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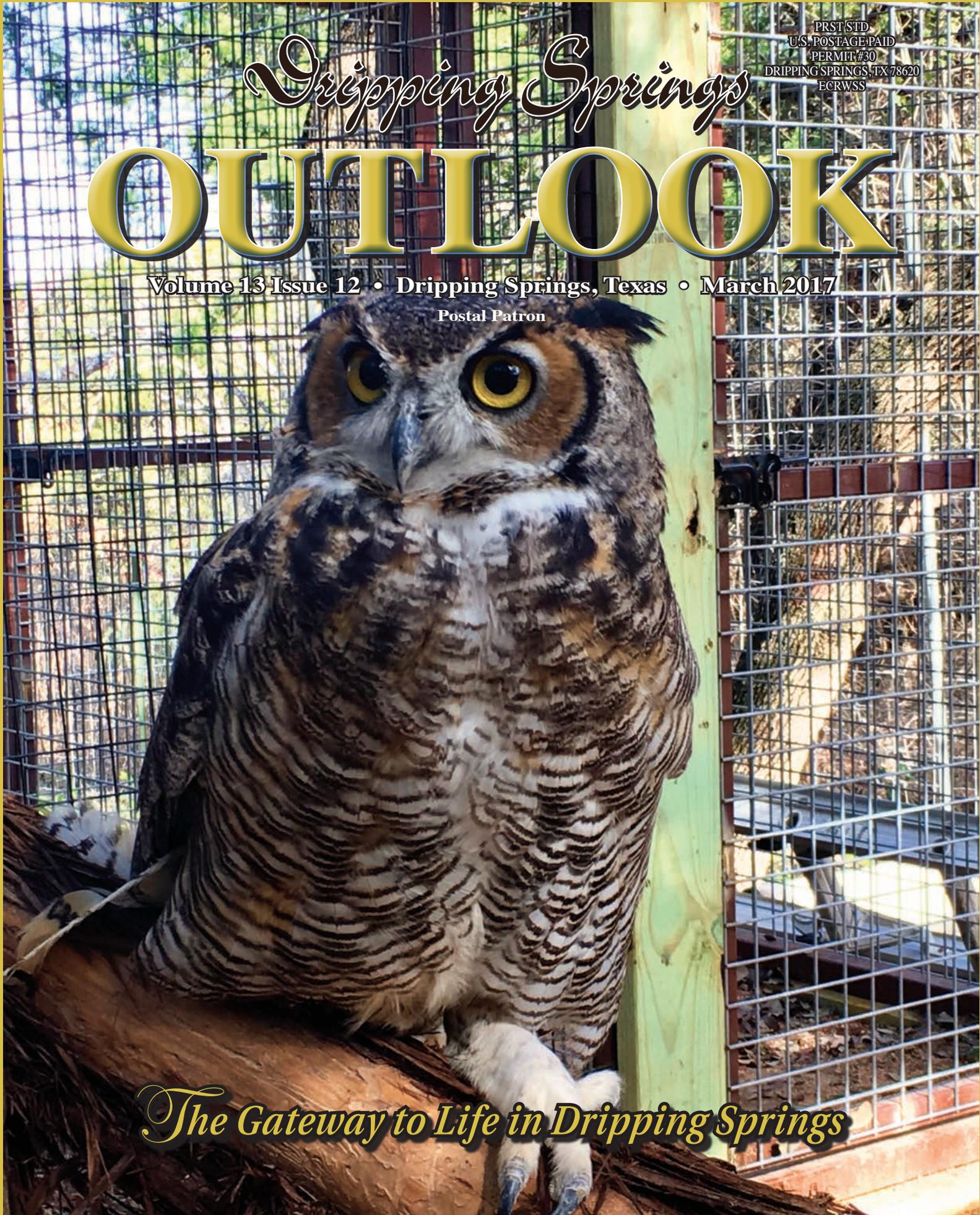
Dripping Springs

OUTLOOK

Volume 13 Issue 12 • Dripping Springs, Texas • March 2017

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Who are you?

Priscilla, a great horned owl, graces our cover this month. She is the newest addition to the special residents at the Austin Zoo. While the beauty of the Texas Hill Country draws many of us, it's the people and attitude that keep us here, I believe. A perfect example of this fact is the Austin Zoo. Executive Director and President Patti Clark populates this beautiful and unique place with animals who need homes and need to be rescued. The zoo is a not-for-profit organization and a labor of love for all who work there.



Nestled on the outskirts of Dripping Springs, Austin Zoo's humble beginnings 27 years ago have flourished into an opportunity for visitors who seek deep reconnection with nature and the bedrock of who we are. Priscilla's story, inside this issue, is only one of many touching and profound histories related to the zoo. Each animal there took an individual journey full of twists and turns.

The next time you wander through the peaceful grounds a gentle reminder to yourself might be to consider all the individuals in residence. Who are they? How did they finally find a secure and loving home? Who are the humans giving them such careful attention?

Following along this same path of thought you may also ask the deepest question of all; who am I? Austin Zoo encourages this sort of contemplation on many levels. Taking a break from our busy day, unplugging from the speed of light pace, recharges our souls. We can tune into the more subtle energy of what the earth and the animals can teach us.

Who are you? Sometimes just walking in nature will jog your senses back to that place of authenticity. And from that respite we can plug into the fast pace of our lives once again; yet with a temperance more attuned to who we really are.

Thank you for joining us.

Victoria

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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.
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512-858-7825 or 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 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 Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, DSCL.org, 512-858-7825. Newcomers welcome. Email 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.
- 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.
- 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. 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 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, 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.
- Thur. Mar. 16, Dinner by the Bite, for more info see ad (pg.18).
- Thur. Apr. 20, Cocktails & Curiosity, for more info see ad (pg.8).
- Sat. Apr 1, Dripping Springs Ducks Unlimited, Call Dr. Chae, 512-496-8333 or drchae@ffchiro.com for more info.

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

Meniscus tears: *A case for conservative therapy*

by Madison Austin, SPT



Meniscus injuries are a common occurrence, often due to sports injuries or as a result of degeneration over time with conditions like osteoarthritis. A meniscus is a thin, crescent-shaped pad of cartilage that sits within the knee joint on top of the tibial (shin) bone. Each knee has two menisci – one on the inside of the knee (medial) and one that resides towards the outer portion of the knee (lateral). The

purpose of the menisci are to provide shock absorption each time you take a step, providing a cushioning effect so that your bones do not jar against each other. Injuries can happen to any portion of a meniscus and the location and the severity of the damage will determine your course of treatment. Surgery is a common prognosis for unstable, severe damage which can be diagnosed by your doctor with an MRI. Surgery can be used to remove portions of the meniscus or to repair damaged sections.

While surgery was the go-to method for many years for the majority of meniscal lesions, recent research indicates that many people who fit certain criteria can have great results recovering from a tear without surgery. Studies suggest that using conservative therapy, namely physical therapy, to strengthen muscles that surround the knee improve motion within the joint and correct faulty biomechanics that can lead to decreases in pain, swelling and overall symptoms for individuals with meniscal tears. Not only this, but

studies also indicate that patients who opt for conservative therapy can have the same results as someone who underwent surgery for the exact same injury. These results are not temporary; individuals who used conservative therapy versus those who had surgery had the same outcomes one year out from their initial injuries.

It is important to note that recovering from a meniscus injury is no easy task and no two patients are the same. If you have been diagnosed with meniscal damage, it is important to discuss different options with your doctor to best suit your needs to return to your normal activities. If conservative therapy is the right choice for you or you'd like more information on this topic, just have your doctor send a referral to the skilled, licensed physical therapy staff at Kethley Physical Therapy to get you moving pain-free again!

Madison Austin is a student at Texas State University. We wish her the best of luck in her future. Kethley Physical Therapy has been providing physical therapy to the Dripping Springs and surrounding communities for the past 16 years. KPT has two convenient locations and 8 licensed physical therapists to treat all your musculoskeletal needs. We are open from 7am to 6pm Monday-Friday and can be reached at 512-858-5191 or at KethleyPT.com

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You are nuts

by Dr. Rachel Westbrook

A question we are asked often at Family First Chiropractic is *why*. *Why do I hurt? Why am I not healing faster? Why do I need to keep getting adjusted?* Unfortunately, the answers are not easy to pinpoint. We do know however, that pain is the body's reaction to inflammation.

We also know that trauma, thoughts and toxins are the root causes of inflammation.

Trauma is an obvious one – we get into car accidents and get a nasty case of whiplash. Or perhaps we get years of microtrauma, sitting hunched at our desks eight hours a day. Both of these traumas can cause significant pain and spinal degeneration. Our mentality is another major cause of inflammation, although this path is slightly less direct. We all have stress in our lives – money, relationships, work to name a few. This stress over time causes cortisol levels to rise in our bodies, which in turn weakens our immune systems and makes it hard for us to heal. High cortisol levels also cause weight gain and sometimes insomnia – both of which cause even *more* stress. See a pattern yet? The toxins element of our inflammation equation is even *more* complicated. We are subjected to inflammatory toxins every day through smoggy city air, processed food, lack of nutrition and even dehydration.

So how do we minimize inflammation? Along with chiropractic adjustments, one of the easiest things to control is our diet. Cutting out processed food, refined sugar and reducing dairy intake can help

decrease inflammation. Increasing our intake of fruits, veggies and omega-3 fatty acids can help combat existing inflammation. But of course, all of this is easier said than done. So, in order for our nutrition to be taken off the back burner most of us need a little help in the form of supplements. That is why, throughout the month of March, Family First Chiropractic is offering 30% off of all our nutritional supplements. We welcome you to stop by and have a discussion with our chiropractors about how chiropractic and nutrition can help reduce inflammation caused by trauma, thoughts and toxins. *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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Ingestible collagen: Is it right for you? Part 2

by Karen Laine, Para-Medical Aesthetician

The fact that collagen plays an important role in maintaining healthy, youthful skin, makes it no surprise that the popularity of collagen supplements have skyrocketed in recent years. With the movement toward a more holistic approach to beauty gaining momentum, it's likely that many will be receptive to

adding a collagen supplement to their daily intake of organic meats, fresh juices, fruits and leafy green vegetables.

While there are topical skincare products known to increase collagen production, like retinoids and peptides, their benefits are limited only to the areas of application. It's understandable why the prospect of rebuilding collagen from the inside out is so compelling. The question is *does it really work? How does it work?*

In China, the tradition of consuming certain foods to rejuvenate the complexion has been practiced for centuries. There, it's widely accepted those with extremely collagen-dense diets will also have beautiful skin. Conversely, in the U.S., many of our diets are virtually devoid of collagen.

In the past, our diet included foods that may have helped stem this decline, such as homemade broth or stock. When you boil a

whole chicken or simmer beef bones, the jellylike substance that rises to the top is collagen. It's even been suggested that our current predilection for boneless, skinless chicken breasts could be part of the reason we need these supplements in the first place – we've effectively created a collagen deficiency in our diets.

Researchers theorize that it's the mincing of collagen into very particular, small chains of amino acids and peptides that holds the secret to youthful skin. When the fragments are the right size, they are absorbed into the bloodstream, the researchers assert, and trigger the production of collagen in the skin's matrix. This mincing is also why collagen-supplement researchers argue that all the bone broth in the world won't help – the enzymes the lab uses to get collagen to the target size aren't naturally present in the body. What's exciting is that we can directly influence the dermis, the deepest layer of the skin, by supplementation. It's stimulating our own body cells by a natural pathway.

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.

The use of dental implants with crowns, bridges and dentures

by Ron S. White, DDS



If you are self-conscious because you have missing teeth, wear dentures that are uncomfortable or don't want to have good tooth structure removed to make a bridge, then dental implants are your answer.

Dental implants are a popular and effective way to replace missing teeth and are designed to blend in with your other teeth. They are an excellent long-term option for restoring your smile. In fact, the development and use of implants is

one of the biggest advances in dentistry in the past 40 years. Dental implants are made up of titanium and other materials that are compatible with the human body. They are posts that are surgically placed in the upper or lower jaw, where they function as a sturdy anchor for replacement teeth.

There are generally three phases to getting an implant. First, the dentist surgically places the implant into the jawbone. Next, the bone around the implant heals in a process called *osseointegration*. What makes an implant so strong is that the bone actually grows around it and holds it in place. Osseointegration means *combines with the bone* and takes time. Some patients might need to wait until the implant is completely integrated, up to several months, before replacement teeth can be attached to the implant.

Finally, it's time for the placement of the artificial tooth/teeth. For a single tooth implant, a dental crown is customized for you. The crown will be based on size, shape, color and fit and will be

designed to blend in with your other teeth. If you are replacing more than a single tooth, custom-made bridges or dentures will be made to fit your mouth and your implants. (Note: The replacement teeth usually take some time to make. In the meantime, your dentist may give you a temporary crown, bridge or denture to help you eat and speak normally until the permanent replacement is ready.)

Another amazing function of implants is their use with dentures. In this case, implants are used to anchor a patient's existing denture with little modification. The denture simply snaps into place and is much more stable.

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).

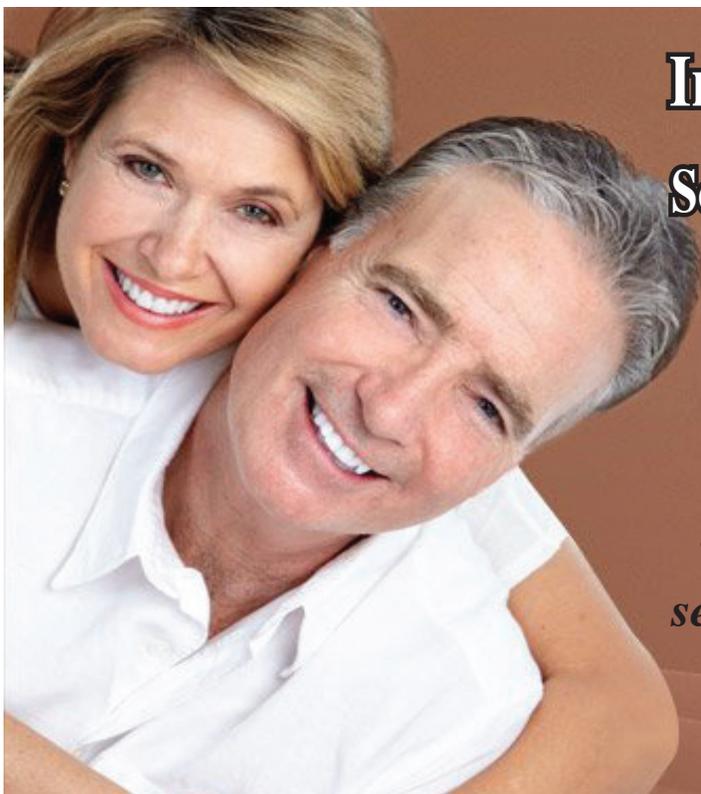
A business card for Ron S. White, DDS. It features a logo with the letters 'R' and 'W' in a diamond shape. The phone number 512-858-LOVE is prominently displayed in a red box. Below the name, it lists services: GENERAL, COSMETIC, IMPLANT DENTISTRY, SEDATION DENTISTRY, and ALL DIGITAL X-RAYS. The website www.RonSWhite.com and address 4189 E Hwy 290 • Dripping Springs are at the bottom.

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One size doesn't fit all

by Hayley Ruegg, RN, CPSN

I often meet with women that would like to enhance the appearance of their lips but don't want "Real Housewives" lips. Over and over again I am talking people off the ledge of *don't give me duck lips!* Let's set the record straight about filler to the lips.

It is not one size fits all! The luxury about fillers such as Juvederm and Restylane is we can tailor the results to your desired outcome. We can customize your treatment – if you want hydrated lips, we can do it. If you want natural lips, we can do it. If you have always had un-proportionally small lips, we can correct it. If you want to enhance the overall volume of your lips, we can do it. If Kylie Jenner is speaking to you, we may have a long talk before we inject, but we can do it. If you are just fed up with using lip liner to give your lips the look you are going for, *we can do it!* The possibilities are endless.

Here are a few simple facts to set your mind at ease. Filler can be dissolved – in the rare instance a client feels they got carried away, we can dissolve filler. It is temporary, lasting nine months. Just because you try out filler doesn't mean you are signing up for a lifetime of lip injections. As long as proportional amounts are used, your lips will gradually metabolize the filler and return to your natural shape and volume.

Results are immediate. Unlike Botox, you will see your results as soon as the injection is complete. I often stop periodically throughout a treatment and hand a client the mirror and let them be the judge.

I'm a conservative injector, most of my clients fall in love with the minimal swelling associated with the injection and end up coming back a few weeks later asking for a little more.. I'm ok with that. I would much rather add to a result than be in the position where someone feels their lips are entering a room before them.

Hayley is an Advanced Nurse Injector, Registered Nurse and 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.



ROCCO C. PIAZZA, MD, FACS
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Learn about the latest techniques and treatments in skincare and cosmetic enhancements from board-certified Dr. Rocco Piazza and his team of specialists. Your \$40 donation to the BCRC includes event registration, 2 complimentary cocktails & hors d'oeuvres, a Swag Bag worth over \$150, and a chance to win over \$10,000 in prizes. Bring a friend new to The Piazza Center and you'll receive additional tickets for Prizes!



Your attendance will also support the BCRC of Texas—an organization that educates, supports, and empowers those affected by breast cancer to navigate through diagnosis, treatment, recovery and beyond. Learn more about BCRC—visit www.bcrc.org.



RSVP today at thepiazzacenter.com/cocktails-curiosity, or call (512) 288-8200

How to change your name



by Jennifer R. Cochran-Green

If you are Jason Bourne or some other international spy with numerous fake passports, please disregard this article and go about shooting bad guys in an unrealistically spectacular fashion. For everybody else, primarily brides and divorcees, the following may help you efficiently change your name. Although

it may appear overwhelming, thankfully it's a fairly simple process if you have what you need at the outset.

Get proof that your name has changed. Brides should purchase several certified copies of the executed certificate of marriage and divorcees should purchase several certified copies of the final order. Buy more than you think you'll need so you don't have to return later for more copies.

Start using your name immediately. Social media is usually the fastest and easiest way to notify all of your friends and acquaintances at once (thus eliminating the necessity of formal announcements.) Now that you've committed to the change, this will motivate you to complete the rest of the process.

Notify applicable government agencies.

- Start with getting an updated driver's license so you can have formal identification with your new name. Just go to your local Department of Public Safety office with the proof of name change and complete their paperwork. Be sure to update your voter registration at the same time.

- Go to the Social Security Office with your updated driver's license and proof of name change. Don't worry about the IRS, they are notified by the Social Security Administration.

- Apply for an updated passport with the new social security card.

- If your profession is governed by a licensing agency, you will need to complete the forms that they require.

Finally, notify everybody else. Probably the toughest and most time consuming part is notifying all the other organizations in your life (e.g. your employer, the post office, financial institutions, etc.) Others such as gyms and doctors probably won't need formal notification and will update their records during routine financial transactions.

Jennifer R. Cochran-Green is a family attorney who helps clients with all of life's adventures –adoption, premarital agreements, estate planning, divorce and other matters. She can be reached at (512) 870-8187 or jencochranlaw@gmail.com.

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Phosphatidylcholine (PPC) for brain health

by Radhia Gleis

Several customers have asked me what is PPC? Every cell in your body is contained in a lipid matrix, called a *phospholipid*; sort of like a skin for the cell, keeping the insides in and the outsides out. Therefore, the integrity of every cell in your body relies on fat. PPC or *phosphatidylcholine* is the most prominent phospho-

lipid and the major fat of your cell membranes and blood proteins. PPC is also an essential nutrient and precursor to acetylcholine – a neurotransmitter in the autonomic nervous system that is used in a number of cognitive processes, like activating muscles or playing an important role in arousal, attention, memory and motivation.

Phosphatidylcholine actually makes up a large part of the volume of vital brain cells and is incorporated into all of your neurons. So, when choline levels are low in the blood, the body will cannibalize phosphatidylcholine from the cell walls in order to make acetylcholine.

Taking PPC as a supplement may benefit your brain health:

- Boosts your memory
- Enhances intellectual skills
- Improves the health of your brain
- Increases concentration.

Although phosphatidylcholine is a fat contained in eggs, soybeans, mustard, sunflower and other foods, most people do not get enough of this vital nutrient in their diet.

A recent study revealed that lipid abnormalities within the brain and blood can lead to a decrease in cognitive function over time and may contribute to the development of Alzheimer's and may even be factors in schizophrenia and bipolar disorder, anxiety, manic-depressive disorders and a movement disorder called tardive dyskinesia.

But wait, there's more! PPC inhibits pro-inflammatory substances and is beneficial for those suffering from ulcerative colitis. When supplementing with phosphatidylcholine our wellness consultants recommend PPC by Phos Chol. It is a boost for your brain, your heart, nerves and liver, while keeping you young with well-nourished cells.

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



Adios!

by Tom Diehl

Individual health insurance has certainly gone through some radical changes since January 1, 2014. Some changes have been improvements for clients, however the rising cost of premiums, followed by the loss of most health insurance companies in our area, have certainly had a negative impact on this industry. The

2017 Open Enrollment left millions of Americans with the least options for individual health insurance that I have ever experienced! There were very few plans to choose from and many were unaffordable for dozens of my current clients. As a result, many folks decided to be uninsured for 2017, and just hope for a healthy and safe year.

Therefore, after this year, I will no longer offer quotes or help with plan comparisons for individual major medical insurance. Up until this year I have enjoyed helping clients by providing information, and discussing a variety of options for them, based on their unique situations. Individual health insurance was the main interest in my business and therefore the most common theme of my informative articles. I have decided not to continue writing articles for this publication after this issue. It was a difficult decision, since I have written a monthly column for every issue since February 2011. The articles were supposed to be of an educational/informational nature to help the community. I hope my articles covered subjects that were helpful for many of you in our area.

I plan to continue offering help and information with other types

of insurance, like Medicare, dental, vision, disability, long term care, life insurance and group health. Let me know if you have questions about any of these insurance products. My services will be free, as always, and I can provide quotes in a timely manner.

Please keep my contact information from this magazine and let me know if I can help you or a friend. Thanks to all who took the time to read my articles during the last six years. I have enjoyed meeting many of you and sharing your insurance concerns. See you around Drip'!

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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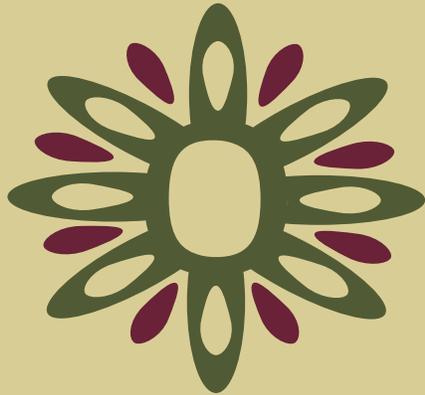
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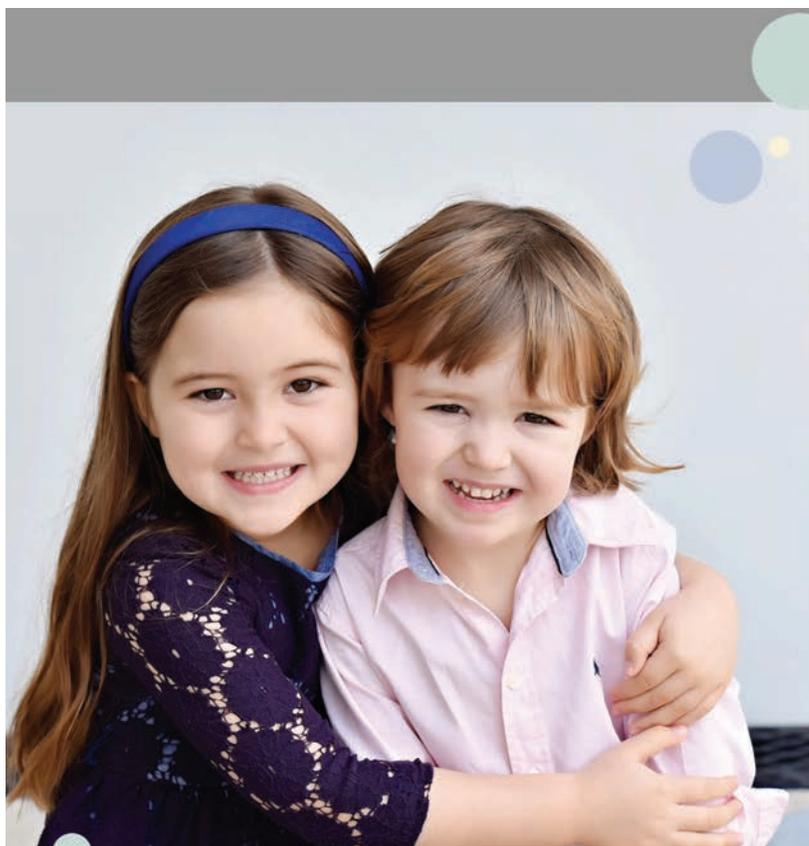
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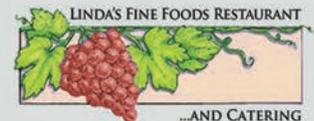
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Great horned owl: *Priscilla's* story



by Emily Varnell

Life, and luck, has changed for great horned owl Priscilla. A year ago, she struggled to survive in the area surrounding San Angelo, Texas. Now, Austin Zoo's newest resident spends her days perched on a cedar branch in her customized enclosure, peering down at guests from her 14-foot high view. The owl's journey

from the El Dorado County courthouse to Austin Zoo took nearly three years, involving several trips to medical facilities, multiple attempted releases and individuals determined to keep Priscilla alive.

For two years, a local game warden and his wife watched Priscilla fly in and out of the eaves of the El Dorado County courthouse. They discovered she was missing her entire right foot. Despite the injury, she managed to attract a mate, who himself had only one eye. The misfit pair built a nest on a courthouse ledge, where they had at least one clutch of eggs, perhaps more.

One morning Priscilla was found on the courthouse lawn, suffering from head trauma. No one knew what had happened – maybe she had flown into a courthouse window. She was brought to nearby Big Spring, Texas, where she was cared for by Diane Tracy, a certified rehabber. While Tracy did not have an individual permit for raptor care, she worked under Bebe McCasland, who had the required permits that allowed individual rehabbers to care for certain animals.

Tracy discovered that Priscilla's head trauma had resulted in loss of vision in her right eye. After a period of treatment, Tracy released Priscilla back near the courthouse. Priscilla flew to a nearby pecan tree, where another owl suddenly attacked her. Trying to flee, she crashed into a window at the post office across the street.

Priscilla found herself back under Tracy's care for another bout of rehab. Determined to keep her in the wild, Tracy then tried releasing Priscilla in nearby San Angelo State Park. Priscilla's mate had been found ill and had to be euthanized, so there was no reason for Priscilla to stay at the courthouse.

Six weeks later, Priscilla was discovered on land adjacent to the state park, drastically underweight. Tracy and McCasland now knew Priscilla could not survive outside of captivity.

In June of 2016, McCasland contacted Austin Zoo. Executive Director and President Patti Clark agreed to take Priscilla in, knowing full well the new permits and habitat needed for Priscilla's care – Austin Zoo had never taken in an owl before. It took months for the transfer permits to be approved.

Priscilla finally arrived at Austin Zoo on January 20, 2017. She was moved into her habitat straightaway, but kept under the Zoo's strict quarantine protocol to prevent any cross-contamination. Priscilla is just one of the many animals Austin Zoo has rescued and rehabilitated over its 27 years in operation. Many Austin Zoo residents have interesting backstories. Bengal tigers from private homes, orphaned bear cubs from Oregon and primates from research labs. Almost all the residents were rescued or surrendered by their previous owners to the growing nonprofit.

Priscilla's story takes the cake in the number of people involved in her journey and the time and dedication it took to make sure she had a safe, forever home. Visit Priscilla and the rest of the animals at Austin Zoo, Monday through Sunday, 9:30am-6pm.



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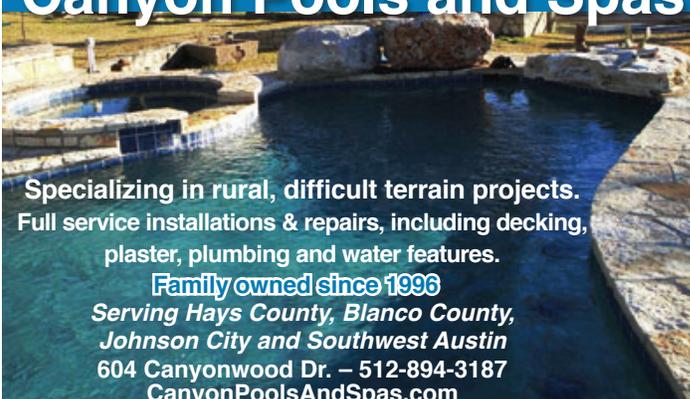
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Litigation: *Let's make a deal*

by Roland Brown



I recently received a favorable ruling on a motion in an interesting case. I was not surprised to get a phone call a few days later from the other side's attorney offering a settlement. There are various points

in the litigation process where the possibility of settlement is particularly high. For instance, let's assume you just suffered a disappointing loss at trial, but the judge has either chosen to grant you a new trial "in the interest of justice" or you are considering your attorney's suggestion that you might be successful on appeal. Either way you may have to go through another trial and might lose again. Nevertheless, your opponent is now faced with either another trial or an appeal. This is a prime time for the parties to revisit the possibilities of a settlement.

The possibility of settling a lawsuit exists from beginning to end. Immediately after trial can be a good opportunity for the parties to reconsider their respective settlement positions. Success on appeal or how a jury will respond to the same facts in a retrial is uncertain. Each party has seen the other party and their witnesses testify in front of a jury; they have seen their respective legal counsel make presentations to the jury; they have heard the comments of jury panel members expressing their feelings about the positions of the parties during voir dire; they know what the jury thought of the case based upon its verdict. All of this information allows the parties to reassess their previous settlement negotiation postures with a view to increasing or decreasing demands or offers.

Trials can be grueling, daunting events and the parties may be weary of the fight. In almost every case at least one, and often all of the parties, are paying their legal counsel and experts by the hour so costs will continue to rise if the case goes on. If the losing party is uninsured and lacks assets, the collectability of the judgment may be in doubt. For these reasons, it is not surprising that lawsuits often settle at this juncture.

Roland Brown is a litigation attorney with forty-plus years experience handling civil litigation throughout Texas. For more information call 512-847-2500 or visit RolandsLaw.com.

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Get ready, get set



by Lindley Pond

Even though there's still a nip in the air, it's not too early to get ready for spring gardening. It's also not too early to be thinking about summer and ways to beat it while enjoying the fruits of our labor. Sounds like a mouthful, so let's tackle one season at a time.

Since we know spring is just around the corner, now is the time to get a game plan. Figure out what space you have available and for what purposes you'd like to use them. Making a wish list with "must haves" at the top of the list down to "pie in the sky" items when you figure out what the money tree looks like! One thing that is of benefit to anyone serious the success of their gardens, whether they be "landscaping" types or edible types, is to make sure your soil has what it needs to give you what you expect.

You can pick up a testing kit at most nurseries. Easy instructions are on the bag. Mail it off and in a few weeks, you'll have an analysis telling you everything you need to know about your stuff. This will get things going and will make your efforts worth while in the long run. We've gone over composting, organics, mulching in the past, so let's move on to the planning part.

With your wish list, the help of a landscaper can make your "plans" become a reality. Personally, I am a big fan of taking baby steps to achieve a final product. This allows you to enjoy each result, live with it, in it or using it and then helps you determine what step comes next. For example, if you start with an area for vegetables and you love it, the next thing may be to have an outdoor area constructed for all your needs – tools, seed saving, nutrients, equipment and so forth. If you have chosen an outdoor living area, maybe now it's time to either give yourself some big beautiful shade trees or an arbor/trellis to cover it. Planning makes sure you get more bang for your buck. It also gives each step a chance to sink in and not overwhelm you. So take a deep breath, grab your pen and paper and decide what would make you happy in "your" outdoor world.

If planning has you stumped, feel free to give us a call for some help. You can see some of our "plans" at LindleyPondLandscaping.com.

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Why everyone seems to be knitting

by Deborah Carter Mastelotto



Like almost everyone else I know, I have a busy life. Sometimes it feels like I never sit down. And I don't get to visit my local shops like I mean to. We have the cutest knitting shop in Dripping Springs called The Sated Sheep. It's been open right next to the UPS store on Mercer for a year now and I drive by it all the time.

I intended to stop in just to see it, but I haven't picked up a knitting needle, haven't even thought about knitting, for at least 15 years. Until January, that is. Suddenly I am almost overwhelmed by the need to knit. I wandered through the shop fondling creamy Angora, fluffy blue Alpaca wool, variegated green silks and felt a sense of calm and peace settle into my mind that I haven't felt in at least a year. I'm not even a good knitter and I have only the most basic scarf pattern in mind but I bought five skeins in yummy colors and a couple of circular needles in assorted hopeful sizes.

As I paid for my goodies I had an enlightening conversation with Allison, the shop's fascinating owner. "My business exploded since the election. Families are fighting and everyone seems so stressed out. I think people feel the need to do homey, comforting things right now. A client came in yesterday complaining of a recurring bout of PTSD. 'Quick!' the customer announced, 'I need to knit a blanket ASAP!'"

Sometimes this life feels like we're trying to stand up in a canoe. We fight to stay upright and balanced while the water rushes around us, rocking our boat. On instinct we search for ways to stabilize our emotions. So we seize opportunities to sit still for a while, to run soft, colorful yarn through our fingers, to make something from nothing. We go back to the things that calmed our grandmothers and grandfathers. We build things from wood, or bake cookies. Or make bread. Or knit. And somehow, through these small acts, we feel better.

Deborah Carter Mastelotto is a pathological entrepreneur, an obsessive remodeler, a minor student of quantum physics, an unapologetic observer of human nature and an undefatigable advice-giver. And she has a tiny salon called "Pink West" in a hundred-year-old farmhouse in Dripping Springs, Texas. Visit pinkchronicity.com

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Gentlemen: *It is, in fact, time to up your game*

by Sarah Starr Sahs & Melissa Starr Oehler

So the sisters have been surprised at how well our men's department has done. We really weren't sure. Pants didn't go over so well (if y'all want us to bring them back, then you need to give us a heads up) but the shirts and outerwear kill it. We are working hard for our male clients and headed to market in Vegas to the men's

show. We truly want to knock it out of the park. (How about those sport references? We know our damn audience!)

We want to help the men of Drippin' get a little more – well, you know – “love” from their wives. We've heard so many men say “my wife is hot, no one cares how I look.” This is complete b.s. She is making an effort to keep it sexy and you are doing jack on the personal appearance thing. Not cool!

Look, we know you don't really like to shop but we are here to help. We've thought about this and talked about this and drank about this. We have narrowed down your issues into four basic fouls. Here goes:

1) Ill-fitting clothes. You are not a size XXL! You are an L or maybe, perhaps, an XL. Quit wearing your clothes so damn big. It makes you look like a tent.

2) Worn out clothes. You know your favorite shirt that you've been wearing for three years? The one you put on because you think you look cool? It's not. Everyone has seen it. Time to move on.

3) Too much tucking. OK. Biggest pet peeve ever; over tucking. This is not the 1950s. Your wife doesn't wear dresses but instead wears adorable outfits from Starrs On Mercer that turn you on. You don't need to tuck anymore. It's OK.

4) Bad shoes. Fix it.

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Understanding hard water

by Randy Lawrence

It's well known that in central Texas, we have some of the highest water hardness levels in the country. Something you may not know is that those levels can vary greatly from one water source to another. The amount of calcium and other hardness minerals dissolved in water is expressed using grains per gallon,

or GPG. The amount of scale buildup and corrosion you'll experience is directly proportional to the hardness of your water. It's safe to say that, with a test result of 10 GPG or more, the home's plumbing system and water-using appliances would benefit from a water softener.

Unfortunately there are few, if any, available ground or surface water sources in our area which contain less than 12 GPG. Most of our local municipal and community water supplies contain between 20 and 40 GPG. At the lower end of the range, visible issues can be relatively manageable with cleaning chemicals, but calcium scale will definitely accumulate in the pipes, fixtures and water heater. The news isn't any better with private wells. Depending on the location and depth of your well, hardness can range from 15 GPG to as much as 160 GPG. At the higher end of the range, the calcium will cause excessive buildup on fixtures and surrounding surfaces, etching of glassware and premature failure of water heaters, dishwashers and other water-using appliances.

It's important to know that treatment equipment is not “one size fits all.” Despite misleading claims by some, traditional salt or potassium-based softening is the only method which physically removes hardness from your water. Recent advances in electronic controllers have made the new generation of softeners more reliable, efficient and user-friendly than ever. A water treatment specialist can test your water in order to determine the necessary softener size for your home.

Randy Lawrence is the owner of ProQuality Water Systems, a full service water treatment company. He is one of only six Class III Certified Water Treatment Specialists in Hays County (LIC# WT0002693). With over 20 years of experience he has serviced Wimberley and surrounding areas for over a decade.

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Three things your mortgage lender wants you to know

by *Trey Powers*

The financial side of home buying can sometimes feel like a nightmare where you are stuck in a chemistry final exam and you have forgotten everything. DTI (debt to income ratio?) PITI (principal, interest, taxes, insurance?) Discount points? LTV (loan to value?) Looking for a house is

fun, but paying for one? Not so much.

However, if you have a solid, trusted mortgage lender to help tutor you through the process, you're guaranteed to bring your A-game to the home-buying table. In addition to helping you find the loan that best fits your needs with the best interest rate, a mortgage professional is also there to guide you through the process, making sure you understand all facets related to your loan.

Here is what your mortgage lender wants you know from the start:

1) Have a trusted team in place. Preparing to purchase should include putting a team together so when you begin searching for a home, you're already locked and loaded. The relationship between your realtor and lender is very important. You can rely on your real estate agent to provide references for a trusted lender. Likewise, a lender will have recommendations for the perfect agent in your search area.

2) You will need lots of documentation. There are a few things you can be sure your lender will need from you. Might as well get them together early. At a minimum you will need your most recent two years of tax returns and W2s, most recent 30 days of consecu-

tive paystubs and most recent two months of asset statements (bank accounts, retirement accounts, etc.)

3) No sudden, big changes. Once you've started the loan process, do not make any major life changes or large purchases without first speaking to your mortgage lender. That new car can wait until after you close your home loan. Likewise, a new job could derail the process. Chances are good he'll advise you to wait.

Use this as your exam cheat sheet (permitted, of course) and you'll do just fine. Dripping Springs has several good mortgage lenders. Find one you trust and get going!

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.

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Dripping Springs Chamber of Commerce Focus on Business: Sew Sisters

Two moms, one mission. To keep each other in stitches! That's the business philosophy of Sew Sisters. Our passion for monogramming, embroidery, sewing and graphic design is eclipsed only by our determination to have fun while doing it!

With more than 20 years of combined experience, Sherri Hendrix and Dana Mihaly bring the unique flavor of the Hill Country to life through one-of-a-kind clothing, spirit items, gifts, home décor and more. Not actually "sisters," the two met at the Dripping Springs' Farmers' Market and instantly bonded over their love of sewing, design and a desire to create. Add in a similar sense of humor and the determination to survive motherhood relatively unscathed and you have instant sisterhood!

Today, the Sew Sisters serve a wide variety of clients. They have created unique items for brides, babies, sports teams, schools, businesses, teens and everyone in between. Their ability to sew,



monogram, embroider, digitize and heat and screen press allows them to create most anything. Best of all, there are no minimum order requirements!

Serving their own Hill Country community, the Sew Sisters are dedicated to turning clients into comrades. "We take pride in forging a friendship with our customers," said Sherri Hendrix.

"By working closely with each client, we can create personalized items designed exactly to their specifications. Including them in the process allows them to share our passion."

The Sew Sisters can be reached via e-mail at sewsistersdrip@gmail.com or via Facebook: @sewsistersdrip.



Gavin J. Loftus

Investment tips for “Millennials”

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

If you are a “millennial” – a member of the age cohort born anywhere from the early 1980s to the late 1990s – then you’re still in the early chapters of your career, so it may be a stretch for you to envision the end of it. But since you do have so many years until you retire, you’ve got the luxury of putting time on your side as you save

such as a traditional or Roth IRA.

Thus far, we’ve only discussed, in general terms, how much and how often you should invest. But it’s obviously just as important to think about the type of investments you own. And at this stage of your life, you need an investment mix that provides you with ample opportunities for growth.

Here’s something else to consider: *Many millennials want more from their investments than just good performance – they also want their money to make a difference in the world.* If this viewpoint resonates with you, then you may want to explore these types of investment opportunities with a financial professional.

But most importantly, keep on investing throughout your life. As a millennial, you’ve got plenty of the one asset that can never be replaced: *time.* Use it wisely.

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.

and plan for retirement.

Here are some suggestions for making the best use of that time:

- Invest early – and often. Even if you are at the very beginning of your career, make investing a priority. At first, you might only be able to contribute a small amount each month, but something is far better than nothing – and after a year or so, you might be surprised at how much you’ve actually put away.

- Take advantage of your employer’s retirement plan. If your employer offers a 401(k) or similar plan, contribute as much as you can afford. At the least, put in enough to earn your employer’s match, if one is offered. Your contributions can lower your taxable income, and your earnings can grow on a tax-deferred basis.

- Invest more as your earnings increase. As your career advances, and your earnings rise, you’ll want to increase your contributions to your 401(k) or similar plan. And if you ever “max out” on your annual 401(k) contributions (the limits change over time), you can probably still contribute to another tax-advantaged retirement plan,

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The thrill of the grill

by Cale Thibaudeau

The nights are getting longer. The temperature is warming. The grass is growing and will need a mowing. There’s nothing better than working in the yard and relaxing on the patio afterwards. How about a baseball game on the radio, a cooler and a grill? It doesn’t get much better than that if you

ask me. Fill that cooler with a few crisp Pilsner’s for the beer. Or, if you reach for wine, you’ll need some light-bodied Rieslings. If there’s a little chill in the air, throw a bottle of Beaujolais in there for a light-bodied red wine. Can’t decide between red and white? Try a pink wine.

gang is all here. We’ve got bratwurst with all the fixins, a casserole or two and, of course, those great beverages. Bring whatever you’d like, the grill will be going. This is how most of my spring time gatherings go. We are all excited to see the sun up a little later and the weather is perfect for shorts and t-shirts.

Is there a recipe you like to make when the spring time hits? Or, maybe you look forward to a particular seasonal beer release. We would love to chat with you about all of this next time you swing by!

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.

Rosé is a pink wine served chilled. It is made by limiting the amount of time a wine has contact with the skins during production. Skins are what give red wines their color, so if you reduce that time, you get pink. You can find rosé wines from the traditional south of France, or as close to home as Texas. There are plenty of options to choose from and all are quite affordable. So start at one end and try them all. If you need a suggestion or two, swing by the shop anytime, we’d be happy to help!

Now, it’s time to fire up that grill. It’s like tailgating in your own backyard! That’s right, it’s a Sunday night in Austin, Texas and the

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Opposites attract

by Reba Byrd

Decorating a room in your home with different furniture patterns, styles and colors is fresh and fashionable. One very stubborn misconception about interior decorating is that a room has to choose sides – vintage or modern, contemporary or antique.

The most livable rooms can't be pinned to a decade or design period. Instead they skillfully mix old and new pieces to create the impression of having been collected over time. That mix is the key to ensuring a room will not look dated in a year or even ten.

Blending vintage and modern décor can be sophisticated chic. A few ideas to get you started... put a modern throw pillow on a vintage chair, find a sleek, modern lampshade for a vintage lamp base and pair contemporary chairs covered in bold, modern fabrics with a farmhouse or round pedestal dining room table.

It is time to guard that old furniture you are considering getting rid of or shop for an odd piece you like but can not really decide how to use. Re-purpose it in a way other than what it was originally intended for – change the hardware on a sideboard, paint it a vibrant color and show it off in your entry way or living room. Upholster a settee or traditional chair with a contemporary fabric in a brightly colored pattern then paint the wood in an eye-popping color.

Le Ragge Ruggs offers an amazing selection of upholstery fabrics as well as curtain and bedding fabrics. We excel in the production of custom drapes and bedding for your home. Our talented and knowledgeable designers are here to assist you in creating the look that you want. We also have in our store the Amy Howard at Home line of paints that are just what you need to give that old furniture new life.

Set your artistic inner genius free. Get busy on your own vintage, modern creation right at home. Forget matchy-matchy. Remember, opposites do attract.

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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Poison ingestion

by Frank Shuman, DVM

The list of substances that can cause toxicity in our four-legged friends is endless. Hopefully I can provide some insight on how to avoid these dangerous altercations and some guidance if the unfortunate happens. Poisoning is a condition that results from the ingestion, inhalation, absorption, injection or application of a substance that causes structural damage or functional disturbance of body tissues. The poison can be a plant, a medication given in excess, a cleaning product or other household chemicals.

Your first goal upon contact if ingested is to identify the substance or plant and if possible take a picture for consultation by your veterinarian. Having your veterinarian's number and also the closest veterinary emergency hospital's number saved in your phone provides quick access. You can also call the ASPCA's Animal Poison Control Center at (888) 426-4435 (a consultation fee may be applied to your credit card.)

If you can't get in touch with one and the poisoning occurred within the last three hours, consider inducing vomiting. Vomiting can be induced by giving hydrogen peroxide at 5 mL (1 teaspoon) per ten pounds and can be repeat every 15 minutes three times until vomiting occurs. Do not induce vomiting if your pet is unconscious, seizing, not able to stand or is having trouble breathing. Also do not induce vomiting if the poison is a petroleum product, a cleaning solution or a strong acid or alkali. If the product is a petroleum product,

cleaning solution, strong acid or strong alkali, if the substance was ingested more than three hours ago or if your pet is unconscious, not able to stand or is having trouble breathing, you must get your pet to a veterinarian as soon as possible. If the pet vomits, save a sample of the vomitus for later inspection by the veterinarian in a zip lock bag. Refrain from feeding any food or over-providing water as that can sometimes move substances farther down the gastrointestinal tract and speed up absorption by the body.

The biggest thing to remember is to stay calm and seek guidance as soon as possible. Priscilla, a great horned owl, graces our cover this month. She is the newest addition to the special residents at

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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Dripping Springs Outlook

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