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OUTLOOK

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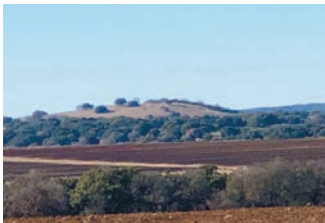
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It means a little bit more

A favorite book during the holiday season for my children when they were young was *How the Grinch Stole Christmas!* by Dr. Seuss. One passage in particular was poignant for all of us. Even though the Grinch had made off with all the presents, decorations and food (right down to the roast beast) in Whoville, he witnessed something astonishing. “And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled ‘till his puzzler was sore. Then the Grinch thought of something he hadn’t before. What if Christmas, he thought, doesn’t come from a store. What if Christmas, perhaps, means a little bit more.”



I always worked to maintain this principle as the *true north* of Christmas for my kids. Each year presents lay under the sparkling tree on Christmas morning yet the foundation of why we were celebrating was never lost on them. I’m proud of that.

I’m also proud to call your attention to the fact that we begin our twentieth year of the *News and Views* with this issue. It has changed quite a lot during that time but one constant true north hasn’t.

Reading articles from your friends and neighbors as they share their expertise on what their businesses offer has been the hallmark of the *News and Views*. Faces you recognize in the grocery store or at the gas station from their ads. Business names that have become familiar to you and that you look to when you need their services have been delivered to your mailbox each month for twenty years. I am honored to be a part of bringing this useful information to you about events and services offered right here in Wimberley.

This wonderful community nestled in the Wimberley Valley, hugged by the Blanco River and Cypress Creek, offers everything we need plus a lifestyle that soars above the ordinary.

May your holidays be filled with joy and “a little bit more.” Thank you for joining us.

Victoria

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Dripping Springs Outlook

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Pedal Ranch Publications

December 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. 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.
- Sat. Dec. 1, 10-5pm. Christmas on Mercer Street. For more information see ad (pg.20).
- Fri. Dec. 7, 6-8:30pm. Austin Ridge Bible Church Christmas Movie Night. We will be showing the movie The Star on the big outdoor movie screen under the stars. 4505 W. Hwy 290.
- Sat. Dec. 8, 9-3pm. A Pioneer Christmas at The Pound House Farmstead. For more information see ad pg. 9.
- Thur. Dec. 13, 9:30-6pm. Holiday Cookie Bake benefitting Helping Hands. For more info see ad (pg.21).
- Tue. Dec. 25, Christmas.
- Tue. Jan. 1, News Years Day.

Why should you seek stem cell therapy for your chronic pain?

by Breca Tracy, PhD



Chronic pain is no joke. No matter how old you are, you can experience it. At 38, I thought I would live a life with consistent pain and only intermittent relief. I truly believe the Lord knew what he was doing when he placed me in Dripping Springs, with a brother locally who could help with my back. In 2013, we were blessed with a healthy pregnancy but instead of focusing

on the beauty within, my mind quickly reverted to being terrified of how the extra weight might impact the pain in my back. Last May, I received umbilical cord blood stem cells for my lower back. I can't even begin to tell you how this has changed my life and the lives of those who surround me.

Why am I telling you this? I'm being transparent. It's personal. I'm a believer. We're here to serve. Pain matters. It's life altering, and stem cells have changed my life and will continue to change my life. Last month we spoke about testimonies and this is one of mine. It's not a sales tactic, it's my personal story, and it's education for you on how stem cells have impacted me.

For many potential patients, chronic pain or other ailments lead them to research every option they can get their hands on. When they first learn about stem cell therapy, many of them, even though they desperately want to have hope, are skeptical of stem cell therapy or just overwhelmed by the amount of information they find. In many cases they will simply give up or decide on yet another surgery be-

cause they just aren't convinced. Seeing is believing and that saying is true for stem cell therapy too! We believe that seeing real results and success stories from patients is the best way to overcome the *analysis paralysis* that practitioners and patients find themselves in after drowning in research.

Success stories and patient testimonials are the best way to help our community understand the benefits of stem cell therapy. Join us on December 4 at 6pm, at the Terrace Club for a special educational stem cell event and to hear more testimonies from our DS community!

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



The Stem Cell Center
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Breca Tracy, PhD
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Safe, effective removal of toxic metals

by Edwin Dossman



The most chronic health issues may not be due to a failure of the immune system, but an adaptation of the immune system to the serious damage created from the exposure to heavy metals and chemical contaminants our bodies have accumulated over the years. It should be high on all of

our priority lists to help our bodies remove these contaminants. Almost every person on the planet at this time has been exposed to massive levels of toxic heavy metals and a multitude of dangerous chemicals. Exposures include eating contaminated fish, eating foods grown in polluted areas, living in congested cities or industrial areas, using commercial body care products, cooking with aluminum cookware, using chemical cleaning products and many others. This can stress the body continuously while adding to higher toxicity levels.

The urgent answer is to detoxify the body from these heavy metal and chemical contaminants before more accumulation and stagnation of the system can occur. Heavy Metal Nano-Detox aka HM-ND by Premier Research Labs provides a safe, effective and proven method to support the clearance of toxic heavy metals including mercury, cadmium, lead, aluminum and others as well as pesticide, herbicide, PCBs and other toxic residues. Keep in mind when using HM-ND,

heavy metals are eliminated through the kidneys so it is best to support the kidneys during your detox program this can be done with the product RenaVen also by Premier Research Labs.

Best in health.

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

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Learning is the gift we give ourselves

by Leslie Tourish, LPC



At the age of seventeen, the teen's path looked as though it had dead-ended. She was the mother of a two-year-old. The court system had removed her from her family at the age of fourteen due to being sexually abused. She was surrounded by three generations of family, none of whom had graduated from high school, but who were well-versed in criminal thinking. And most crippling of all, she was angry. Her

anger was of bottomless depth and all lifelines thrown at her, by teachers, therapists, caseworkers, attorneys and judges, were batted away with ham-fisted disdain.

I was one more court-ordered therapist thrust in her face, and I'll be the first to admit that our counseling sessions were a flop as she stonewalled all my efforts to talk about thoughts or feelings. Finally, in exasperation, I asked *Marianne* (not her real name) what she wanted to do during her weekly counseling hour, since I'd run out of tricks. "Get a job," she replied.

"What kind of job?" I asked, thrilled that I had actually gotten her to speak.

"I don't know. Just don't want no fast food job because I can't stand the smell of grease in my clothes," she said flatly.

Okay, it wasn't much of lead, but it was a small spark. I made sure she got hooked up with a career counselor who specialized in placing troubled adolescents in fairly sophisticated job positions that

provided extensive on-the-job training. Long story, short: *Marianne blossomed*. Her work challenged her mind, her supervisors were patient but persistent in helping her learn and she was surrounded by thoughtful, kind, funny co-employees who treated her like she was human being who counted. After a few months she began to believe that she counted too.

Sometimes the best therapy is the healing balm of learning. Learning doesn't end once we've crossed a stage and are handed a diploma because life is always throwing us new challenges. But it's also about having some fun, stretching our minds and enjoying the excitement of getting good at something new. Our large brains are designed for curiosity, and thus we thrive on growth. Boredom and job burnout are often the outcroppings of our own mental stagnation. As the saying goes, our brains are like muscles – use it or lose it. Each time we turn the next page, open ourselves up to the new experience or just simply become curious, we're the benefactors of the gifts of learning.

Inventive dancer and choreographer, Agnes de Mille, best summed it up when she wrote about exploring the uncharted and unexplored, "Living is a form of not being sure, not knowing what next or how. The moment you know how, you begin to die a little. The artist never entirely knows. We guess. We may be wrong, but we take leap after leap in the dark."

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



Food and how our body uses it

by Dr. Jeremy Kethley, PT, DPT

Well, Christmas, Thanksgiving and a new year are upon us and that means parties with friends, family get-togethers and new recipes to try out on your coworkers. Let's be honest, nothing says *happy holidays* like a big plate full of Grandma's stuffing, Aunt Susie's casserole or Kim's

pies. What I want to cover with this month's article is how our body uses food and needs food to operate at its highest level.

Food is an essential part of everyone's lives. It gives us the energy and nutrients to grow and develop, be healthy and active, to move, work, play, think and learn. The body needs a variety of the following five nutrients – protein, carbohydrates, fat, vitamins and minerals – from the food we eat to stay healthy and productive.

Protein is needed to build, maintain and repair muscle, blood, skin and bones and other tissues and organs in the body. Protein rich foods are extremely important in the recovery from operations such as joint replacements. Foods high in protein include meat, eggs, dairy and fish.

Carbohydrates provides the body with its main source of energy. Carbohydrates can be classified into two kinds – starches and sugars. High starch foods include rice, wheat and potatoes and food rich in sugars including fruit, honey, sweets and chocolate bars.

Fat is the body's secondary source of energy. Fat actually provides more energy/calories per gram than any other nutrient, but is more difficult to burn. Food rich in fats are oils, butter, lard, milk,

cheese and some meat.

Vitamins and minerals are needed in very small amounts and are sometimes called *micronutrients*, but are essential for good health. They control many functions and processes in the body and in the case of minerals also help build body tissue such as bones and blood. In addition to the above nutrients, fiber and water are also essential for a good healthy diet.

A healthy diet can lead to better overall performance of the mind and body. According to the U.S. Department of Agriculture, foods high in antioxidants can help promote generation of neurons into old age while improving the ability of existing brain cells to communicate with each other, resulting in improved cognitive functioning. According to the *American Journal of Psychiatry*, a healthy diet is associated with a lower incidence of depression, anxiety disorders and dysthymia than a typical *Western* diet high in sugar, processed foods and alcohol.

If your body becomes injured from that family "touch" football game over the holidays, please eat healthy and come see us at Kethley Physical Therapy to help you move better.

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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The many benefits of beauty sleep



by Karen Laine,
Para-Medical Aesthetician

Wrinkles, bags and crow's feet don't stand a chance against plenty of sleep and effective day-to-day skincare. Getting the right amount of sleep every night at regular intervals is essential to leading a long, healthy and productive lifestyle. *Beauty sleep* is not just an expression – it really is the key to beautiful, healthy skin

that lasts. Sleep restores the skin's natural balance and increases the effectiveness of skincare treatments. Skin automatically rejuvenates during sleep. New skin cells grow and replace older cells.

Not enough sleep leads to stress, which triggers the adrenal glands to create an over-production of the stress hormone *cortisol*. Once the hormone is released, it stimulates the sebaceous glands to produce more oil. Stress creates a chain reaction that is a recipe for bad skin. Clinical studies have proven stress is the common denominator of many skin problems.

When you don't get enough sleep, not only are you tired, but you physically show the signs of sleep deprivation with dehydrated skin and puffy, under-eye bags. Lack of sleep causes blood vessels to dilate, causing the look of dark circles. The ideal amount of consecutive sleep is six to eight hours in order to allow the body to get through the five sleep stages. During these stages, the cortisol and insulin levels help produce more collagen. During the fourth stage, growth hormones surge and tissue repair occurs.

When a lack of sleep increases the levels of stress hormones, the body undergoes chronic stress, which leads to increased inflammation and subsequent acceleration of aging and worsening of acne and other inflammatory skin conditions such as psoriasis. Poor sleep habits can result in skin sensitivity and irritation. The skin gradually loses its ability to protect itself from all the chemicals, pollutants and dirt it comes in contact with everyday.

By avoiding caffeine four to six hours before bed, limiting alcohol and heavy meals before sleep, getting regular exercise and developing a regular bedtime and morning wakeup call, even on the weekends, your skin will thrive with a healthy glow. Look to sleep as a source of fuel for greater beauty, energy and health.

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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Your path to enlightenment

by Audel Cayce



Mouth feel is the end game for the chocolatier. Science is the game in the middle. Making chocolate candy is much more than melting chocolate, filling a mold and letting it set. How naive I was when I first decided to become a chocolatier. I now (partly) understand the intricacies and how to *temper* the chocolate by taking it through various temperatures that allow the crystallization process to

work its magic. The end game is a layer of chocolate that *snaps* when you bite through to the soft ganache. The ganache center has been stirred with gentle hands, has the correct ratio of chocolate to fat to emulsifier, and creates the mouth feel. You close your eyes and savor the layers of flavor busting alive on your tongue.

Providing such an experience is the end game of Abby Cara Chocolatier. With the winter and spring holidays approaching, everyone is looking forward to traditional desserts. Why not add a new dessert that will soon be at the top of the wish list of your loved ones! Share with them how chocolate, like grapes, all have different flavors depending on the region where they grow. Explain how cacao trees can only grow in regions that are near (or 20 degrees on either side) of the equator. Whisper how the cacao beans have a spirit that has been honored since before written history. We are not talking about the candy bars on every store shelf in the world. We are taking about cacao beans that have been precious harvested,

roasted, conched and tempered.

The Mesoamericans originated the cacao elixir, using it for sacred ceremonies. The invading Europeans took it and made it their own with extra sugar and cream. Now chocolatiers work towards making chocolate with honor and not with a lot of preservatives and sugars.

Victory for the end game is when you convert from factory-made *chocolate* full of shelf life enhancing ingredients to real chocolate. We hope Abby Cara Chocolatier is on your path to that enlightenment. We also make custom orders for any occasion. Call us!

Happiest of holidays!

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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What I learned from Henry

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. Each life carries an important message and has something to teach.

Not long ago I offered a funeral service for a man named Henry, a man who had much to teach me. Like all good teachers, he taught by how he lived. What I learned

from Henry can best be introduced by sharing the beginning of his eulogy:

“You might be surprised to hear me say this, but Henry was a very religious man. Religion is the set of beliefs we choose to live by. And we all have one. Henry’s religion was kindness. His religion was joy. His religion was love.”

The first thing Henry taught me is a fresh meaning of *religion*. It’s what we choose to believe in and how that translates into how we treat the people in our lives. The second thing Henry taught me is what matters most is how we practice our religion with the people closest to us, those who share our homes and our time.

Imagine if my religion is peace and your’s is kindness, we could openly discuss our religions and even be eager to learn about each other’s. That is a religious awakening in which I’d gladly participate.

The third thing Henry taught me was how he practiced his

religion. This matters because what we practice, we become. He practiced kindness by being thoughtful, by taking the time to give thought to gifts, words and actions. He practiced joy by not waiting to be happy. Henry knew that it’s ok to be happy for no reason, so he chose to be happy which let him spread joy. He practiced love by offering his wife and family devotion and acceptance. Undivided attention is pure love and Henry gave his family this.

With more than 80% of us no longer participating in *organized religion* maybe now is a good time to organize our lives by this fresh definition of religion. I choose peace, how about you?

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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The visual sense

by Frank Shuman, DVM



The first thing you should know about eye injuries is that they hurt... a lot. There are more nerve endings per unit area in the clear surface of the eye (the *cornea*) than any other part of the body. Even a tiny scratch can be oppressively painful and require careful treatment to heal well. Another helpful hint is that eye injuries take a long time to heal compared to other minor injuries.

The cornea is unique in that it is a living tissue that is transparent. There are no blood vessels directly supplying the cells that populate this tissue. Nutrition diffuses in from the edge of the cornea (the *limbus*) and waste products produced by cellular metabolism diffuse out to the edge. This less efficient system causes the cornea to be fragile and slow to heal. One of the truly remarkable qualities of the cornea is that when an injury occurs the body will actually grow blood vessels out from the limbus to the injured area to help the wound heal. Then, when the wound has fully healed, the blood vessels will retract and return the cornea to its previously clear state. That's why I will often tell owners that their dog or cat's eye will likely look worse before it finally looks better when a corneal injury occurs. The tiny blood vessels grow into the cornea making it look very red and cloudy. But eventually the cornea becomes clear once

again as the injury completely heals and the blood vessels retract. This fascinating effect re-enforces the fact that circulation is critical to the health of all living tissue.

Corneal injuries, even tiny scratches, can become infected and progress to become corneal ulcers that can eventually result in loss of sight in the affected eye. We diagnose corneal injuries with a stain that is fluorescent green. The stain will *stick* to the layer of tissue just beneath the surface but does not stick to the surface layer. When the cornea is scratched the subsurface layer is exposed and will stain green. The injury becomes *highlighted* by the stain. Having a stainable corneal injury alters the kind of medication we use for treatment. The wrong medication can make corneal injuries get worse. So, get your vet to take a look at your pet's eye if there is any possibility that a scratch or injury has occurred. Don't let these injuries snowball and risk their sense of vision.

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.



Glaucoma: The "Silent Thief of Sight"

by Dr. Bryan Marshall

Most everyone has heard of glaucoma but very few actually know what it is. Today we will discuss this common ocular disease and how to best monitor for its presence and protect your eyes through their life's adventures.

It is often referred to as the *silent thief of sight* because it's a slowly progressive disease that can cause irreparable damage before there is any noticeable vision loss. There are several unique types of glaucoma. People generally think of the *puff test* as their glaucoma evaluation. This is somewhat true. The *puff test* is one way of evaluating the pressure inside your eye. We do know that elevated eye pressure can lead to glaucoma, but this isn't the whole story.

There are types of glaucoma where the eye pressure is normal or even lower than normal! Skipping past the numerous different types, we can focus on what glaucoma *really* is – a complex, multifactorial disease in which the eye's optic nerve is damaged and results in vision loss and blindness. It is in fact one of the leading causes of blindness in Americans and the world. Anyone can develop glaucoma at any time but there are a few subpopulations that are at slightly higher risk. Those are African Americans over the age of 40, everyone over the age of 60, especially Mexican Americans, and anyone with a family history of glaucoma. Sadly we have no cure for glaucoma at this time. All the numerous treatment and management

options are designed to slow or halt the damaging progression and preserve the remaining visual ability. This is why it is paramount for yearly routine comprehensive examinations.

Glaucoma can be detected early through observation of optic nerve and eye anatomy, scanning lasers that measure the nerve fibers, special visual field test, corneal thickness assessments and, yes, eye pressure measurements. We have all the specialized training, ability and testing equipment at CAPITAL EYE to properly evaluate your risk and develop a management plan. An added bonus is we don't use the dreaded *puff test* either! Schedule your appointment today and let us provide a thorough examination.

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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Seven things to do to get the best rhinoplasty results

by Marcelo Antunes, MD FACS



Outstanding results are due to a number of factors. Here are seven of the most important ones:

1) A thorough pre-operative consultation; during the initial consultation your doctor should answer all your questions. They will explain all different options, discuss your medications and medical history and evaluates whether you are a good candidate for rhinoplasty.

2) Customized goal; success in rhinoplasty ultimately comes down to a happy patient. In treating multiple patients, it is clear that there is no set aesthetic standard that can be applied to all patients. Your board-certified plastic surgeon understands that every patient is different. People have different anatomy, skin thickness and ethnical characteristics that need to be taken into consideration. This allows them to create a plan tailored to the patient's wishes but always keeping realistic expectations. The goal is to create a nose that fits well with the other facial features. There is not a *one-size-fits-all* approach in rhinoplasty. Every individual patient will have an individualized plan.

3) Realistic expectations... It is extremely important to keep realistic expectations in terms of what can be achieved. Your doctor will perform a thorough nasal exam and determine what can be achieved based on the patient's anatomy. Computer imaging during

a consultation is also something that, when used properly, can help you see what your new nose will look like.

4) Attention to detail; rhinoplasty is a *surgery of millimeters* and your surgeon must pay attention to every detail of the procedure.

5) Prevention of long-term problems... The proper surgical technique that preserves the cartilages of the nose, maintaining its structure is important. This will prevent the nose changing in shape over the years as a result of skin contracture.

6) *Rapid recovery* measures; these include pre- and post-operative treatments and medications, as well as methods to avoid nasal packing (tissue glues and dissolvable sutures instead) to lessen bruising and swelling.

7) Ongoing experience; it is important to pick a doctor that specializes and performs several rhinoplasty procedures each year so that they are a true expert in the field.

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

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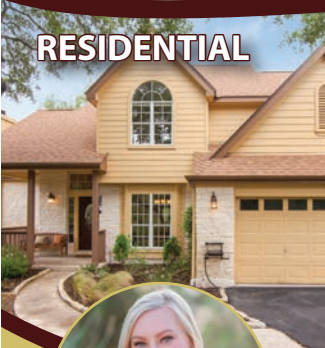
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Buyer beware – *January insurance renewal* by Ron S. White, DDS



Let's face it – most people do not lay awake at night perusing the fine print of their dental insurance policies. Even if you did, chances are you would not completely understand your entire policy. In the last several years, we have noticed that insurance companies are decreasing coverage or adding fine-print clauses in dental policies in order to boost their bot-

tom line. Therefore, it is important, more than ever, to know your policy. Here are some things to pay close attention to:

1) There are hundreds of different plans within the same insurance company! The benefits purchased for you were based on the amount your employer budgeted for buying insurance – not on your dental needs or the needs of others in the plan.

2) Fee schedules... The insurance companies have a list of fees for each dental procedure. This is called their *Usual and Customary* fee list. Most insurance companies have several Usual and Customary fee schedules. Each fee list is based on the premium amount you and your company pay monthly (more expensive monthly premiums yield higher allowable fees from your dentist.)

3) Waiting periods; many insurance companies have waiting periods that you have to satisfy before they will pay for any major work. In essence, they want you and your company to pay in a certain amount of premiums before major dental work will be reimbursed.

4) Missing tooth clause; this is something to watch out for.

The policy may state that you have 50% coverage for implants or bridges but will not pay for the replacement of any tooth that was extracted prior to your coverage on this plan. This is a similar to the *pre-existing condition* clause in medical insurance.

5) Alternate benefit clause; many policies have this clause unbeknownst to the patient. An example of this is when a tooth colored filling is done on a back molar. The insurance company does not cover the white fillings on back teeth, just the *alternate* cheaper silver fillings!

6) Yearly maximums... Most insurance companies have an annual maximum amount of coverage for each patient listed under the insurance policy. This coverage may be changed and patients may not be informed. Most companies have, at best, maintained the exact maximum coverage (\$1,000) for the past fifteen years! Insurance coverage is a contract between you, the insurance company and your employer, not the dentist. I encourage you to look at dental insurance as an aid in achieving your dental health goals and get to know your policy.

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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Celebrating 35 years in our community

by Susan Kimball



As we look forward to ringing in 2019, the Dripping Springs Chamber of Commerce is excited to celebrate 35 years in this community!

In January, the Leadership Dripping Springs Program will kick off its fourth year with a two-day retreat at Camp Lucy. This Chamber program provides a hands-

on, interactive experience where leaders gain a deeper knowledge and understanding of our community challenges and opportunities. Class participants will build a network of colleagues and associates within their class and be able to network with Leadership alumni. If you are interested in being a part of this dynamic program, please visit DrippingSpringsTX.org or contact us with any questions. Application deadline for 2019 is December 10, 2018.

On February 7, at Dripping Springs Ranch Park, we will hold our annual Star Awards – Celebrating Excellence in Business and Community. We welcome you to join us for an evening of cocktails, heavy hors d'oeuvres and mixing with the movers and shakers in Dripping Springs. Tickets and sponsorships available on our website.

First Thursdays will start again in Spring 2019. From April through October of each year, downtown Dripping Springs is abuzz

with shoppers and revelers enjoying the businesses on Mercer Street and Old Fitzhugh. Merchants stay open late, offering special activities for shopping, dining and enjoying an adult beverage and live music along the way.

Our Buy Local, Buy Drippin' initiative is always in place and we encourage you to Shop Small as you head out over the holidays and beyond. We are excited about 2019, and wish you all a happy, healthy, prosperous new year!



Our own winter wonderland

by Laurel Robertson



While we're unlikely to have a white Christmas here in Dripping Springs, it's quite possible to celebrate a very green one by shopping at your local Farmers Market. December afternoons can be the perfect time to enjoy being outside on a grassy field with the kids and dog while getting some holiday shopping checked off your list. Our market goes

on even during inclement weather – so grab your woolen muffler and come join us!

Triangle Park will be decorated with the city's giant 40-foot Christmas tree, and the resident oaks will be ablaze with twinkling lights. At each Wednesday afternoon market, there'll be live music, good food to eat and friends to meet and greet in the heart of Dripping Springs. We'll have wooden gift baskets available to fill with the bounty of homegrown and handmade items available in our dozens of market booths.

Can food be a gift? When it's this fresh, this local and this delicious – the answer is certainly yes! Especially for those committed to reducing consumption and clutter in their lives, a gift basket filled with bright jars of handcrafted jellies, homemade pies, freshly harvested pecans and Hill Country wines will come as a welcome surprise. You'll also be able to find craft breads, roasted nut mixes, healthy baked treats, natural soaps and body lotions, handmade children's clothing and much more in our dozens of market booths.

And while you're finding unique gifts for your friends and family, with you'll be blessing your community with solid economic growth. Studies show that buying locally produced goods pumps more than four times as many dollars back into the community as shopping in large chain stores. And when those dollars also help provide local food security – those are figures that even Scrooge would approve of!

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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The assumption of happiness

by Deborah Carter Mastelotto

It's the holidays, and airports and hotels everywhere are overrun with travelers and booked solid. I love hotels, let's just get that out of the way. My husband and I stay in hotels all over the world, and I have a few opinions about what makes a great hotel. My husband on the other hand, because hotels are a huge part of

his working life, has a list of requirements. For instance, he doesn't understand why more hotel rooms aren't equipped with hooks. A hook by the door for your overcoat, hooks in the bathroom for your hanging toiletry bag, etc. To him, the lack of hotel room hooks is one of life's great mysteries. He also needs a quiet hotel room but in a busy section of town so he can walk out the front door and easily find food. He likes conveniently situated wall plugs, a good bed and blackout curtains. I like all that stuff too but this year I discovered another necessary ingredient for a great hotel – happiness.

We had the unexpected privilege of spending several nights in London in one of the world's great hotels – The Langham. Everyone is happy to see you at the Langham. If you ask one of the restaurants for a croissant to take away, they give you three, in the loveliest pink, origami purse-like box. They hand it to you with a big smile. You accept it like a gift and smile back. If you ask any one of the myriad of employees a question they immediately stop and listen to you as

if standing there in the foyer of the hotel chatting with you for five minutes makes them happy. If you stop one of the housekeeping staff for a towel, they smile and share anecdotes. The front desk managers always know your name.

At breakfast one morning I said to my husband's boss, "Everyone here is so happy!" He answered, "Or, it's the assumption of happiness, isn't it?" And just like that, it hit me – that's the secret ingredient in successful hotels, as well as business and life in general. What if every person on your team operated under the assumption of happiness and every interaction they have transfers that assumption? I assume every employee at The Langham Hotel is happy. If I lived in that hotel forever, I'd soak up all that saturated happiness. Then I'd take it with me and pass it on in my next interactions. In fact, I'm going to operate under the assumption of happiness for the rest of this year. 2019, I'll re-asses.

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



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Litigation: *Playing by the rule*

by Roland Brown



Perhaps you've been in a courtroom and heard a lawyer announce, *your honor, we invoke the rule*. It can sound a bit ominous, as if someone is about to be executed or at least seriously scolded.

The truth is, it is simply a shorthand way of asking the Court to exclude witnesses or potential witnesses from the courtroom during the testimony of other witnesses. Although we all wish that everyone would just tell the truth, especially when they are testifying under oath, the *truth* is that folks lie all the time even in the courtroom. Anyone who thinks otherwise is ripe for disappointment should he or she be involved in a court proceeding (or be waiting on that check that's *in the mail*.) Hence, we have the rule, the purpose of which is to prevent witnesses from listening to other witnesses testify and then altering or tailoring their own testimony to what someone else has said. The rule also prohibits witnesses from discussing their testimony with one another outside the courtroom for the same reason. The rule also applies during deposition testimony because depositions are similar to court proceedings in the sense that the deponent (or witness) is testifying under oath and the deposition testimony may be presented to the jury and/or judge during a later hearing or trial.

There are a few exceptions to the rule. Any party to the suit, including the designated representative of a corporate party, is entitled to hear all of the testimony. The spouse of a party is also permitted to remain in the courtroom in civil cases under the theory that what affects the married party also affects that party's spouse. Victims in criminal cases may generally be allowed to hear all of the testimony. The court may exercise its discretion and allow a witness to stay in the courtroom during all or some specified portion of the testimony when the court believes it serves the ends of justice. This is seen frequently with expert witnesses who may be allowed to sit in and listen while the opposing party's expert testifies. So, with this bit of background, maybe now you won't get nervous if you hear some lawyer ominously invoke the rule!

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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New home construction financing

by Trey Powers



Buying a home is exciting. Building your dream home even more so! If building a home is in the cards at some point, let's *talk*.

The builder you choose will dictate your financing options. With a neighborhood-type production builder, the transaction works the same as a purchase – preapproval, sign a contract and put down earnest money. Upon completion, the home is purchased from the builder, the same as buying an existing home. These builders are typically affiliated with a mortgage lender and offer incentives to use them. Do your due diligence – comparing their terms to another mortgage company. If it appears you are leaning towards an *outside* lender, they may offer you much more.

Building a custom home is a different game. In this case, you work with a bank to secure a construction loan that pays for the project as you go, like a line of credit used along the way as different stages of construction are completed. Termed an *interim construction* loan, it is interest-only with the monthly payment calculated on the amount utilized to that point. Upon completion, the interim loan is refinanced into a traditional mortgage. Thus you have two closings and two rounds of closing costs. Additionally, while you know the interest rate of the construction loan up front, you can only guess the prevailing rate when time to refinance. With rates

trending up, this can be dicey. Some banks offer an additional product – a *one time close* (OTC). In this case, the interest rate on the construction loan is the same interest rate locked-in for the permanent loan – usually fixed for five or seven years. However, nothing prevents changing your mind and refinancing into a traditional, permanent fixed rate mortgage. The OTC becomes insurance of sorts, hedging against rising interest rates. With a OTC, you also save significantly on closing costs. Advice? Make sure you know and understand all your loan options, the terms of each and that your lender has all available tools in the bag. *Oh*, and put your water heater downstairs. *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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Some banks offer an additional product – a *one time close* (OTC). In this case, the interest rate on the construction loan is the same interest rate locked-in for the permanent loan – usually fixed for five or seven years. However, nothing prevents changing your mind and refinancing into a traditional, permanent fixed rate mortgage. The OTC becomes insurance of sorts, hedging against rising interest rates. With a OTC, you also save significantly on closing costs.

Advice? Make sure you know and understand all your loan options, the terms of each and that your lender has all available tools in the bag. *Oh*, and put your water heater downstairs.

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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What's smarter: *Paying off debts or investing?*

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



Gavin J. Loftus

It probably doesn't happen as much as you'd like, but you may occasionally have some extra disposable income. Perhaps you have recently received, or will soon receive, a year-end bonus. Or maybe you will get a sizable tax refund in just a few months. Should you use the cash to pay down debts or should you invest it instead? Everyone's situation is different, but here are a few suggestions for helping you make a good choice.

Evaluate your cash flow. If you already have enough cash to meet your daily living expenses, you might lean toward investing the money, but if you are just getting by, possibly due to heavy debt payments, then you might be better off using your newfound funds to reduce your debt load. Another way of possibly reducing your debt load is to build an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid, low-risk account.

Evaluate your debts. Some of your debts are actually more *expensive* to you than others. This expense level doesn't necessarily refer to the size of the debt, however. You might have a large mortgage, for instance, but because your interest payments are typically tax deductible, your *after-tax* interest rate may be relatively modest. Therefore, you might consider using your excess cash for investments, rather than paying down your mortgage. But if you have

consumer loans or credit cards that carry a high interest rate and whose interest payments are not deductible, you might be better off paying down this debt.

Evaluate your investment opportunities. You may have heard that one season or another is a *better* time to invest – but there's really no strong evidence to support this claim. However, now that we are nearing the end of the calendar year, and only a few months away from the tax-filing deadline on April 15, you may want to take advantage of at least one time-related investment opportunity.

Specifically, you could use whatever extra money you have to fully fund your IRA, if you haven't done so already. For the 2018 tax year, you can contribute \$5,500 to a traditional or Roth IRA, or \$6,500 if you are 50 or older. (Depending on your income, you may not be able to contribute the full amount to a Roth IRA.) You've got until the April 15 deadline to fully fund your IRA, but if you have the money sooner, why wait? One final suggestion – if you have a company match as part of your 401(k) or similar retirement plan at work, consider contributing enough to get your employer's full matching contribution before you pay down debts – don't leave this *free money* on the table.

Your year-end bonus, tax refund or other source of beyond-the-paycheck money can help you make progress toward your financial goals – so evaluate your situation and options carefully before making any moves. It will be time well spent.

Gavin J. Loftus, CFP, AAMS, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-894-3801.

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Simplicity is not too much to ask

by Randy Lawrence



Depending upon the quality of your water supply, water treatment systems can range in size from compact units designed to be tucked away in a small closet to multiple pieces of equipment requiring a large area. Often a system will have been modified over time with plumbing repairs and the addition or replacement of equipment. In many cases,

these modifications are done in a way which makes the installer's job as easy as possible. Simply connecting a brand new softener to an existing maze of old pipe or running unsupported pipes at odd angles to connect a new piece of equipment are examples of shortcuts which demonstrate a lack of concern for the finished product. The result is a pieced together system which makes access for service difficult, and typically takes up far more space than necessary.

While the operation of the equipment and the product water quality are the most pressing concerns, it is almost as important that the system be simple and streamlined to eliminate problems when the need arises for maintenance or service. When discussing the work to be performed, you should address any concerns you may have about the current system and clarify the scope of work to be done. If a piece of equipment is to be replaced, ask how the new connections will be made. Also, be sure to ask what will happen to the old unit. Many times, the equipment will be simply left in the immediate area for the homeowner to dispose of. Obviously, it affects the equipment dealer's bottom line to perform work beyond a simple *cut and paste* installation, but it's reasonable to expect your water system to be carefully planned and installed in a user-friendly and space efficient manner.

It usually takes a little more time, and a few additional fittings, but when the technician puts forth the extra effort to simplify the system, it can make a world of difference. If you're concerned about the treatment equipment you currently have, a trained and licensed professional can suggest ways to improve the layout, performance and overall efficiency of your system.

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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Setting resolutions

by Lindley Pond



Happy end of the year to all of you! What a wild year... as I'm writing this, we have just gotten another two inches of rain. Maybe by the time you read this we will be praying for daylight savings and some warmth, who knows?

Hopefully all you folks growing fall veggie gardens are starting to see great things in greens, onions, carrots and tips of root vegetables waiting to come out of hibernation. Or maybe

you are planning and plotting next year's veggie garden. Great time of year to clean things up, and see which fork in the road you will take for 2019.

If you are like me, 2018 was a year for repairs around the house, so I'm excited to be able to focus on *fun* projects now. It's still a great time to plant woody things and/or trees. Budgeting and planning keeps us from wasting money on things we see but really don't know where to put so they end up in the ugly plastic pot on our porch or worse, going to plant heaven or the compost pile! Use your hard earned money to get from point A to the end of your wish list.

Just like setting resolutions for the new year, you can set goals

for your outdoor living. It might be a secluded nook for lazy afternoon reading in a hammock with barefoot-friendly paths from porch to an outdoor seating/eating area or a small, manageable area for growing your own herbs, cut flowers and veggies. Start with a pie in the sky plan and chip away at it until all the pieces fit together. Your end result will bring you many relaxing days and a feeling of accomplishment! We are here to help you get started or stay to help for the duration. Let us know how we can help.

We're here to help fulfill your "outside dreams". Call us for a free consultation and design. Lindley Pond is owner of Lindley Pond Landscaping. Don't hesitate to call or email. We'd love to help you design the shady spot you deserve. We've been helping folks in Central Texas for over 15 years. Give us a call for design and installation of your new "lawn." Contact us at 512-775-1629.



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Put a roof on it

by Homer Whisenant



A builder friend and mentor of mine always said, "If a building has a door, it needs a roof over it." How right he was. Putting a roof over a door lowers maintenance. Doors without roofs deteriorate much more quickly due to water and sun exposure. The simple act of rain hitting a door accelerates deterioration, specifically causing the door, the jamb and the frame to rot, which is a costly and time consuming repair.

Another concern is sun. Doors that are exposed to direct sunlight will have their finish deteriorate faster. This is especially true for wood doors. Water and sun both affect the finish, causing it to peel and/or fade much faster than if covered. Now let's consider the solutions. Options include fabric awnings, permanent awnings and porches.

The benefits of fabric awnings are affordability and the number of style options available. The downside is they are less durable than permanent roofs. The benefits of a permanent awning made of roofing material are durability and the ability to match the home's current roof, such as metal or shingles. The downside is they cost more than fabric and take longer to build. Porches provide even more coverage and additional living space, and are a more expensive solution.

Given our weather here in the hill country, roofs over doors are a worthwhile investment. They make a significant difference in how long doors last and they lower maintenance requirements. So like my old friend Leroy always said, I recommend you *put a roof on it!*

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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Selling your home during the holidays

by Carol Brown



The process of selling your home at any time of the year can be a stressful experience, but if you are trying to sell your home during the busy holiday season it may seem to be almost impossible. The battle to keep your home in model condition and host open houses while at the

same time entertaining friends and family – all the work can seem like a difficult task. Here are a few tips to make it easier.

Keep the decorations to a minimum. Tone down the seasonal decorations on both the interior and exterior of your home. You still want to make it easy for potential home buyers to see themselves in your home, and decorations can be a huge distraction from the features of your home, especially if the potential buyers are not of the same religious and cultural background as you. If you do decorate, keep the decorations tasteful and modern. Think of how a model home would be decorated for the season, rather than your own personal taste.

Remember the basics of home sales. When selling your home, the advice you receive from your realtor includes tips such as keeping your home clean and clutter free, and this should not be forgotten just because of the holidays. Keep personal items such as gifts and homemade crafts out of sight, and be sure to tidy up promptly after parties and events. When hosting an open house, using the sense of

smell can always be an effective strategy and by giving it a holiday twist you can really give the effect of a cozy family home. Bake some holiday cookies and throw on a pot of mulled wine before the potential buyers show up.

Overall, selling your home during the holiday season can present you with considerable challenges, but by trying to balance the needs of both your family and your potential buyers you can make this period as stress-free as possible.

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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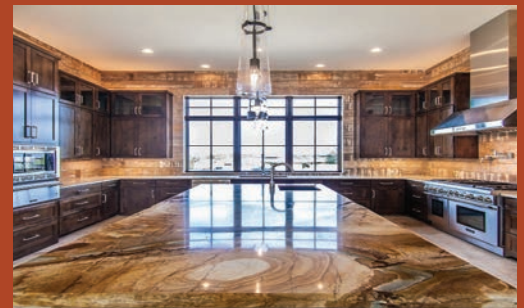
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