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Dripping Springs OUTLOOK

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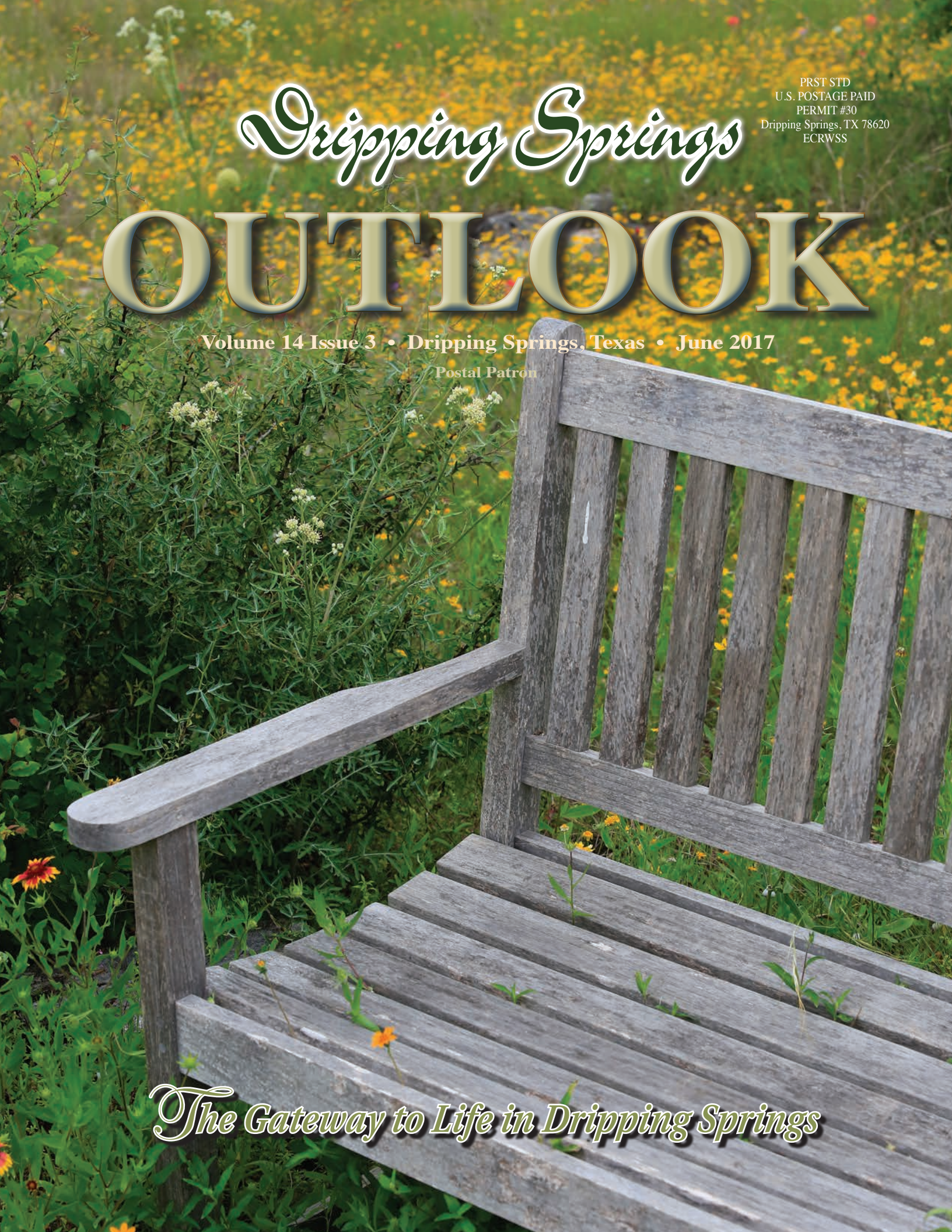

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Will your summer be half empty or half full?

If you're like me, you can't believe that half of 2017 is already history. It feels like I just put away Christmas decorations. Whether it's a matter of age or the even faster pace of our lives now, time truly does fly by.

June is not only the mid-point of the year but a great way to take stock of where you are with all those resolutions you set back in January. I know I set goals each year that never get reached; cut sugar out of my diet, exercise every day and probably some other extremely lofty ideas that I've already forgotten.

However, there are some intentions I have actually made good on. And while they may not be to the level that I optimistically set, they are nevertheless making in-roads in my life. I choose to look at those metaphorical goal glasses as half full.

It's discouraging to realize that you're half way through a year that held such promise for you in the beginning – get a better job, finish college, lose twenty pounds – has fallen far short of your aim. I encourage you to consider that goal glass half full. Maybe you've put a current resumé together, or you've checked out the summer courses that you need for your degree, or maybe you've lost five pounds over the past six months.

Consider what you have accomplished this year. It's quite possibly more than you thought. Even if you're still thinking about the resolutions you made in January, that's a point in your favor. It means it's still rolling around in your awareness ready to pop into action. On top of that, you've accomplished other unintentional things that came up unexpectedly. Everyone can recall at least a handful of those. Give yourself a grateful pat on the back, take a sip of water from that half full glass and get back to creating the life you want.

Have a happy, productive summer! Thank you for joining us.

Victoria

Dripping Springs
Outlook

publisher/editor
Victoria Belue Schaefer

account executive
Carol Brown
512-576-7711

assistant editor
Cyle Johnson

ad design
Joey Johnson

cover photograph
Kevin Schaefer

contact
512-358-6271
Info@DSOutlook.com

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Pedal Ranch Publications

Dripping Springs Outlook

CALENDAR of EVENTS

- Every 2nd Sun. at 2pm, Children of the Confederacy, Magnolia Rangers Chapter #927. For more information call 512-858-1085.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit *DrippingSpringsRotary.org*.
- Every 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 Thur. 3-6pm through June, Hays County Master Gardeners have a table on the porch at the Dripping Springs Community Library. Come by for answers to your gardening questions. 501 Sportsplex Drive, 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. 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. 11:30-1pm, Women in Confidence Brown Bag Workshop, a lunchtime forum addressing legal and financial issues for women with local attorney Jennifer Cochran-Green and financial advisor Amy Colton, at the Dripping Springs Community Library, 501 Sportsplex Dr., 512.858.7825 or *DSCL.org*. Topics vary each month.
- Every 1st Sat. On or after the full moon, 7:30pm, Rambo Masonic Lodge 426 meets. Dinner at 6:30pm. Call 512-858-7177.
- Sat. Jun. 3, 11-2pm, Henly Volunteer Fire Department BBQ Annual Fundraiser. Proceeds pay for training for Henly volunteers including tuition for EMT school and fire and rescue certifications. Henly VFD Station 3 at 7520 Creek Road.
- Mon. Jun. 5, 7pm, A book signing of The Tarot Primer with Deborah Carter Mastelotto at BookPeople

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

Physical therapy: *Reducing frequency of ACL injuries*

by Dr. Jeremy Kethley, PT, DPT

All it takes is a quick change in direction on the soccer/football field or a shaky landing from an explosive jump during basketball/volleyball and an athlete can tear the anterior cruciate ligament (ACL). Each year, the United States sees from 80,000 to 250,000 ACL injuries resulting in 100,000 ACL reconstructions, according to the *Journal of Orthopedic and Sports Physical Therapy*. Statistics also show the prevalence of ACL injuries has surged in recent years alongside a spike in youth sports participation. With a reported 36 million kids (ages 5-18) playing organized sports, chances are high that someone will tear their ACL.

The two populations at most risk are young female athletes, nearly ten times more often than males, and single sport athletes that specialize at a young age. Single sport athletes have also been shown to have higher proportion of overuse injuries. Experts suggest that athletes spend no more than eight months training for a specific sport and not to exceed more hours per week than their age (i.e. 16-year-old should not train more than 16 hours per week.) To avoid the physical, emotional and economic toll of such an injury, more and more athletes are beginning to embrace preventative programs. The average/normal post-operative rehabilitation will last around nine months before an athlete can return to full sport.

Studies show that three-quarters of all ACL tears are non-contact injuries, occurring when an athlete cuts, decelerates or jumps. Sports including basketball, soccer, volleyball and football put athletes at a higher risk for injury. An *American Journal of Sports Medicine* study concluded that incidents of ACL injury drop by about 50% when the athlete participates in a preventative program led by a physical therapist to include neuromuscular and educational interventions to address a muscle imbalance. The biggest imbalance being between the weak hamstrings and the strong quads. Other muscles to take into account are the core muscles including but not limited to the hip external/internal rotators and abdominal muscles.

The physical therapists at Kethley Physical Therapy are trained to develop an individually tailored program to assess an athlete's functional deficits in motion, strength and control. The program will address strength, flexibility, coordination and correct existing movement patterns that may be damaging the joints.

Jeremy has been practicing and serving the Dripping Springs community for the past 17 years in Dripping Springs. Kethley Physical Therapy has two locations at both ends of Dripping Springs and have 8 physical therapists ready to help you or your athlete.

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Choosing a pet

by Frank Shuman, DVM

Decisions, decisions! How to choose the pet that will check all the boxes. Your pet experience will be most enjoyable if you consider carefully what type of pet best suits your family, home and lifestyle. Unfulfilled expectations are a leading reason why people give away, abandon or give pets up for adoption, so invest the time and effort to make an informed decision and ensure the years with your future pet are happy ones.

Pets can be either adopted or bought without consideration for their needs. Some pets can live for decades and that kind of commitment requires a plan. If you travel a lot or have young children, it may not be the right time to get a new pet. If your new pet will spend a significant portion of its time at home alone, then a puppy, kitten or ferret may not be the right pet for you. But a mature pet or a pair of cats may do just fine. Find out if anyone in your family has allergies to animals before bringing a new companion animal home. If you currently have a pet it can be tricky adding a new member of the household and should be carefully contemplated how the current resident will adapt. Be aware of the local laws and housing restrictions that may be set for your residential area. Certain pets can be expensive to maintain or require a significant amount of space to thrive. Who will be responsible for the daily tasks of feeding, exercising and grooming this new pet? Charting responsibilities can help set expectations for the family.

One of the pitfalls of getting a pet is impulse acquisition. Take your time. Shop around and/or consider fostering from a local shelter or rescue organization to gain a better understanding of what you require in a pet and what kind of time commitment you can offer. For dogs especially, choosing the right age, size, breed type and personality are important for welcoming a pet into your family. Some purebred dogs and cats can have genetic tendencies for certain diseases or issues which a potential owner should be aware of before purchasing or adopting. Each family's dynamic is unique and I encourage you to speak with a veterinarian or animal shelter caretaker to find the best fit. Books and online articles can provide guidance as well. By considering these questions before taking on the responsibility, your new pet will more seamlessly weave into your life.

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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The art and science of designing brows

by Karen Laine, Para-Medical Aesthetician

I *love* brows! I guess it's the artist in me that loves to sculpt shapely brows or is it my love of geometry? Creating beautiful brows is all about creating flattering and balanced angles within the constraints of the features a client has been blessed with. Think of brows as a punctuation mark – they are there to emphasize the beauty of the face as a whole and frame the eyes, the windows to the soul.

No two brows are alike and you cannot wax, tweeze, tattoo or pencil them into perfect symmetry. The fact is that no two sides of our bodies are alike; nothing is symmetrical. When it comes to the brows, one brow bone is higher than the other. One brow is thicker and one brow is usually longer than the other, which makes it impossible to create perfect symmetry.

However, there are tricks to the trade. Making the most of these idiosyncrasies is what we do best! For those who indulged in the *just one more* theory and over plucked, there's still hope. New products are available which stimulate dormant lash and brow hair, activating sleeping follicles, producing new hair where needed. This re-growth process can take several weeks, but there is a definite transformation of once sparse brows to a much more balanced and beautiful appearance. Often new growth is blond, but easily tinted to match your hair shade. Tinting the brows with a semi-permanent color can transform the new growth, but also those pesky grays! Tinting just adds greater definition and can seemingly increase volume, accentuating the brow shape.

The current trend for brows is big, bold and oversized. These brows look awesome on the runway and in magazine spreads, but they can look overdone on real-life clients. There is a time and place for drama, fun and individuality when it comes to brows, but designing for the real, everyday woman is what the majority of us do and we need a realistic way to do it. These real clients want brows that are flattering and easy to manage. When designing brows, shape should be in correct proportion to other facial features to achieve a balanced, flattering shape – the rules of geometry.

Karen Laine is a para-medical aesthetician and makeup artist with 20 years experience. Contact her at 512-847-8052. Her office is located at 14500 Ranch Road 12, suite 20, in Wimberley.

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The nightly clench and grind

by Ron S. White, DDS

In this age of busy schedules and overbooked lives, many people are "bearing the brunt" of this stress with their jaws and teeth! *Bruxism* is a condition in which you grind, gnash or clench your teeth. If you have bruxism, you may unconsciously clench your teeth together during the day or grind them at night, which is called *sleep bruxism*.

Signs and symptoms of bruxism may include:

- Teeth grinding or clenching, which may be loud enough to awaken your sleep partner
- Teeth that are worn down, flattened, fractured or chipped
- Worn tooth enamel, exposing deeper layers of your tooth
- Increased tooth sensitivity
- Jaw pain or tightness in your jaw muscles
- Enlarged jaw muscles
- Earache – because of severe jaw muscle contractions, not a problem with your ear
- Headache
- Chronic facial pain
- Chewed tissue on the inside of your cheek
- Indentations on your tongue

If you think you may be clenching or grinding your teeth, your first and most important step is to see a dentist. He or she will likely be able to tell if you are, in fact, grinding your teeth. Regular dental checkups are crucial because many people grind their teeth at night and may not know it unless their dentist – or sleeping partner – tells them.

Next, your dentist will help you figure out the probable cause of your bruxism. Teeth grinding may be the result of a number of factors including stress, diet or misaligned teeth.

The last step is for your dentist to prescribe one of the following treatments:

1) Splints – usually constructed of hard acrylic and fit over your upper or lower teeth

2) Mouth guards – Your dentist can make a custom mouth guard to fit your mouth

3) Correcting misaligned teeth – may help if your bruxism seems to be associated with dental problems. In severe cases – when tooth wear has led to sensitivity or the inability to chew properly – your dentist may need to use overlays or crowns to entirely reshape the chewing surfaces of your teeth.

4) Behavior therapy – practicing proper mouth and jaw position. Concentrate on resting your tongue upward with your teeth apart and your lips closed.

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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What to expect for your post-breast augmentation milestones

by Rocco C. Piazza, M.D

As a breast augmentation specialist, I have dedicated years to refining my surgical craft. I have researched and traveled extensively, worked side by side with some of the most influential and experienced surgeons in the field, developed a custom approach for minimizing postoperative effects and performed countless procedures, achieving long-lasting results for patients. Yet, throughout my career, I have found nothing more important than developing and sustaining my relationships with patients. For our team, there is no such thing as a "one and done" procedure. In fact, when you undergo a breast augmentation with us, or any procedure for that matter, you aren't just a patient for a couple of months you become a patient for life. What exactly does that mean? Here's a brief overview of one of the pillars of our aftercare in the days, weeks, months and years following your breast augmentation procedure.

Six days – remove incision dressings and answer initial questions. Your initial follow-up appointment is an emotional and exciting time. At this time, I will remove your dressings and discuss the next steps toward a smooth recovery. I'll also be sure to answer any questions you might have. After three weeks, you should be healing nicely and getting back into your normal routine. My staff will carefully examine your incisions and go over the specifics of scar protocol. Three months – ensure patient comfort and evaluate progress. Assess for release for full activities. Six months – celebrate results with photos. Here's the fun part! At six months, your results will be ready to reveal with before-and-after photos. Your implants will have "settled" by this point. We will take new photos and compare them to how your "before" pictures looked. One of the most rewarding parts of my job is seeing patients recognize how far they've come in only a matter of months. One to four years – check in annually to document results. Our staff understands how impactful plastic surgery can be on a patient's life, that's why we're so committed to building a strong, long-lasting relationship with you. To ensure this, we continue to check in with all breast augmentation patients for at least four years following their procedures. This way, we can be sure you are one hundred percent satisfied with your results.

Rocco C. Piazza, M.D is a Diplomate of The American Board of Plastic Surgery; a member of the American Society of Plastic Surgeons, as well as a national spokesperson for the ASPS.

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Compression and cryotherapy

by Alison Hoyt

You may have seen compression therapy in either mainstream television or in sports facilities and wondered what it does and if it is something for you. Compression therapy has become very popular for not only athletes but anyone wanting to improve muscle recovery, reduce swelling, increase circulation and improve overall wellness, including improving varicose veins and tightening loose skin.

The Normatec compression system was created by a physical bioengineer specifically to enhance blood flow and speed recovery. This is done through the use of compressed air that massages your limbs, mobilizes fluid and ultimately speeds up recovery. The system uses three techniques to maximize this process – pulsing, gradients and distal release.

Sequential pulsing essentially mimics the muscle pump of the legs and arms moving fluid and metabolites out which is key in healing after an intense workout. The system uses hold pressures that keep fluids from being forced in the wrong direction. The sequential pulse technology releases the hold pressure so the limb gains maximal rest time between compression cycles.

The system offers attachments for legs, hips, arms and shoulders and has minimal risks associated citing the same potential risk as with a standard massage. The intensity and duration is set based on the needs or desires of the client. Sessions generally run thirty or sixty minutes and have benefits for either pre or post workout. Pre workout helps to warm the muscles up and improves flexibility helping to prevent injury and post workout helps improve recovery time allowing for more intense training.

Combining compression pulse therapy with cryotherapy offers clients an even higher level of recovery. We are so excited to be able to offer this additional service at CryoRanch. Please call or email to schedule an appointment for the compression therapy. Cryotherapy continues to be a walk-in service with no appointment necessary.

Alison Hoyt is the owner of CryoRanch which is a locally owned and family operated business. No appointment needed, stop in today and see how cryotherapy can help you! Cryoranch is located on 290 across from Belterra. CryoRanch.com

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Documents every graduating senior and college student needs

by Jennifer R. Cochran-Green

Now that high school graduation is upon us, it's a time for celebration and reflection for parents and students alike. For parents, you now face the fact that your little bird is leaving the nest. Is he or she ready? Legally, they are adults now and entitled to privacy protections. This means that even though your child may be relying on your financial support, privacy laws prohibit financial institutions, medical providers and colleges from disclosing private information concerning your child unless authorized. In case of an emergency, your child needs the following documents in place for you to be able to help them and make decisions on their behalf:

1) Durable Power of Attorney: This document allows you to manage their financial affairs (either immediately or in the future) should they travel abroad or become mentally or physically unable to do so. This includes managing their financial accounts, renewing their car registration or filing a tax return on their behalf.

2) Medical Power of Attorney: This document allows you to talk with their doctors, see their medical records and make medical decisions if they are incapacitated and unable to do so.

3) HIPAA Release: The Health Insurance Portability and Accountability Act requires health care providers and insurance companies to protect the privacy of a patient's health care information. The Medical Power of Attorney does not grant authority until the principal is incapacitated, so if your child's capacity is questioned, then HIPAA regulations would prevent access to their protected health information. By signing a HIPPA release your child can authorize doctors to share diagnoses and treatment options with you.

4) FERPA Release: The Family Education Rights and Privacy Act protects access to your child's grades, schedule, disciplinary records and other information, unless they give written consent to disclose the information to you.

If your child is heading off to college, or is already in college, discuss with them the realities of a medical emergency or assisting them with financial matters. If they are resistant, reassure them that these documents are revocable and can be short in duration.

Jennifer Cochran-Green is an attorney helping clients with family planning (adoption), estate planning and premarital planning. She is hosts lunch and learns for women on various topics in partnership with the Dripping Springs Community Library on the second Friday of each month at 11:30 a.m. Contact Jennifer or the Library for more information.

Jennifer R. Cochran-Green
Family Attorney
13062 Hwy 290 West, Suite 103
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PEA for pain

by Radhia Gleis

I am sure you have tried multiple things for pain, but I bet you haven't tried *Palmitoylethanolamide*. In practice, we call it PEA. Here's how it works.

Researchers have discovered that glial cells are responsible for facilitating nerve impulses and exerting an inflammatory response on neurons. When your glial cells get dysregulated or over-activated they can have a detrimental effect on the nervous system – causing pain.

Mast cells are a type of immune system cell that respond to chemical signals when you get injured. If you injure your arm for example, mast cells release a payload of inflammatory chemicals in the surrounding tissue. These chemicals attract white blood cells and activate their immune response against foreign invaders like bacteria to keep you from getting infected. Mast cells also activate pain receptors. Now you may not like that but pain lets you know – without question – *hey, be careful with that*. But overactive mast cell activation induces an increase in the density and sensitivity of pain receptors and can play a part in a variety of chronic pain disorders. Not good!

It was discovered that mammals have a specific receptor cell known as the *endocannabinoid system*, which is closely interconnected with the nervous and immune systems. PEA has an affinity for the cannabinoid-like G-coupled receptors, although it has no affinity for the classical cannabinoid receptors CB1 and CB2. This is why it is sometimes referred to as a non-psychoactive "indirect endocannabinoid." It does not block pain signals the way opioids and other analgesics do. Instead it works upstream by supporting the healthy function of glial cells and mast cells.

If you have tried other products for pain without getting the relief you should, please see one of our wellness consultants about PEA.

Best of health!

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

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Fear or potential: *What do you choose?*

by Leslie Tourish, LPC

Not for the first time I've learned more from my clients than they learn from me. Probably not a fair trade, but I'm grateful nonetheless. A few weeks ago a client said she had heard a definition of hell as being on our last day on earth we meet the person who we could have become. Yikes. That would be a hell to see our true potential on display, if only we had not allowed our fears, rationalizations and inability to set boundaries ball us up and keep us from really going for it. But what is it that keeps us small, scared and at arm's length from potential happiness? I believe it's fear. Fear can be like a swaying creature in the cave with multiple heads – each head whispering old negative beliefs about ourselves – we're not good enough, following our dreams is impossible and childish – so just grow up – and (the classic fear) there's not enough money or time or energy.

An antidote I use for my churlish negative voice is from a book titled *The Tools*, by Phil Stutz and Barry Michels, two therapists who have created five tools for living more fully. The first tool is the Reversal of Desire. Our brain is not a fan of pain, so if we perceive something is going to be challenging, therefore painful, we may desire to avoid it. To reverse that desire, we meet it straight on. Here is the tool in brief:

1) Focus on the pain you're avoiding; see it appear in front of you as a cloud. Silently scream, "Bring it on!" to demand the pain; you want it because it has great value.

2) Scream silently, "I love pain!" as you keep moving forward. Move so deeply into the pain you're at one with it.

3) Feel the cloud spit you out and close behind you. Say inwardly, "Pain sets me free!" As you leave the cloud, feel yourself propelled forward into a realm of pure light.

Use this tool when you need to take an action you've been avoiding. Then notice the power in having faced a challenge and the pure relief in slaying one of the creature's heads!

Leslie Tourish, LPC, is a Dripping Springs psychotherapist in private practice. To contact Leslie, please go to LeslieTourish.com or DSPsychotherapy.org.

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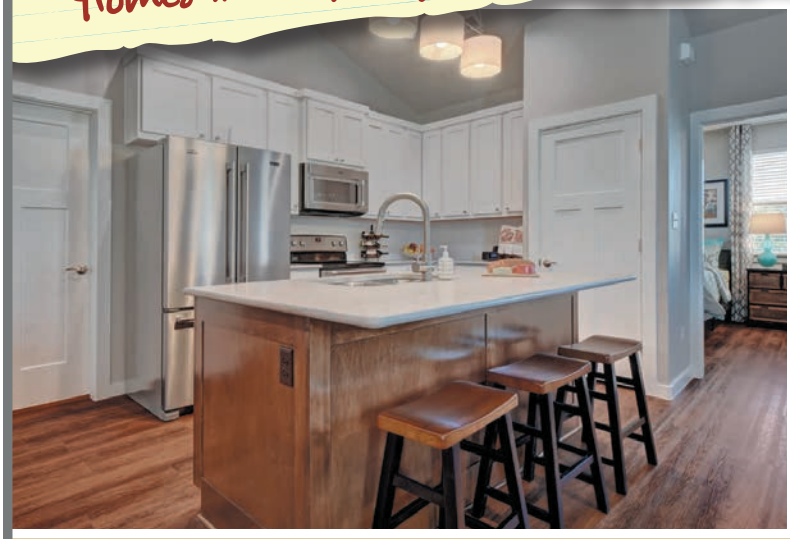

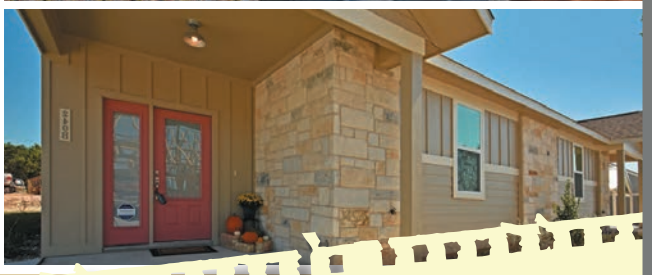

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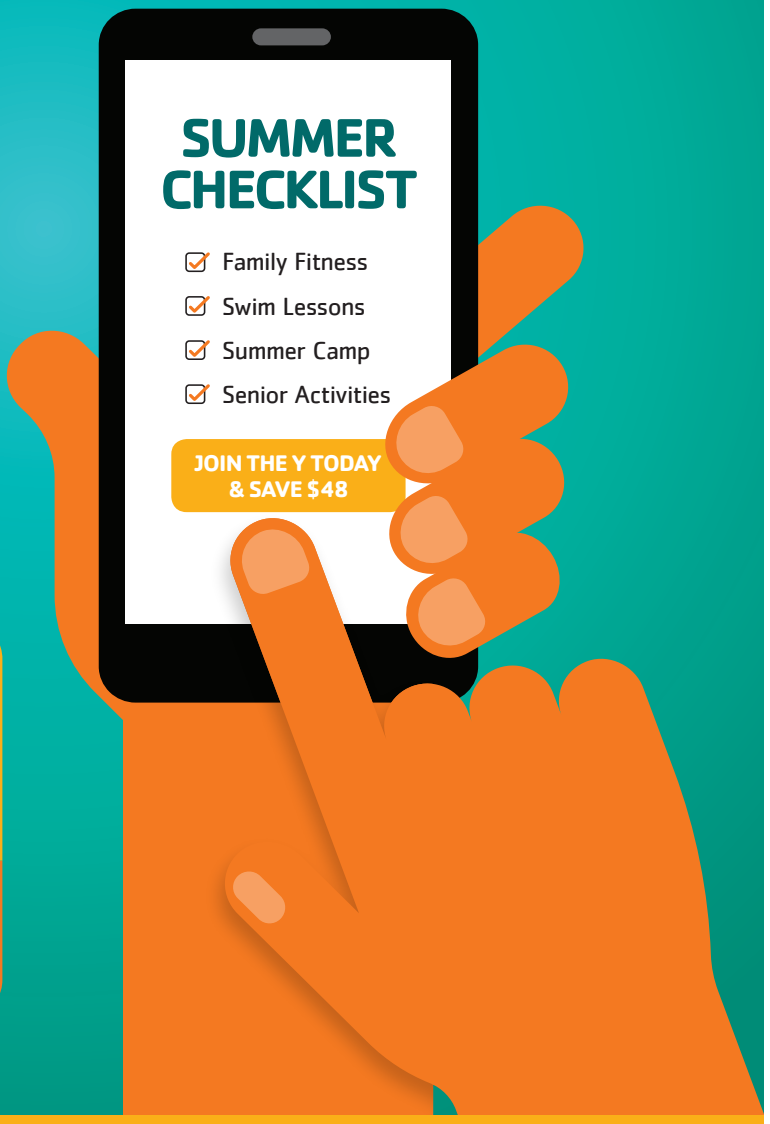

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Cossette has been working in the real estate industry for more than 20 years and has extensive experience in residential, luxury property, farm and ranch sales. Among Cossette's list of achievements, he has earned top sales Team Awards on a regular basis, is a prominent member of the Dripping Springs Elite real estate group and owns a thriving property investment company.

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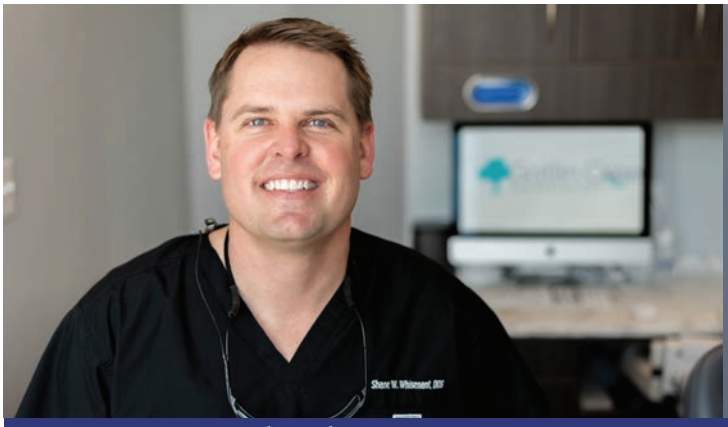

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Don't let your investments take a "vacation"

Gavin J. Loftus

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

It's summer again – time for many of us to take a break and possibly hit the open road. But even if you go on vacation, you won't want your investments to do the same – in summertime or any other season. How can you help make sure your portfolio continues to work hard for you all year long?

Avoid owning too many "low growth" investments. As you know, different investments have different characteristics and can help you in different ways. For example, you typically own stocks because you want them to grow in value so that you can eventually sell them for a profit. Other investments, such as certificates of deposit (CDs), provide you with a regular source of income and stability of principal – two valuable contributions to your portfolio. However, investments like CDs don't offer much in the way of growth. So if you own too many of them, you might be slowing your progress toward your important financial goals, such as a comfortable retirement.

You can maximize the productivity of your portfolio by owning a variety of investments – domestic stocks, international stocks, corporate bonds, U.S. Treasury securities, CDs and more. How much of each investment should you own? The answer depends on a variety of factors including your age, income, risk tolerance, family situation and specific objectives. Over time, your ideal investment mix may change, but you'll likely need at least some growth potential at every stage of your life.

Don't stop at the nearest "resting place." Some people hope that if they can get that one "winner," they will triumph in the investment arena. But the ability to "get rich quick" is much more of a myth than a reality. True investment success typically requires patience, persistence and the resilience to continue investing even during market downturns.

In other words, investing is a long-term endeavor, and you need a portfolio that reflects this reality. The investment moves you make today may pay off for you decades from now. You need to establish your goals and keep them constantly in mind as you invest. And you will never really reach the end of your investment journey, because you'll need to make choices and manage your portfolio throughout your retirement years.

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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Summertime range of motion

by Cyle Wells, LMT

Summertime is a wonderful opportunity to pick up where you left off with hobbies and activities. Most of us feel extra motivated to go to the gym or catch a fitness class during swimsuit season. Before you jump head first into a vigorous physical activity, make sure your body knows what it's in for.

Think of your muscles like rubber bands – they expand and contract. If you've been at your desk for months and haven't given these muscles a good stretch the odds of tweaking or injuring one or more of these muscles are high. So take the time to gently ease your musculature and tissue back into their full range of motion. I talk about range of motion a lot, so let's make sure we're all on the same page about what that is. Range of motion is the full movement potential of a muscle. So let's say a portion of your upper trapezius is allowed 0-30 degrees of range of motion. Driving, texting, using a computer for hours at a time, these repetitive activities can cause us to limit our full range of motion to a fraction of what the muscle is capable of. Thus, when we go to use our full range of extension or flexion, our rubber bands might not be ready to be stretched beyond what they are used to. This is how we injure or stress a muscle.

Massage is a great way to kickstart your range of motion and get blood flowing back into stagnant areas. The fascial tissue that lies between our skin and muscle layers is filled with blood capillaries that can become squished or otherwise compressed during the course of our days and lives. Ever notice a nice raspberry or bruise on your back or arms after a massage? That was stagnant blood and metabolic waste that was trapped in your muscle and fascial tissue.

Yoga is also another great way to ease your muscles back into full range of motion. Start with a gentle yoga class if it's been a while. Yoga is a deeply personal experience that works best when you align your breathing with your movement and don't push yourself beyond what feels good in your body.

Be gentle with yourself and have a wonderful summer!

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

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I need help now

by Roland Brown

This article expands a previous one entitled *Please Make Them Stop* which discussed a property owner's efforts to prevent an adjoining landowner from cutting down valuable trees along a disputed boundary line. That article can be found in "Roland's Blog" at RolandsLaw.com. Getting an injunction can be a challenge. In most instances there is no absolute entitlement to an injunction. If the damage sought to be prohibited can be repaired or reasonably compensated for with a money judgment, then an injunction is unlikely to be granted and the party will be relegated to seeking relief in a suit for damages. Accordingly, in order to get an injunction, the requesting party needs to show that if the conduct is not prohibited, irreparable harm will result and there will be no adequate remedy for that harm. The party must also show that he or she is likely to prevail on the underlying legal claim for relief such as winning the boundary line dispute in my example.

Most frequently, an injunction is obtained by filing a sworn petition and asking the court to enter an *ex parte* temporary restraining order (TRO) without notifying the opposing party in advance. A TRO is only good for a few days, so the court sets a prompt hearing date and time which is noted in the TRO. The enjoined party, is then served with the TRO and can appear and argue at that hearing that the TRO should not be extended as a temporary injunction. If the court decides it should be extended, then it remains in effect, usually until the end of the lawsuit at which point the court may, if circumstances dictate, continue it as a permanent injunction prohibiting the opposing party from taking whatever action the injunction addresses. In most non-family law cases, the party asking for the injunction must post a bond with the court to cover any damages that might be caused to the enjoined party by entry of the injunction. This can sometimes pose a hurdle if the amount of the bond is significant. Injunctions can provide quick help but aren't handed out like candy by the courts.

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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Rocks and more rock

by Lindley Pond

In thinking about ways to save money, it occurred to me that there is a very obvious material available for use to cover a slew of different uses and not have to be constantly refreshed each year to keep things looking crisp. Rocks! More specifically, river rocks or gravels. These beauties come in all shapes, colors and sizes. From the golden warm tones of Brazos river rock to the ever-clean look of the Blanco river rock. There are all sorts of shades in between. Replacing mulch each year seemed like an expensive maintenance hog to me. Why not mulch with river rocks or gravel?

You can choose the rock or gravel you want by considering a color that works with your outdoor landscape and find one that fits how much money you are wanting to spend.

Second, if drainage is a problem, try creating dry river beds that are deeper and slightly sloped. Water can be moved away from your home and not create a mosquito haven. Instead of the usual granite gravel paths, why not try a really nice Oklahoma select patio stone with the small Brazos river rock as your "grout"? The only maintenance these guys require is a little leaf blowing a couple times a year when the trees lose their leaves. Another great use is for playscape base. Soft on the kiddos knees, pea gravel also gives when one slips. It comes in several different colors so you can coordinate with your playscape if you want.

Before I sign off, it also came to mind that with most of us getting "more mature" doing things once leaves more time for enjoying ourselves and less time complaining about our aching bones! If we can help, give us a call. Thank you.

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My primary source of new clients are referrals from previous clients, who know and trust me. They know that I dedicate myself fully to the activities that benefit my clients most and always deliver truly exceptional service. Adding in my home staging experience of over eight years, I give my best to every home I sell and every buyer I represent.

Each home is truly unique and as a successful stager I can see the key features of a home and how to promote those to buyers. I take great pride in looking at a home and thinking about what sets it apart from other homes and why someone would want to buy it. Then, I use that information to craft a marketing message and campaign to draw in the future owner of that home quickly.

I must earn your future referrals, so I always aim to exceed your expectations. I have a vested interest in making sure that you are completely satisfied at the end of our real estate journey together. I want you to be so "fired-up" that you can't wait to tell your friends and family about me and the fantastic service you received! I am so proud and humble to call my customers my friends.

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JOHNNY ELROD, DEAN WILLEFORD, LANCE DANIEL AND COLTON STIEBER

Warning for new home buyers

by Trey Powers

If you or someone you know has purchased (or will in the future) a newly constructed home, listen up! The information below is imperative to know.

It is far too often this time of year that newer homeowners are absolutely shocked to receive a notice in the mail that their monthly mortgage payment will be going way up ($1,000s?) on their fixed rate mortgage. What they learn is that the increase is related to their escrow account, collected and held by the loan servicer to pay their property taxes and insurance. We are not talking about the increase that comes with naturally increasing property values/taxes. This is much scarier!

A little background – when a borrower applies for a mortgage, they are partly qualified based on the ratio of monthly income versus monthly housing expense, part of which is taxes. If they go over the allowable ratio, they cannot qualify for the house they want. Also, the appraised value of a property is based on the value as of January 1. Before the home is built, that value (therefore taxes) would be next to nothing as it was raw land.

Meanwhile Happy Home Buyer goes through the mortgage process to buy a new house. It is allowable, though despicable, that the lender calculates monthly tax expense based on the previous year's tax liability (on raw land – very low value) rather than what is known they will be when tax bills go out in October. A huge difference. A lender might do this as the only means to qualify an unsuspecting borrower for more home than they can afford. Again – shameful.

This exact scenario is not uncommon. For a local family this year, the result was their monthly payment increasing from $2,500 to $4,150. Their escrow account was short $9,000 when the mortgage company paid their first year's taxes. They had to make up that escrow shortage plus pay an additional $900/month to build their escrow for taxes due the next October. Luckily they were able to refinance the loan, rolling in the shortage and lowering their payment by $1,000 from what it was about to be.

If you find yourself in this situation, contact a local trusted mortgage professional and see what your options may be. And for those in the market to build or purchase a newly built home? Beware.

Trey Powers is a licensed mortgage loan officer with City Bank Mortgage, a Texas-owned lender. Trey lives, works and volunteers right here in DS. Call or email for help with anything related to your home loan. Contact: 512-203-5869 & trey@treypowers.com. Visit TreyPowers.com.

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Supporting awesome local women through our own awesomeness

by Sarah Starr Sahs & Melissa Starr Oehler

We love giving back to this amazing community as you have all been so good to us. One way we give back is by stocking locally made goods – mostly made by women. There are some talented ladies here in Dripping and beyond, y'all! Through our own awesomeness in finding and selling these items, we bring you this guide to Dripping-made stuff that is really, truly awesome!

Liz James. Many of you know Jamie Pope, owner and designer of Liz James. Her jewelry has become a customer cult favorite. Jamie lives right here in Drip' and all of the jewelry is made at her studio in Westlake. Can you say *buh-bye, Kendra and hello Liz James*? Most of our customers already have!

Boho Babes. Two local (and dare we say crazy too?) Dripping mamas make adorable jeweled and adorned leather earrings that are boho-awesome! As sisters-in-laws, they actually like each other and are both too cute for words. You have to see these earrings and they will even custom make you a pair.

Be Free Tees. A big shoutout to two Lakeway women who make cute Love Tees tees meant to inspire women to celebrate their individuality and awesomeness. They give back to worthwhile organizations like Colin's Hope, Girlstart and GENAustin. Come by and find out why we can't keep enough of these in stock!

Jennifer Ziegler Designs. This Dripping Springs gal grows and makes cactus and succulent designs for homes, businesses and events. Her passion for her hobby/business is undeniable and we love her fun, vintage and quirky designs. Don't buy flowers, buy something awesome that will last.

Stay tuned for our next article about our other favorite local designers.. we have way too many for just one article!

Peace and love,

The Sisters

The Starr Sisters own Starrs On Mercer in Dripping Springs. They have created a Modern Day Department Store featuring womens and mens apparel, accessories, jewelry and gifts. Starrs on Mercer – Dripping Springs: 512-858-4100, Starrs on Main – Johnson City: 830-868-4000. Dripping Springs M-F 10-6, Sat 10-7, Sun 12-5. Johnson City W-F 10-6, Sat 10-6.

Pre-plumbing requires pre-planning

by Randy Lawrence

When building or remodeling a home, there are plenty of details to keep track of. One item that is often overlooked is preparing your home for the installation of water treatment equipment. This pre-plumbing is referred to as a *softener loop*. As a side note to our wonderful local builders, if you don't already include a softener loop in every home you build, you should consider doing this. Even if you don't install a softener, the individual purchasing the home may want one, and completing it during construction will make a huge difference in the ease of system installation and overall cost.

The purpose for a loop is to separate the inside water from that used outside for irrigation, so that only the water entering the house is treated. In most cases, a loop will be located in a garage, closet or mechanical room. There will be a water line exiting the wall, then turning 180 degrees before re-entering the wall. This will provide the inlet and outlet lines for the softener or filter. There should also be a drain which will handle the water discharged during a regeneration cycle. If there is a concern about this water entering the septic tank, a french drain, or gravel pit, could be an alternative. If your water treatment equipment is to be installed in a well enclosure, the house should be fed by two lines. One for treated water and the other for untreated irrigation water.

A 110 volt electrical outlet should be placed near the loop in order to power the water treatment equipment. A standard GFCI outlet will suffice, but a four-way outlet will ensure that you have additional plug space for heat lamps, or for additional equipment. It is also a good idea to have this outlet on a dedicated circuit.

Planning ahead for a water treatment system can save you a great deal of money and frustration when you do decide to treat your incoming water. A licensed water treatment specialist can work with your builder to make certain that all of these components come together smoothly.

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.

I believe in placebos

by Deborah Carter Mastelotto

I once spent a drizzly Sunday afternoon playing Scrabble with my mother-in-law. She was having a hard time recovering from her stroke and Scrabble was her favorite game. Before the stroke no one could beat her.

I made a double batch of cookies and stuffed them full of oatmeal, chocolate chips, sun-dried cherries and coconut. As she struggled over and over with with words she once found effortless, we managed to eat the entire batch of cookies, just the two of us. Did the cookies help cure my mother in-law's stroke? I believe, for that one day, they did. She definitely played Scrabble better than she would have without them. Recovery was painful and those cookies eased the pain a bit that afternoon.

The word *placebo* is defined as "a harmless pill, medicine or procedure prescribed more for the psychological benefit to the patient than for any physiological effect." This could take many forms. When my son was very young I used to place a kiss on the back of his hand after I put on my lipstick. Looking at it seemed to help calm him if his school day got difficult. And how many times have we made our children's *ouchie* feel better just by kissing them?

Studies show those of us who get a kiss in the morning go off to have a better day at work than those who don't. Children almost always cling to a blanket or stuffed animal for comfort. And it works, ask any parent. I don't know about you but I'd rather believe something I'm doing is making me well. It feels good to believe we're getting better, and feeling good helps us get better. On the subject of placebos, the website *I f**king love science* wrote, "If you're not completely blown away by the power of placebo, then you don't know enough about it. It's the closest I've ever seen to actual magic." Placebos work even if the person taking them knows they're placebos, found one Harvard study. It's a physics principle – the observer affects the experiment. We use placebos all the time in our lives. Mostly we are unconscious about it. But, what if we began doing it consciously? It may feel silly at first but, no one is looking so why not? What if it works?

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.

A book signing of The Tarot Primer
with Deborah Carter Mastelotto

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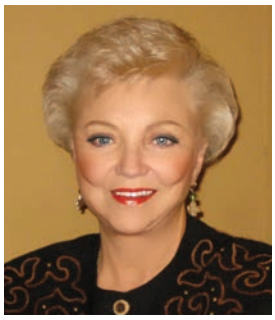

Outdoor living

by Reba Byrd

Summer is almost here and now is the time to spruce up an often forgotten area. In the South our patios and decks are extended living spaces during the spring and summer months. Now is the time to select plants and accessories.

Nature provides a popular interior decorating theme, and the term *bringing the outside in* is often used to describe using natural features like plants and rocks. A way to turn this concept for those patios and decks is to look at bringing the inside out.

As you explore deck and patio design ideas, keep in mind that creating a relaxing, stylish outdoor living space or outdoor room can greatly increase the appeal and value to your home. It will also provide an oasis for friends and family to enjoy the great outdoors in supreme comfort.

One of the most popular outdoor room touches you can explore is enclosing a gazebo or pergola with colorful outdoor curtains. These have the effect of framing the outdoor room and creating a gentle perimeter, and they can also offer precious shade on sunny days. Do not be afraid to add stylish accents and traditional indoor furnishings to your outdoor room. Carpets, throw pillows for furniture and other design touches will create a welcome feel. Just make sure they are rated for outdoor use if they are exposed to the elements. There is an amazing selection of outdoor pillows and fabrics to choose from in today's market.

There are a multitude of barbecue cookbooks also on the market today for that special family cookout. Two popular Texas ones are *Franklin Barbecue* and *The Saltlick Cookbook*. Remember that Father's Day is coming and these would make a great gift.

To protect your outdoor room from the elements consider adding an awning in an eye popping design. This way, your outdoor living space will be open for enjoyment even during inclement weather. Whatever the season, get the most out of your outdoor space with the look and feel that works for you.

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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The right tools get the job done

by Cale Thibaudeau

My dad taught me how to fix things. Fix the lawn mower, fix the broken door, fix whatever is broken. I learned you cannot fix a lawnmower with a toolbox full of Phillips head screwdrivers. You need an array of tools that work in different ways and you need to know how to use them.

My dad will always teach me about new tools and fixing go-karts. Only now I can repay the lessons, teaching teach him how wine and food can work together. He is learning and appreciating how many possibilities there are with the many types of wine.

Wine and food pairings can be difficult, but they're worth the effort. When you make the right one, a good meal becomes great. My wife and I like to have a variety of wine on hand: *light, crisp reds, heavy, rich whites and crisp mineral rosés*. That way, if we decide to have wine with dinner, we can pair accordingly. What do you guys usually have for dinner? Fish one night, beef another, maybe a stir fry? Each one of those meals could be made better by a good bottle of the right wine.

Perhaps you're unsure if wine will even work with your meal? No problem, we can pair beer and cocktails too. Stop by the Marketplace and we will show you around. We have basic rules for pairings or we can geek out. However advanced you want to make it, we strive to have a very diverse set of wine styles so that we may offer you the best tools for the job.

Cale Thibaudeau is the manager of the Twin Liquors Marketplace at the Hill Country Galleria. In Dripping Springs, Twin Liquors is located at 598 Highway 290 E in the HEB shopping center. Visit them online at TwinLiquors.com for recipes, event listings and more.

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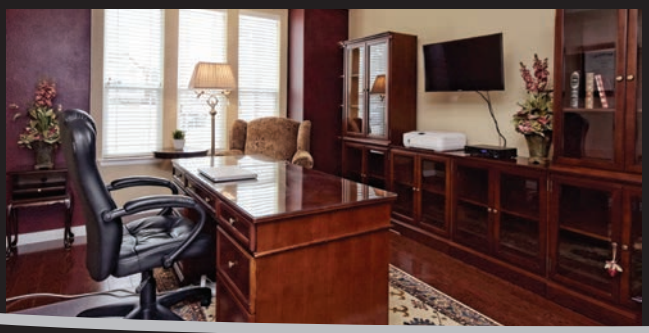

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