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OUTLOOK

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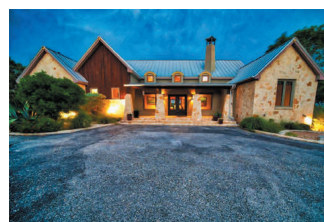
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Getting back on track



Summertime is a welcomed break for most of us. We forget about school schedules, take vacations and spend quality time relaxing and having fun. I know I enjoy it. This year I went to places I've never been before, carved out time to read a couple of great books and visited with friends I hadn't seen in ages.

Yet as the calendar inched day by day closer to September I noticed I was feeling eager to return to the routine I departed from in late May. I was ready to focus on work and projects I had pushed pause on weeks earlier. Perhaps you feel that way too.

Getting back on track feels good. Goals are renewed or reengaged. Sights are set on new horizons. It's exciting. Plus we have the great fortune here in Dripping Springs of some fabulous annual events to look forward to.

Dripping With Taste celebrates its 11th year on September 8th at Dripping Springs Ranch Park. There is no better way to get back into the groove and set the pace for the rest of the year than by attending this day-long party. See your friends and neighbors. Meet some new ones. Sip and taste the delicious offerings from local merchants while listening to live music. It really doesn't get any better than that.

My family always finds something we can't live without from the artisans who are at the booths. And this year is extra special for us because it will be the first year my grandson attends. Look out booths selling baby things, we are headed your way.

Taking a break from accustomed activity is necessary but I believe it's also wonderful to slide back into a rejuvenated itinerary. I hope you're rested and ready to go. I know I am.

Thank you for joining us.

Victoria

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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.
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512-858-7825 or DSCL.org for info. No exercise on library holidays.
- Every 1st Mon. DS Ag Boosters meet in Ag Building behind DS Middle School at 7pm. Visit DSAgBoosters.org for updates.
- Every 1st & 3rd Mon. 6:30pm, Lions Club meets at Dripping Springs Ranch Park located at 1042 Ranch Road 12. Across from the DS Elementary School. For information call Sharon Goss at 512-923-8630 or email dslionsclub@gmail.com.
- Every 2nd Mon. G.O.D.S. Moms. Free Childcare. Contact Joanne Thomas at 512-894-0581 for more details.
- Every 2nd Mon. Dripping Springs 4-H Club meets at 6:30pm at the Ag Booster Building (located behind DS middle school).
- Every 3rd Mon. Eastern Star meets at Rambo Lodge at 7:30pm. Call Kathy Clark for more info, 512-858-7004.
- Every 3rd Mon. 7pm. Hill Country Centering Prayer Community meets at a local residence. Call Myra at 512-496-1531 or Sharon at 512-413-3248.
- Every 4th Mon. 7pm. Gen. Ben McCulloch 2435 Daughters of the Confederacy meets at Veteran's Hall, Dripping Springs. Call 512-858-7177.
- Every Tues. 6:30pm Toastmasters of Dripping Springs meet at Pioneer Bank, 100 Creek Rd. Visitors welcome. For more info visit DSToastmasters.com.
- Every 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 Tues. 6pm Nar Anon Family Group at Friendship Creekside Fellowship 14455 Fm 1826. Nar Anon is a 12-step program for family and friends of drug addicts. We share our experience, strength and hope.
- 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.
- 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 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, 512-858-7825. Newcomers welcome. Email AdultServices@dscl.org for details.
- Every 1st Thur. Apr.-Dec. *First Thursday Dripping Springs*, merchants extend their hours until later in the evening and have a variety of specials which might include one-day sales, special activities, food, music and art. For more info visit FirstThursdayDrippingSprings.org.
- Every 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 or on Facebook.
- Every 2nd Fri. Mothers of Preschoolers (MOPS) group meets at 9am at the Episcopal Church of the Holy Spirit (301 Hays Country Acres at Hwy 290W). Childcare available. For information call 512 858-4924 or email DrippingSpringsMOPS@gmail.com.
- Every 1st Sat. On or after the full moon, 7:30pm, Rambo Masonic Lodge 426 meets. Dinner at 6:30pm. Call 512-858-7177.
- Sat. Sept. 8, 12-6pm. Dripping With Taste! For more info see pg. 29.
- Sat. Sept. 8. Dripping Springs Veteran's Hall Celebrity Devil's Backbone Ride. See ad pg. 29 for more info.
- Wed. Sept. 19, 11:30-1pm. DS Women's Club meeting at The Terrace Club. The speaker is Jenna Lee, formerly of Fox News. For reservations contact Janice Englehart by Friday, September 14 at jae7461@me.com.

Please submit your event details at least six weeks prior to your event to Info@DSOutlook.com.

Distribution is the 1st of each month.

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Where do stem cells come from?

by Breca Tracy, PhD

Many people ask – *where does your clinic get its stem cells? do you get them from each patient (i.e. autologous) or do you get them somewhere else?* This question is one of the most common questions in this industry. Two of the most well known sources for stem cell products are

umbilical cord blood and amniotic tissue. Both of these sources are very rich in stem cells. They each contain high levels of *mesenchymal* stem cells (MSCs), otherwise known as the master stem cell. Blood from the umbilical cord also contains another type of stem cell called a *hematopoietic* stem cell. Hematopoietic stem cells can become blood cells once injected into the body. On the other hand, MSC's can become many types of cells such as cells that create cartilage, tendons, ligaments, nerves, etc.

One advantage for using products sourced from umbilical cord blood and amniotic tissue, compared to the autologous stem cells, is these stem cells are very young. More specifically, there are millions and millions of stem cells in the products our clinic uses. Why is this so important? As we age, the ratio of stem cells in our body decreases. For example, on average, every one cell per every 10,000 cells in a newborn is a stem cell. By the time we are 30, on average, every one cell per every 250,000 cells is a stem cell. As we continue to age to 80 years old, approximately every one cell per every two million cells is a stem cell. You see the pattern. As we

age, our bodies have less and less stem cells to work with. As you learned last month, stem cells get recruited throughout our lifespans to do very important jobs. Getting a fresh boost of stem cells from a young source, such as umbilical cord blood or amniotic tissue, can help the body regenerate and recover from what might have been damaged in our bodies over time.

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.

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.



The Stem Cell Center
DRIPPING SPRINGS

Breca Tracy, PhD
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& Operations
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Dripping Springs, TX 78620



Omega-3s and your skin by Karen Laine, Para-Medical Aesthetician

You've heard about Omega-3s benefits for your health, but did you know they are crucial for supple, clear, healthy skin?

Skin cells are short-lived with a rapid turnover rate, meaning nutrients needed to build new cells must readily be on hand. Omega-3s are a key component in the fatty membranes of skin cells. With-

out this special type of fat on hand, the body must build new cells with *inferior* fats, resulting in less than optimal skin health. As we age, getting enough Omega-3s is even more important as they are necessary to ensure healthy cell membranes that keep skin hydrated.

The primary cause of skin aging is the sun's UV rays. Think of Omega-3s as internal sunscreen. The two kinds of Omega-3s found in fish oil, *EPA* and *DHA*, increase resistance to UV light and act as protection from harmful free-radicals formed when unprotected skin is exposed to the sun. EPA goes one step further to help block the release of UV-induced enzymes that break down collagen, which leads to fine lines, wrinkles and sagging skin.

Any condition that ends in *itis* indicates a problem associated with inflammation. Dermatitis, psoriasis, rosacea and eczema are inflammatory conditions of the skin. If you've visited a dermatologist lately, chances are he/she probably didn't speak with you about your diet. A number of credible studies strongly correlate the Western diet with inflammatory skin conditions, acne and oily skin,

specifically, dairy, refined carbohydrates and grain foods. Along with diet changes, Omega-3s can improve these conditions by greatly reducing silent inflammation in your body. Unlike acute inflammation from surgery or injury, silent (chronic) inflammation is much more dangerous because it isn't readily apparent. If left untreated, it can lead to serious health conditions like heart disease, arthritis and possibly even some types of cancer.

Whether your goal is to fight aging, reduce inflammation, clear up acne or simply improve your skin's health and appearance, high-quality Omega-3 supplements are great additions to your beauty regimen.

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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Digital eye strain and the effect of blue light on your eye health

by Dr. Bryan Marshall



In today's world, extended periods of computer or tablet work are common place. In fact, a Nielsen Company audience report showed that in the U.S., the average person spends more than 10 hours a day on a computer or mobile screen. *Wow!*

I get asked all the time about its effect on your eyes and it's obvious that younger individuals are spending more time on handhelds than I did as a

child. A friend described this new species as glow-faced hunched-backs. But is it really damaging to your eyes? New studies show the answer is yes.

First, we need to consider the accommodative demand on the eyes. That is to discuss what happens to the eyes when asked to focus on something at arms length for extended periods of time. The muscle in the eye has to flex to pull the lens into shape, and like other muscles, it can get fatigued. For this, I always recommend taking breaks and looking up for one minute every 15 minutes. This gives the lens and muscle time to recover.

The next area of concern is centered around blue light. Blue light is part of the visible spectrum that makes up white light which

is emitted from the sun. It is the higher energy portion of the spectrum right next to ultra-violet light. This wavelength causes digital eye strain and can cause oxidative damage and early retinal degeneration that is non-reversible. The highest emitters of blue light are the sun, LED lights, flat screen LED TVs, computer monitors, smart phones and tablets. An NEI-funded study showed that children's eyes absorb more blue light than adults from digital device screens.

How do we protect against it? Limit screen time, use special filters to absorb blue light and get computer glasses from your optometrist with anti-reflective coatings. At your next appointment, ask your doctor about your options to limit accommodative stress and block these damaging light waves.

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 in Gunnison, Colorado and his doctorate from Southern College of Optometry in Memphis, Tennessee. He is married and has two 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: Business Feature

by Dr. Bryan Marshall

Capital Eye provides the best in modern-medical and routine optometric vision care services in a boutique optical atmosphere. We are an independently-owned, full-service optometry practice that is privileged to serve the great city of Austin and its surrounding western Hill Country communities. We are conveniently located close to Bee Cave, Texas. It is our mission to provide access to the highest level of eye care, the latest technology available and quality designer frame and lens combinations all in one convenient location.

Dr. Bryan Marshall has been practicing in the Austin area since 2009. He has always had equal appreciation for all facets of eye care ranging from complicated disease management to ensuring his patients see and look their best. In the summer of 2016, he opened Capital Eye and his vision of providing true full scope care to the Austin Hill Country area was established. We are equally enthusiastic and competent seeing routine eye exams for glasses and contact lenses as we are about providing care and relief of your most complicated injury or ocular conditions such as glaucoma, dry eye and macular degeneration. We have a massive inventory of all major contact lenses in the office and provide solutions for near and far blur, astigmatism and even specialty fits designed to slow the progression of *myopia* (near-sightedness) in children. Capital Eye has one of the area's most unique collections of designer, handmade



frame lines such as Barton Perreira, Bevel, Salt and Lafont.

Dr. Marshall grew up in Oklahoma and is a graduate of Western State Colorado University. He spent the last two years of his undergraduate studies completing his thesis on an autoimmune condition of the eyes. From that time he fell in love with what he considers to be the most amazing sensory organ and all its intricacies. Naturally he went on to four more years of "eyeball education" in Memphis, Tennessee where

he received his Doctorate of Optometry. Married with two children, Dr. Marshall loves to spend time with his friends and family, the outdoors, cycling and dabbling in amateur rocketry. Come visit us for all of your eye care needs. We are now accepting new patients and eager to help the community see and look their best!

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Back to the books

by Callie Schott, SPT

It's that time of year again! Summer has come and gone and students are getting back to the classroom. With the school year comes hours of sitting and studying, which has detrimental effects to our posture that causes back pain, neck pain and even headaches! Below are a few tips that

you can use to improve your posture and decrease your chance of developing neck and back pain. Even if you're out of the classroom, these tips can be applied to you.

Keep your head held high. Whether you're at a desk job or reading a textbook, neither of these activities promote good posture. It's a good rule of thumb to have your eyes in line with the top edge of your computer screen. You can achieve this by using a riser or stacking books underneath your computer. Additionally, constantly looking down at a book puts strain on the muscles in the back of the neck which can cause neck pain and headaches. This can be avoided by propping your book up on a wall or book stand.

Take a stand. Standing desks are on the rise and all for a good reason! Long hours of sitting results in muscle imbalances in your hips and low back that can cause pain. Ask your employer if they'd be willing to transition to standing desks or you can make sure to try getting up once or twice an hour to walk around and stretch your muscles. A little movement goes a long way. Additionally, when seated at your desk or chair with feet flat on the floor, your hips

and knees should be at 90 degree angles. This minimizes the stress on joints and muscles.

Motion is lotion. When sitting at your desk, there are a couple of exercises that can improve your posture. The first is a shoulder blade squeeze. Use the muscles in your back to pull your shoulder blades together. Hold for 10 seconds and perform 10 repetitions. The next exercise is a neck retraction. Keeping your gaze forward without tilting your head back, bring your head straight back and hold for 10 seconds; perform 10 times. This encourages proper head posture.

If you've been experiencing back or neck pain that you haven't found relief from, consider visiting your doctor and getting a referral to Kethley Physical Therapy – we love to Keep Dripping Springs moving!

Written by student physical therapist Callie Schott, SPT from the University of Texas Southwestern Medical Center.

Kethley Physical Therapy has been providing physical therapy to the Dripping Springs and surrounding communities for over 15 years! KPT has two convenient locations and 7 licensed physical therapists to treat all your musculoskeletal needs. We are open from 7am to 6pm Monday-Friday and can be reached at 512-858-5191 or at www.KethleyPT.com.

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Dripping Springs Songwriters Festival: October 19-21, 2018

by Jim Halfpenny



The Dripping Springs Songwriters Festival will be returning again October 19-21 of 2018, with another incredible roster of local, national and international songwriting talent. This fifth annual event will present more than 35 showcases a day, featuring a wide variety of finely-crafted songs and the people and stories behind them.

Over 40 talented songwriters from as far away as Toronto, Canada will play *in-the-round*, Nashville-style, on five intimate stages located at The Barber Shop, Mazama Coffee Co., Acopon Brewing, The Sidecar Tasting Room and Hudson's on Mercer – all of which are within safe, easy walking distance of each other in the quaint Historic District of downtown Dripping Springs. Performances run continuously on Friday and Saturday until late in the evening and on Sunday the festivities include a spirited Gospel Brunch Showcase at Hudson's on Mercer followed by the ever-popular Festival Wrap-Party at the Barber Shop. Parking is plentiful, food and drinks will be available at each venue and admission to all the showcases is free to the public.

Easily accessible and extremely well-organized, the Dripping Springs Songwriters Festival is a welcome, *industry-opposite* change from the typical *Austin-palooza-music-fest* that everyone is familiar with. This annual event offers people the up-close and personal chance to see, hear and get to know some very talented performers who have a deep love of the art of songwriting. Put plainly, the Dripping Springs Songwriters Festival is all about finely-crafted songs and the talented artists who have written them. And each year a portion of the proceeds of the Dripping Springs Songwriters Festival are donated to Kids in a New Groove, a non-profit, charitable organization that provides musical instruments and one-on-one instruction and mentorship to foster children in Central Texas.

Put this event on your calendars now and consider yourself officially invited to the heart of the beautiful Texas Hill Country to come and enjoy an exciting weekend of phenomenal singer/songwriter showcases. You won't want to miss a single note of the fifth Annual Dripping Springs Songwriters Festival!

For more information about the 2018 Dripping Springs Songwriters Festival please visit DrippingSpringsSongwritersFestival.com.



October 19-21, 2018
5th Annual
Dripping Springs
Songwriters Festival

DrippingSpringsSongwritersFestival.com

“When will you realize, Vienna waits for you?”

by Deborah Carter Mastelotto



From the moment our sleeper train pulled into the Vienna station, that old Billy Joel song began buzzing through my head and didn't stop until our plane touched down three days later in Chicago. I found myself humming it through my tour of the magnificent Klimt paintings and statues of great men who died long before America was born. I stood people

watching by the staircase in The Belvedere Museum and had a moment of realization – I was probably surrounded by representatives of the whole world. All around me swarmed young families, little old ladies traveling together, groups of students, romantic couples all chattering in languages I strained to identify. It would seem we had the same agenda that day – we would immerse ourselves in the power of art. And just by looking at us, you couldn't separate us into countries or religious beliefs or political affiliation.

It was hot in Vienna, as hot as it was in Los Angeles, so it wasn't only California burning up – Vienna was too... And so was Sweden. Russian parents are worried about terrorism and a brutal government, just like us. Norway is so concerned about alcoholism they hit alcohol with a high tax. England fights pollution in London by attempting to limit the number of cars entering the city limits. If you buy a pack of cigarettes in Europe expect to see a giant black warning emblazoned on the front of each pack, bigger than the brand logo.

You've probably heard the statistic – *less than 10% of Americans own passports* – so I googled it. While that may have been true in 1998, it's not true today. Far from it – Americans are at 48% and rising. So, though over half our country still never leave the comfort of their own borders, the rest of us travel like mad. And for those of us who travel, the world is a much smaller, friendlier place than some would have us believe. It's not *us* versus *them* anymore. We're all one big, homogenized earth family no matter how much that concept scares some people. Please don't buy into the fear mongers whose intent is to frighten us. Frightened anxious people are easier to control. The reality of our world is, we're all in this together. If you need proof, just come to Vienna – it's calling you.

Deborah Carter Mastelotto is a pathological entrepreneur, a minor student of quantum physics, unapologetic observer of human nature and undefatigable advice-giver. pinkchronicity.com.



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Dangerous quills

by Frank Shuman, DVM



Recently we have seen an influx of porcupine quill cases with our canine companions. Porcupines are ranging farther and increasing in numbers which makes encounters challenging to avoid. Dogs seem unable to ignore these large rodents especially when multiple dogs happen upon one. Its seems the pack mentality is to overpowering and confidence

is too high to just let the interesting critter with quills just get away without at least one sniff. Over the last couple months, we have seen the painful results of their defensive tactics quite regularly.

Dogs will attack the porcupines and receive from just a few to hundreds of quills in the muzzle, nose, lips, face, eyes and forelimbs and out of sight on the inside of the mouth and throat as well. The quills are mostly hollow and are white with the business end being dark brown to black. They are barbed and quite difficult and painful to remove. Left untreated many animals will be unable to eat and drink and will slowly succumb to infection and dehydration. We recommend all animals be anesthetized for removal as soon as possible and given antibiotics afterwards.

These prickly rodents are known to occupy most all of central Texas. They are herbivores dining largely on the inner bark of trees and shrubs but also enjoy ground vegetation in the spring and summer. Their breeding season peaks in September and October

when they range the furthest in search of mates. However, we have treated dogs for porcupine encounters at all times of the year. One, or rarely two, young are born seven months later in April and May.

Porcupines can live to 10 years and are adapted to a variety of habitats. They prefer rocky, forested areas and will repeatedly occupy the same rocky dens year after year. They are largely nocturnal though daytime encounters do occur. They readily climb trees though their movements are slow and methodical making them seemingly easy targets. We've had the same hapless dogs come in several times with quills, apparently unable to resist the temptation. Some animals just can't seem to get enough of a bad thing.

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



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Sometimes being right can be wrong

by Leslie Tourish, LPC



Recently, I won a minor point with someone at too great of a cost. She and I had been talking about a definition of a word and rather than just letting it go, I let my ego get the better of me. I found the arcane definition, proving my point. Her face clouded over and she abruptly ended the conversation and weeks later

I still haven't heard from her. Now some may say that if she was that sensitive, then maybe the possible loss of the association isn't so great. But I'm taking a different track. Deep down I know that in that moment with her, my being right was more important than allowing her to save face. The problem with shaming others is that it has a boomerang effect – the shame eventually returns to the sender with a smack upside the head.

We've all known people with acid tongues who are quick to point out mistakes in others but blind to their own faults. These individuals may have low self-esteem and attempt to build themselves up by tearing others down. If someone's tendency is to look for the negative in others, then that also says that their beliefs and perceptions are rooted in pessimism. When our outlook is negative, this perpetuates feelings of dissatisfaction, which in turn feeds into looking at others with an eye trained for faults rather than the possibilities.

Dr. Richard Carlson writes in his book, "Don't sweat the small stuff," about his experiences with criticizing others, "... if you pay attention to the way you feel after you put someone down, you'll notice that you feel worse than before the put-down. Your heart, the compassionate part of you, knows that it's impossible to feel better at the expense of someone else. Luckily, the opposite is true – when

your goal is to build people up, to make them feel better, to share in their joy, you too reap the rewards of their positive feelings. The next time you have the chance to correct someone, even if their facts are a little off, resist the temptation. Instead, ask yourself, *what do I really want out of this interaction?* Chances are, what you want is a peaceful interaction where all parties leave feeling good. Each time you resist *being right* and instead choose kindness, you'll notice a peaceful feeling within."

Now of course there are times when the points aren't minor, but major, and standing up for what you believe is intuitively the best path. However, the distinction may lie in when you insist on being right and you consequently lose your feeling of inner-peace due to insecurity, fear or anger. The karmic twist may lie in *what goes around, comes around*. Choosing a loving manner toward others is a shining path to loving ourselves.

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



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3975 Highway 290 East
Dripping Springs 78620

Add superfoods to your diet and boost your energy

by Lauren Meyer



We all know that adding greens and other superfoods to our diets can improve health and vitality, yet most of us have trouble actually consuming these healing foods. Issues like time constraints, price and taste keep us from making healthy choices. According to the CDC, about 90% of Americans do not get enough fruits and vegetables into their diets. Adding more

plant-based foods has been shown to reduce the risk of cardiovascular disease, type 2 diabetes and certain cancers. Ask yourself – could you benefit from more fruits, vegetables and superfoods in your diet?

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skin and is an easy, quick way to add superfoods.

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Lauren has an M.S. in Human Nutrition and is a CNS (Certified Nutrition Specialist); she serves as a Wellness Consultant at two Martin's Wellness Pharmacies, i.e. Dripping Springs Pharmacy in Dripping Springs and Lamar Plaza Drug Store in South Austin.



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A few perfectly normal things to expect after tummy tuck

by Rocco C. Piazza, M.D



When I meet with tummy tuck patients they often express a range of feelings. They're definitely excited about the physical transformation that results from a tummy tuck. But there is usually a bit of nervousness, as well.

Most patients ask about how uncomfortable the recovery process will be after. During the procedure, I use EXPAREL to decrease the discomfort a patient experi-

ences from surgery. Placed directly into the surgical area, EXPAREL contains specially formulated numbing medication called *bupivacaine* (it's a type of local anesthetic.) It gradually releases into the body over an extended period and that provides lasting pain relief. EXPAREL is not an opioid or narcotic. It works in your body where you had surgery, unlike opioids, which affect the whole body. In fact, because EXPAREL works over time, you may need fewer doses of other medications, including opioids.

Overall, being prepared for your recovery is one of the best ways to make sure you have a positive experience. It's also important to closely follow the post-op instructions provided. Many things that are perfectly normal during the recovery following a tummy tuck tend to catch patients off-guard. You'll be flexed at the waist when you return home after a tummy tuck. But this is only temporary. Flexing forward helps to decrease the tension on your muscle separation repair. Around 10-14 days, you will be standing upright fully.

Using a walker helps with stability and remaining independent and it gives your lower back a break, too.

A positive outlook is important during the recovery but expect to feel like your emotions are out of control some of the time. Seeing the results of your procedure also requires patience. This is much easier said than done. After all, the whole reason to undergo a tummy tuck is to see a flatter tummy. Unfortunately, the extent of swelling isn't predictable either. It varies by patient. So it may well take you longer to see decreased puffiness than a friend whose tummy tuck recovery was shorter.

Unwanted commentary on your decision; even when you have a great support system in place, there's a good chance you'll encounter people who question your choice to have plastic surgery. Some people will make tactful comments, such as saying that you looked great even before the tummy tuck. But others may be more vocal, opinionated or even jealous. This may happen before or after your surgery. Try not to take it to heart – just remember that this is your decision, not theirs.

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.

A large advertisement for The Piazza Center. At the top, the text 'Quality Experience' is on the left and 'Quality Results' is on the right, separated by a large, stylized blue 'Z' logo. Below this, two men in black scrubs are standing side-by-side. The man on the left is Rocco C. Piazza, M.D., and the man on the right is Marcelo Anzman, MD, FACS. Both have their names and titles on their scrubs. At the bottom of the advertisement, the text reads: 'The Piazza Center Plastic Surgery & Advanced Skin Care', '7900 FM 1826, SUITE 206 Austin, TX 78737 512.288.8200', and 'www.thepiazzacenter.com'.



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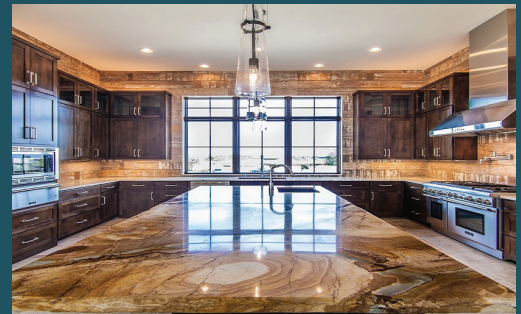
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Dr. Ron White is located at 4189 E. Hwy 290. He has served Dripping Springs Smiles for over 15 years. He and his team strive to provide comfortable, compassionate care in a calm and luxurious office. Appointments can be scheduled by calling 512-858-LOVE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

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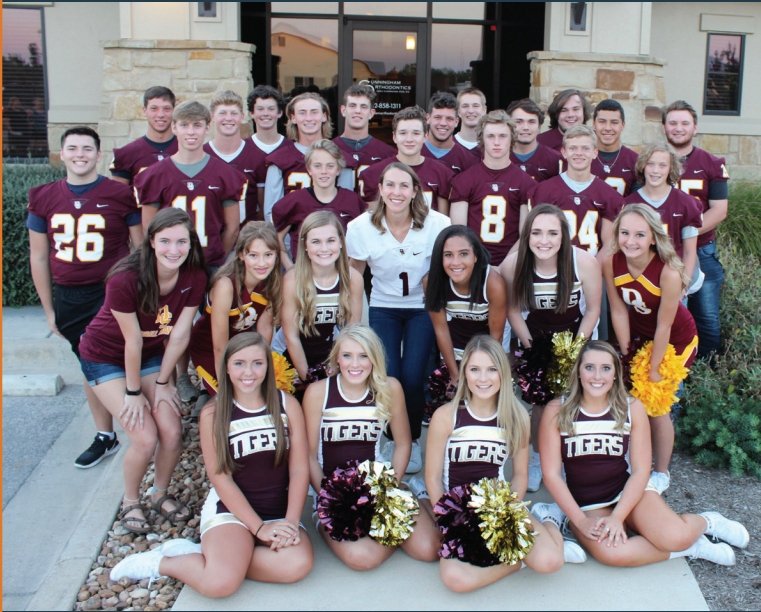


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Over 80 vendors will be on hand to provide more than 2,500 Festival patrons a "taste" of not just wine, but also a variety of distilled spirits, brewed fermentations, and local, fresh fare.

Spend an afternoon with friends enjoying not just food, wine and spirits but also artisan shopping, toe-tappin' music, grape stomping, and more.

Always a crowd favorite are the demos and the additional free tastings that come with the demo. This year Chef Andrew Striver from Vista Brewing will be leading the foodie discussion. 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. This chef demo one you won't want to miss!

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



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You do not qualify for a mortgage

by Trey Powers

I absolutely hate breaking that news to a family. Over the last month or two I have had a few situations where potential home buyers were shocked to learn they did not qualify for a home loan. These families are current home owners with high income and significant assets. So what went wrong and how can you

be sure this never happens to you? Pay your bills on time and keep an eye on your credit!

Late payment on a mortgage. This is often a complete deal killer. If a homeowner has been sixty or more days late on a mortgage payment within the last twelve months, they will not be approved for a conforming loan – period. If thirty days late, it will be reported to the credit bureaus and your score will take a significant hit. While we naturally assume this happens to an individual in financial trouble, that is not always the case. It could be a glitch in a bill pay system or an oversight while gone on an extended vacation. Check your mortgage statements each month.

Credit scores... There are any number of reasons your credit score could be significantly lower than you believe and if it's in the low 600s or less, you will most likely not get a mortgage. Often a potential homebuyer is completely unaware of negatives on their credit report. Have you ever battled your cell phone carrier or doctor's office over a small charge you know you do not owe? Sometimes

we have a tendency get stubborn and based on principle, refuse to pay. Well, they can get just as stubborn by sending it to a collection agency and reporting such to the credit bureaus. CreditKarma.com is a good free resource to keep tabs on your credit. The best advice I can give you is to develop an ongoing relationship with a mortgage lender you know, like and trust. Work with them months in advance of a possible purchase to gauge where you are and where you need to be.

Enough of that – fall is upon us. Football, kids back in school, dove hunting, Aggie football and cool weather on the way. Blessed beyond measure!

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. Visit TreyPowers.com

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Selling a house with pets at home

by Carol Brown



When we have pets, they quickly become a part of our family. But when it comes to selling your home, potential buyers may not be impressed by the presence of your four-legged family member. Whether it's due to allergies or a simple case of not being a lover of animals, many buyers shy away from a home with pets. The good news is

that there are strategies you can employ to sell your house without a ruff time.

If you worry about potential home buyers being scared off by the presence of your pet, find an alternate location for them while you are showing the home. Perhaps a neighbor, family member or friend could watch your pet for a few hours. Without the discomfort of an unfamiliar animal, buyers will be free to tour your home and envision their own belongings in it without having any distraction. If you cannot find a way to temporarily relocate your pet, place him or her in a pet carrier when buyers are touring your home. If you have an outdoor kennel or exercise pen, your pet may be satisfied there until the tour is over. Your main focus is to keep your pet from interfering with the tour and disturbing your potential buyer.

Carpets may need to be professionally cleaned prior to listing your home if pet stains and odor are present. Buyers will see stains or smell the presence of an animal and may form an early opinion

– which isn't likely to be favorable – before even giving your house a chance. Once your pets are out of the house, remove litter boxes or training pads and clean the area thoroughly.

When you sell a home, your realtor will take photos for the listing. These images may appear in advertisements and/or on the realtor's website, which means they should represent everything that is wonderful about your home. Avoid any photos that show your pet, his/her toys or bed. Buyers are not looking for a pet, but rather a house that they can call home.

Carol Brown has lived in Dripping Springs since 1988 and has worked in the real estate industry since 1999. Carol joined one of Dripping Springs "Top Producing Teams," The Steele Action Team in 2010. Contact her at 512-576-7711 for all your real estate needs.

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Don McGraw

Time to put excess cash to work?

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

You'll always want to base your investment decisions on your own needs and goals. But there may be times when you might consider adjusting your portfolio because of risks and opportunities. Now may be one of those times.

Here's some background – in recent months, the Federal Reserve has raised short-term interest rates several times and, given its generally favorable outlook on the economy, it has indicated it may continue bumping up interest rates gradually over the next year or so. The Fed doesn't control long-term interest rates, but these rates often follow the lead of short-term movements. However, longer-term rates haven't yet risen as much as shorter-term ones, which means the difference between short and long-term rates is relatively small, historically speaking. This doesn't mean you should make drastic changes to your portfolio. You still need to stick with the asset allocation that's suitable for your situation, which typically involves owning a certain percentage of growth-oriented vehicles, such as stocks, and a certain percentage of fixed-income securities, such as bonds. However, if you do have space in the fixed-income part of your portfolio, you may find the higher interest rates offered by short-term bonds and certificates of deposit (CDs) to be attractive. To take advantage of this opportunity, though, you will need to have the cash available to invest.

Some people hold too much in cash, waiting for interest rates to rise or as protection against the risk of a market decline. But holding excess cash involves its own risk – the risk of not investing. So, if you have your cash needs covered, you may want to consider investing any excess cash. To determine if you are holding excess cash, you'll need to review your entire cash situation. For example, do you have enough cash, or cash equivalents, to create an emergency fund of three to six months' worth of living expenses? This fund can be vital in helping you pay for things like a major car repair or an unexpected medical bill without dipping in to your long-term investments. And, of course, you need enough liquidity to provide for your lifestyle, including your regular spending needs – your mortgage, utilities, groceries and so on. Also, you may want to set aside enough cash for a goal you want to reach in the next year or so, such as a vacation. But if you have taken care of all these needs and you still have excess cash, you may want to consider putting this cash to work, possibly by investing in short-term fixed-income vehicles now being issued at higher interest rates.

After years of historical lows, shorter-term rates now have risen to levels that are more attractive to investors. Take the time to review your situation, perhaps with the help of a financial professional, to determine if taking advantage of these rates may be appropriate for you.

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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Farmers markets are the heart of the community by Laurel Robertson



“If you have ever wondered what it would be like to live in a world where the people truly cared about each other and each other’s wellbeing, find a local farmers market.” - Casey Campbell, Lindley Farms Creamery

In every culture throughout human history, the local market has served as the hub and heart of the community. In cultures from Asia to Africa, Europe and the Americas, the marketplace served as the community gathering place for trade, social interaction, transfer of information and, of course, gossip. Today, farmers markets fill that primary role as the *heart of the community* – a place where people come not only to do their weekly grocery shopping, but to meet friends and feel a sense of community in a common gathering space. Have you ever said to a friend – *let’s meet up in aisle 24 at the superstore?* But friends hanging out with friends at the farmers market is a common sight.

A study by the Project for Public Spaces shows that people who shop at farmers markets enjoy 15-20 social interactions per visit, while they have only one or two per visit at the grocery store. With clear correlations between social interaction and long life expectancy, farmers markets offer their shoppers benefits beyond good nutrition. With live music, outdoor seating areas, snacks and ready-to-eat foods offered alongside locally produced produce, meats and eggs, the Dripping Springs Farmers Market is the best

place in town to gather with friends and catch up on what’s happening around town. It’s absolutely the best place for people new to Dripping Springs to get a feel for their community, meet new friends and get a taste of the local flavor and culture.

“Farmers markets are the dinner tables of healthy communities... where everyone can gather to exchange stories and laughter with the accompaniment of good food.” - Ross Peterson, Laughing Stalk Farm

The Dripping Springs Farmers Market is held every Wednesday from 3-6pm at the Triangle (Hwy 290 and RR 12). The market is owned and operated by the City of Dripping Springs and governed by a volunteer Board of Directors. 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. Contact us at 512-858-4725 or farmersmarket@cityofdrippingsprings.com.



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Adding a fireplace to your home by Homer Whisenant

Over the years, many people have asked me about adding a wood-burning fireplace to their existing home. I certainly understand the appeal. I built one in my home and have spent many enjoyable hours in the fall and winter months in front of a wood fire. Fireplaces can be added to just about any home. The three

things you need are the desire to have one, a space to put it and budget to fund the project.

A fireplace adds beauty, charm and warmth to a home. For convenience, gas log lighters can be installed. This takes some of the work out of building a fire, though many clients tell me they enjoy cutting wood and building a fire. It sure helps balance out all of the hours spent inside.

To retrofit a fireplace, it’s common practice to cut a hole in the wall/ceiling to accommodate it. I have done this successfully for many years. If on an outer wall, you’ll have the classic look of a chimney going up the side of the outside wall. If not on an outer wall, then only the chimney will show from the outside. Both styles can be retrofitted, provided critical load-bearing beams and framing are avoided. Often, proper framing and bracing allows the fireplace to accommodate load bearing beams.

Regarding budget, several considerations will affect your final cost. The first is finish style – whether brick, stucco or tile is chosen

to suit your decor. The second is the size of the firebox needed to suit your room. Finally, the selection of either metal or masonry for your firebox. I recommend all-masonry fireboxes and the Rumford design is my all-time favorite. Rumford’s draw incredibly well and use wood efficiently. I have built Rumford’s that are now decades old and are still working beautifully.

Let me know if I can help you.

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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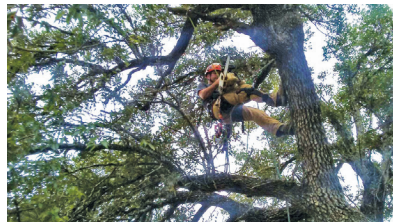
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Getting soft water doesn't have to be hard

by Randy Lawrence



Considering all of the different water-related products currently being advertised, deciding which technology is right for your water can be confusing for homeowners. Most are aware that a water softener is necessary, yet many will admit that these systems are a mystery to them.

A softener is considered *point of entry* treatment, meaning that all of the water entering your home is treated as it flows through the unit. Water softeners are a proven method of eliminating scale and salt-based ion exchange is the only technology that physically removes the calcium from your water. Salt-free alternatives leave hardness minerals in your water, which will continue to cause scaling and corrosion. Many current marketing campaigns for alternatives make unsubstantiated claims regarding the efficacy of these products and seek to capitalize on myths surrounding salt-based softening by using outdated facts or overstating figures. Many of these technologies are not new, but simply being re-introduced with catchy new names. What you may not know is that advances in the water treatment industry have resulted in softening systems which are far more salt-efficient and user-friendly than ever.

Water softener pricing and quality can vary greatly. There are units available from \$500 all the way up to \$5,000. The lower priced units do not include installation, which can significantly change the final cost. Then there's the question of who will make repairs when they become necessary. On the other end, the highest priced units are often so proprietary that parts and service come at a premium. The goal is to find a reliable treatment system that can last for many years without paying too much.

Unless you are a serious do-it-yourselfer, it's probably in your best interest to purchase a unit from a licensed independent dealer who can properly size and install the best unit for your home and remain available after installation to make any necessary adjustments to the equipment. A simple water analysis and a few simple questions will determine the proper softener for your home.

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

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Litigation: Keeping it quiet

by Roland Brown



I was reminded recently that when folks consider contacting a lawyer, they may be concerned about something that they share getting back to their business partner, to their spouse or to someone else. This concern may be heightened when the staff person who initially takes the call at the law firm asks

questions about the matter before connecting the caller to the attorney.

As a practical matter, most lawyers have staff members whose responsibility it is to get some information about the nature of the call before the lawyer gets on the phone. Among the reasons for this, is the need for the lawyer to balance the responsibilities of dealing with matters for clients whom the lawyer already represents with the need to continue evaluating and taking in new matters. A successful lawyer might well spend much of a day just talking with new people who call in seeking legal advice or assistance, leaving little time to actually do the legal work the lawyer is employed to do. Many times, getting the answers to a few questions allows the staff person to determine that the attorney will not be able to help the caller, and that another attorney or law firm may be a better fit for the type of matter the caller is dealing with. Another reason for *prescreening* calls, particularly in a litigation practice, is so that the lawyer avoids creating a conflict by talking

with someone whose interests are adverse to one of the lawyer's existing clients.

The confidentiality rules that prohibit lawyers from disclosing confidential information about their clients extend to those who contact the law firm but do not ultimately become a client of the lawyer. Those rules also extend to every person in the law firm, lawyer and non-lawyer alike. Even the fact that a person has called the law firm will typically not be disclosed to another. While there is always the possibility that someone will ignore the rules or may inadvertently disclose something, in nearly four decades of practicing law I have seldom heard of breaches of confidentiality, so when you need legal help, you should feel comfortable talking with the personnel at the law firm you choose to call.

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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The cost of eating out

by Mark Sewell, MBA



Is the cost of eating out significantly higher than eating at home? This is a question we have all asked ourselves at one time or another. Let's look at a few of the factors that would influence our answer.

The entrée. When people look at a restaurant meal and do some quick math in their head, they may conclude that they

could have *made this at home for a lot less money*. If you look at the items on a plate that math is probably correct. One thing to consider, however, is the food you must buy to recreate that plate. For instance, burritos for a family of four. You need to purchase a pack of tortillas, a bag of shredded cheese, chicken or ground beef, spices, etc. How many tortillas do you use? How much of the cheese is used? The spices? Unless you cook often or are good about planning out a week's menu, some amount of what you bought to make burritos ends up in the trash.

The extras. Items that we add on to our meal, such as drinks, appetizers and desserts, tend to drive the total dinner bill considerably. Because alcohol and sodas don't spoil like lettuce, cheese and tortillas, beverages at restaurants do raise the cost of eating away from home. Desserts and appetizers affect the price similarly, but these items are often specialty items and not always ones you would normally make at home.

The labor. There is a value to having someone else do the work.

Having someone cook, serve and clean-up after you has a cost. At home you are not paying someone to do these things because you are the labor. What is your time worth? Freeing up time to accomplish the things you need to do or want to do has value. The cost of convenience compared to what you can accomplish by not cooking and cleaning (and shopping) must be factored into your comparison.

The atmosphere. Just getting out of the house and experiencing something different is worth something to many people.

Mark Sewell co-owns Hill Country Ranch Pizzeria, i8Cow Mobile Catering and will soon open The Driftwood Bistro at award winning Driftwood Estate Winery. His restaurant career spans nearly 30 years. 512-858-9697



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Prepare for fall

by Lindley Pond



I hope by the time you are reading this that we are into the “fall” season. As the fall does show up and the heat diminishes, there are lots of things to do outside. It’s a great time to reflect on summer – *what was your outdoor space lacking? What worked?* Starting with good bones and a goal will get you closer to your dream. If the heat beat you up, look at planting some native shade trees. All types of elm and

oak trees are good choices. If you’re looking at your water bill from the summer, or worse yet your lawn that has been restricted to once a week watering and looks pretty sad, maybe it’s time to look at other options. If you can’t part with a green look, there are several native ground covers that do well in our areas. Wedellia, Frog Fruit and Horse Herb all work and can be mowed if you like a crisper look.

Because we got lucky with pleasant summer temperatures, you may have spent more time outside and realized you don’t have enough space for seating or cooking out. Great time to plan an extension of your living space. Move the indoors out. Patios with seating walls can be a nice area for friends and family. Add some sun shades for cover and you’ll be comfortable next summer.

In thinking about a goal and plans, try and remember to think about things that don’t need maintenance, painting and staining. Think about things that take care of themselves – that could mean a compost pile to reduce your footprint or starting a fall garden, which turns into a spring garden once the bounty is over.

We are here to help if you don’t know where to start and need a hand. Feel free to give us a call. Life’s too short to stay indoors!

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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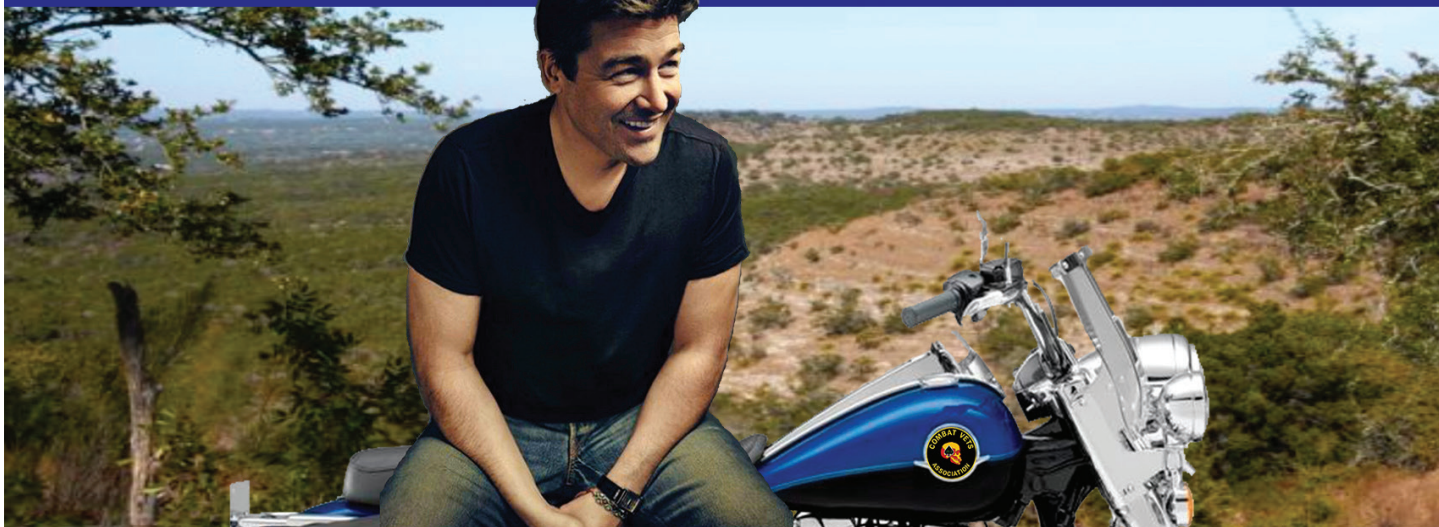
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