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# Dripping Springs

# OUTLOOK

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Postal Patron



*The Gateway to Life in Dripping Springs*





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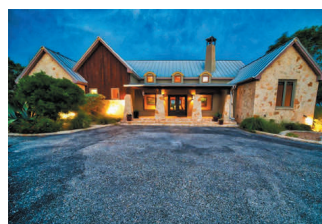
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# Summer daze



The long days of summer offer us the perfect time to catch up with family and friends we've missed spending our time with during the busier months. The weight of the Texas heat provides the perfect excuse for leisurely afternoons that stretch into evenings.

Family is a major theme this month. Whether we are beginning preparations for the return to school, looking out for our health and wellness and that of our families present and hoped for or finding new places to gather to enjoy one another's company, this issue has much to offer.

I am happy to be joining you this month. As our family grows so does our business. I'm excited to introduce myself and my husband, Joey and our son, Nico. As editor and ad designer respectively, Joey and I have been a part of the *Dripping Springs Outlook* for many years now and have experienced first-hand the amazing practitioners and business owners the Hill Country has to offer. Our community is filled people who truly excel in their fields, offering so many ways for us to care for ourselves and our loved ones.

Joey and I will be assuming ownership of this publication and the *Wimberley Valley News and Views* over the course of this year. We look forward to growing and evolving with you. Dripping Springs was so much smaller when Victoria began it 15 years ago. Change is inevitable so healthy growth is something to be celebrated and thankful for. The *Dripping Springs Outlook* will continue to keep you informed and connected to the best our community has to offer one another.

Family Business Beer Company and Jep's Southern Roots are welcome new-comers to our community, giving us a truly wonderful place to gather with family and friends. And we have our calendars marked for Dripping with Taste, coming up soon on September 8. Both provide the perfect settings for enjoying and discovering great, hand-crafted food and drinks made locally.

Let's ride out the summer daze together.

As always, thank you for joining us.

- Cyle

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**Pedal Ranch Publications**



## CALENDAR of EVENTS

- Every 2nd Sun. at 2pm, Children of the Confederacy, Magnolia Rangers Chapter #927. For more information call 512-858-1085.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit [DrippingSpringsRotary.org](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.
- Sat. Aug. 18, 8-4pm. Camp Atta Girl! Where women play big! For more info see pg. 10.
- Tues. Aug. 21, 3-5pm. Free Snowcones at Voodoo Ice courtesy of Cunningham Orthodontics. For more info see pg.11.
- Sat. Sept. 8, 12-6pm. Dripping With Taste! For more info see pg. 29.

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## CBD oil and how it might help you

by Radhia Gleis

Unbelievably, there are still people who hear the phrase *hemp CBD oil* and instantly think it's referring to a mind-altering drug. Though they are similar, marijuana is different from hemp. Unfortunately, some write off this amazing natural oil because of its relation to a psychotropic drug.

In America right now, the medical benefits of cannabinoids are becoming more widely accepted. The amount of research focused on CBD oil's ability to reduce pain and increase quality of life is at an all-time high. Though little was previously known about CBD oil treatments, now there is suddenly a plethora of information available right at our fingertips.

Along with all the information circulating concerning CBD oil, come plenty of misconceptions and misinformation as well. Right now, it's more important than ever to separate fact from fiction. At Martin's Wellness Pharmacies, we understand the wonderful healing properties of CBD hemp oil. We want to help you make sense of the product that has grown so much in popularity over the last few years.

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Hemp oil CBD and any hemp-based products are completely legal in all 50 states. Please drop by any of the three Martin's Wellness Pharmacies and have a discussion with one of our knowledgeable wellness consultants about CBD oil and how it might help you with a condition you might have.

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*

## It's National Farmers Market Week: *Three reasons to support your farmers market*

by Laurel Robertson



The first full week of August – this year August 5-11 – marks the nineteenth National Farmers Market Week, as proclaimed by US Department of Agriculture. It's a great time to remember all the benefits the Dripping Springs community reaps from our thriving Wednesday afternoon market on the Triangle.

Grow a healthy community. Market shoppers can find fresh produce, meat, eggs and honey grown and raised within 150 miles of Dripping Springs – much of it within 50 miles of home. The produce is generally grown naturally or organically; methods proved by the British Journal of Nutrition to produce foods higher in important omega-3 fatty acids and antioxidants than conventionally grown foods.

Shopping at a farmers market also offers health benefits beyond nutrition. People who shop at farmers market enjoy 15-20 social interactions per visit, compared to 1-2 interactions during a typical grocery store visit. As medical science has been proving for decades, social interaction is a critically important contributor to good health and longevity.

Grow a prosperous community. Regular shoppers know that the market offers food with unrivaled taste and freshness. In addition, a growing body of research points to the economic benefits of farm-direct marketing. A UC Davis study discovered that for every dollar

of sales, direct marketers (i.e., farmers market vendors) generate twice as much economic activity within a region, compared to wholesale producers. Growers selling locally create 13 full-time jobs per \$1 million in revenue earned, compared to three jobs from those that do not sell locally. Let's keep our money working in our community!

Farmers markets keep farmers in the field – and the fields protected from encroaching development. Having a local, affordable outlet for their goods helps beginning farmers and ranchers start small and grow their business. It also helps a new generation get into farming and ranching – 16% of all farmers market farmers are under age 35.

“When farmers and farmers markets thrive, so do we,” says Jen Cheek of the National Farmers Market Coalition. “From vibrant community gathering places, to increased access to fresh produce, to protecting our land and water with sustainable farming practices: we are all better off when they succeed.”

*The Dripping Springs Farmers Market is held Wednesdays from 3-6pm at the Triangle. Owned and operated by the City of Dripping Springs. The Mission of the Market is to provide a community gathering place where local food producers, artisans and community organizations educate and sell directly to consumers. 512-858-4725*





## What are mesenchymal stem cells (MSC's)? by Breca Tracy, PhD

### How can they help promote healing?

*Mesenchymal stem cells* (MSC's) are known to have three very important properties – they help reduce inflammation, modulate the immune system and secrete factors that help tissues regenerate. MSC's are less mature than other types of cells,

meaning they have not yet been assigned to a particular job within the body. MSC's have the capability to go, do and become whatever the body deems necessary. As we get older, the number of stem cells in our bodies decreases. Over time, MSC's get recruited to help with various tasks as we age, get injured or endure complications.

You might ask, what exactly are MSC's? In scientific terms, MSC's are multipotent connective tissue cells. They stimulate your body to become a variety of cell types, including neurons, cartilage, fat, bone and muscle. Multipotent means the cells can develop into multiple types of cells, but divide a limited number of times (a built-in safety mechanism). MSC's make new cells about every 26-28 hours for 65 cycles, resulting in months of regeneration and anti-inflammatory effects. How? MSC's are messengers that signal your body to activate self-healing and regeneration. They signal your body to activate a cascade of cellular functions to create new tissue and promote healing.

Since we have fewer MSC's as we age, getting a boost of fresh MSC's from a young source (umbilical cord blood or amniotic tissue) may help many conditions including chronic pain and inflam-

mation. The young MSC's can also recruit self MSC's to help fight inflammation. Many people ask *once I receive new stem cells how long do they last?* Once injected, the stem cells incorporate into your body and become a part of you forever! They have an innate intelligence and activate the body's own self-healing mechanisms. They seek out inflammation and degeneration, recharging your body with new tools to help with inflammation and regeneration.

For more information, please contact us and we would love to further educate you on our clinic and the therapies we offer here in Dripping Springs. We are here to serve.

*Dr. Breca Tracy currently serves as Director of Science & Operations at the Stem Cell Center Dripping Springs. Breca has resided in Dripping since 2007 after obtaining her Ph.D. in Biochemistry & Molecular Biology from the University of Oklahoma Health Sciences Center.*



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## Trimming yourself to suit others may whittle you away

*by Leslie Tourish, LPC*



We all have a bit of oddball in of us. There is some little habit, preference or ritual of ours that, when viewed by others, may seem, well, strange. And of course it's always easier to see others' eccentricities far more clearly than our own.

An example close to home is with my husband, John. When I first met him he owned a car that was a leisure-suit-powder-blue Mercury Monarch. It was a real gas-guzzler that sported an 8-track stereo system. He bought this treasure from its original owner, an older lady who never took the car outside of her grocery store-church-bingo route. She drove it for several decades on the original tires, which still sported a good tread when John got it. He'd say with pride that the only reason he'd put on new tires was because the old ones had developed "dry rot." His friends dubbed the car, The Blue Shark, and he drove it for years.

Not that I don't have a few peccadilloes of my own. In my home no one can do the dishes but me. I don't know what it is but no matter how big the clean-up mess, or how tired I am, the only one who can man the pot scrubber and load the dish washer is me. All because I have a system.

We all have our personal preferences intertwined into our personalities. When viewed from a gentle spirit, our eccentricities are

some of the most finely honed elements that makes us, well, us.

However, our small differences are often the fodder for big battles. In relationships people can get tripped up by others' small habits or rituals more than by the larger issues of disasters or emergencies. Trying to *correct* another person's behavior flies in the face of allowing him the respect to be who he really is. As long as the behavior isn't overtly neurotic, and isn't a danger to himself or others, then what's the harm in indulging others their preferences?

Rather than John viewing my clean-up system as a deep-seated control issue, he says he knows I just like things to be done well. And score, no dish-pan hands for him! And I understood that The Blue Shark represented his value of putting his money into property and investments, not transportation. Perhaps the writer Charles R. Brown said it best when he wrote, "The white light streams down to be broken up by those human prisms into all the colors of the rainbow. Take your own color in the pattern and be just that."

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



# Concussion management and physical therapy

by Ashley Hymel, PT, DPT



Concussions are a type of traumatic brain injury that may result in physical, cognitive and behavioral symptoms occurring immediately or days, even months, after the injury. Affecting people of all ages, concussions can be caused by car accidents, sports injuries or even falls. More than 90% of people diagnosed with concussion never have a loss of consciousness. Since a concussion is a

*functional*, rather than a *structural* injury, most people have normal CT scans and MRIs and are most often diagnosed through careful testing by a healthcare provider, such as a physical therapist.

No two concussions are alike and symptoms will vary for each person but can include headache, dizziness, fatigue, fogginess, forgetfulness, difficulty concentrating, loss of balance, sleep disturbances, sensitivity to light or sound, blurred vision, irritability, anxiety and depression.

These symptoms may sound overwhelming, however, it's important to note that concussions are a recoverable injury. Rest (both physical and mental) is the first treatment of choice. While time to return to activities vary on an individual basis, studies show physical therapy can speed up recovery and help restore balance, focus, gaze stability, gait and mood.

The vestibular system, which includes the inner ear and its con-

nections to the brain, helps maintain balance and prevent dizziness. A physical therapist can assess if the vestibular system is functioning adequately and give special treatment or prescribe appropriate exercises to help reduce or stop dizziness.

Your physical therapist may also examine your neck for problems following a concussion, as neck injuries can likely occur at the same time as concussions and can be a cause of headaches and dizziness. Treatment may include exercises related to strength, posture, coordination or eye movement, and manual therapy to address any joint or soft tissue restrictions.

A physical therapist can help design a therapeutic exercise program just for you, while closely monitoring your symptoms, in order to restore strength and endurance and resume your daily routine without overloading the brain and nervous system. Overloading the brain interferes with healing and can make your symptoms return. A physical therapist will help you return to normal life and sport activities in the quickest and safest way possible.

*Ashley Hymel, PT, DPT is a licensed physical therapist who works full-time at Kethley Physical Therapy. Ashley utilizes her manual therapy skills to provide hands-on treatment along with corrective exercises to improve the human movement experience as well as dry needling therapy. She brings her positive energy to the clinic and passion to provide a fun, individualized therapy program to meet each person's needs.*

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## Preconception care

by Dr. Amanda DiSarro



Are you considering pregnancy now or in the future? If you've contemplated an answer to this question, then you've already completed the first step in preconception care. The CDC defines preconception care as "a set of interventions aimed at identifying and modifying biomedical, behavioral and social risks to a woman's health or pregnancy outcome

through prevention and management." Preconception care planning begins with a visit to your OB/GYN. A woman's reproductive years span nearly three decades, and deciding whether or not to become pregnant may change over that time. More than one half of pregnancies are unplanned, so it is important that desire for pregnancy first be addressed. Various contraception options are available and deciding which is best for you can be discussed.

If you are trying or not actively preventing pregnancy, it is recommend you take a prenatal vitamin and folic acid prior to conception. Common topics discussed at preconception visits include updating appropriate immunizations, screening and treatment of infectious diseases and healthy body weight. Woman who are overweight (BMI >25-30) or obese (BMI >30) are at increased risk for miscarriage, gestational diabetes, stillbirth, birth defects and high blood pressure so appropriate weight management goals should be implemented. A thorough review of your medical history and medications is also discussed during the visit. Medical conditions such as high blood pressure, diabetes, asthma or seizure disorders can affect pregnancy outcomes, so it is important to have them well-controlled. Certain medications used to treat high blood pressure, depression/anxiety and epilepsy are associated with birth defects and should be reviewed with your physician prior to pregnancy so that changes can be made. Other topics addressed include screening and treatment of tobacco or substance abuse. Smoking is a modifiable cause of poor pregnancy outcomes. Tobacco use in pregnancy places the baby at risk for low birth weight, preterm labor, stillbirth, SIDS (Sudden Infant Death Syndrome), future childhood obesity. If you smoke and are ready to quit, there are various treatments and techniques for successful smoking cessation.

The primary goal of preconception care is to ensure that the woman is as healthy as possible to promote both her health and the health of her future children. If you would like to learn more or discuss preconception care, schedule an appointment today.

*Dr. DiSarro received her medical training at Lake Erie College of Osteopathic Medicine and completed her residency at New Hanover Regional Medical Center, Wilmington, North Carolina.*



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# Accepting what we are – the right way

by Deborah Carter Mastelotto



A Facebook post I saw recently posed this question: *Which astrological Sun sign would you choose to be instead of the one you are?* Well, I was born when the Sun was in Scorpio. Black and white. Wrong. Right. All or nothing. Tell anyone you are a Scorpio and you get this raising of the eyebrow thing and an *ohhhh*, like they really know.

When I was a teenager (and back then everyone asked) I actually said I was a Sagittarius – it seemed to take the edge off. Once I began to truly study astrology I learned I had four planets in Scorpio and no planets in Sagittarius, so that whole *I am really a Sagittarius thing* went right out the window. Then I spent much of my adult life allowing the *all or nothing*, intense, passionate, ridiculous Scorpionic thing to determine my actions. Enough already. Now I know. When you are born with the sun in a certain sign, it's because you are in this life to master the aspects of that Sun sign, positive and negative. As astrologist Steven Forrest would say, "I am not a *Scorpio* – I'm *Scorpio-ing*."

We aren't supposed to wallow in our stuff, or allow ourselves to be buffeted about by it, or use our Sun sign as an excuse. We have the task to show the rest of the world how to do it the right way, and it may take all of this lifetime to do this. Allowing a passionate nature or any other aspect of our personalities to control us

can cause lots of problems for us and those around us. Now, I try to take the middle road, the peaceful way. I find, like Robert Frost, *The Road Less Traveled* has made all the difference. Moderation is the hardest road, but it's the most rewarding. Strange coming from a Scorpio. But I believe in the wave pattern as a physics and life principal. Now I would rather float on the small, luscious, sweetly lapping waves off the beach in Playa Del Carmen than try to surf those intense, crashing, impossible-to-swim-in-and-freezing-waves (where someone was eaten by a great white, by the way) off the rocky beach in La Jolla, thank you. Every time.

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

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# Zoonoses

by Frank Shuman, DVM



The bad news is there are a surprising number of diseases your pets can give you (called *zoonoses* (zoh-oh-NO-seez)). The good news is that using regular monthly preventive medications and taking simple precautions will reduce the risks to negligible. As these problems are relatively uncommon they are difficult to diagnose.

The following is a list of the most common zoonoses that occur from dogs and cats: *roundworms, hookworms, tapeworms, Lyme disease and toxoplasmosis*. Others include *leptospirosis, cryptosporidiosis, infectious hepatitis* and more. Of these, only Lyme disease, toxoplasmosis and cryptosporidiosis are not either commonly vaccinated for or covered by commonly recommended preventatives. Lyme disease is transmitted by deer ticks while toxoplasmosis and cryptosporidiosis are transmitted by contact with feces or soil contaminated with feces. Simply keeping your pets up to date with their vaccinations, using preventatives recommended by your veterinarian and thoroughly washing your hands before all meals and after contact with soil, uncooked meats, sand or unwashed vegetables will reduce your risk of contracting any of these diseases greatly.

Surprisingly, up to 12% of people in the United States test positive for roundworms indicating that they have, at least once, been infected. Children are most commonly affected as they typically

don't wash their hands often enough and play outside in areas where dogs, cats and wildlife will eliminate. The migrating larvae of roundworms can cause blindness (the most common cause of blindness in some parts of the world), lung damage, intestinal problems, nerve damage and even death. The migrating larvae of hookworms cause itchy, permanently scarring skin lesions called *cutaneous larval migrans* and can be transmitted by simple skin contact with the larvated hookworm eggs. *Cryptosporidia* is a protozoan that causes intestinal problems that are very difficult to treat (both in humans and in pets) especially in immuno-compromised people like the very young or old, those undergoing chemotherapy or with AIDS.

Other preventative measures include strictly keeping sand boxes covered when not in use, wearing shoes and gloves when gardening, promptly removing feces from your yard and litter boxes, using good insect repellants when in tick infested areas, properly cooking all meat products, keep pets either totally or mostly indoors and leash walk dogs to prevent ingestion of feces. Your pets are well worth the risks, especially if you take these relatively simple preventative measures.

*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.*



## Are you seeing spots? by Karen Laine, Para-Medical Aesthetician



If you're prone to discoloration, brown spots, age spots or sun spots (hyper-pigmentation) you've probably noticed they become more visible during the summer. While hyper-pigmentation can be challenging, both to prevent and fade, these tips can definitely help achieve more evenly-toned skin.

Wear sunscreen – applied generously and often. The number one cause of premature skin aging is sun damage and exposing your skin to the sun can bring out sun spots. How generously sun block is applied, then re-applied, when outdoors is more important than the SPF number. If lotion type SPF doesn't suit your needs, try the new mineral powder sunscreens which go on dry and last for hours.

Exfoliate gently. Once discoloration appears, it is beneficial to use exfoliating products such scrubs and mild acids (glycolic, lactic and/or salicylic). When regularly used, these exfoliants help break apart and lift pigmented cells to lessen their appearance.

Use a skin lightener/pigment suppressor. In addition to exfoliating, use of a skin lightener helps prevent/fade brown spots by suppressing melanin cell activity. Many skin lighteners contain the ingredient *hydroquinone* which is very effective or choose a slower, more natural approach utilizing a type of vitamin C, kojic acid, licorice root, etc.

Limit exposure heat/sun. Not only direct UV rays but heat can

stimulate melanin activity, resulting in brown spots. Unfortunately, no matter how diligent you are about sunscreen and staying in the shade, you still may not be able to avoid pigment formation. Keep skin as cool as possible and use a pigment suppressor.

Eat a diet rich in antioxidants. Research finds a diet rich in fruits and vegetables containing vitamins A, C and E can increase internal SPF significantly against sunburn and DNA damage.

Get monthly facials. Professional facials give your skin increased results far beyond your home care products. Many tend to neglect their skin in the summer and come back in the fall to seek skin repair. Anti-oxidant facials are a great way to prevent damage. Go easy on chemical peels or laser, as those are best reserved for cooler months. *Karen Laine is a para-medical aesthetician and makeup artist with 23 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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## Focusing on your strengths leads to happiness by Lisa Sullivan



I am asked by many women *how do I get happier?* I tell them a wonderful way is to focus on their strengths, their *character* strengths. I then ask them what are their top five character strengths? Most don't know the answer or even know what character strengths are, yet research shows that the key to happiness and resilience is focusing on your character

strengths and values.

What are character strengths? They are the positive parts of your personality that impact how you think, feel and behave and are the keys to you being your best self. They give you energy, are about experience and what sustains you. They are different than your other strengths, such as your unique skills, talents, interests and resources, because character strengths reflect the *real* you, who you are at your core.

There are 24 character strengths including bravery, kindness, love, leadership, gratitude, humor, curiosity, zest, appreciation of beauty, teamwork, love of learning, hope and twelve others. We all have each of the 24 strengths, but in varying degrees, giving each of us a unique character profile.

How do you discover your top strengths? My favorite tool is the 10-minute VIA Character Institute survey, created by a team of leading social scientists who scoured the world for ways to identify, measure and develop what is *good* in people. These positive

personality traits reflect what is good, practical and authentic about you. The survey has been taken by over three million people in over 190 countries resulting in better workplaces, schools, teams and lives the world over. You can find the survey at [VIACHaracter.org](http://VIACHaracter.org).

Research shows focusing on your top five signature strengths is beneficial, making you happier and more successful.

So, if you're a woman seeking ways to be happier, tap into your strengths. Men, too. True happiness is acquired by living a full, fulfilling and real life, one that serves you and others well. Focusing on your character strengths is a wonderful way to do that.

*Lisa Sullivan provides science-based positivity workshops for companies and happiness retreats for women, such as Camp Atta Girl! in Dripping Springs. Along with 20-years as a corporate marketing exec, she's certified in positive psychology and happiness. You can reach her at [info@happinesselement.com](mailto:info@happinesselement.com), [HappinessElement.com](http://HappinessElement.com) or [CampAttaGirl.com](http://CampAttaGirl.com).*

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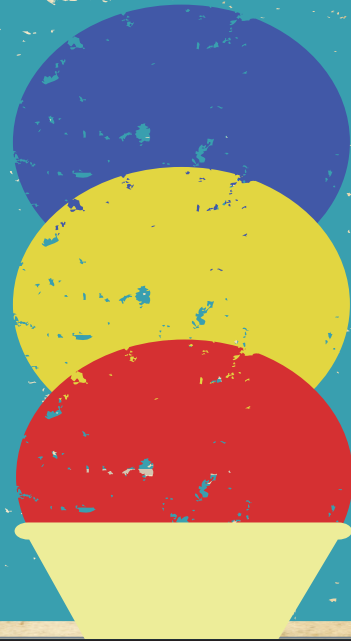
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# Beyond the buzz: Should I do fillers, botox or a have a facelift?

by Marcello Antunes, MD FACS



With all the hype over the internet and television, it's easy to get overwhelmed and not know where to start in your journey to improve your appearance. Due to the increase in demand, the industry responds with what seems like an endless array of new products and procedures. However, it is very important to maintain a skeptical attitude and carefully evaluate new advances. What I have found is that when the patient is well educated in all

the different available procedures and is involved in the decision process, they can be better prepared to discern the difference between fickle and reliable information.

As technology and surgical techniques evolve and improve, more people are asking for quicker procedures that involve a short recovery and still achieve long-lasting results. I am a big advocate of non-invasive, minimal-downtime procedures such as fillers, Botox injections, chemical peels and lasers. These are key components for a complete treatment and prevention of facial aging. So why would someone bother doing a facelift? Why go through the downtime? To answer these questions, we need to understand the aging process and the limitations of each treatment option.

As we go through the 40s and 50s, facial aging starts to take place. The skin loses its elasticity and wrinkles start to appear, the muscular layers and ligaments become lax and the bony. Despite

the fact that everybody ages differently, the tissues of the face and neck start to sag in predictable ways – producing looseness in the neck skin, jowls, sunken cheeks and deep folds on the corners of the mouth. Dermal fillers can work fabulously camouflaging the contour irregularities and lessening the deep facial folds. Botox can prevent wrinkles. Lasers and chemical peels can invigorate the skin. These options are wonderful and avoid downtime, but they definitely cannot do what a facelift can.

A good facelift should address the muscular layer of the face and restore its position to a more youthful one. These will correct the neck lines and folds, jowls, reestablishing cheek contour and softening the folds around the mouth. In addition, tightening the muscles leaves the skin without any tension and avoids the dreaded *pulled* look. A well done facelift remains the gold standard for facial rejuvenation and should not be feared.

*Dr Marcelo Antunes is an award winning, fellowship trained Facial Plastic & Reconstructive Surgeon. He is a double-board certified surgeon by the American Board of Facial Plastic & Reconstructive Surgery and the American Board of Otolaryngology-Head and Neck Surgery and an active member of the American Academy of Facial Plastic & Reconstructive Surgery, American Academy of Otolaryngology-Head and Neck Surgery and the American College of Surgeons. Piazza Center is located at 7900 FM 1826, Health Plaza II Suite 206, Austin TX 78737. He can be reached at 512-288-8200.*

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## Back-to-school healthy smile tips

by Ron S. White, DDS



Many of us will be making lots of lists for ourselves and our kids as we prepare to head back for another school year. Here are five simple tips to help you keep your smile healthy all year long.

Eat plenty of fruits and vegetables. Healthy eating habits are important to your oral health. Poor nutrition can affect your entire immune system, but eating a well-balanced diet can not only improve your oral health but lower your risk for other diseases as well. Foods with antioxidants such as fruits, vegetables and nuts can help you fight against bacteria and inflammation.

Watch what you drink. Drinking alcohol can stain your teeth and has a drying effect on your mouth. It reduces saliva and creates a more acidic environment in your mouth, which can soften enamel. Both alcohol and soda are high in sugar and can do a lot of damage to your teeth. What should you drink? Milk has calcium which can help fortify your teeth, but water is your healthiest choice. Water washes away food from your teeth and keeps your saliva levels high.

Stop smoking. Smoking is the number one cause of preventable death in the U.S. Smoking can also do harm to your mouth in a number of ways by increasing your risk for tooth discoloration, cavities, gum recession, gum disease and throat, lung and oral cancers. Smokers are about twice as likely to lose teeth as non-smokers. By quitting, you can begin to reap the health benefits in as little as

20 minutes and restore blood flow to your teeth and gums within two weeks.

Brush and floss your teeth. Brushing and flossing protects your teeth from decay and gum disease. Plaque is a sticky, colorless, invisible film of harmful bacteria that builds up on your teeth every day. Both brushing and flossing help remove harmful plaque, as well as rid your teeth of food particles to keep your smile healthy and cavity-free.

Visit the dentist regularly. By having regular cleanings every six months, we can help monitor your oral health. Our goal is to prevent any problems before they cause discomfort or require more expensive treatment.

*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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## The Art of RW Hubbard

For years, the art of RW Hubbard has been exhibited at prestigious galleries throughout the United States. In addition to galleries, his artwork is on permanent display at Fountain Park in Fountain Hills, Arizona – a park dedicated to art.

Stainless steel has been RW Hubbard's medium of choice. His passion for hypnotic, kinetic movement and stainless steel set him on a path of creating sculptures that brought a feeling of peace and beauty to the viewer. RW's sculptures are in the personal collections of many art enthusiasts and celebrities:

- Frank Havrdejs  
Lifetime trustee of The Museum of Fine Arts, Houston Texas
- Mark Brunson  
VP of Nestle/Purina
- Boyd Tinsley  
Dave Matthews Band

It was family that brought RW to Dripping Springs 5 years ago. During this time, he was inspired by the medium of "*rusting steel*" and the desire to create "monument size" art works using this medium. RW believes that art should not be limited to the indoors of your home...but also to the outdoors where the art can make a grand statement and be enjoyed by everyone.

### RW Hubbard's Artist Statement:

Sculpting is my path to stillness and my way of being conscious in the present moment. The process of transforming stainless steel into art is magical. Over the years, that process has possessed me. Creating works of art as sculpture fills me with a sense of accomplishment and allows me to translate my inner visions into outer realities.

My designs come to me when I stop thinking, sometimes complete, sometimes vague. Some need time to mature until they take shape, some fade away... while others grow into something wonderful.

When creating a work of art I never hurry, taking my time on each step, striving for excellence. Every step must be done with precision for the completed work of art to meet my expectations. I work deliberately, consciously employing both traditional and innovative techniques; the creative process is in charge and it depends on me to be faithful.

**For a private showing of RW's sculptures, please contact:  
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# The snowball of debt: *Know your options*

by Trey Powers

If the weight of debt is dragging you down, you are not alone. The average debt in America (not counting a home mortgage) is \$97,000. Credit card balances, car loans and student loans have put many of us in a position where we simply cannot see the light at the end of the tunnel. Credit card debt is the most daunting, carrying interest rates as high

twenty percent! If this sounds all too familiar, now is the time to explore your options.

For homeowners, one option is to consolidate your debt and lower your monthly bills by refinancing your mortgage. A cash out refinance allows you to turn a portion of the equity you have built up in your home into cash that you can use for whatever you like. It is your hard earned, invested money. Most people use it to pay off high-interest debt, fund a large purchase or finance a home improvement project.

The average interest rate charged on credit cards is nearly ten percent higher than that of a current 30 year mortgage. If you consolidate the credit card debt into your mortgage, you are effectively giving yourself a 10% return on your money. To calculate how much cash you can access from the equity in your home, take the estimated current home value and multiply by point eight. Then subtract from that number, the current balance of your home loan.

A cash out refinance will increase your mortgage balance by the amount of cash needed. This might cause your monthly mortgage payment to increase, depending on the interest rate and terms you qualify for. However, compared to the minimum payments each month on your credit cards it is likely your total monthly obligations could decrease significantly. It is not uncommon in these scenarios to see a total reduction of hundreds of dollars a month.

Remember – a consultation with your local trusted mortgage lender is always free. Whether exploring a cash out refinance, planning to purchase a home or considering building a custom home, take advantage of this resource.

Trey Powers is a licensed mortgage loan officer with City Bank Mortgage, a Texas-owned lender. He was voted 2017 and 2018 Best Mortgage Lender in Dripping Springs. Trey lives, works and volunteers right here in DS. Contact: 512-203-5869 & [trey@treypowers.com](mailto:trey@treypowers.com). Visit [TreyPowers.com](http://TreyPowers.com)

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## What should you do with an inherited IRA?

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



Reagan Smith

Individual Retirement Accounts (IRAs) are quite popular. At the end of 2017, investors owned nearly \$9 trillion in IRA assets, according to the Investment Company Institute, a trade association of U.S. investment companies. Given these numbers, it probably wouldn't be surprising if you inherited an IRA someday. But what

should you do with it? a 50% penalty on the amount you should have taken. In deciding how much to take, you'll need to evaluate a few factors. First, is whether you need the extra money to help support your regular cash flow. It's possible you have other pools of income from which to draw and it may be advantageous for you to tap these sources first. Another consideration is taxes – if you've inherited a traditional IRA, the more you take out each year, the bigger your tax bill may be.

Should I keep the same investments? Inheriting an IRA doesn't mean you're stuck with the original account owner's investment choices. You can change the investments to align with your goals and risk tolerance, both of which may change over time. How does the inherited IRA fit in with my overall financial strategy? You'll need to consider how your newly inherited IRA fits in to the *big picture* of your financial strategy. Are you adding redundancies? If you keep the inherited IRA largely intact, how will it affect your current investment mix? Could the added income from required distributions change your retirement calculations or even enable you to retire earlier? You may want to consult with a financial professional about these and other questions related to your inherited IRA.

The person who left you an IRA worked hard for that money and thought enough of you to pass it on. Consequently, you'll want to respect this inheritance – and get the most out of it for as long as you can.

*Reagan Smith, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. She can be reached at 512-894-3793.*

should you do with it?

First of all, you'll need to be aware of some basic rules. If your parent, or anyone other than your spouse, leaves you a traditional IRA – one in which contributions are typically tax-deductible and earnings can grow tax-deferred – you can transfer the money into an *inherited IRA* from which you'll need to take at least a minimum amount of money – technically called a *distribution* – each year, based on your life expectancy. These distributions are taxable at your regular income tax rate. If you've inherited a Roth IRA, you also must take these minimum payouts, but the amounts won't count as taxable income, because your parents, or whoever left you the IRA, already paid taxes on the contributions that went into it. (To make sure you fully understand all the guidelines on distributions and taxation of inherited IRAs, consult with your tax advisor.)

How much should I take out each year? As mentioned above, you must take a distribution of at least a minimum amount from your inherited IRA each year – if you don't, you may be subject to

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# All in the family – Jep’s Southern Roots and Family Business Beer Company

Business Feature by Cyle Johnson



Nestled between the brewery and the playground, Jep’s Southern Roots sits ready to satisfy your soul with southern and cajun flavors crafted from fresh, local ingredients. Jep is a straight-shooting, skilled chef and Jess is the gracious hostess. Together they translated their love of entertaining into enterprise. The couple, who had never left home in Louisiana, decided to turn their airstream trailer into a food truck situated at their friend’s

brewery. “Cajun food and beer, it’s a match made in heaven – in my opinion,” says Jep, who uses the King Biscuit ESB in several of his recipes.

The couple is happy to announce their catering service is now available. Whatever event and whatever menu you have in mind, Jep’s Southern Roots strives to please. “We love to cook,” Jess says, “We can do anything... we want it to be hands-on and integrated...” Flexible and passionate, they want to create a menu customized for your event, whatever it may be. Anniversary dinners, teacher appreciation lunches, receptions, office parties – whatever your celebration or event, there’s a flavor for that. Even vegetable-based diets are easily accommodated. Any vegetarians out there heard of the impossible burger? Apparently Jep makes it. Let them customize a menu that you and your guests will remember and adore. Bringing people together and creating special moments is what this southern roots duo is all about.



Seasonal menus hosting the likes of poboyos, jambalaya, fried shrimp, crawfish... goes down beautifully paired with the beers made and served a few paces from the cajun cooking airstream. When asked the classic Adam Rapoport question – *butter or olive oil?* – Jess brought bacon grease to the table. Jep swears any chef worth his salt knows the value of starting off with a little bacon fat. Goodness knows, we Texans love our bacon.

Whether you enjoy Jep’s Southern Roots outside with your family and critters, or served up at your next event, let Jess and Jep bring their roots to your palate. During the week they’re open 3-9pm, Saturdays 11am-9pm, Sundays 11am-8pm.

For catering inquiries please email [Jess@JepsSouthernRoots.com](mailto:Jess@JepsSouthernRoots.com) or call 731-802-4181.



Family is inherent in the very roots of Family Business Beer Company. It was Gino’s uncle John that found the property after an exhaustive search of no less than a hundred properties. Once a fun idea tossed around the family dinner table, a philosophy slowly took shape with his sister and brother-in-law, Danneel and Jensen Ackles.

Gino will tell you he’s no expert – merely a student of beer. He’s been in the beer industry for 13 years. With some formal training at UC Davis and the Siebel Institute of Technology, the oldest brewing academy in the U.S. That plus five years of home brewing and all the literature his heart desired on the subject.

Despite over a decades worth of education, Gino defers to his Head Brewer, Nate Seale, “We don’t want to cramp his creative style as far as the ingredients and recipe formulation... that’s definitely his wheelhouse.”

There are over a dozen beers on their menu, ranging from easy drinkers like the Hamilton Pale to dark and complex brews like The Grackle. Pairing these exquisite beers with southern rooted comfort food is easy and so much fun. Family Business Beer Company opens at 3pm Wednesday through Friday, and 11am on the weekends. With plenty of space to park, walk and enjoy the day, Family Business is the perfect place to bring your family and friends, furry or otherwise.

Note that the Family Business playground pops up on Google Maps. When asked about it, Gino laughed, “Yes, the business is built around the playground.” This playground is no after thought. Situated perfectly, next to the outdoor seating area and Jep’s Southern Roots and shouting distance from the brewery, guys, girls, children and dogs can enjoy time together. Beer is, “a great uniter,” Gino says, when discussing the place beer has found in our culture and this is perfect place to enjoy it. Quality and a deep tie to familial structure go a long way in providing the solid establishment Gino Graul and Danneel and Jensen Ackles have created together for their family and your’s.



Brewery tours available. Tasting Room is first come, first served. The Family Business is located at 19510 Hamilton Pool Road. Open Wednesday-Friday 3-10pm, Saturday 11am-10pm, Sunday 11am-9pm.



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## Buyer beware

*by Randy Lawrence*



It seems like everywhere we turn today there is land being cleared for construction of a new neighborhood. If you've ever moved into a new development, you know that there is constantly someone ringing your doorbell and attempting to sell you something for your new home. Unfortunately, the water treatment industry is full of companies

who choose to employ this door-to-door tactic. Here are some things you should know before you open the door.

There is a very good chance that the “water specialist” who comes to your house is not actually a licensed Water Treatment Specialist. Some companies choose to ignore the fact that the Texas Commission for Environmental Quality regulates our industry and requires some level of licensing in order to test water for the purpose of making treatment recommendations. The salesman who comes to your home is simply there to convince you to say yes and open your wallet. If you're not aware of your options, it can be tempting to let that happen.

Many neighborhoods have taken to posting No Soliciting signs at the entrances. In some of these cases, certain companies have struck a mutually beneficial deal with the homebuilder to allow them to place advertising on the softener loop and at the kitchen sink. This often contains misleading wording which indicates that the home is set up for their specific equipment and that damage will occur if you don't choose their system. This is absolutely not the case. This often leads to homeowners paying far more for the system than necessary since they are unaware that there were other choices.

The water softener loop in a new home is capable of accepting any brand of water softener. Don't be fooled by high pressure sales tactics or misleading literature. A licensed professional can perform a couple of simple tests to determine exactly what size system would best fit your needs. A quick search of TCEQ's occupational licensing database, as well as a review of the company's Better Business Bureau standing will let you know whether you're dealing with a legitimate, reputable dealer.

*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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## Litigation: “Did you get that?”

by Roland Brown



A jury panel member seated on the last row of the courtroom has just responded to a question your lawyer asked during *voir dire*. The judge immediately turns to her left and says, “Did you get that?” Who is the judge speaking to? Answer: *the court reporter*, who is often the most overlooked yet important person in the courtroom.

With rare exception, the court reporter is responsible to accurately record every word spoken during a trial or other court proceeding. It is a daunting task. Lawyers talk fast, witnesses mumble, jury panel members’ responses get lost in the distance from the front to back of the courtroom, multiple people try to speak at the same time – all this makes the reporter’s job challenging. The judge’s question to the reporter recognizes both this challenge and the importance of the reporter getting everything exactly right. Like the judge, careful trial lawyers also try to be certain the reporter can hear and record everything correctly.

The outcome of a trial or of an appeal may hinge on the accuracy of the reporter’s record. Typically, the reporter is typing using a sort of specialized shorthand onto a steno machine. Often, the input goes directly into a computer. The reporter generally has a digital recorder turned on as a backup. In addition to capturing everything that is said, the reporter is responsible for seeing that each

exhibit has an exhibit number and for keeping up with those exhibits because they are part of *the record* which the reporter creates.

During trial, the reporter may be asked to locate and read aloud portions of testimony which the reporter has taken down. This may occur when an objection is made to a question asked and the judge wishes to be clear on what the question was before ruling on the objection. Occasionally, the jury may ask to have a portion of a witness’ testimony read back to them during their deliberations. Perhaps though the most critical use of the reporter’s record is to provide an appellate court with the exact picture of what transpired during trial so that the court can determine whether to affirm or reverse a trial court judgment.

*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

- Personal Injury
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## Tipping your server

by Mark Sewell, MBA



We are all asked to provide a tip to individuals for certain services they provide. These tips are often considered gratuity, signifying a token of appreciation. By providing a tip you are both thanking the individual and encouraging them to continue to provide excellent service.

One story explaining the origin of tipping explains that the word is an acronym derived from To Insure Prompt Service. Tips would be paid in advance to influence the quality, and no doubt the speed, of service to be provided. This approach has many flaws. Those who could *out tip* others could gain preferential treatment and could be moved ahead of others in line. On the flip side, prepayment of a large tip does not guarantee improved or speedy service, so the person paying for services might not receive any benefit. Traditionally we now provide tips at the end of a transaction once the service can be evaluated.

While customary to tip food servers and bartenders, drivers, maids, hair dressers and many other service providers, the practice is still voluntary. Some argue that the tip is a sneaky way for employers to not pay employees. In reality, service providers need to earn a certain amount of money to make the job economical for them. If you eliminated tips the ensuing increased wage would be made up through higher prices, so you’re paying one way or the other. With a higher wage you are, in essence, forced to pay the tip.

Wouldn’t you rather have the discretion to evaluate the service you receive first? The prospect of a tip in exchange for great service puts you in control.

Because you influence service providers’ income potential through your tip, you should be fair in how you evaluate and compensate service you receive. Poor service should receive a low tip. Rude service probably deserves no tip. Reversely, excellent service should be rewarded with an above average tip. While a company’s culture and training helps drive service excellence, this unwritten contract of tipping helps keep customers in the driver’s seat and service providers eager to deliver.

*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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## Make a plan

by Lindley Pond



Remind me again why I've lived in Texas my whole life? Just kidding, it's a wonderful state with so much to offer with one major drawback – August weather. By now we are all pretty over the heat and lack of any substantial rain and are ready for fall to set in. All this heat doesn't mean no outside planning for future enjoyment.

Summer is a great time for checking out what worked and what didn't.

Maybe some plants needed too much water, maybe next year you need shade cloth over part of the veggies but not all, *maybe, maybe*. Trial and error isn't a bad thing as long as you didn't end up throwing good money away because you had great ideas but no real plan. This is an expensive route.

Planning and good cost estimates for each project inside the big picture is a worry-free way to go. Thinking about things like *Where does the sun hit and is hottest? Where is there a drainage issue? Where do I need screening?* Just a few things that make placement of all your outdoor wants much easier to attain and don't have you cooking burgers on your new patio with the sun beating down on your neck. Or putting a water feature under a bunch of trees forgetting that this means more maintenance.

Little things that we are happy to help with. Give us a call if you need some help. I'm praying for a little break in the heat and a little rain, so until next time – remember to keep hydrated and don't over do it!

*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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# Dripping with Taste is back on September 8th

by Hope Bolton



In its eleventh straight year, Dripping With Taste Wine and Food Festival will once again be tempting your taste buds on September 8, 2018 from 12-6 pm.

Over 90 vendors will be on hand to provide 2,500 festival patrons a *taste* of not just food and wine, but also a variety of distilled spirits, brewed fermentations and artisanal products.

The Dripping Springs Ranch Park will be the setting for the festival's events, a chef demonstration by chef Andrew Striver,

whiskey demo led by Deb Niemeyer, wine and beer demos to be announced, plenty of wine and booze tastings, grape stomping, gourmet foods, shopping and toe-tapping music.

Always a crowd favorite are the demos and the additional free tastings that come with the demos. This year, Chef Andrew Striver from Vista Brewing, a new Dripping With Taste vendor, will be leading the foodie discussion. Vista Brewing, the newest area brewery, serves up finely crafted beers, perfectly paired with seasonal menus that capture the freshest flavors of the region. Chef Striver is known for showcasing each ingredient in the most creative way by blending classic and modern techniques to create memorable and beautiful dishes.



tion of food vendors including The League Tavern & Bar, The Salty German and Dripping With Taste Festival sponsor, Classy Delites, that will be serving up their high-quality gourmet chips and dips. A new brewery to the festival is Family Business Beer Company which will be pouring a selection of their craft beers made right here in Dripping Springs.

Last year's event was a sell-out so make sure to check out the full line-up and get your Dripping With Taste tickets online in advance for \$40 at [DrippingWithTaste.com](http://DrippingWithTaste.com).

Come dressed casual and cool for an afternoon of absolute fun enjoying all of the flavors of Dripping Springs, the Hill Country and beyond.



The distilled spirits demo will be led by Deb Niemeyer, a certified whiskey sommelier with her own company called Whiskey Chick. Deb's whiskey experience encompasses many years and helps folks develop a deeper understanding of each unique whiskey. Attendees of the spirits demo will be tasting whiskeys as well as learning how to develop a *taste* for this fine distilled spirit.

The demos and the tastings that come with it are sure to please and an experience you won't want to miss! Many favorites from years past will be making their Dripping With Taste return. The festival grows with each year and there will be an expanded selec-





# Dripping Springs Chamber of Commerce Focus on Business: *Gourmet Gals Catering & Events*

With 100+ degree heat, it's no wonder that you are not thinking about the 2018 Holiday Season *now!* However, if you have been given the task of planning your holiday celebration – don't panic – Gourmet Gals Catering & Events is here to share a little of our experience that we have gleaned with over 40+ years of in the hospitality industry.

The most important aspect to a perfect celebration is to understand your guests, goal, vision and budget. Let your guests walk in and be awed by all the time, work and creativity that you have put into *your* event.

A must for a great holiday celebration is fresh, creative and delicious food! If you are a chef at heart, you will need a menu, shopping list, time at the grocery store, storage for all the fresh items, prep time ahead of your event and cooking time as well. Additionally, you need to plan for all the necessary serving items to present the foods and keep them at proper temperature along with serving pieces. No ugly aluminum pans at *your* event.

Your choice of plates, cutlery and glasses will need to be considered, cleaned, polished and organized. Red Solo cups only if



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