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OUTLOOK

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Exercise a new muscle in the new year

Dripping Springs Outlook

Gym memberships spike at the beginning of every new year. It's no surprise. We don't exercise our muscles a lot during the holiday season. Workout routines fall to the wayside due to shopping, parties and cooler weather that keeps us indoors.



While getting our physical body back into shape is important, I want to share some workout tips that will get another part of you fit and healthy. Our brain takes a holiday too during this time of year. Maybe it's that reptilian center, also known as the basal ganglia, the oldest part of our brain, which harkens back to our prehistoric routines of hibernation during the winter months. Whatever the cause, we tend to slow down physically and mentally during this time.

To counteract this and behave like a citizen of the twenty-first century, start off the new year by getting your mental space into top shape. Try this: Every morning, without exception, make a list of ten ideas that pop into your mind. They can be concrete or silly, things you plan to do or want to do, or things that just come to you in that instant. Do this quickly. If you stall, even for a moment, then the list doubles to twenty.

Yes, it doubles. You now must make a list of twenty ideas. Why? Because according to James Altucher, American hedge fund manager, entrepreneur and best-selling author, "You are putting too much pressure on yourself. Perfectionism is the enemy of the idea muscle... it's your brain trying to protect you from harm, from coming up with an idea that is embarrassing and stupid and could cause you to suffer pain. The way you shut [this] off is by forcing [the brain] to come up with bad ideas."

Getting ideas to pop into your head rapid-fire (even bad ones) exercises your creative muscle and grows your confidence in the most marvelous ways.

Best wishes from all of us at the Dripping Springs Outlook for a healthy, prosperous and happy New Year.

Thank you for joining us.

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Dripping Springs Outlook

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Pedal Ranch Publications

January 2019

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. 3pm. Christ centered anxiety/depression support group. 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.
- Tue. Jan. 1, News Years Day.

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What is the difference between PRP and stem cell therapy?

by Breca Tracy, PhD



In the new and rapidly advancing field of regenerative medicine, many promising treatments are emerging. As this field is very cutting edge, it can be difficult at times to differentiate between some of those therapies. Platelet rich plasma (PRP) and stem cell therapy are two very promising therapies that are being used more frequently and gaining more widespread

acceptance recently. Given this, it is very important to understand what each is and what their respective roles are in the regenerative process.

PRP is obtained by taking the patient's own blood and spinning it down to concentrate the platelet portion of their blood while discarding the rest. Platelets play a vital role in the healing process. This concentrate is then injected into areas of acute injury, and the various factors they secrete aid in the healing process.

Umbilical cord stem cells used for stem cell therapy are obtained via donation from healthy, live birth umbilical cords. They are likewise injected into areas of generally subacute to chronic degeneration and injury. Once injected, they are thought to locally engraft into damaged tissue and begin aiding the process of repair and regeneration. They are known to secrete their own growth factors and support the patient's own mesenchymal stem cells (MSC's)

to aid in tissue repair. They are also *immunomodulatory*, meaning they seek out areas that are inflamed and inform the body's immune system in such a way that the inflammatory response is suppressed and aids in the repair of tissue rather than being detrimental or causing symptoms such as pain. In essence, MSC's tell the immune system exactly what needs to be done and where.

Both PRP and MSC's show great promise and are likely going to be used for years to come, however they are distinct therapies and should be used appropriately as such. An apt analogy would be an automobile repair shop. PRP might be like bringing in extra tools to the mechanic so that he has everything he needs to get the job done. MSC's would be like bringing in three more mechanics with their tools to help the process.

Patients and their situations are all unique, so we want offer the most appropriate treatment for their individual situations. Come see us and find out what might be best for you!

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

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Prevent holiday hangovers

by Radhia Gleis

During big holidays or special occasions, many of you are going to end up drinking alcohol. And you likely won't stop at one drink. Fortunately, it's possible to have a few drinks on occasion without completely destroying your brain and mental health. In fact, you can enjoy

the buzz safely and wake up the next day feeling great. So here are some drinking tips for the holidays. Starting with the best choice of alcohol to drink and ending up with the least desirable. You may be surprised.

The number one choice is highly filtered and distilled liquor such as vodka, gin and rum. And it's best to drink them straight. And believe it or not the least favorable choices are wine and beer... Refined sugar and wheat in beer can activate the immune system and trigger inflammation, which can negatively affect your brain and make you feel mentally unstable and foggy.

Your body's master antioxidant is *glutathione* and regular alcohol exposure depletes glutathione. So, if you can't take the supplement glutathione for some reason, another way you can increase glutathione is by taking n-acetyl-cysteine (NAC) and vitamin C together. NAC is the precursor to glutathione. Our Wellness Consultants recommend Pure Encapsulations NAC 900mg and we suggest two

before you drink and two at bedtime. Understand that glutathione, NAC and vitamin C before or during alcohol consumption simply blocks alcohol toxicity and that nasty hangover the next day.

You should also drink an equal amount of water for every alcoholic drink you consume. Please drink responsibly and have your party arsenal of NAC and vitamin C. Happy and safe holidays.

Best of health!

Radhia Gleis, PhD, Med, CCN, is a certified Clinical Nutritionist/ Holistic Practitioner, Wellness Director for Martins Compounding & Wellness Pharmacies with three locations in the Austin area. Contact Radhialgleis@gmail.com



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Giving to others is giving to ourselves

by Leslie Tourish, LPC



Life had dealt my client a series of very tough cards. Her first husband, a quiet, modest man who had loved her since they were high school sweethearts, died when she was in her early thirties. Her second husband had physically and emotionally abused her until she believed she wasn't worthy of any love at all. Her constant companion was a feeling of regret so crippling that she was paralyzed from at-

tempting any changes. By the time she came to my office, she was even too sad to cry. She told me, "My tears ran out a long time ago."

As she worked through her grief in our weekly sessions, she began to explore what it felt like before when the world seemed a place that was inherently good, and her place in the sun was well-secured. She longed to get out and be around new people learning new things but the world, now viewed darkly from her damaged inner-landscape, could no longer be easily trusted. Yet she yearned to leave the house, to feel good about herself again and, most importantly, to be of use.

She began to explore her possibilities again but this time looking at what she could do, rather than what she couldn't. Since, for her, people weren't always to be trusted, she considered helping those creatures who required four legs to walk rather than two. She eventually volunteered at the animal shelter.

It wasn't easy, and it wasn't overnight, but slowly I watched her turn her attention away from her grief and into the difference she was making in the lives of dogs, cats and the occasional rabbit and ferret. At the shelter she'd make her rounds of cleaning cages and feeding the hungry occupants, speaking gently to all the animals. Always bright eyes would peer up at her through cages, which was her signal to stop and administer a medicinal ear scratch or back rub to the cat or dog in a holding pattern for their next home.

What started off for my client as a once a week volunteer position, became a twice a week, then, three times a week schedule. Eventually she was asked to become a staff member, because after all, she was needed.

One of our last conversations was about the power of love and how that power doubles when you give to others. She told me that when she was buried in her hard, brittle shell of depression, all she could see were walls. But as she began to reach out and help others, even animals who could not verbalize through words their grief or gratitude, she said she could feel her heart begin to grow again. Slowly there were chinks of light in the walls, made bigger each time she gave a bit more, loved a bit more and learned to accept the love that flowed back to her, double, a bit more.

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



New year! I start running and I have heel pain?

by Dr. Jeremy Kethley, PT, DPT

It's the new year! We all have the resolutions to get back in shape. Last time you were *in shape* you were in your 20's. So, you started running and now you have nagging heel pain. Well, if so, you are not alone. It is estimated that approximately 10% of the population experiences it at

some point in their lives. The most common cause of heel pain is plantar fasciitis. The *plantar fascia* is a very thick band of tissue that runs from your heel bone (*calcaneus*) to your toes. Plantar fasciitis is caused by irritation of the plantar fascia which is the result of repetitive micro-trauma (small tears). The most common symptoms are pain and stiffness in the heel. The pain is usually worse first thing in the morning when you take your first few steps. It also often worsens after sitting or standing for prolonged periods of time, with climbing stairs and with exercise. Plantar fasciitis is typically more likely to occur if you have high arches or flat feet, with excessive pronation (when the foot rolls inward), if you have tight calf muscles, with obesity, if you perform repetitive impact activities (like running/sports), if you perform an occupation that requires long periods of standing on hard surfaces or if you are wearing improper footwear.

So, what can you do to treat plantar fasciitis? As with most conditions, treatment is always faster and easier the quicker you begin. Once the condition becomes chronic, treatment is typically slower and more difficult. Also, left untreated, it could lead

to symptoms in the knee, hip and back due to changes in the way you walk. Treatment typically consists of a stretching program for the gastrocnemius and soleus muscles, Achilles tendon and plantar fascia, inserts or orthotics, ice, temporary rest from any repetitive, aggravating activity, proper footwear and NSAID's if necessary.

Physical therapy is a great tool in the treatment of plantar fasciitis. After a thorough evaluation, we can formulate a comprehensive plan of care and treatment routine that will address the not only symptoms, but the causes as well. We will instruct individuals in a safe and effective stretching program, address pain and inflammation with modalities such as ice, kinesiotape, ultrasound, iontophoresis, phonophoresis, etc and make recommendations for proper footwear and/or orthotics. If you are suffering with this condition and feel like you might need some expert advice and guidance on how to effectively treat it, ask your physician for a referral to physical therapy. Our team at KPT will be happy to help you get back on your feet!

Jeremy has been practicing and serving the Dripping Springs community for the past 17 years in Dripping Springs. Kethley Physical Therapy has two locations at both ends of Dripping Springs and they have eight physical therapists ready to help you or your athlete.

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Dehydration and accelerated aging



by Karen Laine,
Para-Medical Aesthetician

Our bodies have the miraculous ability to renew themselves. Every organ, every system is made up of a collection of cells, the basic units of life. Each cell is a *capsule* created by our body utilizing nutrients to form the cell membrane and the water or *life force*, inside the cell.

Skin is the largest organ of the human body. Normal skin, comprised of a collection of cells, is designed to shed its dead surface at the end of their 28-day life span. At a rate based upon your metabolism, younger cells from the deeper basal layers of the epidermis replace what is shed. However, this cycle of renewal and replacement is disrupted when skin experiences damage and dehydration resulting in premature aging. When dead skin cells accumulate on the skin surface, the horny layer becomes thick with lifeless buildup, and that's when problems begin. Skin looks dull, fine-lined, often discolored and congested. Nourishing and protective treatment products cannot penetrate through the build up. New cells are not moving upward through the epidermal layers. This roof-like surface is weakened and no longer functions as a protective barrier. Sensitivity develops as deeper layers are no longer protected against harsh environment and ingredients that come in contact with the skin.

Accelerants to dehydration and aging are poor nutrition, lack of sleep, stress, exposure to UV rays, smoking, pollution and exposure to harsh chemicals.

If you think of your skin layers like a sponge; a wet sponge is more functional than a dry sponge. A wet sponge, like hydrated, healthy skin, is thicker, more plump, elastic, flexible and smoother than a thinned, inflexible, often rough surfaced dry sponge. Water is allowed to evaporate away from the deeper, support layers of cells. When skin is dehydrated, the sebaceous glands go into overdrive, secreting too much oil in an attempt at providing nature's protective barrier or sebum to help hold the water in the skin. Premature aging can be avoided and is reversible through proper nutrition, choosing the correct products for your skin and following the guidance of a properly trained, experienced skin care professional.

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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Check those ears

by Frank Shuman, DVM

The dreaded shaking of your dog or cats head is usually the initial point where a pet owner realizes there is someone wrong. Typically, an ear infection is the culprit and it could be time for a trip to see the veterinarian.

Ears, like all parts of the body, normally have a few bacteria and yeast cells present. External ear infections occur when bacteria or yeast organisms increase to an overwhelming number or are replaced by disease-causing organisms. *Otitis* in the outer ear is common because that's where your pet is most likely to be exposed to foreign bodies, bacteria and yeast, ear mites and lake water. If your pet's outer ear infection is untreated, over time your pet's eardrum becomes porous and infection travels from the outer ear through the eardrum to the inner ear. Your pet's eardrum can look intact, but bacteria can move through it to the inner ear. If an eardrum ruptures it can take three to four weeks to heal when the cause of the rupture is addressed. If not, this can lead to deafness in that ear.

About one in every five dogs and one in every 15 cats that visit a veterinarian have ear disease – from mild inflammation to severe middle ear infection. In humid climates, the number of dogs with otitis is nearly 50%.

Dogs can be predisposed to otitis due to the pet's genetic tendency to have a particular type of skin or glands in the canal. Genetics can also influence the thickness of the hair in the canal, and pets with the most hair have the poorest air flow and the greatest incidence of infection. Other dogs are predisposed to develop otitis because they have allergies which make their ears itch and produce more cerumen. Their ears itch, the pet scratches and infection sets in. Approximately 80% of dogs with allergies develop otitis.

Taking swabs of the ears for testing allows the veterinarian to determine what type of infection is afflicting your pet so a focused treatment plan can be made. Your veterinarian will want your pet to start on medications that relieve pain and infection right away. Medications can include natural remedies, oral antibiotics and antibiotics put directly in the ear.

An ounce of prevention is always preferred to treating an infection. Controlling predisposing factors like allergies, hypothyroidism, abundant ear canal hair and swimming are important. Cleaning the ears with a maintenance ear cleaner every two to four weeks and every time after your pet swims or gets bathed will help prevent moisture and wax build up deep in the ear canal.

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.



Capital Eye spotlight: Cataracts

by Dr. Bryan Marshall

Cataracts are a very common condition that degrades a person's normal vision. It is a clouding or opacification of ones natural lens inside the eye. Almost everyone will deal with the presence of cataracts at some point in their life. So what does one see with a cataract? It's like looking through a frosted and yellowish window for most. It makes it difficult to do normal tasks like reading,

watching TV or driving your car, especially at night.

At first, someone with early cataract changes may not have any noticeable vision impairment. It is generally a very slow progression that starts with minor blurring of vision and increased halos around lights at night. Initially some of the symptoms can be improved with increased lighting and an accurate glasses prescription. The condition is caused from a number of different things, namely the unavoidable factor of *time*. Some are caused from trauma, others from medications. Genetics, high blood pressure, unprotected exposure to sunlight, smoking and diabetes are all know risk factors for cataract formation. There are a number of things you can do to slow the progression starting with regular eye examinations to determine the natural lens status and monitor it for changes. Manage you systemic conditions closely, consider smoking cessation, introduce or increase your intake of fruits and vegetables which are high in antioxidants and lastly, please wear quality sunglasses with

good UV protection when outside.

Eventually, as the lens changes worsen, one will need to have cataract surgery to remove the opaque natural lens and insert an implant or Intraocular Lens (IOL). This is a very common and successful procedure that is performed daily with great results. Once the surgery is completed and the eye has been given an adequate amount of time to heal, vision is restored. In some situations a multifocal implant can be used to correct near and far vision without the need for additional glasses. In summary, cataracts can have a great effect on our ability to see and our quality of life. There are things that can be done to slow that progression but when faced with moderate to severe cataracts, surgery is an option to restore the lost vision.

Dr. Bryan Marshall is the owner/optometrist of Capital Eye Vision Care and Optical. He is married and has two young children and lives in Austin Texas. If not in the office, you can find him outside either camping, hiking or on his bicycle at a local race.

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Botox vs filler

by Hayley Pena, RN, CPSN

One of the FAQ I get is what is the difference between Botox and Filler? I can't tell you how many times I have clients come into my office and point to their smile lines and say "I think I need some Botox." While that may be true. Botox is reserved for muscle movement and filler is reserved for the loss of volume and structure.

Let's start with Botox. Botox is used to reduce the appearance of fine lines and wrinkles that are created by years of expression and the natural aging process. Have you ever looked at in the review mirror and the light is hitting us just right and we startle ourselves thinking "where did that come from?!" Repeated muscle contractions can cause skin to furrow gradually resulting in the formation of facial lines. BOTOX® is a quick treatment that works to temporarily reduce the underlying muscle activity that causes these fine lines. Common areas of treatment are the lines in the forehead, frown lines between the brows (the "11's") and crows feet around the eyes. Botox takes about 5-7 days to kick in and lasts approximately 3-4 mos.

Ok, let's talk filler. First and foremost, I think we need to clear the air. I am determined as an advanced master injector to spread the word to change the perception of what filler can and cannot do. Yes, there are plenty of bad examples out there unnatural, unproportioned, and unauthentic to their former self, but it does not have

to be that way! The science and technology behind these products and the evolution of technique and training is far too advanced for people to look unnatural.

HA filler are designed to look natural at rest as well as move naturally with animation and expression. These products are used to provide support, lift, enhancement, and replace volume loss. Commonly these products lift and contour the cheeks, plump and hydrate the lips, smooth out fine lines and wrinkles around the mouth. They can also provide volume where we have lost volume such as the temples and midface. It's always important to do your research, and pick a well-trained credentialed injector. Ladies and gentlemen please, NO MORE GROUPON, save it for mini-golf and car washes, but not your face, it's too beautiful and far too risky.

Hayley is an Advanced Nurse Injector, Registered Nurse and certified in plastic surgery. Her passion for non-surgical facial rejuvenation and training under the innovators of the industry makes her an expert in the most cutting edge techniques of her profession.

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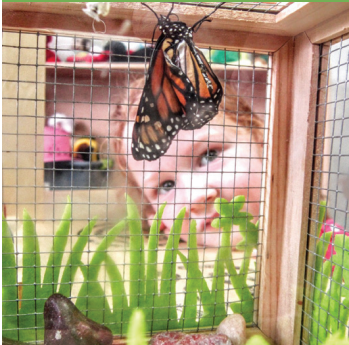
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Easy smile makeovers for the new year

by Ron S. White, DDS



Happy New Year! I love the New Year because it gives us all a chance to start fresh, to begin again on those long-forgotten goals. Is fixing or improving your smile a nagging goal year after year for you? Or is it simply something that you say “someday” year after year. With in-office conscious sedation and interest free financing, a smile makeover is pain-

less for you and your pocket book!!

1. Bleach your teeth - This can easily be done with over-the-counter white strips. A more aggressive option is professional tray bleaching or chairside bleaching at a dental office. Tray bleaching is the most cost effective and easy. Many whitening systems only require you to wear the trays for 30 minutes!!!

2. Tooth Colored Bonding - If you have a misshapen or rotated tooth or if the shapes of your teeth create a smile you don't like, then a trained dentist can painlessly change your smile by adding a bonded composite material to your teeth. Bonding, combined with a prior bleaching treatment, is one of your best options for teeth that look wonderful.

3. Crowns or Implants. Use these options to fix any individual unsightly or missing teeth. All Porcelain (metal free) Crowns cover a tooth and tend to strengthen it, while remaining extremely esthetic. If you need a single tooth replacement, an implant is often a terrific

way to replace it, assuming you have enough bone remaining in the space to hold an implant.

4. Keep Your Teeth Clean. Use an electric toothbrush; my favorite is the Sonicare brand electric tooth brush (any rechargeable model is good) Then start flossing! Healthy gums are definitely part of a beautiful smile.

5. Straighten your teeth with braces. Both conventional orthodontics and Invisalign clear braces (invisible trays) are great options these days. Invisalign uses a series of clear invisible plastic trays to gradually move the teeth into a better position.

6. Porcelain laminates - This is truly one-stop shopping. You can achieve white, perfectly aligned and shaped teeth – sometimes in one day! This treatment option works by resurfacing your front teeth with a thin veneer of bonded porcelain. Porcelain laminates are best for improving smiles in which teeth are worn, poorly positioned or discolored.

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

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AMM Collision is an auto body shop specializing in collision repair related to insurance claims, but we can help you out with a wide range of auto body needs. AMM prides itself on offering quality repairs fast. Every hit affects each car differently and it is the job of the estimator and technician to use their expertise to repair your car to pre-accident condition and keep you safe on the road. Our goal is to have the damage dismantled and parts on the way the same day you drop off your vehicle. We even offer a lifetime warranty on



our workmanship and paint for as long as you own the vehicle on all repairs.

We know that dealing with an accident is at best inconvenient and at worst traumatic, so we strive to make the process as simple and pleasant for the customer as possible. Come by anytime Monday-Friday 7:30am-5:30pm for a free estimate, it usually only takes about 20 minutes. We have Enterprise Rent-a-Car onsite, so you can drop your car off at AMM and pick up a rental car in one convenient location. AMM Collision is truly honored to have grown up here in Dripping Springs. We are proud to support many local organizations from sports teams to the Knights of Colum-

bus. Remember at AMM Collision – *our reputation is no accident!*

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Growing a great farmers market for you

by Laurel Robertson



The beginning of a new year is a great time to describe the yearly cycles at our Farmers Market. Market life closely follows the seasons here in Central Texas. Our mild winters mean there's always something growing in the fields of the farmers who bring their produce to our market, enabling us to be a year-round

market (closed only for extreme weather and events.)

Like a garden, our market starts the year with a vibrant budding of new growth as vendors apply for an annual membership. To sell in our market, each vendor must raise or make their product within 150 miles of Dripping Springs and complete an extensive application, which is carefully evaluated and then reviewed throughout the year. Each new member's field, kitchen or studio is inspected to assure that they make or grow the goods they bring to our market.

We go to great lengths to guarantee that your experience at the market is not only enjoyable, but safe. The farmers, ranchers and cooks who sell in our market are required to have all appropriate local and state health permits and to follow our rules regarding food safety. If they offer free samples (and many do,) they follow food serving guidelines issued by the state health department. We go to these efforts so you can be sure that what you're buying in

our market is locally grown or made and is safe for you and your family. We work hard to earn your trust and support!

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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Ring in the new year with a book by Deborah Carter Mastelotto



Happy new year! One of the coziest new years traditions exists in Iceland. It's customary to give a book and a box of chocolates. For the last fifteen years, I've used the new year to recommend a book for every astrological sign; a book to help you navigate the coming year.

This is a year that will test everyone's strength of character and require a bit of fortitude. Areas of your life you thought were stable and reliable will start to change and you'll see everything in a new light. If you don't like change, this can be a bit destabilising, like trying to stand up in a canoe. If you can stay positive the end result is a big reward. This year's a good time for clearing out anything old, anything that doesn't serve your new life direction. Like renovating an old house, you can renovate your life. Invest in anything that's durable, long-lasting – industries like building or agriculture and traditional, well-established businesses with long-range goals. Slow down, restructure and seriously assess the value of things in your life. Pay attention to your health and your daily routine, change bad habits and replace them slowly and surely with a new regimen. Try a new diet or exercise routine. And, to make this year work more smoothly, read on to find my recommendation for your book. It's not chocolate, but it may help sprinkle a bit of happiness on your year.

- Sagittarius, *Becoming* by Michelle Obama
- Scorpio, *The \$100 Startup: Reinvent the Way You Make a Liv-*

ing, Do What You Love, and Create a New Future

- Libra, *When: The Scientific Secrets of Perfect Timing* by Daniel H. Pink
- Virgo, *Homebody: A Guide to Creating Spaces You Never Want to Leave* by Joanna Gaines
- Leo, *Have More Fun: How to Be Remarkable, Stop Feeling Stuck, and Start Enjoying Life* by Mandy Arioto
- Cancer, *Make Your Bed: Little Things That Can Change Your Life...And Maybe the World* by William H. McRaven
- Gemini, *Happy Together: Using the Science of Positive Psychology to Build Love That Lasts* by James O. Pawelski and Suzann Pileggi Pawelsk
- Taurus, *The Spell of the Sensuous: Perception and Language in a More-Than-Human World* by David Abram
- Aries, *The Silk Roads: A New History of the World* by Peter Frankopan
- Pisces, *The Elements of Power: Lessons on Leadership and Influence* Terry R. Bacon
- Aquarius, *Thank You for Being a Friend: Life According to The Golden Girls* by Emma Lewis
- Capricorn, *The Book of General Ignorance* by John Mitchinson and John Lloyd

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

What I learned from Mary

by Reverend Sara Gates



I have the honor of working with families to craft meaningful memorial services when a loved one dies. Each time I am deeply touched and deeply taught. Every life carries an important message and has something to teach.

Not long ago I offered a funeral service for a woman named Mary, who had much to teach me. Like all good teachers, she taught by how she lived. Mary taught me about power. She beautifully showed the power we all have over our lives and the way we exert this power is by being the master of our thoughts. Mary understood this and lived a love and joy-filled life as a result.

At first glance, Mary may seem an unlikely ambassador for power. She married the love of her life and was widowed at the tender young age of 36, left with four children to support and raise. Then in her early fifties, she was confined to a wheelchair due to a hereditary disease. Yet Mary was one of the most powerful people I have ever known.

Mary was powerful because she took control of her thoughts, and therefore created and lived the life she desired in her heart. A life filled with positivity, joy and love. She did this by telling herself what to think, moment by moment, day by day, determined to be happy and to spread joy. Which she did in large measure.

Every wisdom tradition teaches that you are what you think. The Jewish and Christian scriptures teach in Proverbs, "For as a man thinks within himself, so he is." The first line of The Buddha's teachings in the Dhammapada is "Our life is shaped by our mind; we become what we think." This is a major theme in Hinduism's Bhagavad Gita.

The great news is that this is within our power. We simply learn to tell our mind what to think. And, just like Mary, to do that over and over again. Creating the lives we desire in our heart. Where, like Mary, we cannot help but spread our version of love.

Reverend Sara Gates is an ordained interfaith minister who is inventing a 21st century ministry. Her purpose is to be a presence of peace in the world. Formerly she worked as a tech executive and CEO. ReverendSara.com



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Where faith and purpose meet

by Mark Lander



A few years back I had the privilege of opening the One Church service at the annual Founders Day celebration here in Dripping Springs. My research into the founding families of our community was very enlightening. Establishing a home-

stead on the frontier in Central Texas in the early 1850's was no small feat. Three couples in the wilderness, settling about a mile apart from each other, founded our community. One of their first priorities was to seek God's blessing on their newly founded homes. A simple log cabin with a dog-trot was the background for their welcoming an itinerant Methodist preacher for their first worship service. From that humble beginning some 165 or so years ago a community of faith was formed.

Men and women of faith believe that every good gift is from God. They go about their purpose, their calling to serve in community, trusting that God plants where He will, waters what He will and harvests when He will. They do not wait on ordained clergy to prepare them, no organized religion to lead them, no form of government to provide for them. Quietly, in the background and without fanfare, they strengthen our community through selfless acts, serving as the hands and feet of Christ to those in need. That is just a fact of where we live in Dripping Springs, Texas, and a very real part of why so many have chosen to transplant themselves here.

In my career as a developer in both commercial and residential property, I am in contact with folks relocating to our community – whether they are buying a new home, investing in commercial real estate or leasing space to house their business. Most, if not all of the folks I meet are from around the country – a good number from the east and west coasts. Overwhelmingly, the constant response I receive when I ask how they came to choose Dripping Springs is that they are attracted to the quality of life and *feeling* of community we enjoy. Make no mistake, the feeling of community is very much a reflection of our local culture; our faith-based community which has existed here since its founding in the 1850's. God's people living out a gospel filled and God centered life makes for an attractive culture

to those who come in contact with it. Like all cultures, it is better to acclimate to the culture you have moved to join, rather than to try and re-create the culture you left behind. Which is why I have begun to write a series of articles about our faith-based community known as Dripping Springs.

Lest you think I am going to preach to you each month, fear not. I plan instead to take advantage of this column over the next 12 months to introduce you to a few of the men and women, of our current day, who carry on the tradition of servant leadership – the under-pinning of our local culture. There will be no evangelizing, no skillful attempt to convert you to some flavor of Christianity, only real life stories of folks who demonstrate from their hearts what it means to follow a living and loving God. Which after all, is the real source of the attraction folks feel for our community.

Now if you happen to be moved or inspired by these articles, well so much the better. Perhaps, like me, over time you will begin to notice that you have become part of a community where faith and purpose meet. And in that moment of recognition, I pray that you might then take your place alongside those who serve.

Mark Lander has worked in commercial real estate since 1984 and he is the owner of TMG Commercial and Pointer West Properties. Having grown up in Austin he and his wife Lisa have made Dripping Springs their home for the past 20 years. Mark is a servant leader of Mens' Ministry at the Hill Country Bible Church of Dripping Springs. You can reach Mark at 512-569-6644 or MLander@austin.rr.com.



Litigation: RCMV matters why?

by Roland Brown



RCMV is *reasonable cash market value*. When someone wrongfully deprives you of property, the law seeks to require that the offending party restore you to the position you occupied before your property was destroyed. It sounds good, but in reality, it often leaves the damaged party holding the bag.

I've thought about this while parked in front of the TV. The insurance industry has created some TV ads that are almost as goofy as some of the more outrageous lawyer ads we sit through while waiting for our favorite show to continue. One of those insurance ads touts how the company will pay the replacement cost of your car. The truth is though that they won't do that unless you pay a higher premium for that enhanced level of coverage. The reason is that the basic automobile insurance policy, without the enhanced coverage, covers only the damages the law provides for, and when dealing with damage to a vehicle, that is either the cost to repair if the vehicle is repairable or the RCMV if it is *totaled*.

The law defines RCMV as the amount which a reasonable buyer who is under no compulsion to buy would pay to a reasonable seller who is under no compulsion to sell. Theoretically, if you are paid that amount for the loss of your car, you can simply go

purchase another one just like it. In reality, you may have been particularly attached to your car for good reason. At a minimum, you knew what condition it was in, whereas purchasing another of the same year model leaves you at risk for purchasing a lemon. Unless you've paid a premium for full replacement coverage, you will have to do some creative negotiating with the property damage adjuster pointing out that your car was worth more than *book value* because you had just put on a new set of nice tires, had a new transmission installed, kept it in pristine condition (in a garage, serviced regularly, etcetera) and any other unique features that arguably enhanced its value. Even then, you are unlikely to feel that the *market value* you got was genuinely *reasonable*.

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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Happy 2019, friends! Here we are with another fresh start at those resolutions that got away about eleven months ago. We often joke about diets and going to the gym. However, some face challenges more serious than a few extra pounds in the trunk. Snowballing credit card debt, car loans and student loans have put many in a position where

they cannot see the light at the end of the tunnel. Credit card debt is the most daunting, carrying interest rates as high 20%! If this sounds all too familiar, now is the time to explore your options. Putting it off only increases the pain.

For homeowners, one option is to consolidate your debt and lower your monthly bills by refinancing your mortgage. A cash out refinance allows you to turn a portion of the equity you have built up in your home into cash that you can use for whatever you like. It is your hard earned, invested money and there are no limitations on how that money can be spent, including paying off other debts.

The average interest rate charged on credit cards is nearly 10% higher than that of a current 30 year mortgage. If you are making only minimum payments, you're not making headway to financial freedom. In fact, it could take longer to pay off that card than your mortgage! If you consolidate the credit card debt into your mortgage, you are effectively giving yourself a 10% return on your money.

A cash out refinance will increase your mortgage balance, but not necessarily increase your monthly mortgage payment, depending on the current balance, interest rate and terms you qualify for. Compared to the total combined payments each month on your credit cards, your total monthly obligations could decrease significantly. It is not uncommon in these scenarios to see a total reduction of hundreds of dollars a month.

A consultation with your local trusted mortgage lender is always free. Whether exploring a cash out refinance, planning to purchase a home or considering building a custom home, take advantage of this resource. Have a blessed year ahead!

Trey Powers is a licensed mortgage loan officer with City Bank Mortgage, a Texas-owned lender. Trey lives, works and volunteers right here in DS. Call or email for help with anything related to your home loan. Contact 512-203-5869 & trey@treypowers.com. Visit TreyPowers.com.

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Roth versus traditional 401(k): Which is right for you?

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



Reagan Smith

For many years, employees of companies that offered 401(k) plans only faced a couple of key decisions – how much to contribute and how to allocate their dollars among the various investment options in their plan. But in recent years, a third choice has emerged: *the traditional versus Roth 401(k)*. Which is right for you?

To begin with, you need to understand the key difference between the two types of 401(k) plans. When you invest in a traditional 401(k), you put in pre-tax dollars, so the more you contribute, the lower your taxable income. Your contributions and earnings grow tax-deferred until you begin taking withdrawals, which will be taxed at your ordinary tax rate. With a Roth 401(k), the situation is essentially reversed. You contribute after-tax dollars, so you won't lower your taxable income, but withdrawals of contributions and earnings are tax-free at age 59-1/2, as long as you've held the account at least five years.

So, now that you've got the basics of the two types of 401(k) plans, which should you choose? There's no one right answer for everyone. You essentially need to ask yourself these questions: When do you want to pay taxes? And what will your tax rate be in the future?

If you're just starting out in your career, and you're in a relatively low income tax bracket, but you think you might be in a higher one when you retire, you might want to consider the Roth 401(k). You'll be paying taxes now on the money you earn and contribute to your Roth account, but you'll avoid being taxed at the higher rate when you start taking withdrawals. Conversely, if you think your tax rate will be lower when you retire, you might be more inclined to go with the traditional 401(k), which allows you to avoid paying taxes on your contributions now, when your tax rate is high.

Since you can't see into the future, your best move might be to split the difference, so to speak. Although not all businesses offer the Roth 401(k) option, many of those that do will allow employees to divide their contributions between the Roth and traditional accounts. If you chose this route, you could enjoy the benefits of both, but you still can't exceed the total annual 401(k) contribution limit, which for 2019 is \$19,000, or \$25,000 if you're 50 or older.

You may want to consult with your tax advisor before making any decisions about a Roth or traditional 401(k) – or Roth and traditional 401(k) – but in the final analysis, these are positive choices to make, because a 401(k), in whatever form, is a great way to save for retirement. Try to take full advantage of it.

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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Which water filter is right for you?

by Randy Lawrence



If you ever consider buying a filter for drinking water, it will quickly become apparent that there is a wide range of pricing and technologies to choose from. It can be difficult to determine which type of filter is appropriate for your water supply. Learning about different levels of filtration that are available can help you make an informed choice.

Often referred to as *taste and odor filtration*, the most common type of water filter is *activated carbon*. Its primary use is to remove chlorine from the water, which can certainly improve taste and odor. Filters that utilize carbon include refrigerator filters, faucet attachments and filtration pitchers. It is important to note that some of these filters don't appear to live up to the claims made by their manufacturers. Independent testing results that show this are readily available online. There are types of carbon which can remove lead and other heavy metals, but the majority of store bought filters will have little effect on these and other contaminants. While a carbon filter alone may not give you the quality of water you would like, they are often used as part of a larger filtration system.

One example of this is reverse osmosis, often referred to as *RO*, which is a more comprehensive method of filtering drinking water, accomplishing a much greater level of filtration than a simple inline or pitcher filter. An RO unit commonly consists of two or three stages of pre-filtration, often including sediment and carbon filters, before forcing the water through a semi-permeable membrane which removes fluoride, lead and other heavy metals. This membrane will reduce the dissolved solids content of your water by 90-95%, producing high quality drinking water which is stored in a small pressure tank under the sink. The water is forced through a final *polishing* filter before being dispensed through a separate drinking water faucet installed at your sink. A licensed Water Treatment Specialist can explain the quality concerns that may be specific to your home's water supply and help you to determine which type of filtration system will best fit your needs.

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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Self-fulfilling resolutions

by Lindley Pond



Happy new year, everyone! Hoping this finds everyone doing well and starting 2019 off with flying colors. I'm choosing to look at the whole *New Year's resolution* thing a little differently... by focusing on our home, our safe haven, place of refuge from all the outside pressures, maybe we don't have to worry about possible failure when it comes to diet, bad habits and

the like.

As with the resolution, we can start by looking at what's not working in our space. Enjoying our outside world is key to our health and happiness, why not make it something wonderful. By coming up with some ideas about your lifestyle, as a start, you can more easily see if you would really enjoy that fire pit. Do you really love all that grass and the watering it requires or could you do away with some of it and utilize the space for either native evergreen and perennial plantings or maybe even your own veggie and herb area? Are there areas that have mechanical stuff, AC, electricity or where you stash stuff so it's hidden. Why not remove any sod and go with either a mulched area or a river rock area over weed block. Little things will make a huge difference and

lend room for more free time to enjoy your space. If you are stuck and need a gentle nudge, give us a call. We'd love to help! Happy, healthy 2019 to all.

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. We are here to make things out of your reach happen. 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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Start the New Year with a stone entrance

by Homer Whisenant

Look around the hill country and you will see many homes with stone entrances of different sizes, shapes and materials. There is nothing wrong with a simple gate or an ungated driveway entrance. For those of us who like the privacy and security of a gate, a stone entrance can enhance and personalize your home.

More elaborate entrances can consist of columns, wing walls and planters for native plants as well as design options for lighting.

It is important to consider a properly proportioned entrance that compliments both the surrounding landscape and the driveway approach to your home. Of course there are many types of stone to choose from, differing sizes, colors and shapes. Limestone and sandstone are the more popular choices here in the hill country. Also, brick and stucco can be used in the construction of an entrance. A tasteful mixing of materials can make a beautiful entrance as well.

The first step in the construction of an entrance is a properly sized and properly laid foundation to support the weight of the entrance. The foundation must withstand the weight, which can be quite heavy, and also must withstand the shifting of the surrounding soil. A good foundation insures the longevity of your entrance.

When it comes to choosing a gate, there is a wide selection of prefabricated gates to choose from. There are several custom gate

builders in the area that can build just about any design you can imagine. Automatic gate openers are not only convenient but are also very reliable when properly installed, as long as they come from a quality manufacturer.

Whether large or small, brick, stone or stucco, if I can help you with the design and building of your stone entrance, please contact me.

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

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Home selling checklist: *The process of selling your home*

by Carol Brown



Once you've made the decision to sell your home, it's time to think about what comes next. Throughout the process, you may find it beneficial to have a checklist to help guide you in some very important choices that you will be making in the coming months. Your agent will be able to provide you with this checklist and a timeline for completing task.

Decide how quickly you want to sell. Believe it or not, your schedule could greatly impact the listing price. If you are in a hurry to sell, you may find that a competitive asking price will help you to get the cash you need much quicker. A price that reflects the higher end of a buyer's budget may take some time to sell, so consider these factors when pricing your home. Market stats are showing that we are transiting to more of a buyer's market.

Make time for updates. Your realtor will offer advice as to what needs updated, repaired or changed in order to maximize the potential of your home. When a buyer looks at a house, they are looking at the cost, needed repairs or upgrades, decor, etc. Once your realtor does a walkthrough and explains what, if anything, needs updated, you will commit to an asking price and sign the listing agreement.

Close the deal. When the price is right and you agree to the terms,

it's time to say goodbye to your former home and hello to a brand new life. Letting go is not always easy, but moving forward is a part of life. If you still live in the home, most contracts will require that you move within 30 days, or upon closing and funding. Some buyer's will agree to a short temporary lease back. Have a moving plan ready before you receive a contract to make it a smooth transition. If you're thinking of selling in 2019 call me for a free market analysis on your home today.

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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2018 Real Estate in Review

	Homes Sold	Averages Price	Size Sqft	\$ / Sqft	Days on Market	Total Dollar Volume Sales
Belterra	178	\$462,243	3,004	\$155	84	\$82,278,254
Highpointe	88	\$464,215	3,254	\$146	90	\$40,851,096
Sawyer Ranch	5	\$480,100	2,654	\$182	25	\$ 2,400,500
Heritage Oaks	5	\$518,680	3,132	\$168	56	\$ 2,593,400

All of Dripping Springs, TX



The statistics above are estimated from Austin Board of Realtors MLS, HD area, single family home sales Jan through December 2018



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Manager Bis Admin
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(512) 299-6570



Mike Cossette
Broker/Owner
(512) 299-5904



Matt Mowen
Realtor/Attorney
(512) 468 - 5030



Shelli Beck
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Robert Pelayo
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