth layer of the skin, people warm up within a few minutes.

In addition to decreasing inflammation throughout the body cryotherapy increases blood circulation and improves oxygenation, boosting the immune system. Better concentration and sleep is reported to improve performance in all areas of life. Cryotherapy users also get to enjoy an endorphin release following their sessions – improving mood and productivity as well as a significant calorie burn. Anyone that wants to feel and perform at their best, regardless of their sport or lifestyle, can find significant benefits from incorporating cryotherapy into their routine.

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! Cryoranch.com. 737-300-2137

CRYORANCH

~COME CHILL AT THE RANCH~

13110 W. Hwy 290, Suite 203
Austin, TX 78737
(737) 300-2137
cryoranch@gmail.com



www.cryoranch.com

Early riser.

Butterfly chaser.

Play dates.

Unbridled fun.

Begin anew, come to the source.

NOW
PRE-SELLING

A cherished past. A vital future. An amazing collection of amenities, neighborhoods and scenic expanses with something close to every home. It's time to claim yours.

New homes from the \$300s to over \$700s

DAVID WEEKLEY HOMES | DREES CUSTOM HOMES | TRENDMAKER HOMES

HEADWATERS

DRIPPING SPRINGS, TX

LiveHeadwaters.com

Materials are protected by copyright, trademark, and other intellectual property laws. All rights in these materials are reserved. All products and company names marked as trademarked (™) or registered (®) are trademarks of their respective holders. Copying, reproduction and distribution of materials without prior written consent of Freehold Communities is strictly prohibited. All information, plans, and pricing are subject to change without notice. This information does not represent a specific offer of sale or solicitation to purchase property within Headwaters. Models do not reflect racial preference.

Kuper 

Sotheby's
INTERNATIONAL REALTY

LIVE HERE.
PLAY HERE.
Celebrate Here.

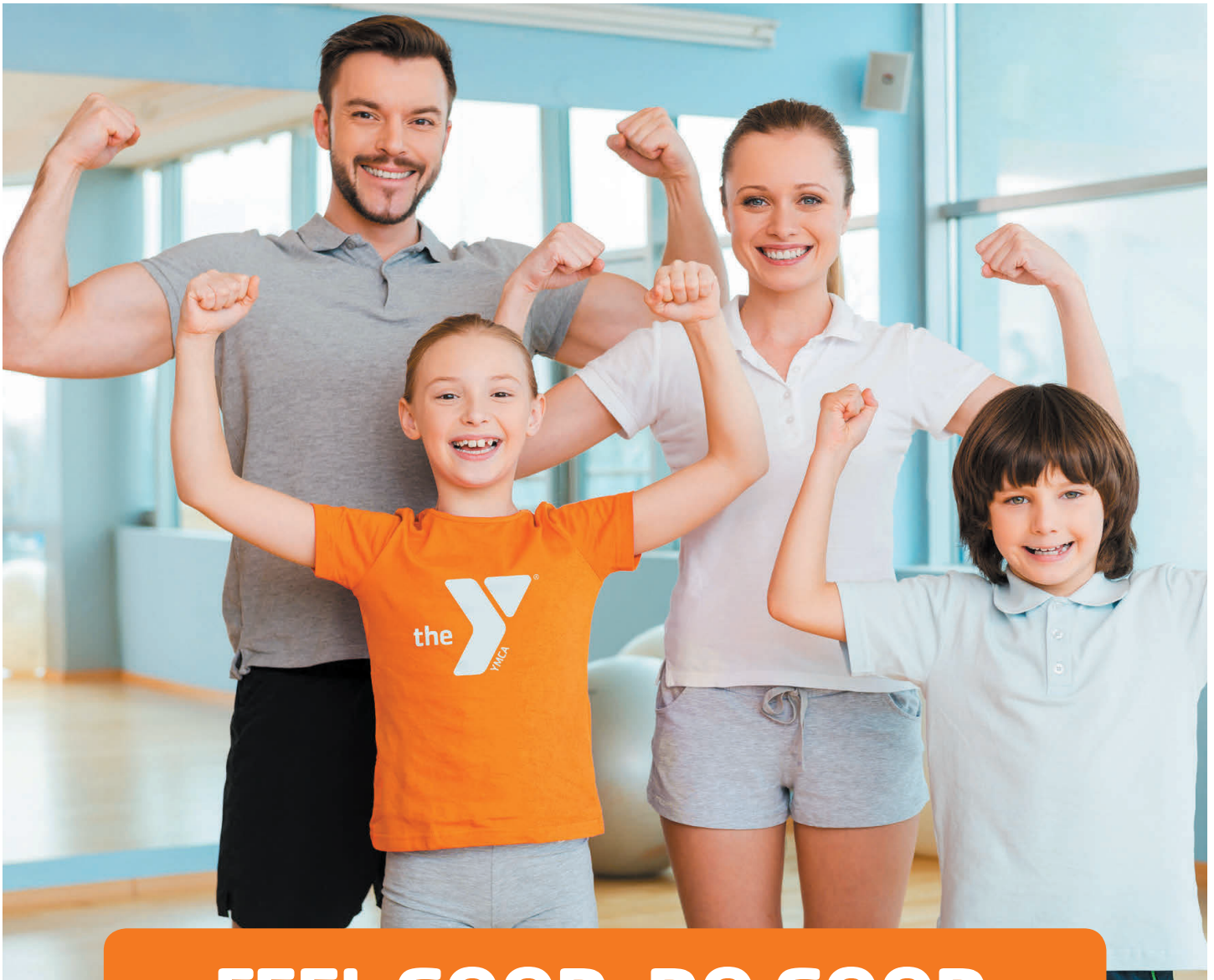


'Tis the Season...

...to gather and take stock of our blessings with friends and family. *Kim Burke* of Kuper Sotheby's International Realty would like to wish you and yours all the best. You will be provided 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*. May happiness, warmth and joy greet you this holiday season.

KIM BURKE *Vice President, Realtor®*

512.912.6075 • kim.burke@sothebysrealty.com
kbaustinrealty.com



FEEL GOOD. DO GOOD.

At the Springs Family YMCA, you, your friends and family will find more than a gym. You will find a community with a cause. We are open to all and embrace individuality. We believe in our members and support them wherever they are in their journey. We are on a relentless quest to make our community stronger, beginning with you!

Learn more and join today at AustinYMCA.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRINGS FAMILY YMCA
27216 Ranch Rd 12 • 512.894.3309
AustinYMCA.org



Hoping the magic and happiness
of the Christmas season stays
with you all through the New Year



New Renovations, New Construction for the New Year

Give us a call!

INSURED REFERENCES FREE ESTIMATES

www.duffincustomhomes.com

PO Box 1215 Dripping Springs, Texas 78620

(512) 413-2393

*HUB Certified by
The State of Texas*




SMILES
of
DRIPPING SPRINGS

ORTHODONTICS &
CHILDREN'S DENTISTRY

www.smilesofdrippingsprings.net • (512) 894-3779

OPENING THIS MONTH!

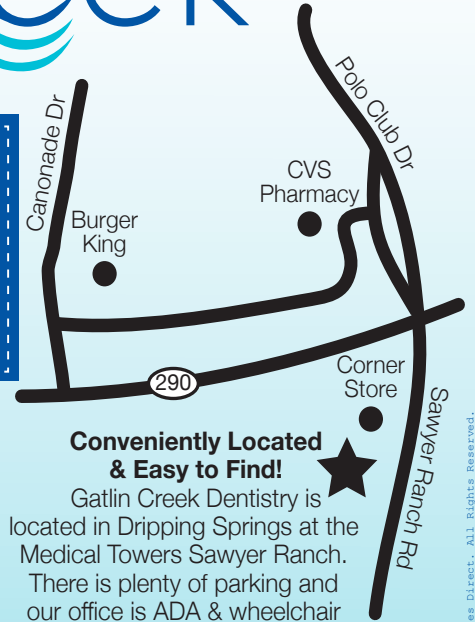


Gatlin Creek DENTISTRY

PRE-OPENING NEW PATIENT
• APPOINTMENT SPECIAL •

EXAM & X-RAYS FOR \$29!
CALL TODAY! 512-829-3636

Appointment must be booked before 12/15/2016



**Conveniently Located
& Easy to Find!**

Gatlin Creek Dentistry is located in Dripping Springs at the Medical Towers Sawyer Ranch. There is plenty of parking and our office is ADA & wheelchair accessible. If you have any problem finding us, please call **512-829-3636** for directions!

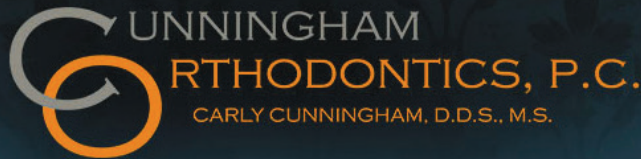


"My staff and I couldn't be more excited to be part of the community here in Dripping Springs. Being a 4th generation community member and growing up here, it's an honor to be back and serve the town where so much of my family history is rooted. We are anxious to serve friends and family while also getting to know new families. We're looking forward to many years of serving patients and taking care of their dental health."

*The special may not be used with dental insurance or dental savings plan.

SHANE W. WHISENANT, DDS

GATLIN CREEK DENTISTRY • 13830 SAWYER RANCH RD, SUITE 201 • DRIPPING SPRINGS



MadelineShanePhotography.com

512-858-1311

LOCATED NEXT TO
DRIPPING SPRINGS
HIGH SCHOOL

WWW.CUNNINGHAMORTHODONTICS.COM



A peaceful holiday season

by Danielle Park

Often during a session, a client will say something like, "You know, if everyone got a massage every day, there would be world peace."

Of course, we probably won't live to see such Utopia, but there is something to be said for that vision. In recent studies at the Cedars-Sinai Medical Center,

after study participants received a 45-minute massage, researchers found a dramatic decrease in their levels of arginine vasopressin, a hormone that contributes to aggressive behavior. There were also drops in their levels of the stress hormone *cortisol*. Cortisol is a very important part of our bodies response to stress, but in our fast-paced and high-stress culture, we don't often have a chance to return to normal levels. Chronic stress can have very negative effects, such as high blood pressure, suppressed thyroid function, digestive issues, a tendency towards headaches or even towards being overweight. We might find ourselves losing our tempers more easily, worrying over small matters and imagining all sorts of unlikely worst-case scenarios and unable to focus on the task at hand. Chronic stress also lowers our immunity, making us more likely to get sick. (Fortunately, massage can help you there too, by increasing your *lymphocytes*, cells that help the immune system defend your body.)

Just imagine what your life would be like if you received massage on a regular basis – whether that be once a week or even every other month. You would find yourself sleeping better at night. Those

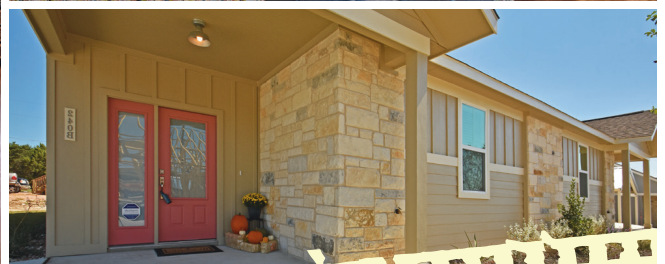
nagging aches and pains that you thought were an inevitable part of aging may very well disappear. As the holiday season approaches, with its flurry of activities and always something that needs doing, you may be less likely to blow a fuse over that person who cut you off in the mall parking lot. You just might sail through flu season without a day spent in bed, which means more time to spend with family, whom you might find a little less annoying and a little more endearing.

It's a tempting idea, and most of us don't doubt that our lives would improve greatly if we actually made that commitment to ourselves. The greatest obstacles cited are time and money. That's usually just an excuse to not take care of ourselves; we're quite adept at neglecting our own well-being. Many massage therapists work evenings as well as Saturdays, so fitting it into your schedule, especially if you plan in advance, shouldn't be a problem. The price of a monthly massage is typically less than a daily latte. And, if you are convinced that regular massage is something you need in your life but aren't sure how you'll fit it into your budget, a therapist will often give package discounts.

We may not achieve world peace anytime soon, but you can certainly have a greater measure of peace if your own life, and I can't think of a more healthful way to get there than through massage. *Danielle Park, LMT has practiced massage in Dripping Springs since 2000. She has over 650 hours of training in Swedish, sports, deep tissue and pre-natal massage. Appointments available in her private DS studio or south Austin six days a week. Call/text 512-740-3224. Visit TexasBodywork.com.*

Question: Where can you find new home construction in Dripping Springs for under \$250,000?

GATEWAY26DOORS



Contact Mark Lander
512-569-6644
mlander@austin.rr.com

Answer: gateway26doors.com



*Merry Christmas and Happy Holidays
from The Dripping Springs Outlook*

**We are proud to be the only monthly magazine
devoted entirely to Dripping Springs.**

**Find the services and products you need right
here in your town from your friends and
neighbors. Through the articles they write
focusing on their business expertise, and the
advertising of local business, you can
Buy Local, Buy Drippin'!**

*Thank you for your continued support.
Best wishes for a healthy and prosperous 2017!*

Tina's Nail Spa



Voted Best
of Dripping
Springs 2016



27490 Ranch Road 12, Suite 7
Dripping Springs, TX
(across RR12 from Walgreens)
Tel -512.858.5200

*Sculptured, Acrylic, Gel and Natural
Manicures, Pedicure, Spas with Full
Shiatsu Massage, Facials, Waxing
and Face Threading*

"come let us pamper you"

Appointments Preferred.

Monday thru Saturday 9:00 to 6:00

Sunday 10:30 to 4:00

Holiday Gift Certificates Available



**Crystal Springs Custom
Pools is the builder you can
trust for the construction
of your dream pool.**

5300 Hwy 290 West
Dripping Springs, TX 78620

512-781-6568
512-200-6969

www.crystalspringscustompools.com
crystalspringscustompools@gmail.com





We're not only weddings, libations, rodeos and festivals...there's live music every single night - Downtown Dripping Springs.
www.DestinationDrippingSprings.com/events



HTC

Hillco Tree Company

**NO JOB TOO SMALL
 NO TREE TOO TALL...**

Local & Insured

Call Monte Today

(512) 739-4401

Expert Pruning



**Lot Clearing/
 Chipping**



Hazardous Tree Removal



**Storm Damage
 Responders**



Why all young women should read historical fiction



by Deborah Carter Mastelotto

I think I know where the outrage from young women over income disparity comes from. They compare their own experiences today with modern fiction. Contemporary heroines boss men around, leave husbands and fiancées in the dust, live alone and run giant corporations. They (and we) should read historical

fiction instead, to get a clearer picture and a truer perspective of times when things were radically different for women.

I recently read an article by author Mysti Parker called “Keeping Historic Heroines Real” and it’s eye-opening. For instance, let’s take a favorite time period for historical fiction – the mid 1800’s.. During that time, Parker reminds us, all women were expected to live in the “cult of true womanhood” zone. This was the place of the four cardinal virtues – piety, purity, domesticity and submissiveness. Any deviation from what society viewed as “normal” put a woman’s virtue in peril, and back then nothing was worse. Women were marginalized, treated almost like goods to be traded, bought and sold. They were thought to be needing the supervision of men or they “could give in to sinful temptations and hysterics.” Some women defied those standards, but they were rare – you just could not put women on equal footing with men without consequences. Here were a few “rules”:

- 1) Women couldn’t inherit property in England. It went to the closest male descendant, no matter how far removed.
- 2) Women did as they were told by the men in their lives. Period.
- 3) “Ladies” weren’t allowed to work.
- 4) You were considered an “old maid” if you weren’t married by 25.
- 5) Women were considered of “loose morals” if they went anywhere unescorted. Anywhere.
- 6) Women were considered crackpots if they even wanted to vote. Or had a political opinion at all. So we need to thank our grandmothers and great-grandmothers for doing the heavy lifting for us. And they didn’t even have Facebook.

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



big city styling in a tiny salon
in a 100 year old farm house in
Dripping Springs, Texas

pinkwestsalon.com
511 old fitzugh road
512 447 2888

TEXAS

BODYWORK

Therapeutic massage in Dripping Springs since 2000

Danielle Park, LMT
Private studio – Outcalls available
(512) 740-3224 • TexasBodyWork.com

Now Accepting New Patients **Support Hays County Brown Santa With a Toy Donation**

Family First Chiropractic A Total Wellness Center

Bring in 1 Toy | \$25* OFF **Bring in 2 Toys | \$50* OFF** **Bring in 3 Toys | \$100* OFF**

*Toys to be at least \$10 value. Above applies to new pt exam fee only

Dr. Chae Tracy • Dr. Nick Hoyer • Dr. Monya Tracy • Dr Sam Calloway
512-858-WELL • www.ffchiro.com

FITNESS ON THE GO



Dripping Springs Premier Source
for At Home Personal Training
FitnessOnTheGoTraining.com

Merry Christmas!



Sarah Sellers
512-999-2900
Certified Personal Trainer

Lisa Patton
512-517-7239
Certified Personal Trainer

Ranchwerks







Land and Ranch improvements

512-762-0337

Ranchwerks.net • Ranchwerks@gmail.com

Dripping Springs, TX

Cedar/brush removal • Roads • Welding • Bobcat work

• Fencing • Tree trimming and planting

• Field mowing • General clean-ups • Landscape lighting

• Pump systems • Sprinkler repairs

Licensed & Insured

Dripping Springs Chamber of Commerce Focus on Business: *Drippin' with Delights*

Shortly after my family moved to Dripping Springs a little over a year ago, the kids and I found this cute little yogurt shop on Mercer Street and stopped in. I fell in love with the Hill Country charm as soon as I walked in the door! Little did I know that just a year later, I would have the opportunity to purchase that business and make it my own.

While Drippin' with Delights is not new to Dripping Springs, as the new owner I hope that the community will embrace the new vision we have to make our little yogurt shop even better. We first started with a rebranding to emphasize the fact we were more than just a yummy yogurt shop! A new logo and adding "Marketplace & Frozen Yogurt" to the name encompasses the new direction. We chose a mason jar to be our icon because it represents a down-home goodness and vintage feel we hope you experience when visiting us! We also revamped the topping bar to offer more than twice the previous number available, using mason jars and



**MARKETPLACE &
FROZEN YOGURT**

ReCap lids for easy dispensing. Yogurt is still a staple of the business and I enjoy choosing flavors that complement each other well when mixed as a Delightful Swirl. The Marketplace is growing and we have welcomed many new vendors, in addition to those that have been with us a while. You can find unique gifts for everyone on your list, many made by local artisans and crafters from here in Dripping Springs and the surrounding areas. Several of those artisans are now offering classes in our new gallery space, watch our Facebook page for announcements!

My family invites you to come down to Mercer Street and visit us at Drippin' with Delights Marketplace & Frozen Yogurt!

Our hours are Monday through Thursday 10:00 a.m. to 8:00 p.m., Friday and Saturday 10:00 a.m. to 9:00 p.m., and Sunday 12:30 p.m. to 6:00 p.m. Address is 330 W Mercer Street, Dripping Springs, TX. 512-829-4732

HEATHER H. BOBB

DDS, FICOI



512.858.7200
heatherbobb.com

Invisalign Preferred Provider – Full Mouth Restorations – Cosmetic and Family Dentistry

changing smiles, changing lives

Implants – Laser – Restorations

331 Sportsplex Drive, Suite B | Dripping Springs, Texas 78620



Simplicity is not too much to ask

by Randy Lawrence

Depending upon the quality of your water supply, water treatment systems can range in size from compact units designed to be tucked away in a small closet to multiple pieces of equipment requiring a large area. Often a system will have been modified over time with plumbing repairs and the addition or replacement of equipment. In many cases, these modifications are done in a way which makes the installer's job as easy as possible. Simply connecting a brand new softener to an existing maze of old pipe or running unsupported pipes at odd angles to connect a new piece of equipment are examples of shortcuts which demonstrate a lack of concern for the finished product. The result is a pieced together system which makes access for service difficult, and typically takes up far more space than necessary.

While the operation of the equipment and the product water quality are the most pressing concerns, it is almost as important that the system be simple and streamlined to eliminate problems when the need arises for maintenance or service. When discussing the work to be performed, you should address any concerns you may have about the current system and clarify the scope of work to be done. If a piece of equipment is to be replaced, ask how the new connections will be made. Also, be sure to ask what will happen to the old unit. Many times, the equipment will be simply left in the immediate area for the homeowner to dispose of. Obviously, it

affects the equipment dealer's bottom line to perform work beyond a simple "cut and paste" installation, but it's reasonable to expect your water system to be carefully planned and installed in a user-friendly and space efficient manner. It usually takes a little more time, and a few additional fittings, but when the technician puts forth the extra effort to simplify the system, it can make a world of difference. If you're concerned about the treatment equipment you currently have, a trained and licensed professional can suggest ways to improve the layout, performance and overall efficiency of your system.

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.

"When you want quality, call a pro."



PROQUALITY
Water Systems

RANDY LAWRENCE
512-618-1334
(830) 822-3533

A FULL SERVICE WATER TREATMENT COMPANY SPECIALIZING
IN CUSTOMER SERVICE & INTEGRITY
Certified by the Texas Commission for Environmental Quality
Class III License # WT0002693

www.proqualitywater.com



Adair Dentistry

J. Allen Adair DDS ~ Laura B. Adair DDS
Serving Dripping Springs for over 20 years

We are proud to be featured again as a Top Dentist in Austin Monthly Magazine in the August 2016 issue!



**2150 Hwy 290 E.
Dripping Springs, TX 78620**

512-858-5243

adairdds.com



Setting resolutions

by Lindley Pond

Happy end of the year to all of you! What a wild year.. as I'm writing this, we have just gotten another two inches of rain and are eagerly awaiting a cool front. Maybe by the time you read this we will be praying for daylight savings and some warmth, who knows?

Hopefully all you folks growing fall veggie gardens are starting to see great things in greens, onions, carrots and tips of root vegetables waiting to come out of hibernation. Or maybe you are planning and plotting next year's veggie garden. Great time of year to clean things up and see which fork in the road you will take for 2017.

If you are like me, 2016 was a year for repairs around the house, so I'm excited to be able to focus on "fun" projects now. It's still a great time to plant woody things and/or trees. Budgeting and planning keeps us from wasting money on things we see but really don't know where to put so they end up in the ugly plastic pot on our porch or worse, going to plant heaven or the compost pile! Use your hard earned money to get from point A to the end of your wish list.

Just like setting resolutions for the new year, you can set goals for your outdoor living. It might be a secluded nook for lazy afternoon reading in a hammock with barefoot-friendly paths from porch to an outdoor seating/eating area or a small, manageable area for growing your own herbs, cut flowers and veggies. Start

with a pie in the sky plan and chip away at it until all the pieces fit together. Your end result will bring you many relaxing days and a feeling of accomplishment! We are here to help you get started or stay to help for the duration. Let us know how we can help.

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.



Lindley Pond
Landscaping • Lindley Pond
512.775.1629

Call, email or visit my website to request
A complimentary consultation and design lindleypond171@gmail.com
To help you enjoy your outdoors!

www.lindleypondllc.com



*Turn a job to do
into a job well done!*



Specializing in Home Renovations, Bathroom Remodels, and Home Repairs/Maintenance



SCOTT KIEWLICH
SK BUILDERS

24 YEARS EXPERIENCE

LOCATED IN DRIPPING SPRINGS
SKBuilders02@gmail.com

CARPENTRY

Drywall Repairs/Finishing
Deck Build/Repair
Rotted Wood Repair

PLUMBING

Sinks/Faucets
Disposals
Toilets
Leaks
Caulking

ELECTRICAL

Outlets/Switches
Light Fixtures
Ceiling Fans

MISCELLANEOUS

Interior/Exterior Painting
Pressure Washing
And More!

Call TODAY for a FREE Estimate!

512-663-5085

Licensed



Insured



References Available



Mortgage interest rates

by Trey Powers

Since November 8, financial markets have seen quite a swing. The stock market hit its highest mark in history and interest rates have also climbed. Financial analysts attribute this to a knee-jerk reaction from an unexpected election outcome. With Republicans soon in control of the House,

Senate and White House, speculation is that our country's economy may rapidly grow. With that comes inevitable inflation and higher interest rates.

However, what has really changed? We have yet to see new economic indicator reports such as unemployment or new housing starts. In the short term, conventional wisdom may suggest that markets, and therefore interest rates, will settle and correct. The truth is no one really knows.

What we do know is where we have been. It is worth taking a look at historic mortgage interest rates to gauge where we are today. Hold onto your hat as the numbers below may make your eyes glaze over.

Over the last 40 years, 30-year fixed rate mortgage rates have ranged from a high of 18.5% (1981) to a low of 3.35% (2012). In the 1990s, rates ranged from 6.75% to 10.5%. From 2000 to present, 3.35% - 8%. The cumulative average over those 40 years has been well over 8%.

For the last five years, homeowners have been blessed with very favorable rates from the mid-three percent to the mid-four percent

range. The bottom line is rates are still historically low, but are at risk of rising. Always remember, they go up fast and come down slow.

Is your adjustable rate mortgage set to adjust soon? Have you been considering cashing equity from you home? If you have not taken a close look at your mortgage lately, now is the time. Contact a local trusted mortgage lender to help analyze your current loan and provide options to meet your goals. The window for a sensible refinance may be closing.

On another note, congratulations to the Tiger football team. Your accomplishment brings further pride to our wonderful community. We're proud of you! GO TIGERS!

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 and trey@treypowers.com. Visit www.TreyPowers.com.

Trust a Neighbor – Trust in Trey Your Mortgage Lender



City Bank
MORTGAGE

Trey Powers

Dripping Springs, Texas
(512) 203-5869
Trey@treypowers.com
www.treypowers.com
NMLS: 1294913



YOUR GROWING CHILD

CHILD DEVELOPMENT & EARLY LEARNING CENTER

Infant • Toddler • Preschool • Pre-K • Kindergarten readiness program • Before and After School

Our center offers developmentally age appropriate programs and activities with specialized curriculum that has a strong educational focus



- Infant/Toddler Sign Language
- Low classroom ratios
- Classroom Camera System
- On site Food Prep Specialist (Breakfast, Lunch & Snack included)
- Dance and Soccer Classes offered
- Before & Afterschool transportation for schoolers

www.ygcds.com • (512) 894-4704

M-F 6:30am-6:30pm

100 Commons #3 • Dripping Springs

Litigation: *Eyewitness*

by Roland Brown



Previously I discussed the fact that, despite the truism “pictures don’t lie,” pictures may “lie” in that they may distort the scene depicted. Similarly, eyewitness testimony may be even more susceptible to distortion caused by intentionally lying, a bias that the witness may not even be

aware of, the emotional state of the witness when observing the event, the location of the witness in relationship to the event or the length of delay before the witness records his or her observations or gives testimony. We recall the parable of the blind men and the elephant in which different blind individuals differently describe an elephant based upon what they perceived having touched the elephant. Eyewitnesses can be equally “blind” by “having a dog in the fight,” by other biases, by what they could actually see compared with what a “360° view” would have shown or by other factors.

Your lawyer must be aware of the vagaries of eyewitness testimony, prepare to show the potential error of an opposing eyewitness, insulate favorable eyewitnesses from impeachment based upon factors that might negate the value of their first-hand knowledge, document eyewitness testimony early to preserve its value and avoid having the opposition “channel” an eyewitness unfavorably. This last component can be important early in the preparation of a case. For instance, the manner in which an insurance investigator describes the respective parties to a collision or frames the questions being asked can subtly “channel” the witness to recall things in a certain manner desired by the investigator. Once recorded, it is difficult for the witness to correct an inaccurate statement. Knowing this, the trial lawyer will often make quick contact with witnesses before their testimony can be influenced by someone else. The trial lawyer will also endeavor to view or obtain “360 degree” photos of a scene for use in helping favorable witnesses understand the entire event from a larger perspective as well as to use in attacking an unfavorable eyewitness’s opportunity to observe accurately. Investigating to learn a witness’s potential bias also provides the lawyer with useful trial tools.

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.



The Roland Brown
Law Firm

512-847-2500

LITIGATOR

- Personal Injury
- Inheritance Disputes
- Property Disputes
- Other Disputes

12111 Ranch Road 12 ~ Wimberley ~ www.rolandslaw.com

Dripping Springs
United Methodist Church
Christmas Eve
CELEBRATE WITH FAMILY

Saturday, Dec. 24th
5pm - Family Service & Puppet Show
7pm - Contemporary Service
9pm - Traditional Service

BARTON CREEK A/C COMPANY
Your comfort is our business

**HEATER CHECK UP
FALL SPECIAL**
\$65 for first system
\$40 for each additional
exp dec 20

512-214-1300

BartonCreekAC.com

bartoncreekac.com
SERVING THE GATEWAY TO THE HILL COUNTRY

TACL64350E



Gavin J. Loftus

Consider some New Year's (financial) resolutions

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

We're just about ready to open the door to 2017, so you might be thinking about some New Year's resolutions. What's on your list this year? More visits to the gym? Learning a new language? Mastering the perfect beef bourguignon? All worthy ambitions, of course, but why not also include some financial resolutions?

By reviewing your needs and goals, you can identify some resolutions that are particularly relevant to your own situation. But here are a few suggestions:

- Build an emergency fund. If you needed a major car repair or a new furnace or faced some other large, unanticipated expense, could you cope with it? If you didn't have the money readily available, you might have to dip into those investments intended for long-term goals, such as retirement. Instead, build an emergency fund containing three to six months' worth of living expenses, kept in a liquid, low-risk account.

- Cut down on debts. It's not easy to cut down on one's debt load. But if you can find ways to reduce your debts, you'll help improve your overall financial picture. Many debts are not "useful" – that is, they don't carry any tax advantages – so every dollar you spend to pay down those debts is a dollar you could use to invest for your future.

- Boost contributions to your retirement plan. If your employer offers a 401(k) or similar retirement plan, take full advantage of

it. Your earnings have the potential to grow tax deferred and your contributions may lower your taxable income.

- Review your portfolio. Is your investment portfolio still on track toward helping you meet your long-term goals? If not, you may need to make some changes. You'll also want to study your investment mix to make sure it still accurately reflects your risk tolerance.

- Think long term. Keep this in mind – you're not investing for today or tomorrow, but for many years from now. Try to keep a long-term focus when making all your key investment decisions. By doing so, you can avoid overreacting to short-term developments, such as a sudden drop in the market or a "momentous" political event that actually decreases in importance as time goes by.

Try to follow these financial resolutions as best as you can. You could make 2017 a year to remember.

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.

Edward Jones[®]
MAKING SENSE OF INVESTING[®]

Free Portfolio Review

Gavin J. Loftus, CFP[®], AAMS
Financial Advisor

512-894-3801



Something old, something new

by Cale Thibaudeau

The winter holidays are here! Are you headed out of town? Are you sticking around Austin? We all like to take this time reflect on what has passed and what lies ahead. I look forward to the Thanksgiving holiday and cooking a soup as I usually do. Maybe a spinach and dill soup with pumpernickel croutons. We

haven't decided yet! My wife Elizabeth typically makes a pie, always something new and delicious. The prime rib dinner around New Years can't be missed, but it's not always about repeating what you did last year, sometimes you need to throw in something new.

Something new, for example, now I get to refer to Elizabeth as my wife, instead of my fiancée! Two thousand and sixteen brought quite a few new experiences. We've been doing a lot of traveling and having a great time. We are also looking forward to purchasing our first home. Quite a few first steps this year. Maybe you proposed? Or sent your child off to college, or became a first time parent, or grand parent? Whatever the case, I cannot think of anything better than Champagne to help you mark that special occasion! We have a great selection and I'm sure you can find some reason to celebrate!

Well, I hope everyone had a great year and we can all work

together to make next year even better. Twin Liquors at the Hill Country Galleria is here to help you out, let us know what we can do to help make your holiday celebrations great!

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.

TWIN LIQUORS
FINE WINE & SPIRITS

Hundreds of wines to choose from ...

Visit us online at www.twinliquors.com for recipes, event listings, and more!
Store34@TwinLiquors.com

598 E. Hwy 290 suite 200 next to HEB ... phone 512-858-7744



Getting ready for the holidays

by Reba Byrd

Before you begin your projects, consider these four issues..

Budget. We all have a budget, no matter how small or large – have a clear view of what your's is. Purchase the best your budget can afford to; avoid replacing items every year.

Keep in mind that this is an investment in your home. Sometimes re-upholstery can be a better solution than purchasing new, depending on the quality of the old piece. Many changes can be made to an existing piece and fabric choices are readily available. Antique and older pieces were generally made better and they can add character to a more modern look.

Color coordination. Create a color scheme; placing paint colors and fabric selections on a color board allows you to see how well your colors complement each other. If introducing several colors in adjoining rooms, make sure your colors flow smoothly from one room to another creating a smooth color transition.

Textures. Mixing different textures gives your eye visual variety. Consider the touch of leather with the texture of chenille. Enhance your textures with decorative trims. Many furniture manufacturers are using both leather and fabric in their upholstered pieces. Area rugs can also bring color, pattern and texture into your room.

Trends. Stay away from decorating trends. If there is a trendy

piece you must have, you can combine the piece with most of your traditional designs. Transitional pieces always work well. They can give your home its own special look.

Good designs are accomplished when planning a room. Room size, shape and ceiling height can be big factors in determining the scale of your furnishings. Always make sure the piece is proportional to the room. Take time to explore all design possibilities. Hire a professional if necessary. Making mistakes can be very costly and can be avoided with the right guidance.

Reba Byrd is the owner of Cowgirls and Lace and Le Ragge Ruggs located in Dripping Springs. With 26 years of experience, they specialize in custom window treatments, including blinds and shades, and bedding as well as complete lines of furniture and accessories.



Home Design Center
Designer Fabrics
Discount Prices

(800) 982-7424 • (512) 894-0350

Trail Head Market
Hwy 290 W.

PO Box 896, Dripping Springs, TX 78620

www.cowgirlsandlace.com



DISCOVER THE WALDORF DIFFERENCE.

Kindergarten through High School

To make a reservation for our **monthly visitor mornings**
please visit www.austinwaldorf.org

CELEBRATING EDUCATIONAL
EXCELLENCE FOR 36 YEARS.

*Tremendous
Savings
Off Suggested
Retail
Every Day!*



Designer Fabrics at Discount Prices

*Trail Head Market
Hwy 290W
Dripping Springs*

All at the Best Prices!

Cowgirls & Lace Le Raggé Ruggs

- ♦ Custom Furniture
- ♦ Designer Fabrics
- ♦ Decorative Trims
- ♦ Unique Gifts & Accessories

*Let our design staff assist you with custom draperies,
baby bedding, and in-home design service.*

858-4186 **Mon-Sat 10-6**
or
800-982-7424 **Sun 12-5**

Christmas Open House November 5, 2016
Bring Your Camera for Pictures With Santa
Store Wide Discount



Season's Greetings



Independence Title



IndependenceTitle.com

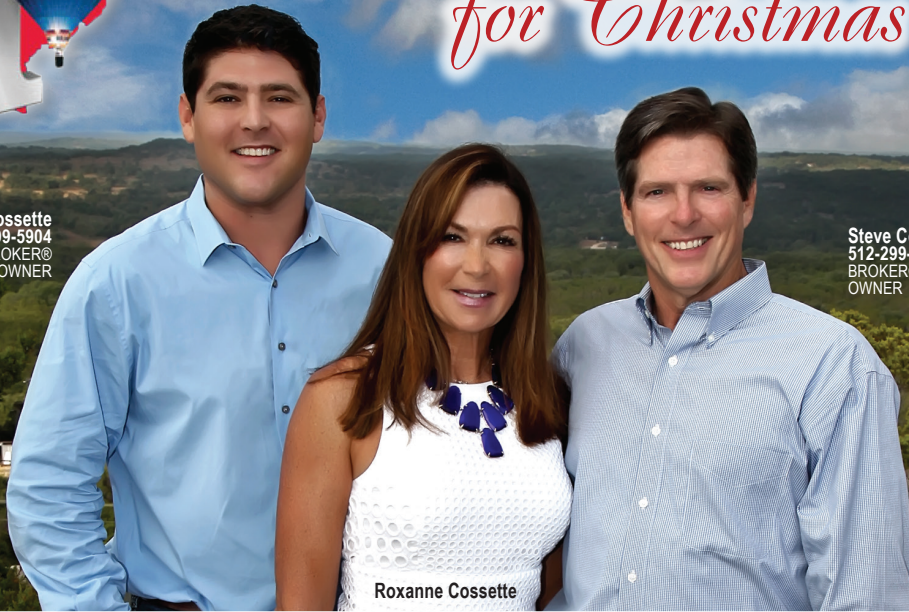
310 W. US-290, Suite A ♦ Dripping Springs, Texas ♦ (512) 894-3860



Home in the Hill Country for Christmas

Mike Cossette
512-299-5904
BROKER®
OWNER

Steve Cossette
512-299-6570
BROKER®
OWNER



Roxanne Cossette



FOR SALE

\$799,000



SOLD

\$599,000



**CONTRACT
PENDING**

\$280,000



FOR SALE

\$539,990



SOLD

\$674,900



**CONTRACT
PENDING**

\$589,000

PROFESSIONAL & CONFIDENTIAL CONSULTING

COSSETTE TEAM

ACTION · EXPERIENCE · RESULTS

Residential Sales · Leasing · Commercial · Investments · Land & Ranches

Each office independently owned and operated



512-610-7653, Remax-Gateway.com, 13062 HWY 290 W, Austin, TX, 78737 At Stoplight across from Belterra