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*Dripping Springs*

# OUTLOOK

**Volume 15 Issue 2 • Dripping Springs, Texas • May 2018**

Postal Patron



*The Gateway to Life in Dripping Springs*



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# Dripping Springs Outlook

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## **Pedal Ranch Publications**



## Do you snore?

*by Stephanie Kirkland*

Have you been told by a spouse or family member that you snore? Why should you worry about snoring? Snoring may indicate a sleep disorder called Obstructive Sleep Apnea (OSA). Undiagnosed or untreated sleep apnea can lead to serious complications such as heart attack, glaucoma, diabetes, cancer and daytime fatigue. It is frequently caused by a narrowing or collapse of throat tissue during sleep, obstructing your airway. The airway repeatedly becomes blocked, limiting the amount of air that reaches your lungs. When this happens, you may snore loudly or make choking noises as you try to breathe. Your brain and body become oxygen deprived and you may wake up. This may happen a few times a night, or in more severe cases, several hundred times a night. The body responds by sending out a flood of emergency hormonal signals which, over time, can take a toll on the heart and vascular system. Sleep apnea can make you wake up in the morning feeling tired or unrefreshed even though you have had a full night of sleep. During the day, you may feel fatigued, have difficulty concentrating or you may even unintentionally fall asleep.

Healthcare providers use sleep studies to diagnose OSA. They record the number of episodes of slow or stopped breathing and the number of sleep apnea events. They also determine whether oxygen levels in the blood are lower during these events. Sleep studies may be done in a sleep lab or in the convenience of your own home.

The good news is that OSA can be treated without medications or surgery. Treatment of OSA has been shown to produce lasting improvements in blood pressure and daytime fatigue. Breathing devices such as continuous positive air pressure (CPAP) machines and lifestyle changes are common sleep apnea treatments. Treatment of sleep disorders may improve your wakefulness during the day, overall productivity and improve alertness while driving.

If you suspect that you may have a sleep problem, please ask your healthcare provider if a sleep study is appropriate for you. *Stephanie is a board-certified Family Nurse Practitioner (FNP-C). With more than 15 years experience, she has worked in a variety of settings, including family practice, cardiology and emergency medicine. She is a 2017 doctoral graduate of The University of Texas at Austin Doctor of Nursing Practice degree. She has a special interest in preventive medicine and wellness education.*



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**27008 RR12, Unit A, Dripping Springs, TX**

## CALENDAR of EVENTS

- Every 2nd Sun. at 2pm, Children of the Confederacy, Magnolia Rangers Chapter #927. For more information call 512-858-1085.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit [DrippingSpringsRotary.org](http://DrippingSpringsRotary.org).
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512-858-7825 or [DSCL.org](http://DSCL.org) for info. No exercise on library holidays.
- Every 1st Mon. DS Ag Boosters meet in Ag Building behind DS Middle School at 7pm. Visit [DSAgBoosters.org](http://DSAgBoosters.org) for updates.
- Every 1st & 3rd Mon. 6:30pm, Lions Club meets at Dripping Springs Ranch Park located at 1042 Ranch Road 12. Across from the DS Elementary School. For information call Sharon Goss at 512-923-8630 or email [dslionsclub@gmail.com](mailto:dslionsclub@gmail.com).
- Every 2nd Mon. G.O.D.S. Moms. Free Childcare. Contact Joanne Thomas at 512-894-0581 for more details.
- Every 2nd Mon. Dripping Springs 4-H Club meets at 6:30pm at the Ag Booster Building (located behind DS middle school).
- Every 3rd Mon. Eastern Star meets at Rambo Lodge at 7:30pm. Call Kathy Clark for more info, 512-858-7004.
- Every 3rd Mon. 7pm. Hill Country Centering Prayer Community meets at a local residence. Call Myra at 512-496-1531 or Sharon at 512-413-3248.
- Every 4th Mon. 7pm. Gen. Ben McCulloch 2435 Daughters of the Confederacy meets at Veteran's Hall, Dripping Springs. Call 512-858-7177.
- Every Tues. 6:30pm Toastmasters of Dripping Springs meet at Pioneer Bank, 100 Creek Rd. Visitors welcome. For more info visit [DSToastmasters.com](http://DSToastmasters.com).
- Every Tues. 5:30pm Al Anon meeting is being held at the Dripping Springs Presbyterian Church, 26650 Ranch Road 12. It is a general discussion meeting. Childcare provided.
- 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 2nd, 3rd and 4th Tues. 7pm, DS Boy Scout Troop 101 meets at the DS United Methodist Church. Call Tim Short at 512-743-2537.
- Every 4th Tue. Artists Alliance of the Hill Country meet alternating between The Barn on 4000 Bell Springs Road in Dripping Springs and Artists studios. For more information visit [ArtistsAllianceHC.com](http://ArtistsAllianceHC.com).
- Every Wed. - Sat. Noon-3pm, Dr. Pound Pioneer Farmstead and Museum is open for tours. Call 512-858-2030.
- Every Wed. Farmer's market at the Triangle, 3-6pm. For more info contact [CityofDrippingSprings.com](http://CityofDrippingSprings.com) or 512-858-4725.
- Every Wed. 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 101 Old Fitzhugh Rd. For information call 512-858-5637.
- Every 1st Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, [DSCL.org](http://DSCL.org), 512-858-7825. Newcomers welcome. Email [AdultServices@dscl.org](mailto:AdultServices@dscl.org) for details.
- Every 1st Thur. Apr.-Dec. *First Thursday Dripping Springs*, merchants extend their hours until later in the evening and have a variety of specials which might include one-day sales, special activities, food, music and art. For more info visit [FirstThursdayDrippingSprings.org](http://FirstThursdayDrippingSprings.org).
- Every 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 101 Old Fitzhugh Rd. 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](http://Photographersofds.us) or on Facebook.
- Every 2nd Fri. Mothers of Preschoolers (MOPS) group meets at 9am at the Episcopal Church of the Holy Spirit (301 Hays Country Acres at Hwy 290W). Childcare available. For information call 512 858-4924 or email [DrippingSpringsMOPS@gmail.com](mailto:DrippingSpringsMOPS@gmail.com).
- Every 1st Sat. On or after the full moon, 7:30pm, Rambo Masonic Lodge 426 meets. Dinner at 6:30pm. Call 512-858-7177.
- Thur. May 10, The Piazza Center hosts Cocktails & Curiosity. For more info see ad (pg.5).
- Sun. May 13 Mother's Day.
- May 17, 9:15-10:15am. Coffee With a Counselor: Habits for Mental Health. Presenters Aileen Hays, LCSW and Steve L. McCown, LPC-S. At the Dripping Springs Community Library. RSVP: [adultservices@dscl.org](mailto:adultservices@dscl.org).



### Wednesdays

3 – 6pm

**The Triangle**

(Hwy 290 ↗ RR12 ↗ Mercer)

**512 858-4725**

 / [DSFarmersMarket](https://www.facebook.com/DSFarmersMarket) 



# Your guide to tummy tuck scarring

by Rocco C. Piazza, M.D

One of the most frequent questions I hear from tummy tuck patients relates to scarring. Many people are worried that their scar will be visible when their midriff shows, which can be concerning when one of the reasons to undergo surgery is to feel confident about your body. However, if you choose a highly skilled,

board-certified surgeon with years of experience performing tummy tucks and you carefully follow post-op care instructions, there is a great chance that your scar will heal beautifully.

It's first important to understand that the surgical incision used in a tummy tuck is truly necessary to accomplish all of the outcomes of this transformative procedure – repairing muscle separation, reshaping the belly button and removing excess skin and stretch marks. However, my goal is to minimize scarring and I love to put my patients' mind at ease about the scar healing process because it is exactly that – a process. Let's look at the steps I take to minimize your scar as much as possible.

Meticulous surgical technique... First, I plan the location of the incision, placing it as low as possible. Typically, patients want it low enough that it can be covered by bikini bottoms or low-rise jeans. In the 1980s, it was fashionable to wear high-cut swimsuits and many surgeons still place the incisions higher up. Unfortunately, those scars are visible with modern fashion. When I close the incision, I use several techniques to ensure that it heals as a pencil-thin scar. A

combination of progressive tension and an interlocking suture material called STRATAFIX™ allows me to remove tension from the skin edge, providing the infrastructure of a beautifully concealed scar.

Early scar treatment... About four weeks after the procedure, I start my patients on TNS Recovery Complex®, which stimulates the skin's natural healing process and enhances production of new, high-quality collagen. This topical treatment is applied directly to the scar. I encourage all of my patients to carefully protect their scars from the sun or any UV-light exposure and if in the sun, to always protect with a sunscreen with at least 7% zinc.

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. Piazza Center is located at 7900 FM 1826, Health Plaza II Suite 206, Austin TX 78737. Rocco can be reached at 512-288-8200.



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# COCKTAILS & CURIOSITY

...with a twist

YOU'RE INVITED: MAY 10, 2018

The Piazza Center's 5th Annual Fundraiser for Breast Cancer Resource Centers of Texas (BCRC)

5:30 P.M. – 8:30 P.M., hosted at Headwaters Central: 708 Headwaters Blvd, Dripping Springs, Texas

Your \$40 ticket\* and donation to the BCRC includes event registration, 2 complimentary cocktails, hors d'oeuvres, and a chance to win over \$10,000 in prizes with tickets to purchase.

\*Ticket prices will increase after Thursday, April 26th.

*bring a friend*

new to The Piazza Center and you will receive additional tickets for our drawings!

Follow The Piazza Center on Facebook for exciting event updates.



Your attendance supports the BCRC of Texas, an organization that educates, supports, and empowers those affected by breast cancer to navigate through diagnosis, treatment, and recovery.

Learn more about BCRC by visiting [www.bcrc.org](http://www.bcrc.org)



BUY TICKETS AT (512) 288-8200 OR ONLINE: [COCKTAILS-CURIOSITY.TICKETBUD.COM](http://COCKTAILS-CURIOSITY.TICKETBUD.COM)



## Creativity fuels the spirit

by Leslie Tourish, LPC

Years ago I had what turned out to be the good luck of my washing machine breaking down in mid-spin cycle. After much pushing and pulling on knobs, I loaded up my soggy, soapy clothes into a hamper and drove to the laundromat. Grumbling, I slopped my clothes into a machine and fed

the battle-scarred washer its brace of quarters. After the machines were humming away, I began to look around and saw a man in his twenties writing a letter as he stood hunched over a folding table. The paper he was using was well over three-feet long and totally covered a surface that normally saw only towels, shirts and skivvies. With fluid motions, he skimmed over the pages in an elegant long-hand style, his expression lost in the motion of the script. Curiosity won over manners and I got up to casually walk behind him to get a better view of what he was doing. Stamped upon the scroll of paper were long horizontal lines and on these bars he was deftly covering them with black dots, sticks and flags. He was composing music, oblivious to the bank of dryers behind him and mothers yelling at their kids to behave.

That is one of my favorite memories of discovering a glimpse of grace amidst the mundane. The spirit of creativity for many of us is the heart of finding meaning in life. Psychological theorist, Nathaniel Branden, Ph.D., writes, “Creative persons listen to and

trust their inner signals more than the average. Their minds are less subservient to the belief systems of others, at least in the area of their creativity. They are more self-sufficient. They may learn from others and be inspired by others. But they value their own thoughts and insights more than the average person does.”

Studies tell us that creative people are far more likely to record interesting ideas in a notebook; spend time nursing and cultivating them; put energy into exploring where they might lead. They value the productions of their mind. Creativity is not reserved only for writers, photographers or musicians. It’s taking joy in baking a loaf of bread, writing an inventive marketing plan or buffing to a brilliant sheen, the aluminum of a car’s grille. It’s whatever fires your mind and allows deep satisfaction to course your veins.

The power of the muse is understood by the writer, Henry Moore, who said, “Now I really make the little idea from clay, and I hold it in my hand. I can turn it, look at it from underneath, see it from one view, hold it against the sky, imagine it any size I like, and really be in control, almost like God creating something.”

I encourage you to dive into the divine, take a chance and give creativity a try. You never know where you might scare up some magic.

*Leslie Tourish, LPC, is a Dripping Springs psychotherapist in private practice. To contact Leslie, please go to [LeslieTourish.com](http://LeslieTourish.com) or [DSPpsychotherapy.org](http://DSPpsychotherapy.org).*



# The Stem Cell Center

## DRIPPING SPRINGS



**May 8 at 5pm**

### **The Grand Opening and Ribbon Cutting**

We will have craft beer, wine, and gourmet appetizers.

Kid friendly event with kid attractions

at The Stem Cell Center Dripping Springs.

800 Hwy 290 W, Building F, Dripping Springs.

**May 9 at 6:30pm**

### **The Launch and educational seminar**

at the Terrace Club 2600 East Highway 290, Dripping Springs.



## Imagine: A life with hope

by John Williamson, MA, PC

When we think about hope, is it for a brighter future for just us or maybe the whole world? And do we mean future like next year or future like eternity? There is much confusion in the current social structure of our time and we all need a touchstone for today that will help us stay

connected as the neverending tomorrows unfold.

I was going through some old files and came across this quote, "Everyone needs a philosophy that can withstand tragedy." You may think, *tragedy*? Really? Kind of gloomy. But if we slow down long enough to let our current of life wash over us for a reflective moment, we all are near some form of difficulty, challenge or possibly even chaos in our lives or in the life of someone very close to us. And we are all looking to make sense out of it. We want meaning, purpose and some kind of strategy to navigate the chaos.

At the beginning of the Gospel of John, Jesus was identified as the *Logos*, or the "word" that was with God as He spoke chaos into order in the creation. When Jesus became a man 2,000 years ago, the *Logos* became manifest in our world. The "word" He spoke was an offer to pull us through tragedy towards life by unveiling the promise of a glorious hope ahead, by aligning with it a path of truth today. That hope points beyond our current troubles and circumstances and is anchored in the power that the *Logos* embodied as the "word"

to be not just heard but followed, for the remainder of our days.

Authentic Christianity has always offered a hopeful antidote to the depressing alternative of trying to make sense of life on our own, alone here with no God and no God in the future. Maybe you have gotten bogged down with church, or church goers, but the truth that the *Logos* brought then, and offers now, is much bigger than either of those, and if you listen quietly, what you may hear is that eternal Word. Listen.

*John Williamson, MA is a Pastoral Counselor who specializes in couples work in Dripping Springs and can be reached at DrippingSpringsTherapy.net*

**John Williamson, MA**  
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**johnw90100@gmail.com**  
**www.drippingspringstherapy.net**

## Leave wildlife in the wild

by Frank Shuman, DVM



There are many reasons why people think it would be great to keep a wild animal as a pet but the reality is these unique and amazing animals weren't meant for captivity. It is against the law to catch and keep wildlife. Almost all native birds and mammals in Texas are protected by state and federal laws, and it is illegal for you to keep them. These laws exist because wild

animals have special needs and it is difficult to keep them healthy and alive in captivity. You cannot domesticate an animal you find in the wild by bringing it home to live with you. It is possible to raise some species of young animals to be unafraid of people, but this is not domesticating wild animals, it is robbing them of a critical survival trait – fear of humans and other predators.

A wild baby animal cannot eat the same foods you or your pets eat. It must have special foods. Proper nutrition is essential for normal development and any deficiencies may cost the animal its life. Some animals have to be taught how to find their own food. Others must be socialized with their own kind at the right age to learn survival skills in the wild.

Raising orphaned wild babies is a job for professional rehabilitators who have the training and skills necessary to provide the proper conditions for meeting the orphans' needs. They also have the necessary licenses and permits through the state and federal government to keep them temporarily.

A wild baby animal raised by people may be cute but it will grow up to be a wild adult, and may become aggressive and dangerous in captivity. It will not know how to take care of itself when released in the wild and it will not know how to interact with members of its own species.

Unlike our pets, wild animals are not vaccinated for diseases, or dewormed, nor do they see a veterinarian regularly. Consequently, wild animals may carry infectious diseases and parasites that may be harmful to you or your pets. A captured wild animal is essentially a prisoner caught between its instincts and its dependence on humans to survive.

If you do find wildlife that is injured you can contact your veterinarian, county animal control or a licensed wildlife rehabilitator to properly get it cared for. Experienced wildlife handlers can determine if the animal can be re-socialized with its own kind and forage for itself. A wild animal that has been raised by humans has not been properly prepared for life in the wild. To release such an animal is almost certainly dooming it to suffer starvation, or unnatural predation. Contact with humans it sees as friendly but who may not be, or make it unable to socialize with members of its own species. For animals that can't be released there are sanctuaries that can provide a more controlled environment for them to live.

*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.*



## The importance of annual eye exams

by Dr. Bryan Marshall

Why does someone go to see the eye doctor? Most would answer *to get glasses or contact lenses because I don't see good*. And they would be correct! Partly. A major part of what we as optometrists do is help determine your prescription and get you appropriate glasses or contacts to help you see better. I am always concerned with getting

a person seeing (and looking) as best as they can and we at Capital Eye have a great reputation of doing just that, along with offering numerous handmade frames, digitally surfaced lenses and a huge library of different contact lens options.

Now, on to the reason why *you* and everyone else should be seen annually by your eye doctor. It's the unfelt and unnoticed changes that are commonplace and that I see every day! Sure, if you get a scratch on your eye, you know because it hurts and you rush in. If you wake up with your eye glued shut from a bacterial infection, you rush in. But what if you have a retinal tear that is just waiting to turn in to a full retinal detachment? Or elevated eye pressure causing permanent and irreversible damage to your optic nerve? What about that choroidal melanoma that could spread or has spread from somewhere else? More than likely you wouldn't know without a routine retinal examination until it is too late. If caught early, before symptoms present, all of these common examples can be addressed much more effectively and help to prevent or reduce the amount of

permanent damage. Because the retina does not have pain sensing receptors and visually we have awareness of such a small area of the retina, most of the time there are no signs or symptoms to alert you something is seriously wrong. My intention here is not to scare, but to educate. I have found that a surprisingly small number of people are aware of the importance of routine annual eye exams and it's my duty to do everything in my power to keep your eyes healthy and seeing their best.

*Dr. Bryan Marshall is the owner/optometrist of Capital Eye Vision Care and Optical. He received his bachelor degree in Biology and Chemistry from Western State Colorado University and his doctorate from Southern College of Optometry in Memphis TN. He is married and has 2 young children and lives in Austin Texas. If not in the office, you can find him outside either camping, hiking or on his bicycle at a local race.*

# CAPITAL EYE

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## Life as a cake

by Deborah Carter Mastelotto

I know lots of folks who are experiencing extreme change in their lives right now. Whether moving house, starting a new business direction or completely altering a long-standing family dynamic, to an outside observer these changes might look erratic and a little, well, messy. But if I have an opportunity, I like to remind

these stressed folks that I liken this state of affairs to *cake batter*.

It's like this... Let's say you love cake but have never seen it made from scratch and know nothing about baking. Watching the process just might shock you. "Wait," you'd say, "You're breaking the eggs! Oh, you're putting all that dry stuff in with the wet stuff! That's just a bowl of goop. It looks nothing like cake." You would not think it possible that mess could possibly become the cake you loved, and in a way you'd be right.

You could put that bowl of batter in the fridge and let it sit there for a month and it would never turn into a cake on its own. For the batter to turn into a cake you must first pour it into a pan, stick the pan in the oven and turn on the heat. The heat is the important part. The temperature needs to get pretty hot in that oven for any significant change to occur in the batter and change is what you want. So you have to wait. You have to have faith. You have to believe in your recipe and trust your own personal baking process and intuition. There's no speeding this part up. Watching it through the

window won't make it bake any faster, no matter your hurry. After some time the cakes may look done, but then you stick a toothpick into the center and... nope. Three more minutes of heat. *Or five. Or ten.* It takes as long as it takes to complete the magical alchemy of transforming a gloopy, inedible wet mess into something sweet, solid and delicious. Well, life changes are just like that. You must be willing to combine disparate elements, take risks, break eggs. Then you have to heat things up and allow enough time for the cake to bake completely. And have faith. Don't give up before your cake is done.

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

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





## Fish oils: *The pathway to better health*

by Radhia Gleis

A common question we get is *what does fish oil do and why is it good for me?* Essential fatty acids, (EFAs), include linoleic acid, (omega-6), alpha-linolenic acid, (Omega 3) and arachidonic acids, collectively termed vitamin F. Essential means that our bodies cannot make it, we

must get it from our food.

Inflammation is part of our immune system and when in control, it is an important part of the body's defense from injury or when under attack from foreign invaders. Arachidonic acids found in red meat, turns on inflammatory signals, while alpha-linolenic acid found in fish oils, turns off inflammatory signals. So why are fish oils important? Here are a few of their key functions:

- Reduces inflammation throughout your body
- Maintains the fluidity of your cell membranes
- Lowers the amount of lipids (fats such as cholesterol and triglycerides)
- Inhibits thickening of the lining of the arteries
- Reduce the risk of becoming obese and improves the body's ability to respond to insulin
- Helps prevent cancer cell growth

Everyone should be on a good fish oil and all of our wellness consultants recommend fish oils. One of my favorite ways to take

fish oils is Barlean's swirls. Barlean's utilizes proprietary emulsification technology called Amplified Absorption™, which is designed to boost absorption and deliver significantly more nutritional value than standard supplements per serving. I put it in my smoothie every morning. A tablespoon of delicious Barlean's swirl gives you 1500 mg.

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 Radhialgleis@gmail.com*



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# Your smart phone could be rapidly aging your spine

by Dr. Jeremy Kethley, PT, DPT

Chances are that you probably haven't given much thought to how your neck and back are faring in the era of the smart phone, but studies show that you most certainly should. It's practically a reflex these days to pull out our smart phones when we're standing in line, sitting at the

airport or riding the subway. And while it's great that we rarely need to venture beyond our pockets for entertainment, our bodies are beginning to retaliate – and mourn the pre-texting days. So, what exactly are these contemporary conveniences doing to our bodies? A surgeon-led study that published in *Surgical Technology International* assessed what impact surgeons' head and neck posture during surgery – a posture similar to that of smart-phone texters – has on their cervical spines. With each degree that our heads flex forward (as we stare at a screen below eye level) the strain on our spines dramatically increases. When an adult head (that weighs 10 to 12 pounds in the neutral position) tilts forward at 30 degrees, the weight seen by the spine climbs to a staggering 40 pounds, according to the study.

How pervasive of a problem is this? According to the study, the average person spends 14 to 28 hours each week with their heads tilted over a laptop, smart phone or similar device. Over the course of a year, that adds up to 700 to 1400 hours of strain and stress on our spines. As a result, the number of people dealing with headaches, achy necks and shoulders and other associated pain has skyrocketed.

Trained to address postural changes and functional declines, the physical therapists at Kethley Physical Therapy are well-versed in treating this modern-day phenomenon, widely known as *text neck*.

Over time, this type of poor posture can have a cumulative effect, leading to spine degeneration, pinched nerves and muscle strains. Scheduling an appointment with a physical therapist can help people learn how to interact with their devices without harming their spines. The PT will prescribe an at-home program that includes strategies and exercises that focus on preserving the spine and preventing long-term damage.

Exercise is an important part of taking care of our spines as we age, but what we do when we're not in motion matters, too. So next time you pick up your smart phone or curl up with your e-reader, do a quick check of your head and neck posture. Your body will thank you for years to come.

*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 they have eight physical therapists ready to help you or your athlete.*

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## Sleep apnea: *It's not a joking matter*

by Ron S. White, DDS

Obstructive sleep apnea is a potentially serious sleep disorder. It causes breathing to repeatedly stop and start during sleep. There are several types of sleep apnea but the most common is obstructive sleep apnea. This type of apnea occurs when your throat muscles intermittently relax and block your airway during sleep. A noticeable sign of obstructive sleep apnea is snoring but not everyone who snores has sleep apnea. Here are the symptoms:

• Excessive daytime sleepiness

- Loud snoring
- Observed episodes of breathing cessation during sleep
- Abrupt awakenings accompanied by gasping or choking
- Awakening with a dry mouth or sore throat
- Morning headache
- Difficulty concentrating during the day
- Experiencing mood changes such as depression or irritability
- High blood pressure

There is a test that measures a person's *average sleep propensity* called the Epworth Sleepiness Scale. Google this test to see where you are on the scale. If you score moderate to severe on the scale, it may be worth consulting your doctor and getting into a sleep study.

Consult a medical professional if you experience, or if your partner observes, the following:

- Snoring loud enough to disturb your sleep or that of others

- Waking up gasping or choking
- Intermittent pauses in your breathing during sleep
- Excessive daytime drowsiness, which may cause you to fall asleep while you're working, watching television or driving a vehicle

Obstructive sleep apnea is a serious condition. Sudden drops in blood oxygen levels that occur during obstructive sleep apnea increase blood pressure and strain the cardiovascular system. Many people with obstructive sleep apnea develop high blood pressure (hypertension) which can increase the risk of heart disease. The more severe the obstructive sleep apnea, the greater the risk of coronary artery disease, heart attack, heart failure and stroke.

Treatments for obstructive sleep apnea are available...

• CPAP – Continuous Positive Airway Pressure machine; this refers to the pressurized air that is delivered through a special delivery system which utilizes a mask.

• Oral Sleep Appliance... a mouthpiece to thrust your jaw forward during sleep. Often filed under your medical insurance.

• Surgery may be an option in more severe cases.

Don't down-play your snoring habit or daytime sleepiness. It may be simple as getting a quick dental impression and wearing an oral sleep appliance. You and your partner will be glad you did!

*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 does “empowerment through horses” mean?

by Emma Niemeyer



At RED Arena, horses empower kids and adults with disabilities every day. Whether an individual is on, with or near the horse does not matter. Through equine-assisted therapies and activities, horses help build physical strength, cognitive development, communication skills and emotional and mental well-being.

In equine-assisted physical therapy, a walking horse provides a rhythmic, symmetrical weight shift through three

dimensions of the rider’s pelvis. This motion helps children with cerebral palsy or adults recovering from a stroke relax their muscles and experience the motion needed for balance and walking. This action also engages the core to stabilize and improve trunk strength. Children with autism or sensory processing disorder react to the sensory experience by organizing their body to engage with the world around them. Calming their bodies creates opportunities for communication and positive reinforcement as well. As participants progress with strength and confidence, they can move forward with riding lessons. They receive the same therapeutic benefit of being on the horse while also achieving independence.

Even simply standing next to horses is therapeutic. They listen without judgement or correction, which helps in our reading program. Children can read aloud to the horses to help with comprehension and confidence. This idea is even more pronounced in equine-assisted counseling; being with a horse can help soothe emotional trauma and open up communication.

With a horse’s help, children learn to walk, read and recover. Just as important as the horse’s role is the participant’s support system. Having a group of people who cheer them on helps boost morale and gives the participants of equine therapy an extra dose of confidence. One way to encourage is by coming out to events like Round-Up where RED Arena Riders compete in a fun horse show and show off what they have learned.

Bring your family to see empowerment through horses in action at Round-Up on Saturday, June 2, at Dripping Springs Ranch Park and enjoy all the fun things the event has to offer.

*Emma Niemeyer is a freelance editor and writer who volunteers weekly at RED Arena. More info on RED Arena programs and events go online to [www.REDArena.org](http://www.REDArena.org).*

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# New home construction financing

by Trey Powers



Buying a home is exciting. Building your dream home even more so! If building a home is in the cards at some point, let's *talk*.

The builder you choose will dictate your financing options. With a neighborhood-type production builder, the transaction works the same as a purchase – preapproval, sign a contract and put down earnest money. Upon completion, the home is purchased from the builder, the same as buying an existing home. These builders are typically affiliated with a mortgage lender and offer incentives to use them. Do your due diligence – comparing their terms to another mortgage company. If it appears you are leaning towards an *outside* lender, they may offer you much more.

Building a custom home is a different game. In this case, you work with a bank to secure a construction loan that pays for the project as you go, like a line of credit used along the way as different stages of construction are completed. Termed an *interim construction* loan, it is interest-only with the monthly payment calculated on the amount utilized to that point. Upon completion, the interim loan is refinanced into a traditional mortgage. Thus you have two closings and two rounds of closing costs. Additionally, while you know the interest rate of the construction loan up front, you can only guess the prevailing rate when time to refinance. With rates

trending up, this can be dicey. Some banks offer an additional product – a *one time close* (OTC). In this case, the interest rate on the construction loan is the same interest rate locked-in for the permanent loan – usually fixed for five or seven years. However, nothing prevents changing your mind and refinancing into a traditional, permanent fixed rate mortgage. The OTC becomes insurance of sorts, hedging against rising interest rates. With a OTC, you also save significantly on closing costs. Advice? Make sure you know and understand all your loan options, the terms of each and that your lender has all available tools in the bag. *Oh*, and put your water heater downstairs. *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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Advice? Make sure you know and understand all your loan options, the terms of each and that your lender has all available tools in the bag. *Oh*, and put your water heater downstairs.

*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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# Strategies for your investment “garden”

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



Don McGraw

If you're a gardener, your busy season is at hand as April has been designated National Garden Month. But could the skills you deploy at gardening be transferred to other areas of your life – such as investing?

Here are a few ideas for doing just that:

- Establish a timeline. As a gardener, you typically follow a well-defined timeline. As an investor, you may also need to observe a timeline. During the early and middle stages of your career, you probably need to invest primarily for growth, so you can build resources for a comfortable retirement. Then, as you near retirement, you may want to lower your risk level by shifting some – though certainly not all – of your investment dollars from growth-oriented vehicles into more income-producing ones. And once you do retire, your focus will shift to preserving your money, so one of your key decisions will center on how much you can afford to withdraw each year from your investment portfolio.

- Choose *healthy* investments. When you invest, you, too, should look for signs of health in the investments you choose. For example, when picking stocks, look for companies with solid fundamentals, such as experienced management, strong earnings and the demonstrated ability to produce products and services attractive to consumers. Or, when considering bonds, consider those that independent rating agencies have awarded the highest grades, in terms of the financial strength of the issuer.

- Feed your investments properly. When you invest, you also need to know the right amount of *food* or *nutrients* to apply. If you don't put enough money into investments, they may not grow as much as you'd like. On the other hand, it is possible to *overwater* certain investments. For example, if you constantly put money into just one or two investments, they could end up crowding out others in your portfolio, causing you to lose the value of diversification. And if these particular investments are already growth-oriented vehicles, highly subject to market risk, they could take a big hit during a market downturn. Ultimately, seek a balance in how you distribute your investment dollars.

Year after year, successful gardeners reap the rewards of their labors. And following some of their habits can help you work toward a long-lasting and fruitful investment garden, too.

*Don McGraw, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-858-2850.*

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# The truth about refrigerator filters

by Randy Lawrence



Almost every new refrigerator available today comes with a built-in activated carbon filter designed to improve taste or odor. Most models also have some type of reminder system that tells you when to replace the filter cartridge. Many people have questions about these filters. *Is it necessary to have the filter in the first place? If so, how important is*

*it to change that filter as soon as the reminder is activated?* Here are a few interesting facts about these filters that may help clear up some confusion and possibly save you some money in the long run.

There are two main types of filter change reminders in today's refrigerator models. The most common is a basic timer system. This system will simply count down a pre-set amount of time (usually six months) and then activate a light which tells you to replace the filter. The main drawback to this method is that it does not take into account the volume of water used. For example, you could go six months without using the ice or water dispenser and the unit will still indicate that it's time to change the filter. It's a fair assumption that the majority of these filters are thrown away far too soon. The other type of reminder system is a little less common. It involves a flow meter which counts gallons as they are used through the dispenser. This is a more efficient method than the timer because it actually measures water usage.

Unfortunately, neither technology knows what your incoming water quality is. This can greatly affect the lifespan of the filter. If you are on a chlorinated water supply, your filter life will be shorter. If you have a whole house treatment system, like a softener or carbon filter, then the life of your filter would be greatly increased. If your refrigerator is fed by a reverse osmosis system, then your built-in filter becomes completely unnecessary and can be removed or bypassed.

Each case is slightly different, but at \$40-\$60 per filter it pays to know the facts so you aren't wasting money on unnecessary replacements.

*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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# Let your taste buds rule

by Mark Sewell, MBA



Are you an adventurous diner or do you tend to be more Plain-Jane when you go out to eat? Surprisingly, or maybe not surprisingly, most people play it safe in restaurants and do not venture too far from what they know. However, dining out is the best time to stretch your taste buds and explore new flavors.

Most people do not want to spend money on a meal and be disappointed, so they order dishes they have eaten before or stick with ingredients they know they like. Sometimes menu items just seem odd. Some ingredients can seem out of place, such as cashew on a pizza or fish in a taco. These items are avoided as a result. Fear of the unknown is probably the most common reason people avoid spreading their culinary wings. Not knowing what a menu item or ingredient is can keep people from trying something new. Whole cuisines, such as Indian or Thai, are avoided by many for fear of not knowing about the style of food.

If a restaurant makes a good basic dish, it makes sense that their other menu items are good too. Many restaurants do create very interesting menu items to help separate them from their competition and give diners a reason to return. These menu items generally layer flavors and contain less traditional pairings of ingredients. These are often the items frequent diners move to because they are unique

as well as delicious.

If you are looking to expand your dining horizons, there are some safe ways to start. Try asking for a sample. Not every item can be sampled, such as a burger or a steak, but the sauces or elements that make up the dish might be something you can try. If you have a friend who tries different things, be brave and have a bite of what they are eating. Or, if ninety-percent of a dish sounds great, get the part that doesn't sound great on the side and at least try it on a portion of your meal. Last, try a new cuisine with a friend who eats it regularly. You might be pleasantly surprised.

*Mark Sewell is the founder and operating partner of Hill Country Ranch Pizzeria. His experience spans 28 years in the restaurant business as general manager, regional manager, corporate trainer, and owner. 512-858-9697*



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I noted in a recent article that a lawyer interacts with a wide array of disciplines. Some years ago when bringing a suit against an East Texas fast food establishment and its national franchisor for negligence leading to the murder of the night manager as the staff closed up the restaurant for the night, I encountered challenges regarding an expert witness.

When proving something that is not commonly understood by lay persons, the proof is typically supplied by an expert in the field relevant to the issue. I needed a security expert and I sought for the most well-qualified and capable one to be found. Unfortunately, I learned that the man I needed, the author of the definitive works on the subject, had recently passed away. Further looking led to one of the deceased guru's protégés who lived on the Atlantic Coast. He was well-qualified, published and had experience testifying regarding security issues so I hired him and began immersing myself in the literature of security, particularly as it pertained to operation of fast food restaurants. These facilities are often staffed by young persons who must deal with closing up late at night, handling large sums of cash, getting trash outside to dumpsters and then getting to their vehicles in the dark. They present a tempting target to thieves and they require careful attention to proper training and

procedures.

I didn't meet my expert in person until he traveled to Texas to give deposition testimony in the case. It was then that another challenge became obvious. My expert's ability to communicate in his professional writings was considerably greater than his ability to communicate that knowledge in a manner that would be well received by a rural East Texas jury. That led me to search for and find a local retired FBI agent who was not only an expert in security, but who also talked *East Texan* just fine. I then prepared to use both experts, as each brought something different to the table. In that case I learned about security and I also had to use my knowledge of communication skills and juror psychology because knowledge is useful only if it can be communicated to the folks who need it in order to help my clients.

*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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## LITIGATOR

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## Dripping Springs Chamber of Commerce Focus on Business: *Critters2Cuddle, a unique petting zoo*

Critters2Cuddle is happy to bring its petting zoo to you. A magical experience for children and adults of all ages, Critters2Cuddle is the proud accomplishment of Melanie Miller, a former schoolteacher with two decades of experience with children.

"We bring cuddly critters to your party, daycare, wedding, school, church, fundraiser, gender reveal, assisted living community or any other place you want," Melanie said.

Boasting a variety of miniature horses/unicorns, sheep and goats for entertainment, Critters2Cuddle provides the opportunity for children to interact with the animals either in a spacious portable round pen or on leash. "We adjust to your unique needs and the situation, at a location of your choosing," Melanie says, "Critters2Cuddle concentrates on education and hands-on experience in an interactive setting, with reasonable pricing."

Once on site, Melanie, assisted by her retired judge husband/ranch hand Chuck, remains centered among the animals, captivating



the younger set with her teaching skills. Awarded Teacher of the Year by the Hutto School District, Melanie uses her experience to create an atmosphere of comfort and learning. With Melanie's close supervision, the children will leave with their curiosity satisfied, their excitement fulfilled and any timidity conquered.

Featured as part of "The Ultimate Child's Birthday Party" at the Dripping Springs Education Foundation gala, Critters2Cuddle enjoys a five star review on its Facebook page.

The charge for two hours of zoo time is \$300 (discounted for non-profits) seven days a week. Critters2Cuddle also offers animals à la carte within the Dripping Springs ETJ at \$50 per animal per hour (Monday through Friday.)

*Critters2Cuddle is a fully incorporated and insured LLC headquartered within the city limits of Dripping Springs. Owner Melanie may be reached through 512-296-3384, Critters2Cuddle@gmail.com or Facebook messenger.*



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## Tailor-made for you

by Lindley Pond

Now that we've taken stock of the haves and have nots, we can put our focus on the fun part. We sometimes get stuck in our own vision of what can be done, because we live smack in the middle of it!

It's very helpful to get a couple of opinions from different folks who might bring new and interesting ideas

to the party. By meeting with different people, you can chose the one that best fits your personality, someone you'd enjoy working with and who doesn't make you feel inferior.

We don't charge a consultation or design fee, however, expect that some folks do. You can give each person a list of problems, priorities, wishes and even those *hope for's*. See what they come up with and bounce ideas from one to another until the plan is tailor-made for you.

Don't let someone coax you into something just because it's their vision. Making an investment like this should be fun, enjoyable with a much awaited outcome that makes you smile when you come home. And in the end, happy to be home where you spent your hard earned cash.

Remember too, as I've said a thousand times, it can evolve over time, baby steps.. that's where we all started so why should this new adventure be any different!

We look forward to helping you find that part of your outdoor world that makes you happy. Give us a call.

Happy spring.

We're here to help fulfill your "outside dreams". Call us for a free consultation and design. Lindley Pond is owner of Lindley Pond Landscaping. Don't hesitate to call or email. We'd love to help you design the shady spot you deserve. We've been helping folks in Central Texas for over 15 years. Give us a call for design and installation of your new "lawn." Contact us at 512-775-1629.

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## Can your home be smart, and is it worth it?

by Matt Wiedemann



The term *smart home* is everywhere these days, yet can be a turn-off for various reasons – costs, complexity and bad prior experiences top the list. But we all work hard, our lives are hectic and having a home that is safer, easier to operate, energy-efficient and more relaxing can help make it the haven we desire. Being a Dripping Springs-based AV integrator, I would like to share some recent projects that show how technology can alleviate

frustrations and even make your home more fun.

Move-in... Clients recently purchased a home and inherited a tangle of poorly-labeled wiring, including in-wall and outdoor speakers with no simple way to operate. End result... We incorporated the clients' own amplifiers and turntable, and modernized it with a wireless music system, maintaining the home's clean aesthetics. Now, they only need their phones to control music or TV audio through any of their speakers. The turntable is in an unwired upstairs library, but can easily be enjoyed on the backyard deck. The pile of confusing remote controls has been eliminated, operation is now as simple as *Listen to Pandora* and *Watch Netflix*.

Lakehouse... A clients' vacation home was recently vandalized, so remote security and additional comfort features were desired. End result... Though on satellite internet, a new Mesh WiFi system solved longstanding dead spots, sluggish performance and remote-monitoring obstacles (a cost-effective upgrade for any home.) Wireless cameras were added, so the client has recordings of visitors and can live-view activity on the property while in Austin. Automated lighting turns on at sunset and allows indoor lights to cycle randomly, giving the home a more lived-in appearance. Remote-access thermostats allow the owners to warm or cool the home ahead of arrival. Motorized shades adjust with the sunlight patterns through the year, to help heat and cool and reduce UV damage to the hardwood floors.

So are the homes smarter? Well, the real answer is that the homeowners have increased the enjoyment factor for their families and eliminated frustrations. Mobile apps and WiFi are a stable platform and now smart-devices are simpler, more reliable, cost-effective and longer-lasting than ever.

*Matt Wiedemann is a Lutron Residential Pro and certified specialist in audio-visual and home automation technologies: shades, lighting, climate, gates, cameras, music, television and more, all from your smart phone, tablet, or voice. Please call 512-851-8001.*

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# Replacing windows brings comfort, quiet and cost savings

by Homer Whisenant

Windows are a beautiful and functional part of every home. They let the outside in. Sometimes as windows age, they let the outside in in ways we don't want. Older windows often let cold air in during the winter, hot air in during the summer and rain in all year long. I work with homeowners to improve the quality

of their living space by replacing older windows.

One client in Dripping Springs has a beautiful home with windows on the east and west sides of the house. The west side of the house had windows that had were no longer functioning well. In the winter months the homeowners felt cold air wafting in, making the living space uncomfortable. And in the summer months, hot air leaked in. It got to a point that rain leaked in, too. We replaced all of the windows on the west side of the house and their home is now much more comfortable all year long. A surprising benefit was how much quieter their home is with the new windows, as sound insulation was much improved.

With windows, there are many types and quality levels. In my experience, aluminum-clad wood windows are the most durable in Texas weather. Many homes are built with entry-level builder-grade windows, which can start leaking after 10-12 years. Exchanging these for high-quality windows is a worthwhile home upgrade.

Proper installation is key. Many homes here in the hill country have stone, brick or stucco exteriors. Replacing windows in masonry homes requires skilled masons who are trained in both properly

dismantling the existing window and in matching the masonry once the new window is installed. Be sure to ask about this when interviewing contractors.

A properly installed, modern window makes a home more comfortable and quiet. In addition, since they keep the outside air outside, energy bills go down. Take time to consider if this is something that would make your home more comfortable, quiet and enjoyable.

*Homer Whisenant is the owner of Homer Whisenant Construction, and has been serving Hill Country clients for over 30 years. Homer knows that when homes get better, lives get better and he enjoys helping clients make both of those happen. Please call us at 512-677-1282 for a design consultation and quote. We would like to help you on your next project.*

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