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OUTLOOK

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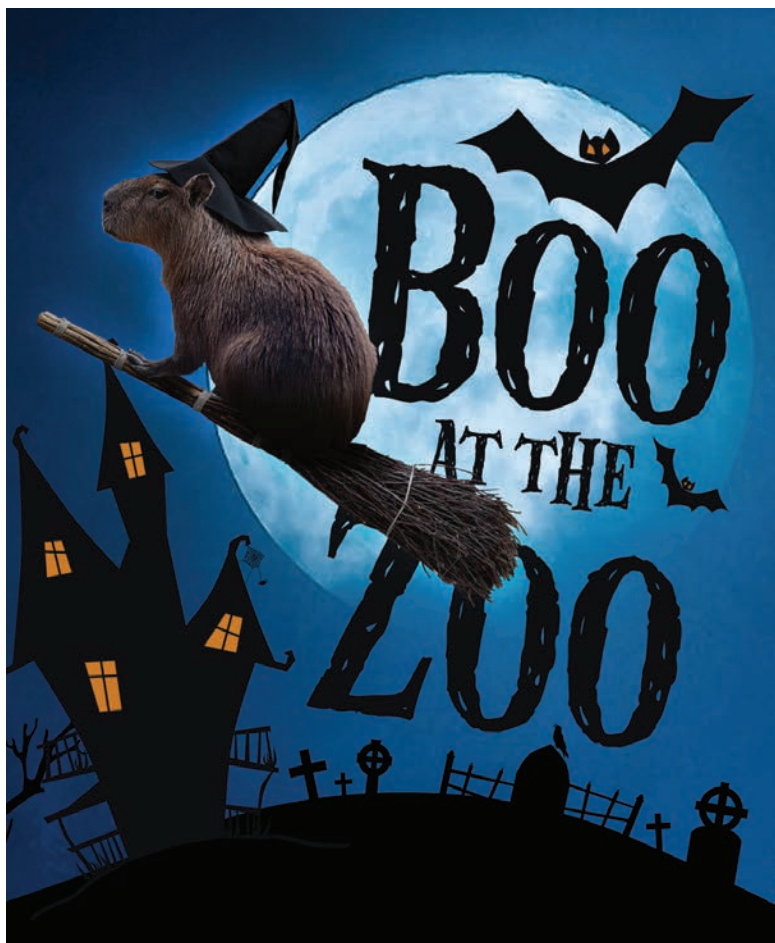
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Dripping Springs Outlook

CALENDAR of EVENTS

- Every 2nd Sun. at 2pm, Children of the Confederacy, Magnolia Rangers Chapter #927. For more information call 512-858-1085.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit DrippingSpringsRotary.org.
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512-858-7825 or DSCL.org for info. No exercise on library holidays.
- Every Mon. 7pm. Christ centered anxiety/depression support group for women. Presbyterian Church 26650 RR12. Contact Marsha Young at 512-739-5109 or myoungcollection@yahoo.com.
- 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.
- Fri. Oct. 19-21 Dripping Springs Songwriters Festival. For more info see pg. 9.
- Fri. & Sat. Oct. 5, 6, 12, 13, 19, 20, 26 & 27 Boo at the Zoo at Austin Zoo. For more info see ad (pg. 3).
- Wed. Oct 31, Halloween
- Sun. Nov. 4, 11-3pm. 21st annual Empty Bowl Project. For more info see pg. 19.

What are umbilical cord blood stem cells?

by Breca Tracy, PhD



When you hear the term *umbilical cord* most people instinctively think of a baby and a connection between a baby in the womb and its mother. Outside of the obvious advantages the umbilical cord brings to a baby throughout its development, most people do not realize what else the umbilical cord can be used for post-birth.

In this day and time, parents are given a choice to save blood from the umbilical cord and *bank it*, but do you know why? Do you understand the power of cord blood?

What a lot of people don't realize is, the umbilical cord is very rich with stem cells and has become one of the most popular external sources for stem cells. For those parents who do not choose to save their umbilical cord blood (i.e. bank it), the umbilical cord and blood is considered medical waste and thus discarded after baby is born.

Many hospitals now offer parents an alternative to disposing their umbilical cord as medical waste. Healthy screened mothers can donate their umbilical cord, which contains blood and tissue. Umbilical cord stem cells reside in the umbilical cords and can be utilized to restore, regenerative and repair what might be lost in our bodies due to age, injury or disease. Umbilical cord blood is donated by pre-screened and tested healthy mothers and healthy babies located in the United States.

Human umbilical cord stem cells have an innate intelligence and activate the body's own self-healing mechanisms. Come see what umbilical cord blood might be able to do for you!

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.



Breca Tracy, PhD

Director of Science

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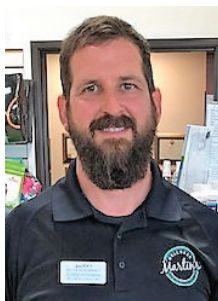
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Caring for your kidneys

by Edwin Dossman

The kidneys are two of the most over-worked and under-loved organs in your body. They filter your blood and help get rid of the metabolic waste products created by the cells. These organs are very sensitive to acidosis from excess protein, teas, coffee, chocolate and carbonated drinks.

Most people who consume these types of *foods* – that after a while create inflammation – have troubles in the following ways.. lower back pain, bags under eyes, vision issues, kidney stones, toxemi, edema, gout, poor bone and mineral metabolism.

Your kidneys are the main eliminative organs for your body's lymphatic system (sewer system); if they lose their ability to filter cellular wastes (acids) to the outside world, this back up of acids creates inflammation. From this point forward pain is a reality, as well as swelling and the destruction of the tissues involved. This inflammation ultimately becomes systemic affecting one from head to toe.

To care for your kidneys, eat lots of fresh fruits and vegetables, stay hydrated and limit acid-forming foods. It is a must to use a quality herbal formula designed to clean, strengthen and regenerate these dynamic organs. One of the most successful products in my experience at Martin's Wellness Pharmacy to achieve the detoxi-

fication and regenerative goals for the kidneys has been a product called RenaVen by Premier Research Labs. Help to restore proper function with herbs and enjoy a measurable improvement in the quality of your life.

Best in health.

Edwin has a BA in Sociology / Anthropology from Texas Tech University and has been a Wellness Consultant for over 23 years; he is very knowledgeable about human physiology and wholistic approaches to health. Dripping Springs Pharmacy in Dripping Springs and Lamar Plaza Drug Store in South Austin.

 <p>Dripping Springs Pharmacy 100 Commons Rd. Ste. 1 512-858-7935 M-F 8am-7pm Sat. 9am-2pm MartinsWellness.com</p>	 <p>Meet Geary Grissom, CNC, MH Wellness Consultant In Store FREE Wellness Advice</p>
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When shyness becomes phobia

by Leslie Tourish, LPC



I once worked with a guy I'll call *Bob* who was probably the most shy individual that I've ever met who had the actual courage to walk the streets. Whenever anyone talked to him, he would blush a scarlet red from the part in his hair down to his neck. He would sweat, stammer and, in general, make everyone within earshot wonder if he was going to keel over from a heart attack.

I think Bob is a courageous person, who despite his extreme shyness was able to gather strength each day and walk into the workplace. There are individuals far worse than Bob, but they feel compelled to live a hermit-like life rather than endure such discomfort. At the root of social phobia is shyness and it is an almost universal trait. All of us feel shy in some type of social setting. One out of eight can become so shy in certain social contexts we feel overwhelming dread. Extreme shyness is the third most common mental disorder in the U.S., behind depression and alcoholism.

The debate over the origins of shyness is between nature verses nurture. Generally social scientists believe it to be a combination of both. A person may be genetically predisposed to be shy, but in order for someone to become phobic, they must have had some traumatic experiences early on in order to turn up the fear factor from a low simmer to a roiling boil. Extreme shyness can be treated medically but that only affects the symptoms, not the underlying cognitive distortions that are fueling the fears. As hard as it may be, the best way to conquer such irrational fears is to face them head-on through counseling and actual experience of what worries us the most. Using the theory of *cognitive restructuring*, a term for

replacing false, fear-producing thoughts with realistic ones, the individual engages in behaviors that produce phobic reactions in order to learn more positive outcomes. An example would be for the person who is afraid to speak in public (American's number one fear – greater even than the fear of flying or death) to simply start off by standing in front of a room of people at a podium. He would not say anything but instead let his mind become flooded with fear until the fear reaction begins to slowly taper off to a more tolerable level. Each time he gets in front of the room full of people, he must increase his participation such as saying a short paragraph until the phobic thoughts are replaced by more positive experiences.

But shyness itself isn't a bad thing in its milder forms. Eleanor Roosevelt, Robert Frost and Albert Einstein all professed to be shy, and shyness is often associated with traits such as empathy, perceptiveness, intuition and sensitivity. If still waters run deep, then shy people carry within them amazing treasures just waiting to come out.

Leslie Tourish, LPC, is a Dripping Springs psychotherapist in private practice; LeslieTourish.com or DSPsychotherapy.org.

	<p>Leslie Tourish EMDR Certified, LPC 512.695.1660 leslie@leslietourish.com 3975 Highway 290 East Dripping Springs 78620</p>
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Healthy running

by Dr. Joey Przybyla, PT, DPT

It could be argued that running is the most efficient and accessible form of exercise, only taking a pair of shoes and a bit of motivation to get started. Contrary to popular belief, it's even tolerated well by our joints if performed responsibly! Recent research in JOSPT noted that running

at the recreational level was linked with significantly lower odds of having *osteoarthritis* (joint disease) compared to non-runners. Unfortunately, because of the simplicity of the sport, most overlook aspects of healthy running. Three important variables to consider for a runner are training practices, physical fitness and technique. It could be argued that these variables are listed here in order of importance, but all are vital.

Addressing your training is a great way to decrease likelihood of injury and maximize fitness. The body needs time to adapt to the repetitive loading on the road, track and trail. Always increase your running mileage gradually; 10% or less is considered a safe increase. Other factors of training include intensity and recovery. It is a good rule of thumb to run no more than 20% of your mileage as "high intensity" training. Also, recovering with proper rest, diet, sleep and nutrition will make or break a runner.

The second pillar of a healthy runner is physical fitness. Ensure that muscles, tendons and joints are well prepared for the hills, sprints and long-runs ahead. The primary muscle groups to focus on with training include the quadriceps, hamstrings and calf complex.

Additionally focusing on the lumbopelvic stabilizers, commonly called the *core*, will help reduce bodily stress and improve efficiency.

As you may guess, lower body injuries are the most common with runners but many manage to develop aches and pains to the back, neck and shoulders as well. Proper technique is essential to avoid over-use injuries; this is often referred to as *running form*. Good form running can look slightly different from person to person and can even change for an individual throughout their life. Running technique is not meant to be black and white but rather a variable to manipulate when a person develops injury, needs to improve performance or prevent additional stress to a particular area of the body. Physical therapists and running coaches are go-to professionals to help you address the complexities of running so that you can avoid and recover from injury, allowing you to focus on your personal running goals.

Come join Kethley Physical Therapy at The Run By The Creek on November 11, 2018.

Written by fellow runner and Doctor of Physical Therapy, Joey Przybyla. 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 KethleyPT.com.

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Stress and inflammatory skin conditions



by Karen Laine,
Para-Medical Aesthetician

Do you find skin conditions such as acne, rosacea, psoriasis or eczema flare prior to a big event, following traumatic life circumstances or other stressful times? Inflammatory skin disorders are exacerbated by the body's inability to deal with the physiological response of stress

and the *fight or flight* response. The body reacts to stressors whether physical, mental or emotional in basically the same manner. The body isn't capable of recognizing the type of stress it's up against.

When the stress system is triggered, it produces many physical changes. It reacts by cutting off circulation to the digestive tract and diverts blood flow to the large muscles in order to fight or flee. During times of stress, the gut is unable to process and absorb nutrients properly nor expel waste through normal channels, thus inflammation occurs. Additionally, blood pressure, heart rate and muscle tension increase with the release of stress chemicals some of which are physically damaging to your body. The most sensitive cells make up the *hypothalamus*, a part of the brain controlling all of your hormone activity and immune system. Over time the hypothalamus struggles to manage things properly leading to adrenal burnout, thyroid problems, weight and mood problems and many types of chronic illnesses.

The key to managing these skin conditions and the well-being of your entire body is to deal with these reactions through both diet and stress management.

- Reduce or eliminate inflammatory foods: *Tran-fats, dairy and grain foods are known to aggravate the digestive system and contribute to many health issues.*

- Get sleep: *This is your body's repair and restore time. Employ natural supplements such as melatonin for help with sleep. Avoid stimulating behavior before bedtime, i.e. TV, computers, etc. Lower the lights.*

- Find support and talk about it: *Enlist the aid of a counselor or therapist. Seek natural methods and supplements for stress, depression and anxiety.*

- Employ relaxation techniques: *Try deep breathing, yoga, visualization, biofeedback, journaling or meditation.*

- Get some exercise: *This helps eliminate stress-induced chemicals and toxins from your body through sweat and improved circulation and release of feel good chemicals called endorphins in your brain. Shower with lukewarm water soon after to remove irritants from skin.*

- Do something you enjoy: *Try sports, reading, hobbies, a change of pace to distract your mind.*

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.



Dripping Springs Songwriters Festival October 19-21, 2018

by Jim Halfpenny

The Dripping Springs Songwriters Festival will be returning again on 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. 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 perform-

ers 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



Dripping Springs Songwriters Festival

October 19-21, 2018

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With rain comes disease

by Frank Shuman, DVM

After months of one hundred-degree temperatures and drought we finally got some well-deserved rain. This rain not only nourishes the plant and wildlife but provides a vehicle for a disease to be spread in Central Texas. Many diseases increase in incidence after heavy rains,

but Leptospirosis is an especially devastating illness during these times. Yearly vaccinations for at risk pets significantly mitigate the incidence of infection for this endemic bacterium.

Dogs and people are most commonly affected but cats can become infected although the illness is mild. Common risk factors for Leptospirosis in dogs residing in the United States include exposure to or drinking from rivers, lakes or streams, exposure to wild animal or farm animal species, even if in the backyard and contact with rodents or other dogs. Dogs can become infected and develop Leptospirosis if their mucous membranes or open wound come into contact with infected urine, urine-contaminated soil, water, food or bedding, through a bite from an infected animal, by eating infected tissues or carcasses and, rarely, through breeding. It can also be passed through the placenta from the mother dog to the puppies. Cases also increase after hurricanes or floods when animals may have to wade through contaminated water or use it for drinking.

Signs of Leptospirosis may include fever, shivering, muscle tenderness, reluctance to move, increased thirst, changes in the

frequency or amount of urination, dehydration, vomiting, diarrhea, loss of appetite, lethargy, jaundice or painful inflammation of the eyes. It can cause kidney failure with liver failure among affecting other organs less frequently. It is generally treated with antibiotics and supportive care. When treated early and aggressively, chances for recovery are good but there is still a risk of permanent residual kidney or liver damage. Currently available vaccines prevent it and protect dogs for at least 12 months. Annual vaccination is recommended for at-risk dogs. Reducing exposure to possible sources of the bacteria can reduce chances of infection. If your dog is diagnosed with Leptospirosis it is advised that you contact your physician.

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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Losing your luggage (can be a good thing)

by Deborah Carter Mastelotto

It was my husband's birthday on the tenth of September. Since he travels so much, we always try to plan to be together for our birthdays, wherever he happens to be, and this year it was Bolivia. I left for the airport on the ninth and took my shoulder bag, small carry-on and one medium sized checked bag. Most ladies

I know would consider this *traveling light*. That day it poured. Weather delayed my flight into Houston. And delayed. And delayed. I landed in Houston ten minutes after my connection to Peru took off. A very sweet and helpful agent rerouted me, so four planes (Austin to Houston, Texas, Houston to Santiago, Chile, Santiago to Lima, Peru, Lima to La Paz, Bolivia) and 36 hours later I'm finally in La Paz. Unfortunately my checked bag was not. Of course my husband's birthday gifts were in that bag, and that was that. So, the jeans and boots I had on, one light shirt, one long turtleneck sweater and the little leather jacket I bought in Rome were all I had to wear. But I was in La Paz, an incredible city. The airport was built on top of a mountain at the highest peak so driving down the mountain zig-zagging through those narrow streets was the beginning of a true adventure. Everywhere were faces resembling ancient Incan sculptures. La Paz is the highest administrative capital in the world and you felt it. The hotel provided bowls of coca leaves and hot water for tea, supposed to relieve the altitude issues. We went sightseeing in their new air tram system to the top of the mountain, astounded by

the views of terra cotta buildings climbing up every square foot of mountainside as far as the eye could see. After his show, Pat signed autographs for a young musician who promptly burst into tears – that night was his birthday, and he'd been a Pat Mastelotto fan since he was nine. Meeting Pat was a dream for him. Bolivia is one of the poorest countries in the world, musical events aren't cheap, even there, and I was reminded once again how often we make an impact on people's lives without even knowing it—and put my lost bag into perspective. My bag magically arrived intact (minus a wheel) on day four. I opened it and stared at the contents in wonder. What made me think I needed all of that stuff? I had an 'a-ha' moment of crystal clarity, comparing my first-world view of traveling with the truth: I had the clothes on my back and my husband. Everything else was just dust in the wind. Then I gave Pat his birthday presents. *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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Micro-treatments for maximum results

by Jennifer Dodge



If you've ever flipped through a magazine or walked through the skin care aisle, you've undoubtedly spotted the words *anti-aging* to describe a variety of self-care practices, products and treatments. Sound familiar? Anti-aging is *so last year*.

While we're all for diminishing lines and keeping wrinkles at bay, the phrase anti-aging never sat quite right with us.

Instead, we like to refer to our approach

as *pro-aging*. Rather than view the aging process negatively, as something to hide or run away from, we partner with our patients using effective products and micro-treatments to help them truly age successfully. What is a *micro-treatment*? A micro-treatment is any treatment option that yields significant results, without surgery. These treatments require minimal or no downtime and when performed regularly help achieve a long-lasting, youthful appearance.

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- BOTOX® Cosmetic to treat dynamic wrinkles caused by repeated facial movement and expressions. When performed regularly,

wrinkles are diminished and results last longer between treatments.

- Fillers to improve the appearance of static wrinkles and to boost volume of the face. When performed regularly, volume is restored and skin appears youthful.

- CoolSculpting® to non-surgically reduce fat in stubborn areas like the abdomen, flanks, thighs and under the chin. When performed in a series, fat is permanently removed and a permanent, refined silhouette is revealed.

Which one is right for me? Great question! If you're on the fence about a specific treatment or if you aren't sure where to start, schedule a consultation with your medical professional and they can review the micro-treatments and a plan for you that will help you achieve maximum results for years to come.

Jennifer Dodge is the licensed medical aesthetician and licensed intradermal cosmetic technician at The Piazza Center. She's certified in dermaplaning, chemical peels, HydraFacial®, medical MicroNeedling and micropigmentation. She's taken eyebrow sculpting to the next level with micropigmentation using semi-permanent, hypoallergenic mineral pigment to achieve a natural appearance. Piazza Center is located at 7900 FM 1826, Health Plaza II Suite 206, Austin TX 78737. She can be reached at 512-288-8200.

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How to get rid of your dental anxiety

by Ron S. White, DDS



If you're apprehensive about scheduling and keeping your dental appointments, you're not alone! An estimated three-fourths of Americans suffer from some degree of dental anxiety or fear. You don't have to be a white-knuckled patient anymore.

Routine dental visits are essential for your oral and your overall health. To enjoy many benefits of an attractive smile, healthy gums, fresh breath and pain-free chewing, there is no substitute for regular dental care.

No matter how long it's been since your dental visit, you have absolutely no reason to feel embarrassed or ashamed. In fact, you should be proud of yourself for choosing to work through your dental anxiety. Many folks who have avoided treatment are not aware of the how far dentistry has come along, especially in the past five to 10 years. The practice of dentistry today bears little resemblance to dentistry of the past.

Our recommended plan for reducing anxiety – *go slow!* For your first appointment, request a *get acquainted visit* – meet the dental team, have an office tour, learn about payment options and insurance filing before the dentist even looks in your mouth.

At your second appointment, request a Comprehensive Oral Exam – meet the dentist, spend some time talking about your past dental experiences and your current anxieties. Allow the dentist to

take x-rays, photos and give you an intra-oral tour of your mouth. You will be able to see everything the dentist sees and understand what needs to be done to restore your smile.

For the third appointment, request a *treatment planning appointment* – this appointment will allow you to meet with the dentist and his treatment coordinator to discuss all of the options that are available. You can schedule out each phase of your treatment and incorporate it into your monthly budget. If necessary, request to be orally-sedated during each dental procedure – this requires someone to drive you to and from the appointment.

Honestly, with advanced dental techniques and equipment in the dental field today, there is no reason anyone should suffer from dental fear. As you begin to restore your healthy smile, your fears will fade away with each visit and you may actually look forward to coming to the dentist. Imagine being able to smile openly, laugh freely, eat your favorite food and have close-up conversations again – with complete confidence.

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

A full-body photograph of Dr. Ron White standing in front of a large, two-story stone building with arched windows and doorways. He is wearing a blue button-down shirt and black trousers, with his hands in his pockets. To the right of the image is a circular logo with a ribbon banner that reads "CELEBRATING 20 YEARS OF SMILES".

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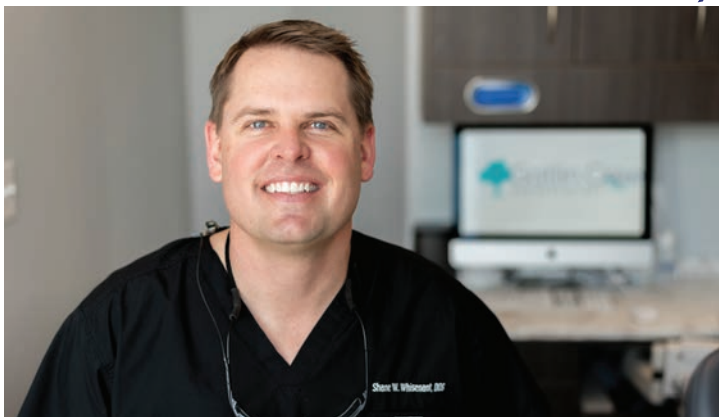
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Your adjustable rate mortgage: *Adios*

by Trey Powers



Refinancing can be done for many reasons, but switching from an adjustable-rate mortgage (ARM) to a fixed-rate mortgage is one of the most common. If you currently have an ARM that will adjust in the next year or two, now is the time to refinance to a fixed rate mortgage. While interest rates have increased over the last two years, they have not increased as much as your rate

will increase upon adjusting. That's what makes now the right time.

If you purchased your home three or four years ago with an ARM, you can be sure of one thing – your rate will go up. It is the 'give and take' accepted when chosen as your loan type: low initial rate, but with changes, often significant changes, over time. With a 5/1 ARM for example, at the end of five years your rate may increase between 2% and 3% depending on the margin set on your loan. Consider this: a 2% increase on a \$400,000 loan means \$475 more per month and over \$150,000 more paid over the life of the loan. The rate available now on a permanent fixed rate mortgage will almost certainly be considerably less than your current loan upon adjusting, providing stability and ultimately significant cost savings for your family.

Of course any time you refinance, there will be closing costs. However, these costs can be rolled into the new loan amount mean-

ing no cash is required at closing. While loan amount increases slightly, using the scenario above, those costs could offset in less than a year.

So when was the last time you reviewed your current home mortgage? While retirement and personal investment choices are periodically reviewed for performance, many homeowners fail to do the same for the largest investment they will likely ever make. Talk to your local trusted mortgage lender about what you would like to accomplish (i.e. lower payments and stability) and see what is achievable for your situation. Such a consultation will be free and may take as little as five or ten minutes.

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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Retirement security week: *Take steps to boost your retirement security*

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



Pat M. Woodman

To raise awareness about the importance of saving for retirement, Congress has dedicated October 21-27 as National Retirement Security Week. Some 50% of households are considered at risk of not having enough money to maintain their living standards in retirement, according to the National Retirement Risk Index, produced by the Center for Retirement Research at Boston College.

What can you do to help yourself stay out of the "at risk" category? Here are a few suggestions:

Define what retirement security means to you. Everyone has different ideas about what a secure retirement looks like. You might feel that true security means being able to remain in your current home and live independently throughout your life. Or you might only feel secure if you know you can afford to travel or help your grown children or grandchildren financially. Once you've identified your own vision of retirement security, you should be able to determine the financial resources you'll need to reach your desired outcome.

Create an appropriate financial strategy. To achieve your idea of a secure retirement you need to create a comprehensive financial strategy, accounting for your various sources of retirement income: Social Security, pensions, employer-sponsored retirement plans, your investment portfolio. You need to know how much you can

expect from these sources, and how you can strengthen them.

Be diligent in your retirement savings. You could spend two or three decades as a retiree, and that means you'll need to save and invest diligently during your working years. Put in as much as you can afford to your 401(k) or other employer-sponsored retirement plan – and every time your salary goes up, try to increase your annual contributions. But you can also go beyond your employer-backed plan and contribute to an IRA. .

Establish an appropriate withdrawal strategy. Your retirement security isn't just based on how much you've built up before you retire – it also depends on how you manage your assets and investment income during retirement. As you begin to take out money from your 401(k), IRA and other investment accounts, you need to establish a withdrawal rate appropriate for your age, retirement lifestyle and asset level. If you take out too much each year, you risk outliving your resources, but if you withdraw too little, you might be shortchanging yourself on your quality of life. You may want to work with a financial professional, who can review your entire situation – income, expenses and so on – and recommend an appropriate annual withdrawal figure.

These aren't the only keys to attaining retirement security – but they can still help you move toward that goal. Keep them in mind as the years go by.

Pat M. Woodman, Edward Jones Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-894-0665.

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Litigation: *What did he say?*

by Roland Brown



A recent experience reflects a role which court reporters play outside of the courtroom. Virtually any case headed for a jury trial involves securing sworn testimony of key witnesses prior to trial by way of depositions. That testimony is reduced to written, and often video, form and may be presented at trial. The testimony

may also lead to other useful evidence. Except in rare instances, no judge is present to rule on objections. There are only a few objections that can properly be made during the deposition; most objections are *reserved* to be made and ruled upon by the judge at trial or at a pre-trial hearing. For this reason, if the lawyer anticipates using the deposition testimony at trial, the lawyer must ask questions and obtain answers which will not be excluded by the judge at trial if a proper objection is made. This leads to my recent experience.

I was the deposing the driver who had struck and injured my client as she was in a crosswalk in Austin. The case appeared likely to go to trial (and, in fact, was successfully tried a few months ago.) The defense lawyer objected to a question that I asked and instructed the witness not to answer the question. A contentious exchange between counsel then took place during which I asked the witness if he was refusing to answer the question upon advice of his attorney. I repeated the question a number of times at the request of the witness causing defense counsel to begin objecting

to the re-asked question as *asked and answered*. I knew that nothing I said would matter to this lawyer, so I simply asked the court reporter to read back all of the prior questions and responses on the disputed topic. Once she did, it was clear that no answer to the question had ever been given and opposing counsel gave up trying to prevent me from getting an answer to the question. Counsel's original objection was in the record to be ruled on later by the judge, but having the court reporter read the pertinent Q&A's confirmed my position and allowed me to get an answer to my question on the record during the deposition.

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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Fall is the best time for vegetables in Central Texas

by Laurel Robertson



As any local gardener will tell you, fall is the best season for growing vegetables here in Central Texas. Milder temperatures and warm Indian summer afternoons bring a bountiful harvest to the fall garden. As the days grow shorter, many vegetables store more sugar and have better flavor than spring-grown crops.

Great gardening conditions also mean that in the fall, the Dripping Springs Farmers Market is filled with a wondrous mix of warm and cool weather crops. You'll find tomatoes alongside peas, melons accompanying kale, peppers sold next to broccoli during these few months only. Enticed by the pleasant afternoon weather, more neighbors come out to shop, socialize, and enjoy live music at our outdoor market in the heart Dripping Springs.

Bakers bring more fresh goodies in the fall: homemade pies and tarts, rustic loaves and crisp sourdough baguettes, chewy macaroons and dark chocolate brownies. Fresh batches of jellies and jams catch the afternoon sun. There's also plenty of ready-to-eat foods on hand – this fall we'll have Thai cuisine, wholesome hot dogs, chicken wings, barbeque, and more. We're open until 6pm – so stop by for a quick dinner fix!

Holiday events: This year, Halloween falls on our Wednesday market day, so we're planning some special surprises for young

and not-so-young goblins. Check our Facebook page for updates.

Each November and December, we set aside additional booth spaces for local artisans and craftspeople who offer their wares to holiday shoppers searching for unique, handcrafted gifts. Check our website for information to sign up for our 2018 Holiday Market.

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. Like us on Facebook (Dripping Springs Farmers Market – Official).



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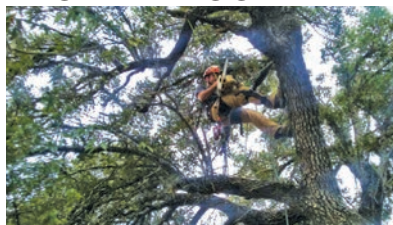
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Low flow problems

by Randy Lawrence



Thanks to technological advances, water softeners have certainly become more reliable than ever before. However, even with significant improvements, there are still issues that may arise which technology cannot alert us to. One problem that can happen over time is a breakdown of the resin inside the softener

unit. It's important to be able to recognize the symptoms of this issue in order to keep a small problem from turning into a big one.

All water softeners are designed around a quantity of small plastic-looking beads called *ion exchange resin*. When viewed under magnification, these resin beads resemble a ball of yarn. Along the "yarn" are exchange sites which allow the resin to complete the job of removing hardness minerals from the water. If you were to hold these resin beads between your thumb and forefinger, you would find that they resemble tiny ball bearings and are very firm to the touch. However, there is one variable which can significantly shorten the life of this critical component – chlorine.

On non-chlorinated water, this resin can last more than twenty years. On city water, resin life can be reduced to ten years or less. Once the chlorine takes its toll, the resin beads begin to expand and soften. As this process advances, the degraded beads will begin to take on a Vaseline-like consistency and will start to impede the flow of water through the softener. Since it is a slow process, it can be difficult to notice the changes in water flow into your home. You may notice that you can no longer run multiple faucets without a significant pressure drop or that the flow rate slows while running only a single outlet.

If left unchecked, this problem can lead to physical damage inside the water softener and occasionally can lead to a release of resin beads into your home's plumbing system. At this point, the best bet is to bypass your water softener. If this solves the pressure issue in the house then it is time to call your water treatment professional for replacement of the resin bed.

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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Time to start the ball rolling

by Lindley Pond



Happy October to all of you! September brought us some much needed rain and at this writing I'm hoping for more of it and cooler temps. Too many days of triple digit highs left many of our gardens, whether vegetable or landscaped areas needing more shade and a lot more water. We were all scratching our heads, wondering what to do. Keeping all of this in mind, the up side is it allowed us to rethink our spaces.

Fall is a great time to address issues concerning hardscapes as well as some easy to install drip irrigation for those perennial and evergreen areas. It's also a good time to look into plunking down some hard earned money on shade trees which accomplish a few things, providing shade, home to birds and allowing for areas that aren't beaten to death by the sun's rays are just a few. Changing out plants that are too needy to those more native and adaptive to our area also can give you the same look you strive for without breaking the bank when it comes to maintenance as well as water.

I like to think of our climate as having mostly two seasons. Maybe you only need weeding and cutting back twice a year. This helps save money to be used on other outdoor things. Patios, dry creeks and fire pits allow us to remove some of that grass and still create a usable space. All of those things can be tucked into a drainage plan that no one knows has been addressed but you! In assessing

what worked and what didn't, it's also a time to check on yourself.

Do you want to spend more time doing maintenance or are you more content to enjoy your space? By starting with a plan, or list, we can figure out what will and won't work for you. It's a great time to start the ball rolling and budget what you need and want where.

We only do one project at a time, so we can focus on you and your wants. We are here if you want to visit about what makes your outdoor space enjoyable to you. Happy fall to you all. In the words of the Dalai Lama- there are only two days in the year that nothing can be done. One is called yesterday and the other is tomorrow, so today is the right day to love, believe, do and mostly live!

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 Springs Chamber of Commerce Focus on Business: *Cakes Rock!!!*

"A party without a cake is just a meeting" – Julia Child

Cakes mark the most momentous occasions of our lives, birthdays, engagements, weddings, baby showers, anniversaries, and more. The memories made at these occasions last a lifetime.

With the proliferation of cake television shows astonishing everyone with the miracles that can be performed with sugar, people can't get enough. Everyone coming to your wedding or party watches those shows, and they can't wait to see what amazing showstopper cake you'll have on display.

Of course, at the end of the day, cake is supposed to be a decadent dessert--moist, tender, rich, and flavorful. Cake is one of the most delicious things in life. But what if that stunning centerpiece doesn't *taste* good? What's the point, right?

That's where Cakes ROCK!!! will guide you by creating a stunning design that will amaze your guests and delight their taste buds.

At Cakes ROCK!!! it's not 'just a cake,' it's delicious sugar art. We pride ourselves on the realism of our sculpted cakes and our stunning designs. We are bakers at heart and so our recipes were created especially for scrumptious taste and texture, with every



aspect of our cakes made from scratch. We use the finest ingredients; organic when feasible. And we're a lot more than cake. We also offer full dessert tables in a wide range of delectable goodies, and serve those with dietary restrictions such as gluten free, vegan, and nut free.

We were crowned Best Cakes in Austin 2018 by Austin Wedding Day magazine, appeared on the Cooking Channel show Cake Hunters, featured on the cover of Cake Central International magazine, and are the highest rated Austin-area bakery on Yelp! We deliver all over Central Texas in

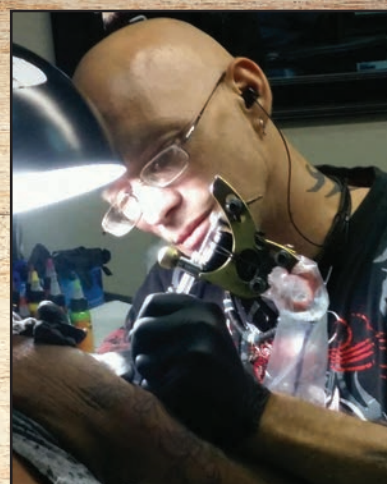
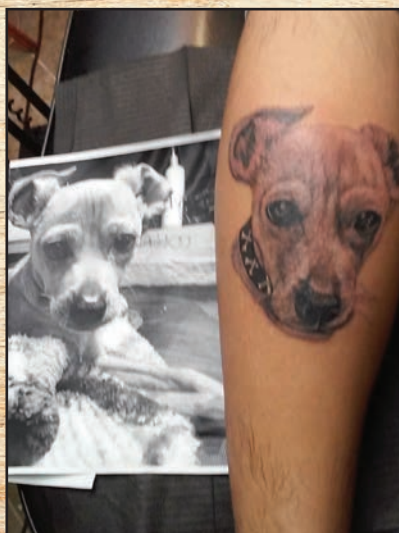
our unique refrigerated van named 'CC', which stands for Cool Cakemobile.

When you need a cake to ROCK!!! your event and leave your taste buds screaming for more remember Cakes ROCK!!! Sweet dreams are made of this.

For cake and dessert quotes, email us with details of your event; admin@cakesrock.rocks. Or contact us at these other locations, cakesrockaustintx.com Facebook: facebook.com/cakesrock Instagram: instagram.com/cakesrocktx/

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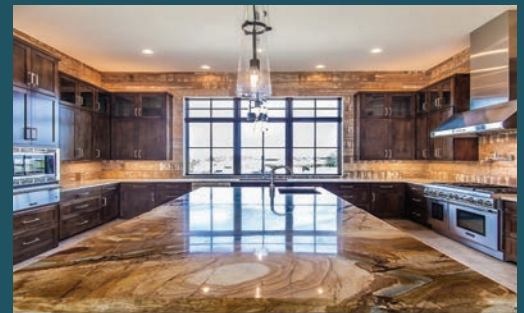
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Dripping Springs Independent School District Housing Report

July 2018



Median price

\$470,000

Down

6%

Compared to July 2017

Price Distribution

\$0 - \$99,999	0.0%
\$100,000 - \$199,999	0.0%
\$200,000 - \$299,999	2.7%
\$300,000 - \$399,999	20.0%
\$400,000 - \$499,999	34.7%
\$500,000 - \$749,999	38.7%
\$750,000 - \$999,999	4.0%
\$1,000,000+	0.0%



Months of inventory

4.2

Compared to 4.8 in July 2017



Days on market

Days on market 59

Days to close 32

Total 91

32 days less than July 2017



Active listings

Down

5%

269 in July 2018



Closed sales

Up

4.1%

76 in July 2018

About the data used in this report

Data used in this report come from the Texas REALTOR® Data Relevance Project, a partnership among the Texas Association of REALTORS® and local REALTOR® associations throughout the state. Analysis is provided through a research agreement with the Real Estate Center at Texas A&M University.

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Pending

4 beds 3.0 baths Sq. Ft. 2965 \$474,900



For Sale

5 beds 5 baths Sq. Ft. 4130 \$975,000



Sold

4 beds 2 baths Sq. Ft. 2602 \$365,000



Sold

4 beds 4 baths Sq. Ft. 3813 \$633,900



Pending

3 beds 2 baths Sq. Ft. 1378 \$254,900



For Sale

2 beds 2 baths Sq. Ft. 1989 \$415,000



Steve Cossette

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