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# OUTLOOK

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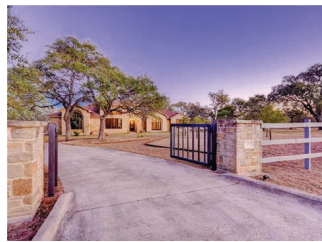
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## NOTE WORTHY

Dripping Springs area residents are anxiously awaiting news about Belterra Village to see which businesses & restaurants will be there! BV is a 90 acre mixed-use project that will be an exciting addition to the community. Some that have announced are: **Sky Cinema**, **Specs**, **Torchy's Tacos**, **Gold's Gym**, **Mama Fu's**, **Jersey Mike's**, **Stein Mart**, **Breed & Co.** – **Ace Hardware** and our own home grown **Pieous** restaurant. Changes are constantly in the works and **Stanberry & Associates REALTORS®** are closely watching to see what's announced next. Call for more info! 512.894.3488.

FEATURED VENDOR

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## *Always something there to remind me*

I've always appreciated Valentine's Day. The accusations that it's merely a holiday cooked up by commercial interests to sell flowers, jewelry and candy are credible points, I admit. But if you peer beneath the cynicism, Valentine's Day can prod your attention toward something well worth your thoughts every day.

Love can be defined in millions of ways. We each have our own personal definitions based on individual experiences. The love I have for my husband is not identical to how you feel toward your spouse. The depth of feeling for my mother I have accumulated over a lifetime of moments and they are unique to me. The same is true for you and everyone you will see today. The concept of love is as varied as the blades of grass outside your window.

One definition that applies steadfast to everyone however is that we all feel it. Love manifests towards people, animals, houses, philosophies and countless other things. There is a measurable energy we emit from our bodies through strong emotion. Without doubt love is in the top two of energetic forces we send out. It makes good sense to me therefore to recognize it not just on Valentine's Day but every day.

If we can notice our thoughts of love, when they occur and toward what, I believe we can deepen our own personal sense of it. If we understand that there is always something there to remind us of our ability to love then we pave a path of better understanding within ourselves and for each other.

We are so much more alike than we are different. Perhaps that's something to ponder as we shop for flowers and candy this month.

Thank you for joining us.

*Victoria*



# Dripping Springs Outlook

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

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## 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](http://DrippingSpringsRotary.org).
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512-858-7825 or [DSCL.org](http://DSCL.org) for info. No exercise on library holidays.
- Every 1st Mon. DS Ag Boosters meet in Ag Building behind DS Middle School at 7pm. Visit [DSAgBoosters.org](http://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](mailto: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](http://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](http://ArtistsAllianceHC.com).
- Every Wed. Farmer's market at the Triangle, 3-6pm. For more info contact [CityofDrippingSprings.com](http://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](mailto: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 Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, [DSCL.org](http://DSCL.org), 512-858-7825. Newcomers welcome. Email [AdultServices@dscl.org](mailto:AdultServices@dscl.org) for details.
- 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](http://FirstThursdayDrippingSprings.org).
- Every 1st and 3rd Thu., 3 - 6pm, Hays County Master Gardeners answer local gardening questions on the Dripping Springs Community Library porch, 501 Sportsplex DR, 512-858-7825 or [DSCL.org](http://DSCL.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](http://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](mailto:DrippingSpringsMOPS@gmail.com).
- Every 2nd Fri. 11:30am Women in Confidence Brown Bag Workshop, a lunchtime forum addressing legal and financial issues for women with local attorneys Jennifer Cochran-Green and Leanne Layne and financial advisor Amy Colton, at the Dripping Springs Community Library, 501 Sportsplex DR, [DSCL.org](http://DSCL.org), 512-858-7825. Topics vary.
- Every 1st Sat. On or after the full moon, 7:30pm, Rambo Masonic Lodge 426 meets. Dinner at 6:30pm. Call 512-858-7177.
- Tues. Feb. 14 Valentine's Day
- Mon. Feb. 20 Presidents Day

# Treating depression

by Jeremy Kethley, PT, DPT



Physical therapy traditionally treats orthopedic injuries and neurological dysfunctions but it may also have an added effect. Research shows that physical therapy may also help to improve mood as well. Studies have found a link between pain and depression suggesting that more than a third of individuals with chronic back or neck pain also exhibit signs of depression.

Numerous studies in the past 30 years have indicated that exercise can improve mood and mindset, and perhaps depression. A recent article in the *Journal of Orthopedic & Sports Physical Therapy* suggests that feelings and thoughts of depression may decrease with the introduction of physical therapy for back and neck pain.

Clinical depression affects more than 15 millions Americans and is one of the most common mental health diagnoses. It is more than the occasional bout of sadness and it interferes with normal function and life. Depression can occur alongside many other medical conditions such as Parkinson's disease or diabetes and can also occur because of a major life event such as a work-related injury or a death in the family. Experts now understand that medical conditions may enhance the symptoms of depression and vice versa.

Physical therapy has been shown to decrease feelings and thoughts of depression. A study done by Wideman et al demonstrated that 40% of patients in their study had decreased thoughts

and perceptions of depression following physical therapy treatment resulting from a work-related injury. One year after treatment, those showing signs of improvement on the depression front were more likely to have return to work and reported less pain intensity.

Proper identification of people exhibiting signs and symptoms of depression can improve their chances for success in physical therapy. Physical therapists are trained to identify signs and symptoms of depression based on screening tests and patient evaluation. Treatment may help to decrease symptoms of depression, but others may require specialized treatment in addition to physical therapy and may be referred to the appropriate healthcare provider to allow for appropriate management of their symptoms.

Depression is a real illness which requires proper treatment and attention and may possibly worsen alongside a prognosis of chronic neck and back pain. It is also underdiagnosed and untreated. Physical therapy can have a positive effect on depression symptoms by helping to decrease symptoms and improve function. Come see us at Kethley Physical Therapy, where we may be able to help you!

*Jeremy is the owner of Kethley Physical Therapy and has been providing physical therapy to residents of Dripping Springs for 13 years. KPT, with four licensed therapists, is open 7am-6pm, Monday-Friday. It is a state-of-the-art clinic in the heart of Dripping Springs that treats a wide variety of orthopedic and neurologic conditions. Doctor referral necessary to schedule a consultation or evaluation.*

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## Do you remember your first time?

by Dr. Rachel Westbrook

When was the first time you ever went to a chiropractor (if ever)? Perhaps it was when you first started having neck or back pain? Or when your knee started hurting when training for your first 5k run? Or maybe when your sciatica started bothering you on a daily basis?

Many people don't think of going to their chiropractor before experiencing some sort of pain – not to mention bringing their infants or children. Why would *kids* need a chiropractor? They are far too young and resilient to have spine pain.. think again. Bringing your kids – from day one and on – is vital to healthy physical and neurological development. In fact, one of the largest chiropractic organizations, the International Chiropractic Pediatric Association provides continuing education to certify doctors of chiropractic, specifically in prenatal and pediatric care.

So why *do* babies and children benefit from chiropractic care? Because, physical stress begins at birth – the movement of the child through the birth canal is important in lung development, however is stressful to the infant's spine. And any stress to the spine causes stress to the developing nervous system via the spinal column. As the child begins to crawl, and subsequently walk, more stress is put on their spine. Further stress to the spine is added when the child begins to run, jump and fall – all basic kid activities. And while this stress ultimately leads to the healthy physical and neurological development, getting checked by a chiropractor can aid in this proper development and prevent the occurrence of injuries along the way.

In addition to helping insure proper physical and neurological development, parents have reported improvements in breastfeeding, colic, ear infections, behavior, asthma, bed-wetting and a myriad of other common problems prevalent in the pediatric population. So, to help ensure that your child grows up happy and healthy – the goal of every parent – take your children to see a chiropractor. To find research and information on kids and chiropractic, or to find a doctor who has advanced training in prenatal and pediatric care, visit the ICPA website: ICPA4Kids.com

*After graduating from Texas A&M University, Rachel went on to graduate at the top of her class from Texas Chiropractic College. During her time at TCC, she discovered her passion for prenatal and pediatric care. She is currently pursuing her Certification from the Academy Council of Chiropractic Pediatrics (CACCP). She now works at Family First Chiropractic in Dripping Springs, TX. Call Family First Chiropractic now to change your life forever, 512-858-WELL*

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## What is collagen and why is it important in skin care? Part 1

by Karen Laine,  
Para-Medical Aesthetician

Collagen is the most abundant protein in our bodies, making up 75% of our skin. It supports the appearance of smooth, youthful skin and provides structure and strength for our bones, muscles and tendons. It's essentially the "glue" that helps

hold our bodies together. Our body naturally produces the collagen it needs, but production gradually begins to slow as we age. Women produce less collagen than men, and this collagen is lost at a rate of about 1% per year. This means that a woman has naturally lost almost half of the collagen from her skin by the age of 50!

Collagen is also greatly affected by environmental stresses such as sun exposure, nutrition, skin damage and exposure to toxins such as pollutants, cigarette smoke and recreational drugs. With decreased collagen, the skin loses its natural elasticity and firmness. This is when fine lines, wrinkles and sagging appear. Maintaining the amount of collagen is the key to beautiful skin.

Increasing collagen levels can firm your skin, increase smoothness and help your skin cells renew and repair normally. Not only will your skin (full body!) benefit from collagen's strengthening powers, but your hair, nails and teeth will also thank you for the extra TLC. The protein in collagen works as a building block, keep-

ing them strong and healthy. With collagen loss, we also experience stiffness in our tendons and ligaments, and swollen joints. Ingesting collagen is the equivalent of greasing a creaky door hinge. Collagen will help your joints move more easily and reduce pain.

Supplementing collagen for your skin is best achieved in a specific form called *hydrolyzed collagen*, comprised of small amino acids, also referred to as collagen peptides. Unlike the gelatin form of collagen in Jello, collagen peptides are absorbed quickly by the body and stimulate the body's own natural collagen production. In clinical studies, this bio-available form of collagen has been shown to significantly reduce wrinkle volume, increase elasticity and skin hydration levels. Due to the absorption ability of hydrolyzed collagen, significant increases in fibroblasts leading to increased density of the skin. In other words, hydrolyzed collagen is the secret to youthful skin.

*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.*



## Children and their oral health

by Ron S. White, DDS

Each February, the American Dental Association sponsors National Children's Dental Health Month to raise awareness about the importance of oral health in children. Here are some frequently asked questions regarding children and their oral health:

• What should I do if my child has a toothache?

First, rinse the irritated area with warm, salt water and place a cold compress on the face if it is swollen. Give the child acetaminophen for any pain, rather than placing aspirin on the teeth or gums. Finally, see a dentist as soon as possible.

• How do dental sealants work?

Sealants work by filling in the crevasses on the chewing surfaces of the teeth. This shuts out food particles that could get caught in the teeth, causing cavities. The application is fast and comfortable and can effectively protect teeth for many years.

• What can I do to protect my child's teeth during sporting events?

Soft, plastic mouthguards can be used to protect a child's teeth, lips, cheeks and gums from sport-related injuries. A custom-fitted mouthguard developed by a dentist will protect your child from injuries to the teeth and face.

• What should I do if my child falls and knocks out a permanent tooth?

The most important thing to do is to remain calm. Then find the tooth. Hold it by the crown rather than the root and try to reinsert it in the socket. If that is not possible, put the tooth in a glass of milk and take your child and the glass immediately to the dentist.

Parents can help prevent tooth decay. During the month of February, make it a point to monitor your child's brushing and flossing habits and techniques. Are they just brushing the front teeth? Are they spending 30 seconds at the sink? Parents of young children should let them brush first and then follow up with your own brushing to make sure all areas of the mouth were reached. These home treatments, when added to regular dental visits and a balanced diet, will help give your child a lifetime of healthy habits.

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

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## Kybella and the wow factor

by Hayley Ruegg, RN, CPSN

I will proudly never be seen on opening night of the “most fabulous restaurant in Austin.” I believe there is an adjustment period. I like the valet to learn the fastest route, the staff to get familiar with the wine list and the grill to get a little grease on it before you see my name on the reservations list. That being said, I will also not be the “first” to carry any new product on the market.

Every new product needs time to iron out the kinks. I like to deliver the best and most predictable results to my clients. I want wow results. I want to be able to confidently tell a client how long it will actually last (not what the manufacturer is telling us.) I want to be able to share how much actual swelling they can anticipate. I want to be able to share before and after photos of my patients. Kybella came out a little less than a year ago and, wow, it has proven itself!

Kybella improves the appearance and profile of moderate to severe fat below the chin, also called the double chin. Kybella is a permanent fat reduction! Say so long to the days we thought we had to have surgery or live with our double chin! I have often felt limited as a nurse injector because many of my clients were looking fabulous after a variety of non-surgical injectables like Botox and Voluma, but I had limited ability to address the chin area. As

an injector, I feel like I have been set free! I now have an answer. I am so impressed with the results of Kybella and can’t wait to share the good news. Total injection time takes approximately two to four minutes! On average, my clients are rating their discomfort as a three out of ten on a pain scale during injection. I like to be transparent with my clients so they can plan accordingly.. you will swell. Like, really swell, but swelling is our friend! Swelling will help clean out all the fat we just attacked! Besides, it’s turtleneck season! So, grab your scarf and be ready for a chiseled jawline by spring.

*Hayley, Advanced Nurse Injector, Registered Nurse & Certified in plastic surgery. Her passion for non-surgical facial rejuvenation and training under the innovators of the industry makes her an expert in the most cutting edge techniques of her profession.*



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## Will 2017 be the final year for “ACA-compliant” health insurance?

by Tom Diehl

January 31 was the last day to apply for an ACA-compliant health plan for the 2017 Open Enrollment. “ACA-compliant” refers to a health plan that provides the ten minimum essential benefits that were required under the Affordable Care Act, which was fully enacted as of January 1, 2014. Additionally, these plans were offered on a “guaranteed-issue” basis, which meant they were not subject to underwriting, regardless of any pre-existing conditions. These plans also had to state a limit for the maximum out-of-pocket financial responsibility of the insured for the plan year. Any amount beyond that limit was deemed payable by the insurer.

At the time of this writing, the new administration has not yet decided on the overall fate of the Affordable Care Act, but we can assume it will undergo changes in several aspects. Rates have escalated every year since January of 2014. The rising cost of health insurance premiums has proven to be much less than “affordable” for the average middle-class American citizen. This is perhaps the most critical issue to be resolved.. how can our health insurance become more affordable, and yet remain available to all Americans, regardless of their health?

What will happen to the health care coverage of millions of Americans who have purchased health insurance through the Marketplace or Health Insurance Exchange? Will Congress decide to deny their premium tax credits and/or subsidies, or worse, cancel

their Marketplace plans? Will the new administration’s policies permit insurance companies to utilize underwriting standards again, and penalize citizens who have pre-existing health conditions?

It is imperative that you contact your members of Congress and voice your opinion on this crucial subject. Even if your current health insurance is provided through your employer, the health insurance industry as a whole has been negatively impacted by the rising cost of health care in our country. One day you may not have employer-sponsored health insurance. We are all in this together! It may take many months for a solution, but let’s pray there will be some positive news for me to share with you in the March issue.

*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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# Nothing says I love you like a prenuptial agreement



by Jennifer R. Cochran-Green

The term “prenuptial agreement” is about as popular as the term “mother-in-law.” People are afraid to talk about them before getting married for fear of tainting the relationship, or worse, breaking up the engagement. Truth be told, “prenups” aren’t just for celebrities anymore. They are particularly important for couples in

second marriages, blended families or those who want to protect a business, family gifts or inheritance.

Before you say “I do” and ride off into the sunset, consider the following reasons for a prenup:

1) To determine financial obligations amongst yourselves should the marriage end versus relying on the expensive process of court intervention. Couples can make decisions on how they manage their assets better and cheaper than the courts. For example, you can set spousal maintenance in advance if you know that one spouse will sacrifice their career to be a stay-at-home parent and raise the children.

2) Going through the process of negotiating a prenup can help you become more open and transparent as a couple. You and your partner will better understand each other's needs, concerns and motivations as you enter your marriage. You'll benefit from reaching an agreement through discussion and compromise, and further demonstrate that you two can successfully work through potentially difficult issues.

3) Finances are one of the leading causes of stress in a marriage. The conversation is unavoidable when you're married so by disclosing all of your financial information up front (income, debts, assets and inheritances,) it could help you avoid future financial arguments.

4) For business owners, a prenup can ensure that your ownership is protected thus protecting your business partnership and interests.

Getting a prenup doesn't have to be awkward or embarrassing. Instead, focus on the overall benefits of having one. Not only will it give you confidence that you'll be protected, but the process of getting one might actually bring you and your future spouse closer together.

Jennifer Cochran-Green is a family attorney who helps clients with all of life's adventures – estate planning, adoption, divorce, premarital agreements and other matters. She is hosting a FREE Workshop for women, in partnership with the Dripping Springs Community Library, entitled “What You Need to Know Before You Get Married” on Friday, February 10 at 11:30 at the library. She can be reached at (512) 870-8187 or [jencochranlaw@gmail.com](mailto:jencochranlaw@gmail.com).

**Jennifer R. Cochran-Green**

Family Attorney

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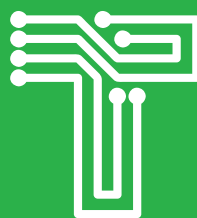
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## Nature's sweet yet powerful medicine: Top 8 benefits of Manuka honey

by Radhia Gleis

It been a time-honored tradition that raw honey is known for its tremendous nutritional and immune boosting abilities, but because of industrialization, honey isn't what it used to be. Manuka honey, however, is different. Researchers discovered the nutritional content of Manuka honey

is up to four times that of normal flower honeys and that it has a considerably higher level of enzymes that create a natural hydrogen peroxide that works as an antibacterial.

Top eight Manuka honey benefits:

- 1) Staph infections, (MRSA). Regular topical use on cuts and infections may keep MRSA naturally at bay
- 2) Burns, wounds and ulcers
- 3) Tooth decay and gingivitis. Chewing or sucking on Manuka honey has shown to lead to a 35% reduction in bleeding sites in people suffering from gingivitis
- 4) Sore throat. Manuka stops the growth of sore throat-causing Strep bacteria.
- 5) Allergies and sinusitis.
- 6) Improves skin tone and texture and skin conditions. Excellent for acne and eczema.
- 7) Heals intestinal inflammation and pain. Reduces and balances

digestive system to heal SIBO, low stomach acid, GERD reflux, IBS, IBD and colitis

8) Promotes restful, deep sleep. Adding to milk at bedtime helps the body release melatonin into the brain which is necessary for deep sleep.

A global standard in identifying and measuring the antibacterial strength of Manuka is known as the *Unique Manuka Factor* (UMF) which is a guarantee that the honey being sold is of a medicinal quality. The minimum UMF rating recognized is UMF5, however, it is not considered beneficial unless it carries a UMF 10+ level of antibacterial activity in the honey. Anything ranging from UMF10-UMF15 is a useful level, and anything UMF16 and up is considered a superior quality.

We recommend that everyone take a dose of about one to two tablespoons of Manuka honey a day. The easiest way is to just take it straight, or you can add it to your favorite herbal tea, over yogurt or on sprouted grain toast.

Best of health!

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



## Animal cruelty

by Frank Shuman, DVM

Animal cruelty is a concerning issue within our society that takes many forms and is often overlooked. Cruelty can be characterized by the intentional abuse or neglecting to provide food, water, shelter and/or necessary medical care.

In Texas, two types of laws protect animals from cruelty – civil laws and criminal laws. The laws are similar but differ in the penalties they impose. In a civil case, if a judge rules that a person or people have been cruel to animals, the judge may take away their animals and/or order them to pay restitution. If prosecuted in a criminal case, a person may face penalties including fines, jail or both.

Texas criminal laws only apply to domesticated animals, such as house pets and livestock defined as “domesticated living creatures or any wild living creature previously captured” and subject to a person’s care and control. The scope of civil laws are broader and do not differentiate between domestic and wild animals, however civil statutes adopt a much narrower definition of what constitutes cruelty. Therefore, people could engage in actions that are not prosecutable under Texas criminal laws, but they would be held liable for their actions under civil laws.

Your first question may be, how do I report a case of suspected cruelty. First, get as much information as you can to give to the authorities. Document the incident with photos or videos of the location, animal(s) involved and surrounding area. Be as detailed as possible. Dates, times, circumstances and statements from other

people who have witnessed the cruelty should be noted and related to the local authorities. The local authorities are trained and better equipped to handle these difficult cases.

During my five years as Medical Director at the Houston SPCA, we managed cruelty investigations and seizures for nine counties surrounding Houston. We responded to over 7,000 cases yearly to help educate pet owners on basic husbandry and veterinary care and remove them from unhealthy situations when necessary. Over that time Animal Cops Houston documented these cases and aired them on Animal Planet. This provided an excellent vehicle to bring animal cruelty to the forefront of human consciousness and explain how people can prevent future abuse and neglect. Through these efforts thousands of animal have found new, loving homes and thousands more cases have been prevented.

*Frank Shuman IV is the Medical Director at Drippings Springs Animal Hospital, serving the area for over 30+ years. Located at 1520 E. HWY 290. He can be reached at 512-858-4787.*



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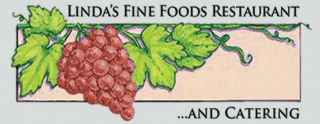
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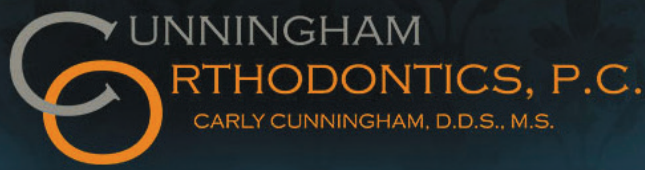


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# Relieve the pain of chronic inflammation



by Alison Hoyt

Inflammation is a process the body uses to fight foreign substances using white blood cells and immune proteins. With certain diseases, the immune system triggers an inflammatory response when there are no foreign substances to fight. This perceived threat is the case with

rheumatoid arthritis along with other autoimmune diseases such as lupus, multiple sclerosis and Lyme disease.

Chronic inflammation can cause tremendous pain and ultimately result in joint damage, difficulty sleeping and depression. Cryotherapy offers patients relief from the pain by triggering a systematic anti-inflammatory response in the body. Nitrogen gas is pumped into a chamber that drops the temperature to 130 and 180 below zero for up to three minutes. This triggers the nervous system into thinking it needs to protect the body from the perceived threat of the cold. The brain then sends signals throughout the body that causes the body to send blood to the core and helps shut down the inflammatory response through the body. Most people with autoimmune disorders say that cryotherapy provides them with almost immediate relief from the pain. People report a significant decrease in pain, better sleep and better overall mood from regular sessions.

How often someone needs to come in depends on the person. Some people find once every week or so works best for them and some people prefer to come every day because it helps them feel their best every day. People have also noticed that with the inflammation down they are able to do things to better help their condition such as exercise and an improvement in their ability to perform everyday tasks.

Cryotherapy is for anyone five feet and over and offers a natural way to decrease pain and increase overall wellbeing. Whether you are suffering from an autoimmune disorder, want to increase the intensity of your workouts, help heal a lingering injury or simply want to feel better cryotherapy can help you *feel better and do more.*

*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*

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Litigation: *What do you  
get in a lawyer?*

by Roland Brown



You are sitting in a lawyer's office needing help. The lawyer is telling you what the fee arrangement would be. So, what do you get when you hire a trial lawyer? I'd like to think you get a lot for your money. Here's my take. You get:

*Education.* Your lawyer has, at a minimum, a doctorate in law – a juris doctor degree (JD). That represents a bunch of built-in knowledge.

*A researcher.* Your case will likely require some special knowledge of the current state of the law pertaining to your situation and your lawyer, perhaps assisted by a paralegal, will know how to find and assess the relevant current information.

*A warrior.* Your lawyer's job is to take the fight to the opposition in preparation, negotiation, mediation, trial and on appeal if necessary.

*A counselor.* Sometimes the most important thing a lawyer can do for you is to explain the process, analyze the risk/benefit of various possible courses of action and advise you as to how to proceed.

*A friend.* Not necessarily in the traditional sense, although happily that sometimes occurs too. This friendship is a foxhole kind of thing – your lawyer is on your side. Remember that sometimes a real friend has to tell you things you don't like.

*A psychologist/sociologist.* The good trial lawyer understands and uses the way people think and respond and their ingrained social mores to move opposing parties and their lawyers, mediators, judges and juries to do what you want done.

*A wordsmith.* In articulating your position and in drafting or reviewing documents, your lawyer employs what should be an exceptional grasp and appreciation for language and its nuances.

*An actor.* Let's face it – the courtroom is a stage and your lawyer better be prepared to play the part in an "award-winning" fashion.

*An advocate.* This is the sum of the parts. If you have chosen well, your lawyer will honorably, diligently, wisely and aggressively pursue your interests and be your guide through the entire process.

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# Is your list ready?



by Lindley Pond

By now we've had a pretty good taste of winter and are twiddling our thumbs about what we can be doing before spring approaches. We've still got a few months to go, but with the much needed rain we've already gotten, things have grown a lot faster than people are used to at this time of year.

My suggestion would be to start with a to-do list, not just a wish list but an honest to goodness "chore" list. Hate the word but love the outcome as you happily check off items to get set. All yard tools and machines probably need a good sharpening, cleaning and, in some cases, the old fuel may have condensation in it which should be switched out for fresh stuff. Now that your partners in crime are ready to work, you can tackle pruning of all shrubs and roses along with tree trimming to raise the canopy, remove the deadwood and improve the overall health of your trees.

It's a great time to add compost and get soils ready for new plantings, whether it be in the flower beds or in a veggie garden. It's a great time to continue to start your veggie seedlings in a greenhouse or under grow lights – fun to see something in the cold actually emerge new from the soil! Leaves, leaves and more leaves can all be added to your compost heap after you've used some of what was there from last year.

Now that the hard part is finished, the reward is to continue your list.. not the to-do list but the *What I Want* list. Prioritizing your wishes will help with this phase. Is it to be a great seating area with a fire pit, a water feature, a butterfly garden, less yard more fun space.. whatever your wishes are they can all be obtained with baby steps. We are here to help with any and all, whether it's the to-do list or the "want" list. Feel free to call us for a visit. Enjoy the prep, the end result is always worth it.

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## Chinese rooster

by Deborah Carter Mastelotto



So long 2016! So many of us were happy to see it go in December. But you may not know the Chinese New Year begins this month. Chinese astrology scholars called last year “The Year of the Monkey” and I think the wacky antics of last year wore us all out. Monkey years are historically witty, busy and full of shocks and surprises. The Chinese zodiac is based on a twelve year cycle and each year in the cycle relates to a different animal sign: Rat, Ox, Tiger, Rabbit (or Cat), Dragon, Snake, Horse, Sheep (or Goat), Monkey, Rooster, Dog and Pig, in that order. Each animal sign imparts a different quality to the year, so the year you were born gave its unique quality to you. Ask any teacher – each school year has a different quality.

2017 is the year of the Fire Rooster and, sorry, it might be as challenging as 2016. But in a different way. The Year of the Rooster tolerates no middle ground and no risky ventures. Be brave and practical and stick to proven paths, techniques and methods. Loyalty, commitment, hard work, family values and polished appearances are some positive Rooster characteristics and all Chinese animal signs can tap into Rooster traits for a more successful year. But Roosters are also scrappers. They’re territorial and never back down from a fight, so be immaculately clear in your intentions and prepared to fight for what you believe in.

So, expect a few battles in 2017. It’ll be the best year for Dragons, Roosters, Oxen and Snakes. These signs are committed, dedicated to a cause and traditionally fight for high ideals. They are constant, possess unflinching determination and are the most intellectual signs of the Chinese Zodiac. It’ll be a relatively good year for Tigers and Rats, a mixed year for Pigs, Goats and Monkeys and a difficult year for Dogs, Rabbits (or cats) and Horses. The Rabbit and the Rooster should try to steer clear of each other or be prepared for some explosive arguments.

More at [pinkchronicity.com](http://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](http://pinkchronicity.com)*

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## Leggings.. Why you gotta hate?

by Sarah Starr Sahs & Melissa Starr Oehler

Since opening our little, modern day department store over a year ago, we have witnessed a very puzzling phenomenon among some of our wonderful customers. When we suggest they try on a pair of leggings, their response is, "I don't wear leggings." This has literally sent the two

of us to drink wine (OK, sometimes it's vodka) and ponder the fate of this world. It is very upsetting and causes us considerable grief.

Here's the thing, everyone can wear leggings! Everyone should wear leggings! Leggings are life y'all! They are dressed up yoga pants. They are comfortable. They are cute. They must be respected! We even carry two brands of leggings that make you look at least ten pounds lighter! Why would you not embrace this miracle of fashion?

There are some legging "rules" though that you should be aware of. First and foremost, your butt must be covered. To that end, the front area, we call them "lady parts," must also be covered. This is easily accomplished with a long tank, tunic top or even a dress. Essentially, this should be your uniform for approximately four days out of seven. Running the kids to school? Heading to HEB for the tenth time this week? Lunch with the girls? A night out with your guy? Going in to the office? Headed off to church? All are perfect legging occasions. Come in and try a pair on or call us and set up a personal shopping appointment.

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## Well water storage systems

by Randy Lawrence

During times of drought, there is a great deal of concern with the possibility of wells going dry in the area. Many people are forced to take action when they no longer have a constant supply of water to their home. Some have to replace well pumps, only to find that the old pump failed due to low water condi-

tions. Others must drill new wells in order to access a larger supply of water. In most cases, these repairs are unexpected, and time-consuming. During severe drought, many well service companies are overwhelmed with calls, causing some families to endure days without a supply of fresh water. A water storage tank would be helpful to many of these homeowners.

The benefits of a properly installed storage tank are numerous. These tanks are normally installed near the well so that the well pump sends the water directly into the storage tank. This removes much of the back pressure from your well pump so that the workload on the pump is greatly reduced. The water can be sprayed into the top of the storage tank, eliminating odors which may be present. The water is then re-pressurized by an external pump which can maintain higher pressure, and is much less costly to repair or replace than a submersible pump. Protection systems are also available for both pumps to ensure longevity.

Even on existing storage tanks, an early warning system, such as a light or alarm, can be installed to activate when the water in

the tank drops to a certain level, indicating the need to check your well for problems. This buys you the time you need to contact a professional. Should you happen to run out of water before the well is operational, there are water delivery services which can bring you a supply of water to replenish your storage tank, thereby maintaining your day-to-day routine while you await repairs. For homes in remote areas, stored water is also a valuable asset for firefighters.

Now is an ideal time to consider adding a storage tank to your well. Then you will be prepared before another Texas summer takes it's toll on your well.

*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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## 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 continue to be blessed with a bustling housing market here in Dripping Springs. When you find that perfect home and want to make an offer, you better be ready to pull the trigger. 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 find. Likewise, a seller's agent will 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 pre-qualification 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 and [trey@treypowers.com](mailto:trey@treypowers.com). Visit [www.TreyPowers.com](http://www.TreyPowers.com).*

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## Dripping Springs Chamber of Commerce focus on business: *Specially Designed Travel*

In the three years I've owned my travel consulting business, Specially Designed Travel, I've met many people surprised that travel consultants still exist. I am often asked, "Why should I hire you when I can do it myself online?" My short answer: *Information overload and slick marketing is overwhelming and leads you down a path of purchasing something that might not be exactly what you are wanting.*

When you hire Specially Designed Travel, you discuss your dream vacation with me and I do the work to narrow your options from thousands to a handful that best meet your needs. If the first recommendations don't work, I look for others. Unlike the internet or the people who work the call centers you may call, I have a real relationship with you and I will always have your best interest in mind. There is no push for you to purchase before you have all the facts. I'm a huge proponent of taking your time while planning a vacation. Other things you get of value when using Specially Designed Travel are saving your time, convenience, support – before,



during and after travel, expertise and travel industry connections, knowledge of unique travel products, organization and the skill to read the "fine print" so you know exactly what you are getting.

Specially Designed Travel specializes in escorted vacation packages, cruises and all-inclusive resorts. Custom trip planning is also available. In 2017, I want

to spread the word about escorted tours that focus on *sustainable travel*. This term refers to a way of traveling the world safely and experiencing the culture and true essence of a location. In this manner of travel, people can truly spread wealth around the world and support small businesses, non-profits and education efforts across the planet. This type of travel is for more active individuals with a sense of adventure.

*Tina Shands, owns Specially Designed Travel, a travel consulting firm in South Austin. Tina works closely with individual and group clients to plan amazing vacations. Contact Tina at 512-217-9147 or through her website [SpeciallyDesignedTravel.com](http://SpeciallyDesignedTravel.com).*





Gavin J. Loftus

## What's smarter: *Paying off debts or investing?*

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

If you're just starting out in your career, you will need to be prepared to face some financial challenges along the way – but here's one that's not unpleasant – choosing what to do with some extra disposable income. When this happens, what should you do with the money? Your decisions could make a real difference to achieve your

important financial goals.

Under what circumstances might you receive some "found" money? You could get a year-end bonus from your employer, or a sizable tax refund, or even an inheritance. However the money comes to you, don't let it "slip through your fingers." Instead, consider these two moves: *investing the money or using it to pay off debts*. Which of these choices should you pick? There's no one "right" answer, as everyone's situation is different. But here are a few general considerations:

- Distinguish between "good" and "bad" debt. Not all types of debt are created equal. Your mortgage is probably a "good" form of debt. On the other hand, non-deductible consumer debt that carries a high interest rate might be considered "bad" debt – and this is the debt you might want to reduce or eliminate when you receive some extra money. By doing so, you can free up money to save and invest for retirement or other goals.

- Compare making extra mortgage payments versus investing. Many of us get some psychological benefits by making extra house payments. Yet, when you do have some extra money, putting it

toward your house may not be the best move. If you put your extra money into traditional investments, such as stocks and bonds, you may increase your growth potential and you may gain an income stream through interest payments and dividends.

- Consider tax advantages of investing. Apart from your mortgage, your other debts likely won't provide you with any tax benefits. But you can get tax advantages by putting money into certain types of investment vehicles, such as a traditional or Roth IRA.

Clearly, you've got some things to ponder when choosing whether to use "extra" money to pay off debts or invest. Of course, it's not always an "either-or" situation; you may be able to tackle some debts and still invest for the future. In any case, use this money wisely – you weren't necessarily counting on it, but you can make it count for you.

*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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## Better than ever

*by Cale Thibaudeau*

I've always thought it important to make "wine conversations" with customers uncomplicated. Looking for a bottle of Chardonnay? Do you like crisp and refreshing or rich and full bodied? Do you have a price range in mind? Maybe you've really enjoyed a particular label before but want to try

something similar, something new. Or, perhaps you're worn-out on Chardonnay but enjoy its exotic fruit qualities. Great, let's try a white blend from the Rhone Valley.

Whatever your desire, when venturing out on a new grape variety, I will typically recommend a bottle priced fewer than \$15. That way we find a high-quality wine with value that will be a good gauge to determine if you'll enjoy that style. If you do enjoy it, we can move up the ladder in price to explore further.

This New Year, I am looking forward to the opportunity talk with customers about what they've enjoyed in each of the wines that I have recommended. While not to be outdone by wines that customers have informed *me* about, because there have been some great ones there too!

Out at the Hill Country Galleria, we take your considerations and recommendations seriously. It has helped us grow our selection to what it is today. And I have a good feeling that this year will be better than ever.

*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](http://TwinLiquors.com) for recipes, event listings and more.*

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# Color your 2017

by Reba Byrd



It is official! The color of the year for 2017 has been announced by the Pantone Color Institute. Along with other highlights and accents from industry leaders, the color trends for 2017 are now solidly established. These trends are amazing tools used by both professionals and do-it-yourself individuals to create the stylish and clean look so many will be furnishing their homes with in the new year.

According to the Pantone Color Institute, this year's color is *Greenery* – “a refreshing and revitalizing shade, symbolic of new beginnings.” The Executive Director of the Pantone Color Institute states that, “Greenery bursts forth in 2017 to provide us with the reassurance we yearn for amid today’s tumultuous environment. Satisfying our growing desire to rejuvenate and revitalize, Greenery symbolizes the re-connection we seek with nature, one another and a larger purpose.”

The color Greenery is like nature’s neutral. It is a spirited yellow-green that reminds us of flourishing plants and the lushness of the outdoors. Versatile, it exists throughout the seasons and also lends itself to many color combinations. Paired with ivory it provides a calm and classic look or blend it with gold or taupe to create a warmer scheme. If it’s a modern and sophisticated look you are creating, silver highlights will do the job.

The more we are engrossed in our modern lives, the more we

are in need of finding a way to commune with the physical beauty and underlying oneness of our natural surroundings. Custom bedding and drapes can bring the natural world indoors and provide the perfect mechanism to sooth away the stress and fatigue generated in our daily routines. Greenery is easy to include as accents in rugs and throw pillows to bring this refreshing color to an otherwise neutral space.

Also noted by the Pantone Color Institute, Greenery is a life-affirming shade that is representative of our pursuit of personal passions and vitality. It is no small wonder that people in central Texas are so captivated by their outdoor activities and the Greenery that surrounds them.

*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.*



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