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OUTLOOK

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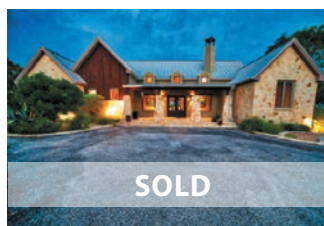
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Pass the turkey

Traditions within a family are the cement that holds generations together. One that has stood the test of time in mine has been a golden roasted turkey for Thanksgiving. I recall my mother and her mother before that getting up before dawn to haul out the giblets and other unidentifiable parts from the giant bird. Clean and season it with the special spices, prepare the stuffing to be placed inside and then hoist the enormous roasting pan used only once per year into the oven just as the sun was coming up.



Then it was my turn. And I followed course when my generation became the focus of attention with the busiest households filled with children and endless activity. Grandmothers and grandfathers could sit back and relax, and enjoy the meals they once coordinated. Those holidays seemed endless to me; year after year, the excitement and work, the family gathering and then the clearing away of mountains of dishes. Highchairs pulled up to the dining table slowly evolved into only grown up seats.

Then the invisible clock hand of time clicked forward waking me from a long dream. I was no longer responsible for the culinary centerpiece of my family's Thanksgiving. My daughter wanted to celebrate the day at her house, and my son-in-law made the turkey. Breaking free from the decades-old manner of preparation he delighted everyone with a brined then perfectly roasted bird from a recipe by Martha Stewart. My grandson was scooted up to the dining table in his highchair for his first Thanksgiving and all I had to do was sit down and enjoy the glorious food and family. It was time to pass the turkey.

I wish you a happy, healthy holiday. Thank you for joining us.

Victoria

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Dripping Springs Outlook

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Pedal Ranch Publications

November 2018

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.
- Sun. Nov. 4, 11-3pm. 21st annual Empty Bowl Project. For more info see pg. 19.
- Sat. Nov. 24, 10-5pm, Shop Small Saturday presented by the Dripping Springs Chamber of Commerce. For more info see ad pg. 21.
- Sat. Dec 1, 10-5pm. Christmas on Mercer Street. For more information see ad pg. 20.
- Sat. Dec 8, 9-3pm. A Pioneer Christmas at The Pound House Farmstead. For more information see ad pg. 9.

Is stem cell therapy safe?

by Breca Tracy, PhD



The biggest question most potential patients face when considering stem cell therapy is *how safe is it?* This was true for Dr. Chae when he was contemplating the therapy. What helped remove any doubts for Dr. Chae was hearing stories of how stem cells had restored good friends, colleagues and even his chiropractic patients'

joints.

The entire team at the Stem Cell Center Dripping Springs has received stem cell therapy. Each and every one of us, including myself, would be happy to share our testimonies with you anytime. We serve in a small community here in Dripping Springs and testimonies are important to us. We want our community to be healthy, happy and witness the great results stem cells can provide. If you or any of your loved ones are considering stem cell therapy and have questions about safety or efficacy, our website is a great place to get started. Our social media accounts also are an excellent source for testimonies from those who have received therapy locally.

Now let's dig into the safety of stem cells even further. Our clinic works with, in our opinion, the best stem cell experts in the nation. They have documented over 35,000 umbilical cord stem cell therapies with no major adverse reactions. Stem cell therapy is not only safe, it's highly regulated. The cells each have a certificate of analysis, meaning every cell is documented from the time it leaves

the hospital to the time it gets to the patient in Dripping Springs. We would love to further educate you on this process, on our clinic and the therapies we offer here in Dripping Springs.

Stem cell therapy is simple. It's off the shelf. It does not require surgery. It's administered here in Dripping Springs by licensed medical doctors and nurse practitioners. It does not require a significant amount of down time and you don't need anyone to drive you home after treatment!

We have a very unique team of experts here in Dripping Springs. Come see us, call us or email us.

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

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Inflammation and the health of your gut

by Lauren Meyer



Inflammation is part of the body's natural immune response. Scientists continue to identify new immunological and inflammatory molecules and the pathways through which they interact. The loops and feedbacks of those pathways mean inflammation can be turned on and off in any number of ways. Problems arise when inflammatory processes are left turned on for long periods of time for no apparent reason. Sometimes chronic inflammation can be caused by hidden infections, bacteria, viruses or fungi. Chemicals and radiation as well as heavy metals and exposures to toxic substances used in agriculture can cause hidden long-term inflammation. Many people are now finding that they have sensitivities to foods that have been genetically modified as well as allergies to food additives, preservatives and coloring. Chronic inflammation, when left unchecked, can lead to the progression of coronary artery disease, diabetes, cancer, Alzheimer's and gastrointestinal diseases.

When it comes to inflammation in any part of the body (but especially the gut), the most important healing tool is your diet. Avoid food triggers and inflammatory foods such as hydrogenated oils, trans fats, refined carbohydrates, added sugars, excessive caffeine, processed meats and junk foods. If you have symptoms

related to inflammatory bowel syndrome or other signs of chronic inflammation, it may be necessary to add some healing foods and herbs into the diet regularly to repair the lining of the stomach and the intestines. One product I like to use for healing the gut is InflammCore by OrthoMolecular.

Best in health!

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, (Dripping Springs Pharmacy in Dripping Springs and Lamar Plaza Drug Store in South Austin)



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Visualization realizes our goals

by Leslie Tourish, LPC



It wasn't for nothing that a myth was created of poor Aladdin, who happened across a lamp with a genie inside offering him three wishes and the chance to make his dreams come true. The history of stories and fables is filled with other creatures such as leprechauns and fairy godmothers and blue fairies, even the wizard in *The Wizard of Oz*. All outside

forces who hear our secret wishes and manifest them into reality. Our desire to manifest our goals into reality is old and ancient and runs through our blood.

Carl Jung, famed European psychoanalyst from the turn of the century, wrote about our drive for wish fulfillment. He created a technique for healing, which he referred to as *active imagination*. He instructed his patients to meditate upon their goal or desire. Images would come to consciousness which the patient was to observe and experience without interference. Later, if he or she wanted, the patient could actually communicate with the images by asking them questions or talking to them. Jung used active imagination to help the individual appreciate their own rich inner life and learn to draw on healing power in times of stress. This allows answers to unfold before the inner critic shuts the door on possibilities.

Suggestions for effective visualization are as follows:

1) Loosen your clothing, lie down in a quiet place and close

your eyes.

2) Scan your body, seeking tension in muscles. Relax those muscles as much as you can.

3) Form mental sense impressions. Involve all your senses of sight, hearing, smell, touch and taste. For instance, imagine the sights of a green forest with the trees, blue sky, white clouds and pine needles underfoot. Then add the sounds of wind in the trees, the feel of the ground under your shoes and the taste of mountain spring water.

4) Use affirmations. Repeat short, positive statements that affirm your ability to relax now, such as *I am letting go of tension, tension flows from my body, I am making my first steps toward my goal and support is all around me*.

5) Visualize many times a day. Visualization practice is easiest in the morning and night while lying in bed. After some practice, you will be able to visualize anywhere, anytime you feel tension.

While visualization takes practice, it has been proven to significantly reduce stress in our busy lives. And maybe it also helps us realize our dreams. Because remember, everything around us was brought into existence because someone said *I wonder if...* and they followed through until a thought was magiced into reality. We don't need the genie, fairy or wizard. With dreams and hard work, we are far more powerful than any myth.

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



The Thanksgiving weekend warrior

by Cambria Carson, SPT

Thanksgiving is almost here, which typically means good food and time with family! Do you have any Thanksgiving traditions? Bake desserts? Play football with your family? Whatever activity you do this holiday season, have fun but also be safe, especially when going from couch

potato to weekend athlete! Everyone is busy with his or her daily lives and Thanksgiving is the perfect opportunity to get out and participate in a sport or be physically active. This is where you need to be careful because becoming an athlete over a holiday weekend can lead to many common injuries. Here are just a few...

- 1) Ankle sprain: Rolling your ankle in a way that stretches or tears tough bands of tissue (ligaments) that support the ankle
 - 2) Hamstring strain: Pulling or tearing one or more hamstring muscles (muscles in the back of the thigh) usually due to sprinting or sudden stops and starts
 - 3) Anterior cruciate ligament tear (ACL): One of the major ligaments in the knee that can be injured with sudden stopping, jumping, changing direction or a direct hit to the knee
 - 4) Plantar fasciitis: Irritation of a thick band of tissue along the bottom of your foot that can occur from improper footwear or too much activity on your feet at one time
 - 5) Lateral epicondylitis (tennis elbow): Overloading or irritating the tendons in your elbow by repetitive motions of the wrist and arm
- Here are five tips to help lower your risk of these injuries:

1) Stay active. Exercise at least three times a week to keep your body healthy.

2) Warm-up and cool-down. Take time to get blood flowing to your muscles before activity and allow time for muscles to recover at the end.

3) Check you equipment. Putting on ten-year-old tennis shoes is a poor decision because they may not provide the right support for your foot or ankle.

4) Drink water. Drink water during the entire day! Once you feel thirsty, you're already dehydrated.

5) Know your limits. Jumping into multiple days of activity often causes injury. Make sure to allow for recovery time, especially if you are sore!

There is always risk involved with physical activity, but don't let that stop you from having fun and staying active. If you experience any of these injuries, go to your doctor and get a referral to Kethley Physical Therapy to help you recover from these common injuries. We keep Dripping Springs moving!

Cambria Carson is a student in her last rotation from University of Texas Southwestern Medical Center at Dallas. 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



Have you found that 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 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. 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.



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Insect bites: *What can I do?*

by Frank Shuman, DVM

Dogs and cats are naturally inquisitive creatures and are commonly sniffing and exploring unusual places. When exploring either flowerbeds, brush piles or wooded areas they are likely to happen upon biting or stinging insects. At one time or another, this adventurous behavior

will lead to insect bites on your dog. Although, you may think of it as a minor insect bite, many insect bites on pets lead to numerous reactions and allergies.

Insect bites are usually due to the sting of bees, wasps, hornets or ants. If your pet is bitten by any of these insects, they may show symptoms within 20 minutes of the bite. You should keep a close watch on your pet as mild symptoms develop after 12 to 24 hours. The most common place to observe insect bites on dogs is on the face, head, areas around the mouth or hairless areas of the abdomen. Stings and insect bites on pets results in inflammation and pain. This usually takes about an hour to subside.

In cases where the dog is bitten by honey bees or wasps, there will be redness and the sting site will feel hot to the touch. If the stinger is left behind, it contains muscle tissues that keep contracting and injecting more venom. The best way to remove the stinger is scrapping it off using a credit card or a similar object. Do not use a tweezers to pull out the stinger as it may cause the stinger to release more venom.

Dogs can also be bitten by spiders. There are many poisonous spiders. Spider venom can cause a reaction immediately upon contact with the skin. Most of the spiders cannot penetrate their fangs into the dog skin and do not pose much of a threat. However, black widows spiders can penetrate the skin and cause serious consequences.

Few insect bites on pets are extremely dangerous but some can be very irritating and painful to your dog. At home treatment can include applying aloe vera gel, calamine lotion or hydrocortisone cream to the affected area. Giving a dose of Benadryl at 1mg per pound is also safe and beneficial.

Pets can develop allergic reactions to bites and stings that require immediate veterinary attention. If the bites are on the face, the swelling may obstruct the dog's vision or breathing. If you find the dog is having trouble breathing or seems disoriented, take him to the vet immediately. If your pet is bitten by a spider then you may need to seek veterinary attention more readily as well, since their venom can cause a more serious reaction than bees or wasps. If possible, taking a picture of the insect is helpful so the veterinarian can treat your pet most effectively.

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.



Sleeping in other people's beds

by Deborah Carter Mastelotto

My husband's mother has been enscenced in an upscale *retirement community* in California since her stroke on my watch seven years ago. We frequently spend weekends in Southern California visiting her there, but my husband stays in hotels for his work so we began looking for another option... Airbnb.

Our first Airbnb experience appeared to be a couple's spare room in a house in *The Valley*. The hosts really took their hosting seriously and we had a coffee maker in our room and everything. We got a tour when we checked in but I couldn't help but notice the scale of the furniture – even the art seemed too large – as if once residing in much larger, grander circumstances than the little white track house in the Valley. After our first novice experience we kept trying. I really wanted to fine-tune my instincts and possibly find the perfect place. On our last trip to see my mother-in-law, I found a lovely house in Woodland Hills. We were ushered into our quarters by our host. Apparently his daughter was away at college because we got her room. I think every book the girl read in her life was still in that room from kindergarten (the bottom shelf of the bookcase) to her high school years (the top shelf and on a shelf over the desk.) I could see the titles from my side of the bed and I admit I was tempted. I love young adult fiction.

This Airbnb thing is interesting – if you really look at it. You're traveling, you don't want a hotel but you don't have any friends you can stay with. You download an app on your phone or look up a website on your computer and *presto*. Like magic, you have dozens of folks perfectly willing to step in and let you stay in their house – for a price. It's kind of an odd combination of gambling and nosey-parker-ing, because you never really know what you're going to get (no matter what the posted photos look like) and you acquire a brief glimpse into other lives. For the most part you aren't connected to these other lives in any way except they have a spare bed and you need a place to sleep.

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

CoolSculpting

by Samantha LeBlanc



The holidays are in full effect; temptations of yummy treats are all around us and let's face it – we are human. It's okay to succumb to the occasional piece of pie or Tiff's treats that is being sent in to the office. (Not that I'm speaking from experience.) But what if while all this was going on around us we could actually be taking care of those stubborn areas of fat permanently.

Consider CoolSculpting. The best part of this non-surgical solution is that you won't miss a beat. It allows you to enjoy the benefits of fat reduction without interfering with your social calendar. After your CoolSculpting session, you can immediately return to your regular activities. In fact, many patients return to work the same day following treatment. This FDA-cleared procedure literally freezes the fat away by delivering controlled cooling to the fat cells underneath the skin. CoolSculpting treats many areas of the body including the abdomen, back, arms, thighs and love handles. You can even get rid of that *turkey gobble* after indulging at Thanksgiving!

What is a CoolSculpting session like you might ask? You can expect to feel a cold sensation as the treatment begins. This generally dissipates as the area becomes numb within 10 minutes. Your provider will ensure that you remain comfortable during the ses-

sion. Many people binge watch their favorite Netflix series or even take a conference call. Patients can begin to notice a difference in as little as three weeks following treatment and expect to see the most dramatic results after about eight weeks. Keep in mind that your body will continue to eliminate fat cells for up to six months after your treatment.

CoolSculpting is designed for otherwise healthy adults who are close to their ideal weight but have pockets of unwanted fat that are resistant to diet and exercise. CoolSculpting is not a weight loss procedure and is not appropriate for people who are obese or have a lot of weight to lose. We look forward to being a part of you finishing off 2018 feeling confident and ready for the New Year. #last90days

Samantha has been with The Piazza Center since 2012. She's a licensed cosmetologist and has been in the medical aesthetics field for more than 20 years. Samantha is an expert at CoolSculpting, injectable and skin care evaluations and is certified in CoolSculpting, MicroNeedling, chemical peels, HydraFacial and dermaplaning. Samantha is an advocate of learning as much as she can about her patients to create a customized plan that best fits each person's lifestyle and goals.

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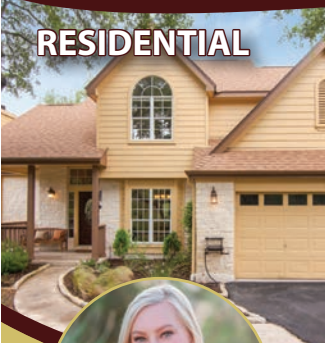
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Traveling for the holidays?

by Ron S. White, DDS



There are some combinations that just go great together – peanut butter and jelly, wine and cheese, baseball and hot dogs... but toothaches and airplanes are not the combo you ordered for the holidays! Truthfully, if you've ever flown with a toothache, you know how painful it can be. For many people, being on an airplane can intensify a toothache greatly. In fact,

flying can even bring out pain in a tooth that has not previously bothered you.

You may already suspect that cabin pressure is a culprit here. And you would be correct. In simple terms, the air pressure in your body (your sinuses, your ears, etc.) must equate to the air pressure in the cabin. This is why people chew gum, suck on candy, swallow and try to *pop* their ears – essentially, they are trying to keep the pressure inside their sinus cavities consistent with the pressure outside. Well, the same principles apply to your teeth. There are instances where you have air trapped in your teeth and changes in pressure can make it hurt. The two main reasons that one would have air trapped in their teeth are decay and fillings or other dental work. Decay forms and essentially starts to eat away at the tooth; this will oftentimes bring air into microscopic openings in the tooth. When you go on a plane, this trapped air cannot keep up with the

cabin pressure. Hence a toothache. Sometimes air gets trapped in a filling or other dental work. Hence, the air, like the above example, really has nowhere to go. Or even if it can slowly escape, it cannot keep up with the rapid changes in cabin pressure. Also, older fillings can have microscopic gaps or holes that develop over time and lead to the same trapped air.

One of the drawbacks of the *airplane toothache* is – unlike ear pain or sinus pain – there is little you can do to prevent it. However, if you are certain that it's your tooth, see your dentist as soon as you can. Because if it happened once, it's likely going to happen repeatedly. The last thing you want is to start a vacation or important business trip with a terrible toothache.

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Medicare annual open enrollment alert

by Tom Diehl



Medicare's Annual Enrollment Period (AEP) for 2019 has begun. If you are already enrolled in Medicare, you can make changes for your coverage from October 15 through December 7. Each year at this time you can review and compare other options for either a Medicare Advantage Plan or a Medicare Supplement (Medigap plan), which are considered Part C. It's

usually wise to also choose a Part D prescription drug plan when it is first available with Medicare! Parts C and D are not available through government-issued *original* Medicare, but are sold by insurance companies. You may also choose just Original Medicare Parts A and B, if you only prefer basic coverage.

If you need a better plan than your current one, now is the time to research what is available. Many major insurers offer Medicare products. Reflect on the details of your present plan's *Summary of Benefits* and list the items that you want to upgrade. Dental and vision options can be added, too.

If your doctor has prescribed a drug that is not covered by your current Part D plan, find a new drug plan that will include that medicine. Note which pharmacies you can use and compare pricing also. Confirm that your physicians will be *in-network* providers during 2019, with any new Medicare Advantage plan you are considering. It is important to decide what kind of a network is best for you. Many companies offer plans with regional and national PPO networks,

HMO's, etc. If you frequently travel outside your home area, this could be a significant issue. Some Part C plans cover emergency treatment only when you are out of your network area. However, Medigap Supplement plans do not use provider Networks!

A licensed independent insurance agent, who is certified to sell Medicare plans, can describe all of your options. That way you will be informed and feel more assured before you enroll in a different plan. If you are content with your current plan choice, there is no need to re-enroll for next year. Just be certain that your insurer will still be offering your plan in 2019. So get busy... don't procrastinate!

Tom has been a licensed independent insurance agent in Dripping Springs since 2003. There are no fees for his assistance in finding the best plans for his client's specific situation and free quotes can be generated the same day. Contact Tom@AustinHealthPlans.com or call 512-535-3556.

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What is a cacao elixir?

by Audel Cayce



Everyone understands chocolate! First time customers to Abby Cara Chocolatier have no problem choosing from the *OMG* selection of truffles, melt-in-your mouth coconut melt-aways or *barking mad* fruit and nut barks. And yet, as soon as we offer tastings of our cacao (chocolate) elixirs, the question marks appear above their heads. The owner of the world

famous Kakawa Elixirs of Santa Fe, New Mexico, warned me, "Selling these drinks is an educational process. People have no idea what they are."

The first thing I tell people is do not confuse the elixirs for hot chocolate. A cup of cacao elixir is more like liquid dark chocolate, straight up (or with a twist of spices and nuts.) We use almond milk as a base to retain the richness (cows milk dilutes the chocolate's flavor.) Dark chocolate is energizing, high in protein, antioxidants and riboflavins. In moderate amounts, dark chocolate has been shown to increase HDL cholesterol (good) and lower LDL cholesterol (bad), lower blood pressure and elevate moods while reducing stress levels. The fiber reduces cravings for salty or excessively sweet foods. The ancients revered cacao as a source of mystical energy and today it is still magical. The dried leaves are used to brew tea (or to chew on) to prevent altitude sickness while beverages made from the beans sustain workers through the day.

I realized selling the elixirs was not enough. I needed variations

on a theme – the theme being *chocolate!* Training as a chef at the Ballymaloe Cookery School in Ireland prepared me to become a chocolatier. My training with Ecole Chocolat taught me how cacao beans impart the flavor of the region they are grown in, just as grapes do when making wine. My goal was to find the best tasting chocolate. I chose single-source Venezuelan chocolates. Each one has a different taste and pair well with various wines.

Customers often remark on waiting until the cold weather gets here to enjoy the elixirs. Don't wait! You are passing up one of life's gifts. And cacao is better for you than coffee!

Chocolatier Audel Cayce studied with Ecole Chocolat and is a native-born Drippin'-ite. Her goal is to introduce really good chocolate to all. 601 Old Fitzhugh Road. 512-234-0335.

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Litigation: *Trial lessons from Vinny*

by Roland Brown



Humor and useful information – two things I try to weave into my articles on litigation. In that vein, today I’m doing you a favor in the form of a recommendation – do not go to bed tonight without first watching the 1992 movie *My Cousin Vinny*.

This quote from Wikipedia (*okay*, so it’s not The Supreme Court Journal) explains, “Lawyers have praised the comedy’s realistic depiction of courtroom procedure and trial strategy. Pesci and Tomei received critical praise for their performances and Tomei won the Academy Award for Best Supporting Actress.” If you’ve seen it, watch it again. My wife, Gayle, and I watch it repeatedly. While you are laughing at one of the funniest films ever, you will see some courtroom tactics that great lawyers employ in getting past what initially may appear to be the truth to show the real truth. (Don’t get impatient – what seem like some goofy and irrelevant events in the early going will form the basis for some classic cross-examination late in the film.)

Good trial lawyers recognize that *minor* details are often the key to establishing or destroying a witness’s credibility. Hint... pay attention to Pesci’s education on how Southerner’s cook grits. Courtroom demonstrations can be compelling as the *tape measure* scene shows. The film shows how an expert’s credentials can be

established (although, consistent with the film’s storyline based on a fledgling lawyer whose sharp-witted and witty presentation exceeds his procedural knowledge, the establishment of Tomei’s credentials as an expert on matters automotive is inadvertently accomplished by the opposing counsel rather than, as more traditionally occurs, by the lawyer who calls her as an expert witness.) There are other good tidbits of trial practice most of which are consistent with real world practice. Now, as we know, some evidence is excluded because it’s irrelevant. One scene from the movie which is irrelevant to the trial is the *biological clock* scene. Don’t miss it anyway – it’s probably the one you’ll remember the longest! Enjoy – and, you’re welcome.

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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Three things your mortgage lender wants you to know

by Trey Powers



The financial side of home buying can sometimes feel like a nightmare where you are stuck in a chemistry final exam and you have forgotten everything. *DTI* (debt to income ratio?) *PITI* (principal, interest, taxes, insurance?) Discount points? *LTV* (loan to value?) Looking for a house is fun, but paying for one – not so much.

However, if you have a solid, trusted mortgage lender to help tutor you through the process, you're guaranteed to bring your A-game to the home-buying table. In addition to helping you find the loan that best fits your needs with the best interest rate, a mortgage professional is also there to guide you through the process, making sure you understand all facets related to your loan.

Here is what your mortgage lender wants you know from the start:

1) Have a trusted team in place. Preparing to purchase should include putting a team together so when you begin searching for a home, you're already locked and loaded. The relationship between your realtor and lender is very important. You can rely on your real estate agent to provide references for a trusted lender. Likewise,

a lender will have recommendations for the perfect agent in your search area.

2) You will need lots of documentation. There are a few things you can be sure your lender will need from you. Might as well get them together early. At a minimum you will need your most recent two years of tax returns and W2s, most recent 30 days of consecutive paystubs and most recent two months of asset statements (bank accounts, retirement accounts, etc.)

3) No sudden, big changes. Once you've started the loan process, do not make any major life changes or large purchases without first speaking to your mortgage lender. That new car can wait until after you close your home loan. Likewise, a new job could derail the process. Chances are good he'll advise you to wait.

Use this as your exam cheat sheet and you'll do just fine. Dripping Springs has several good mortgage lenders. Find one you trust and start planning.

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

Consolidating accounts leads to clear financial strategy

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



Reagan Smith

When it comes to achieving your long-term financial goals, including a comfortable retirement, you do have a great deal of power – as long as you follow a clear, well-defined financial strategy. And one way to help build and maintain such a strategy is by consolidating your financial accounts.

Over the course of their lives, many people pick up a variety of financial accounts from multiple sources. They might have a few IRAs from different providers, a couple of old 401(k) plans from past employers,

an insurance policy purchased many years ago and a scattershot of other investments. If this picture describes your situation, you may want to think about consolidating. You might have lots of paperwork to keep track of all your accounts, including several different tax statements. Plus, by having so many accounts, you risk forgetting about some of them – and if you don't think you'd ever forget about your own money, consider this... Well over \$40 billion in unclaimed cash and property, including 401(k)s, pensions and IRAs is awaiting return to the rightful owners according to the National Association of Unclaimed Property Administrators.

But beyond reducing your possible fees, paperwork and potential for lost assets, consolidating your accounts with one provider can give you a centralized, unifying investment strategy, one that can help you in the following ways...

- **Diversification.** If you own several different financial accounts, including IRAs, 401(k)s and online accounts, you might have many similar investments within them. You might even own a cash-value insurance policy containing investments that closely track the ones you have in the other accounts. This type of duplication can be harmful, because if a market downturn primarily affects one type of asset, and your portfolio is dominated by that asset or similar ones, you could take a big hit. But if you have all your investments in the same place, a financial professional can review your holdings and recommend appropriate ways to diversify your investment dollars.

- **Staying on track.** With all your accounts in one place, you'll find it easier to keep the big picture in mind and make the moves necessary to help you progress toward your financial goals. Two main actions include buying or selling investments and adjusting your portfolio to make it more aggressive or conservative, depending on your situation.

- **Avoiding mistakes.** If you own several separate accounts, you could see a loss in one or more of them and overreact by selling investments that could still be valuable to you. But with a consolidated investment platform, you can see more clearly that the impact of a loss may be small, relative to the rest of your holdings.

Consolidating your investment accounts with a single provider can have several advantages. So think carefully about bringing everything together – you may find that there's strength in unity.

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

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Smelly water?

by Randy Lawrence



One major water quality issue shared by many of us is water which emits a rotten egg odor caused by hydrogen sulfide gas. This problem is unique to homes whose water source is a private well, as municipal and community water supplies are required to treat the water at the source. In the past, getting rid of rotten egg odor has been inconvenient and expensive, but recent advances have

made eliminating it a much easier task to accomplish.

One common method of treating well water for hydrogen sulfide was to inject chlorine directly into the water as it is pumped from the ground. These chlorine systems can often be maintenance intensive and prone to breakdown. It is also difficult to maintain a consistent level of chlorine without constant monitoring. Additionally the homeowner is responsible for proper dilution rates so as to avoid exposure to high levels of this caustic chemical.

Another way of removing odor is to use a well water storage tank, allowing the release of the gases. This is an effective way to remove the gas without harmful chemicals, but it typically requires a large amount of space, as well as a separate pump to re-pressurize the water. Unfortunately, storing water in a tank subjects it to possible bacterial contamination from outside sources. Ultraviolet disinfection and filtration are usually recommended when water is stored in a holding tank. There are benefits to this type of system, but the need for extra equipment can be cost prohibitive for many.

Many people aren't aware that reliable, user-friendly equipment has been developed which will aerate and filter your water inside a sealed, pressurized tank. This tank takes up very little space and can be used alone or as pre-treatment for a water softener. The result is water that is completely free of hydrogen sulfide, iron and any sediment that may come from your well, without the need for chemicals or maintenance by the homeowner. Contact your favorite licensed water treatment specialist to discuss details on how to make your water smell better!

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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The mother of invention

by Lindley Pond



Happy fall to all of you! What an amazing summer and early fall we've had. The green we normally see fading by the dog days of summer never left. The abundance of rain from spring through summer, even in our hottest times, did wonders for our gardens whether they be for veggies or ornamental. Kind of gave new hope to possibilities.

Having praised the rain, we still should be conscious of our water usage. Addressing drainage issues became a must after the past year. We came up with so many different ways to take care of these problems while maintaining beauty and creating something pleasing to look at. Whether it's a rain garden that attracts hummingbirds and butterflies, a dry creek dotted with boulders to create a natural path for run off, a berm planted with seed mixtures of wild flowers and native grasses for diversion of water or natural boulders creating a wall with a drainage well behind – they all served their purpose and brought an added dimension to our landscapes.

Necessity truly is the mother of invention. Sometimes it's hard to get out of our *box* and see possibilities that never occurred to us. We all know about function before beauty, which usually means the piggy bank has to be replenished before we get to the wish list

of fun stuff. This way we are handling both and in doing so can then move on to other projects that are on our wish lists.

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Thankful for our farmers market supporters – and our farmers

by Laurel Robertson



This fall, the Dripping Springs Farmers Market was chosen as Best Farmers Market in Texas and seventh in the nation in the American Farmland Trust's Farmers Market Celebration. Shoppers and supporters of farmers markets voted online for their favorite market and the Dripping Springs community came through for us in a big way! We are grate-

ful beyond measure for this vote of support from our community and are inspired to work even harder to supply them with the best fresh, local food and artisan products available.

The American Farmland Trust, sponsor of the contest, is a national non-profit whose mission is to preserve America's fertile farmlands by helping family farmers stay on their land, using healthy farming practices that preserve soil, water and the environment.

AFT's message *No Farms, No Food* applies particularly to rapidly developing areas such as our Texas Hill Country. They report that the majority of new development (62%) takes place on highly productive agricultural land, diminishing our nation's ability to feed itself. They warn that the majority of America's farmers are over the age of 55 and will retire in the next 20 years. Many have no heirs set to take over their land. Although there is a growing wave of interest in farming among new and young farmers, they often

face barriers, such as a lack of affordable farmland.

One of the best ways to help small farmers – and assure our food security – says AFT, is to help small farmers market their high-quality goods directly to consumers. Family farmers who sell at farmers markets have a nearly 10% greater chance of staying in business than those selling goods through traditional channels, they find.

When you shop at your local farmers market, you help family farmers thrive. The most powerful tool we have to protect our farmland is our fork!

Follow their discussion on @AmericanFarmlandTrust on Instagram and join the conversation using #OnMyFork.

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).

Protecting your privacy while your home is on the market

by Carol Brown



Selling your home can cause potential anxiety about your personal privacy. With your doors open to a nearly constant stream of strangers through your home, you may worry that your personal information is at risk. Protecting your personal information is a top priority. Here are a few

tips for protecting your privacy while your home is on the market.

Remove your mail and financial information. Don't leave mail sitting out. You don't want your personal information made public and you would be surprised what thieves can use to steal your identity. Also remove all checkbooks and banks statements and place them in a secure filing cabinet or lockbox. Remove personal effects from diplomas to wedding photos – don't provide potential buyers with any personal information about yourself or your family. Depersonalizing is also an important part of successfully staging your home for sale, so removing these things will allow you to accomplish two things at once. Don't leave your computer on during showings. A professional identity thief can access personal information from your computer in only a few moments, so shut your computer off before buyers arrive.

Be sure an agent always accompanies buyers for all showings. If someone driving by stops and knocks on your door beware. If they don't have an agent direct them immediately to your agent.

Never allow them into your home to look around especially if you are there alone. Always ask a showing agent to use their E-Key to register the showing, that way your agent will know who and when someone is in your home.

Other items you will want to store or lockup are all prescription medication, expensive jewelry and firearms. Be sure to check all windows and doors after showing to be sure they are securely closed and locked.

These simple tips can keep your privacy secure while selling your home. Call me to discuss the safe way to getting your home sold. 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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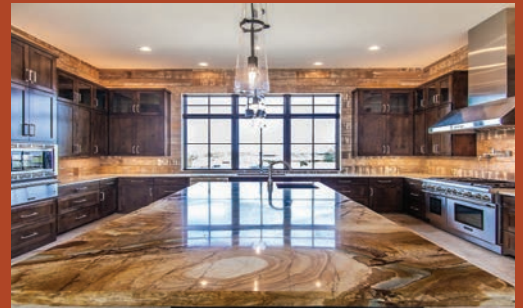
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