

# *Dripping Springs*

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# OUTLOOK

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Postal Patron



*The Gateway to Life in Dripping Springs*



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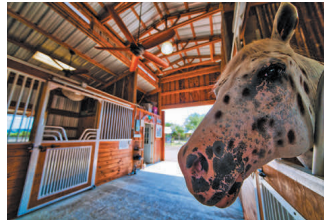


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## Loving local

When I read Homer Whisenant's article in this issue of the Dripping Springs Outlook it made me want to stand up and cheer. I hope you read it for yourself because he reminds us how important it is to shop local and buy local. And not just from the many diverse storefronts around town. A huge range of services are offered in Dripping Springs by professionals who don't have brick and mortar businesses.



Many of these local business people write each month in the pages of the Outlook. They share their expertise on everything from home repair and specialty construction, like Homer, to mortgages and ministry. Furthermore they illustrate the fact that when you need professional services you don't have to look any further than Dripping Springs.

These facts were the reason why I founded this magazine fifteen years ago. It became my mission to do business with local people and support Dripping Springs as much as I could. That is still my mission today. And local businesses understood my concept and reciprocated with their support for the Outlook. I'm proud of the fact that some of the columnists and advertisers from the first issue of the Outlook are still in the magazine. It tells me that we are doing our job of providing a platform for them to inform their customers and clients as well as attract future business.

Dripping Springs has grown a lot since our first issue in 2003, but it still retains the heart of a tightly knit community who cares about each other. That is something to be proud of and continue.

Thank you for joining us.

*Victoria*

## DSOutlook.com



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Dripping Springs Outlook

# Dripping Springs Outlook

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Contact us to find out how you can submit information, photos or promote your business directly to over 13,000 addresses.

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## Pedal Ranch Publications

## CALENDAR of EVENTS

- Every 2nd Sun. at 2pm, Children of the Confederacy, Magnolia Rangers Chapter #927. For more information call 512-858-1085.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit [DrippingSpringsRotary.org](http://DrippingSpringsRotary.org).
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512-858-7825 or [DSCL.org](http://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](mailto:myoungcollection@yahoo.com).
- Every 1st Mon. DS Ag Boosters meet in Ag Building behind DS Middle School at 7pm. Visit [DSAgBoosters.org](http://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](mailto: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](http://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](http://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](http://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](http://DSCL.org), 512-858-7825. Newcomers welcome. Email [AdultServices@dscl.org](mailto: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](http://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](http://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](mailto: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.
- Thur. Feb 7, 6pm, Star Awards, see pg. 9 for more info.
- Thur. Feb 14, Valentine's Day.

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## What is the goal of stem cell therapy? Are stem cells approved by the FDA?

by Breca Tracy, PhD

The goal of stem cell therapy is to replace or replenish damaged or diseased tissue. This process happens through the localized differentiation of stem cells, which advance the healing process and/or restore the tissue physically. Advances

in medical science have evolved stem cell therapies to induce the expression of selective growth factors, cytokines, interleukins and other peptides to further aid in healthy rejuvenation, restoration, and reconstructive therapies.

The Mesenchymal Stem Cells at the Stem Cell Center DS are obtained from Human Umbilical Cord Blood or Amniotic Tissue from the United States. These stem cells are much younger and heartier than stem cells surgically harvested from a patient. Our stem cells are not afflicted with the same issues patients have with their current health or age, which enables the young, hearty stem cells to work better for the patient! Amazingly enough, research shows younger stem cells actually recruit the patient's existing stem cells and influence them to act younger.

In the past, there has been some controversy and misunderstandings around the use of stem cells. We are in a new era of stem cells in the United States. Unfortunately, former misunderstandings have

caused some people to be confused about the use of stem cells in general, as well as the type of stem cells being used. At the Stem Cell Center DS, our stem cells come from FDA registered stem cell labs/banks. Our stem cells come from donated umbilical cords and amniotic tissues of healthy live births. Good tissue practice regulations, donor screening, and tissue testing practice regulations are used to process the stem cells. No babies are harmed in this process.

Stem cell therapy is a natural treatment. The FDA approves elements such as medical devices and drugs. With that being said, the FDA does have guidelines and regulations to which clinics and clinicians are required to abide by regarding the use of stem cells. Furthermore, the FDA has allowed tissue banks, such as the AATB and AABB, to help regulate stem cell treatments. Stem cell products are rigorously tested and screened under NIH, FDA, AATB and AABB guidelines. For more information, please contact us and we would love to further educate you with what therapies we offer here in Dripping Springs.

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



## Four signs you are ready to date again

by Crista Beck

Before you hop out on the dating scene, you want to do a quick check-in with yourself. Being ready means you are emotionally and mentally ready to be in a relationship again.

Conscious dating is about dating to enjoy and share yourself with another

human being, not to fill some void within you.

Here are some signs that you are ready to date again:

*You rarely think about your ex anymore.*

Right after a breakup you think about your ex all the time! But if a lot of time has past and you're still thinking about them often, it could mean you are incomplete, have some hurt to heal, or you need to do some work on yourself to let go of the pain. Breaking the pattern of thinking about your ex all of the time is a sign that you are ready to date again.

*You're not desperately looking.*

You're not seeking someone to fill your void. You are content and excited about dating again. You're at ease and you are looking forward to having fun and finding someone who would be a great fit for you and your life.

*You have learned from your past relationship.*

You've taken the time to reflect on what worked and what didn't work in your past relationship. You have moved forward with a clear understanding of yourself and your needs. If you have learned from your past relationship mistakes you are ready to date again.

*You feel happy inside.*

Those negative feelings you were experiencing right after your breakup have passed. You've processed through those feelings and you let them go. You're feeling happy again and you are enjoying your life.

So those are some signs that will help you know whether you are ready to date again. You rarely think about your ex anymore, you're not desperately looking, you have learned from your past relationship, and you feel happy inside.

Imagine dating from this place of wholeness. What an empowering context to approach your next date!

*Crista Beck is the creator of the Sure-Fire Dating Formula, a culmination of her 10 years of work as a dating coach. Featured as a dating expert on KVUE and Fox 7, check out Crista's new Tedx Talk, You're Not Too Busy for Love. Appointments can be scheduled by calling 512-686-6387 or visiting [www.CristaBeck.com](http://www.CristaBeck.com).*

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## Functional blood chemistry analysis

by Dr. Ryan Shepherd BSc (Hons) Herbal Medicine, ND, L.Ac, R.Ac

A large percentage of the population can relate to feeling poorly while their doctor suggests “everything looks fine” on their blood work. For patients with non-specific symptoms, a functional assessment of blood work along with more comprehensive test panels can be the answer people

have been searching for as to why they feel unwell with no explanation. But what is a Functional Blood Chemistry Analysis?

When it comes to analyzing the blood tests, there are two main types of ranges a health care provider will look at: A pathological range and a functional range. Pathological ranges are most commonly looked at for when patients can be diagnosed with a specific condition in the parameters of disease. Functional ranges however are used to help identify areas that may be out of balance or not yet pathological, providing more clues to explain the symptoms in the parameters of good health. Most healthcare providers define “health” as the absence of disease, yet the majority can relate to being labeled as “healthy” while feeling fatigued with inadequate energy levels, poor digestion, low drive, etc.

A functional analysis is key, especially with patients who have a complex medical history as the Functional Medicine approach looks at the body as an interconnected web where all systems influ-

ence one another, having a better understanding of the full picture. Furthermore, the physiology of the body is taken into account when interpreting a laboratory value, giving insight to the clinician analyzing the data.

The practice of preventative medicine and the assessment of non-pathological values is a proactive approach to healthcare and a visit to a functional medicine provider can explore other reasons for symptoms and the underlying cause of disease.

Best in Health!

Ryan Shepherd has an office at Dripping Springs Pharmacy and offers the services discussed in this article. He can be reached at [www.shepherdfunctionalmedicine.com](http://www.shepherdfunctionalmedicine.com)



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## Yin and yang of the blues

by Leslie Tourish, LPC



Last summer I was talking with a friend about how much I was looking forward to fall and winter with its shiver of cold that greets me as I step outside the door. I had had enough of the oppressive weight of Texas sun that slogged sweltering heat throughout the day like warm molasses. She said, “Then that means you’re also grateful for our hot summer. Without it, then how else could you really enjoy the

coming fall? And have you noticed, the more you fight against it, the hotter it seems?”

I thought about her words later, and they brought into mind the oriental yin and yang symbol, of black swirling into an equal amount of white. Without evil, there is no good. Without night, there is no day. Without summer, there is no winter. The difficult times serve a purpose too, in that they help us to be aware, and grateful, for the pleasant, peaceful times.

At my wedding almost twenty years ago, my father-in-law gave a lovely toast, saying that John and I were starting a relationship in which our lives would have happiness and loss intertwined. Mr. Tourish said that in the course of time we would face illness and hardships, but that those times would only serve to accentuate times, like our wedding, when we were happy.

I’ve noticed that people who appeared to be generally happy aren’t lacking in the times when they also feel blue. In fact, they may feel sadness quite deeply, but the difference lies in their reactions to the low emotions. Rather than fight and rail against depression,

which only serves to increase anxiety, they accept calmly that they’re feeling sad. By accepting whatever unpleasant emotion they’re feeling, such as depression, boredom or anxiety, they don’t try to distract themselves by fighting it, but face their feelings calmly. Once able to examine the feelings, the feelings tend to loosen their grip, and the person is able to identify what the negative thoughts were that had started the tempest rolling in the first place.

Of course my greatest teachers are my clients, and I remember one who told me that she actually enjoyed her blue times. She knew that if she took care of herself, slowed down, and allowed herself to feel the emotion without judgment, then eventually the cloud would pass. Happiness, she said, was brighter than before, almost like a candle surrounded by darkness. It sparked and danced, and she was grateful for the glow it cast, because she knew not to take it for granted; happiness is precious and loves to be savored.

Leslie Tourish, LPC, is a Dripping Springs psychotherapist in private practice; [LeslieTourish.com](http://LeslieTourish.com) or [DSPsychotherapy.org](http://DSPsychotherapy.org).



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# New year aches and pains?

by Amanda Banks, SPT

You've made the New Year's resolution to get healthy, you've joined a gym, and worked out the first five days religiously, but now you're in pain. Don't let pain stop you from accomplishing your goals for 2019. Here's a look at some common repetitive injuries and how we at Kethley

or grind? It could be patellofemoral pain syndrome. Your kneecap (patella) is attached to the quadriceps (thigh muscles) and it is attached to the lower leg bone by the patellar tendon. With repetitive activity, especially bending and straightening of your knee, you can irritate the underside of the patella and cause pain.

In physical therapy you will perform the correct exercises to strengthen, stretch, and re-educate muscles to improve recreational activities and decrease pain.

At Kethley Physical Therapy we look forward to helping you accomplish your goals by becoming a healthier you in 2019. Call us to schedule a consult or an evaluation with your doctor's referral and let us help make your resolution a reality!

*Amanda is a full-time physical therapist assistant at Kethley Physical Therapy. KPT has four licensed therapists on staff and offer hours from 7am to 6pm Monday through Friday. Kethley Physical Therapy is a state of the art clinic that can treat a wide variety of orthopedic and neurologic conditions and is located within the heart of Dripping Springs. If you have any questions about physical therapy, please call 512-858-5191 or visit [www.kethleyphysicaltherapy.com](http://www.kethleyphysicaltherapy.com).*

Physical Therapy can help get you back on track!

Did you start out pounding miles on a treadmill and now your feet hurt? It could be plantar fasciitis. Plantar fasciitis is a painful inflammatory condition that affects the bottom of the foot between the ball and the heel. The most common complaint is sharp pain after standing up first thing in the morning and then subsides after some walking. This is because the fascia, or tendon like tissue on the bottom of your foot has shortened and that first step is a painful stretch. Plantar fasciitis may be caused by sudden increases or changes in walking, standing, or stair climbing and sudden increases in running mileage, frequency, exercise surface or terrain and improper footwear or poor heel support.

Physical therapy aims at decreasing the inflammation and teaching proper stretching techniques. Modalities such as ultrasound, heat, electrical stimulation, manual therapy and therapeutic exercises are commonly provided in an individualized treatment plan to help reduce the painful symptoms.

What about pain behind your kneecap? Does the pain increase when you walk, run, or sit for a long time? Does your knee pop

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## The 411 on chemical peels



by Karen Laine,  
Para-Medical Aesthetician

If you want more flawless, youthful skin with fewer fine lines and wrinkles, you're describing results you can get with chemical peels. Here's a more in-depth look at what they are, the results you can expect, and whether this skin care treatment is suitable for your complexion.

What is a chemical peel? This treatment breaks down the uppermost dead and dehydrated layers of skin to create a firmer, more youthful appearance with fewer wrinkles and a more even skin tone. There are a variety of chemical peel options, which is why you might have seen diverse chemical peel reviews saying different things about recovery time, maintenance, and overall results.

**Light chemical peel:** *Many people with minor skin issues choose a light chemical peel.* It improves texture, clarity and skin tone while reducing wrinkles. It's subtle at first, but with repeated treatments, the results are more apparent. No recovery period is necessary for light chemical peels, but it's best to protect this new, undamaged skin layer with sunblock to preserve the results.

**Medium chemical peel:** *After a single medium chemical peel, the skin is noticeably smoother and younger looking.* Patients might need a bit of time to heal after the procedure. It's wise to avoid sun exposure for several months after the peel so the color of skin doesn't change. Use a pigment suppressive home care product pre and post peel. The use of sunblock is highly recommended.

**Deep chemical peel:** *Extremely dramatic results occur with deep chemical peels, however, you can expect healing time to be necessary.* Your doctor might also recommend that you keep your face protected from the sun permanently to avoid changes in skin color. Again, pre and post peel treatment with a pigment suppressive home care product will be required in addition to mandatory sunblock use.

Before you schedule any type of chemical peel, your skin should be professionally evaluated and the skin care treatment customized according to your specific needs. The goal is to determine the chemical peel that will provide maximum results with minimal down time.

*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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**STAR AWARDS**  
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**Thursday, February 7, 2019** *starting at 6:00 PM*  
**Dripping Springs Ranch Park**

Please join us at The Dripping Springs STAR AWARDS  
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# Have you hugged your pet today?

by Frank Shuman, DVM

Have you hugged your pet today? Our pets play important roles in our support systems these days. They are clearly an important part of the family. Their natural social behaviors manifest to us personally as unconditional dedication.

It has been shown that the simple act of petting your pet consistently lowers blood pressure and that people who have pets have a statistically lower incidence of stress related disease. It is my belief that the benefits of pet companionship are subtle and less measurable.

How often have the difficulties of your day been momentarily forgotten when your pet greets you at the door? How often has some unexpected expression of affection brought a smile to your face? Has a walk with your pet or a session of fetch the ball gotten you away from the TV or smart phone more than once? Let this be a gentle reminder to spend some quality time with those four-legged family members.

As we get to know our pets' individual personalities over time, ways to spend time with each one begins to naturally reveal themselves. For most dogs, leash walks are hard to beat as times to do a little training, get exercise and spend quality time together. The limiting factor here is time. When a leash walk doesn't fit the schedule, you may have to be more creative. You simply want to be open to what your pet needs from you. The time spent may manifest in

varied and wonderful ways only limited to your imagination and your pet's personality. It's not difficult; just spend time with your pet with an open attitude toward their needs and personalities. Their unconditional love is too rare in our day-to-day lives to be ignored.

With the joy an animal can bring into our lives comes the responsibility to be good caretakers. At D. S. Animal Hospital, we would be proud to simplify that task with a highly service oriented staff, a willingness to work with our clients to find affordable solutions to animal health care, and a dedication to high quality medicine. Those of you we've not had the opportunity to meet, we invite to come by and let us give you and your pets a tour of our newly renovated low stress hospital.

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



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# Myopia progression and current control options

by Dr. Bryan Marshall



Most people are familiar with myopia, more commonly called nearsightedness. It is one of the most common eye disorders in the world and is becoming more prevalent than ever. Roughly 40% of adults in the United States have myopia and that number is about 80% for Asian populations, especially Chinese.

In the early 1970s, only 25% of Americans were nearsighted. That number has nearly doubled since. Myopia

is a highly heritable trait, meaning it is often passed down through our genetics but we know now that there are many environmental factors increasing its development. It is associated with increased near work, education, light and time spent outdoors to name a few. Basically living the modern life, looking at phones and tablets, studying and reading, combined with less time spent outdoors has contributed to a physiological change and elongation of the eyes causing myopia and rapid progression.

Myopia causes distance objects to be blurry. That is no good and a hurdle we must jump with contact lenses and glasses but may not be the worst part about this situation. Several common ocular conditions have been associated with varying degrees of myopia. Recent studies have shown that cataracts develop earlier in those with myopic eyes compared to normal, another study has tied increasing glaucoma diagnosis to mild and moderate myopia, retinal

detachments are four times more likely in those with mild myopia and ten times more likely in those with moderate to high myopia. So you see, there are larger concerns for this trend than just more people needing glasses or contact lenses.

What can you do to protect your children's eyes? Schedule regular eye exams so a trained doctor can monitor how much the eyes have changed and how quickly they are changing. If it is determined that the eyes are changing rapidly, there are measures that can be taken such as soft multifocal contact lenses, ortho-k contact lenses, pharmacologic intervention or special glasses lenses. All of the options have been shown to slow progression of myopia significantly.

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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# Liposuction vs. CoolSculpting

by Rocco C. Piazza, M.D



The beginning of a new year often brings about the desire for change. Many of our patients are focused on taking time to reflect on their achievements from the previous year and setting a new vision or goal for the year ahead.

That's what I do and I like to think that many of you do also. Much of the time, I find myself reflecting on my fitness level and understanding where I would like to be as I approach my birthday each year in July. I then brainstorm how I will get there.

For me, I create a six-month plan. For many of my patients, their timeline is much shorter. Knowing your timeline is important for me to help you create a treatment plan so that I can meet, or even better, exceed your expectations.

For this discussion, I want to focus on the topic of body contouring and specifically Liposuction versus CoolSculpting. Here is the skinny: Coolsculpting is, in my opinion, the very best procedure to target small, unwanted, diet-resistant areas of pinchable fat. It is the very best procedure if, like me, you have a very busy schedule, can't take off time to have surgery and don't want downtime from your fitness activities.

Some of the very best areas to treat with CoolSculpting are the bra-line, arms, inner thighs for my female patients and the flanks, lower abdomen for my male clients. This is done in the office with just a few days downtime and results expected in six weeks to three

months.

Liposuction is a great procedure for the entire abdomen, global waistline, and total thighs especially when we want to use this fat to enhance the male body form with BodyBanking™ to refine and augment the pecs, biceps, deltoid muscles.

In women, fat transfer works beautifully to restore lost volume in the face, breasts and buttocks. This procedure does require day surgery and has a longer recover time with results expected in three to six months.

*Rocco C. Piazza, M.D is a Diplomate of The American Board of Plastic Surgery, a member of the American Society of Plastic Surgeons, as well as a national spokesperson for the ASPS. Piazza Center is located at 7900 FM 1826, Health Plaza II Suite 206, Austin, Texas 78737. Rocco can be reached at 512-288-8200. Visit the web site [www.thepiazzacenter.com](http://www.thepiazzacenter.com).*



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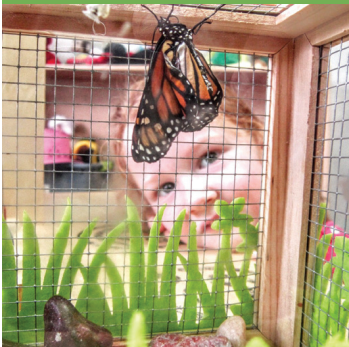
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# Children's dental health month

by Ron S. White, DDS



February is National Children's Dental Health Month. Oral health is a major factor to overall health and it all begins at birth. The Academy of General Dentistry encourages parents to schedule their child's first dental visit as early as one year of age or when they receive their first tooth. This begins an early introduction to good oral hygiene during

infancy and stresses the importance of establishing a dental home for ongoing care.

According to the U.S. Centers for Disease Control and Prevention, one of the most infectious diseases among children and teenagers is tooth decay. The most recent U.S. data reported by the American Academy of Pediatric Dentistry shows a prevalence of 55.7% of youth across all racial and economic demographics between two to eight years of age experienced tooth decay in 2016. This data drastically depicts the growing incidences among children and stands as an indication of the importance of early dental visits. Parents are encouraged to schedule dental appointments for their children early to address additional dental problems such as teething, gum irritation, decay caused by bottle and pacifier sucking and teeth formation.

Developing an early habit of visiting a dentist can prove to be both economically and medically beneficial as a child ages into

adulthood. Early dental visits increase the chances of detecting minor issues before they become major and costly problems. In addition, studies indicate that dental issues such as gum disease have been linked to cause other systemic health disparities such as heart disease that possibly will not be identified until later in life.

General dentists are the gatekeepers to oral health and it is the parent's initial role to establish the foundation of a dental home for their children. It is also the parent's role to promote healthy oral habits in between dental visits.

The Academy of General Dentistry recommends that parents:

- After the initial visit and establishing a dental home base, parents should schedule the recommended two dental visits annually;
- For infants without teeth, parents should wipe baby gums at least twice a day.
- For toddlers parents should supervise teeth brushing and encourage the early practice of brushing a least twice a day.
- Limit foods and drinks with a high measure of sugar
- Schedule a dental visit as soon as a dental issues are identified

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



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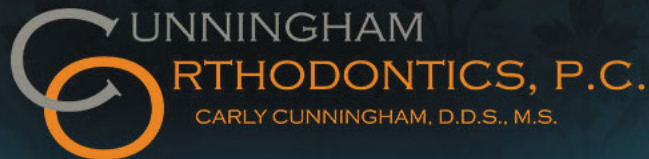
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# Suddenly, faith demands a response

by Mark Lander



Catchy title.....wish I had thought of it. Truth is I borrowed a line in Chapter 7 of a book which has yet to be published called "To Live and Serve." The author of that particular chapter is Mandi McNutt. Mandi is one of those servant leaders I promised to write about in 2019, and thereby introduce you to the real attraction of living in Dripping Springs - this community founded on Faith which we call home.



It might be helpful first to set the stage. Often times men and women of faith enter into some form of ministry with the intention of "doing good" or "serving others," only to find that God has a much better plan. Stepping out of one's comfort zone and truly turning over your time and talents, actually surrendering your life to pursue a living and loving God, will take you places you never expected to go, and to do things you might never have imagined. Let's consider Mandi's story.

At a cross-road of comfort and cost, Mandi had to decide if she was simply going to be a volunteer, or become a servant. Suddenly, Mandi's faith demanded a response. And a few months later she and her family became foster parents to those kids.

There is no way in this short article to share with you the hundreds of hours devoted, or thousands of tears shed while serving this family. This story is still being written, as are so many other stories in this city where servant leaders are answering God's call. The SOFI program delivers so much more than groceries, it delivers friendship, community and hope. Moreover, it reflects the love God has for His people. Which is why I believe so many new faces continue to move into this little Hill Country town we call Dripping Springs, Texas.

Now if you happen to be moved or inspired by this story, or wish to participate in the SOFI program, feel free to call Mandi at 512-865-6939. Perhaps like me, you will earnestly wrestle with the decision of serving versus volunteering. And in that moment of resolution, 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.*



*Mandi McNutt*

A little more than four years ago Mandi began a ministry here in Dripping Springs called "School's Out, Food's In" (SOFI as many of us know it). She had a simple idea - that those children who receive a free lunch at school might still have a need during summer break. Over these past four years, thousands of bags of food have been collected and delivered, with contributions and participation from various neighborhoods, churches, civic groups and local businesses. At face value this ministry is very successful - our local kids are being fed. However, what God had planned in His ministry for Mandi (and others) was much deeper and richer than simply delivering groceries.

Arriving at one home, the financial poverty was obvious. A single, unemployed mother with kids, living in a house with other unemployed adults. Evidence of drug use, addiction and illness were also apparent and no one would have blamed Mandi if she had just dropped off the bags of food and left. These were not people in her social circle, not peers in her church. There was nothing she had in common at all with the family socially, economically or culturally.





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## Ambassador to the world

by Deborah Carter Mastelotto



I was a precocious six year old. When my parents had a dinner party, they paraded me around, their eldest daughter, the daughter who could read at five and spell “Nebbuscadnezzer” without a mistake while standing in front of you.

Like most parents, they loved to show me off. They would ask me what I wanted to be when I grew up, I would parrot back, “I’m an artist and I want to work in an embassy.” Work in an embassy? I didn’t even know what that meant.

I knew what it meant to be an artist. I made a tiny sculpture of Rodin’s “The Thinker” in my art class, and a painting of Van Gogh’s “Starry Night” in tempera paint, so I knew I was well on my way to a career as a professional artist. But I truly had no idea what it meant to work in an embassy.

I love practicing my Spanish, so I thought, maybe, ambassadors went to foreign countries and made friends with everyone, but how would one go about getting a job like that? As I grew up I never really thought of that ambassador dream as an achievable goal, just the silly rambling thoughts of an idealistic child.

It wasn’t until this year with my traveling husband that I remembered my ancient dream of becoming an ambassador. When I look back on each year with my guy, I can remember planning for Portugal, Italy, Russia, Quebec, London, New York, and growing

more and more excited thinking about the new people I’d meet.

My husband recently answered a question, “Where is your wife’s favorite place for a vacation?” And he said, “Any place she hasn’t been.” He knows me so well. Seriously, I’ll engage in conversation with anyone in any country. I’m an American, I represent. I take my job seriously.

My husband’s good friend and genius bass player told me, in all seriousness, “Musicians are the true ambassadors of the world.” And I felt a stirring inside, and a secret voice whispering, “Me too.” I am now realizing my long-buried childhood dream, without even realizing it.

*Deborah Carter Mastelotto is a pathological entrepreneur, a minor student of quantum physics, unapologetic observer of human nature and undefatigable advice-giver. [pinkchronicity.com](http://pinkchronicity.com).*



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## The Dripping Springs Chamber of Commerce Focus on Business: *Dripping Springs Distilling*

Dripping Springs Distilling, home to Dripping Springs Vodka and Gin, 1876 Vodka, and 1876 Bourbon, was founded by brothers Gary and Kevin Kelleher. Raised in Dallas, the brothers knew that the key to a world-class vodka was a distinctive water. They chose Dripping Springs for the local artesian spring water, a key ingredient in their award-winning products. The Kellehers founded the business in 2005, becoming the first distillery in the Texas Hill Country, and the third in the state. Both brothers, as well as other family members, continue to own and operate the business today.



In addition to the water, another point of difference for Dripping Springs Distilling are their proprietary stills. Handmade from pure copper and with a capacity of only 50 gallons, the unique stills are a testament to the brothers’ commitment to quality, and to not cutting corners. The stills are a patented design combining elements of both pot stills and column stills. Copper is known for aiding in the removal of impurities during distillation and distilling in 50 gallon batches ensures a pure, crisp spirit is produced. When blended with local artesian spring water, that spirit becomes Dripping Springs Vodka, which in 2008 won the Purity Vodka Trophy, a prestigious international award from the International Wine and Spirits Com-

petition in London.

The Kellehers followed the release of Dripping Spring Vodka with Dripping Springs Orange Vodka, Dripping Springs Artisan and Traditional Gins, 1876 Vodka, and 1876 Bourbons. The spirits are all award winning and available at the distillery.

Although particularly known for clear spirits, in 2017 Dripping Springs Distilling introduced 1876 Bourbon, their first grain to bottle whiskey, which won a gold medal at the San Francisco World Spirits Competition and Peoples’ Choice Award at the 2018 Texas

Whiskey Festival. Also available at the tasting room is a special release, 1876 Port Finished Bourbon.

Dripping Springs Distilling is open Monday through Saturday for bottle sales and walk-in tastings, and Thursday through Saturday for cocktails and tours. Tour tickets can be reserved at [drippingspring-svodka.com](http://drippingspring-svodka.com). Walk-ins for tours are accommodated depending on availability.

In March of 2019, the brothers will begin construction on additional distilling space as well as a larger visitor and event space.

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# Litigation: *You be the judge*

by Roland Brown



Hays County is fortunate to have three new judges at the Court at Law and District Court levels as of January 2nd. To all of our fine judges, my sentiment is “you be the judge.” I want each of them to do their job which involves viewing each matter objectively. On the other hand, as a trial lawyer, I want to pick my side and advocate aggressively for my

client’s position. trials, issuing or denying temporary restraining orders and other ex parte orders, reviewing motions and briefs submitted by lawyers, reviewing and signing judgments and other orders as well as numerous other responsibilities.

You and your lawyer want a busy judge to see your case from your perspective and to make timely rulings favorable to you. This requires a combination of passion, persistence and patience coupled with good legal briefing and the ability to distill a case to its essence so that it is easily digestible by a busy judge. If your lawyer, your advocate, is consistently getting good results at the courthouse, it is likely that he or she has a good understanding of the role and needs of the trial judge.

*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.*

client’s position.

It helps to understand how difficult the role of a judge is. A judge is expected to be objective and generally dispassionate regarding each case. Often the judge has no control over the types of cases he or she must consider. Many of those cases may be of types the judge never encountered as a practicing lawyer, and in some instances, may involve areas of the law the judge did not even have the opportunity to study in law school. Most non-federal trial court judges do not have briefing clerks to research the law or draft documents for them, so they must either rely upon briefs submitted by the lawyers in the case, or they must find time in their hectic schedules to do research themselves. The judge’s time must be allocated to a wide variety of responsibilities including conducting hearings on motions, bench trials (a trial to the court sitting without a jury), empaneling juries and presiding over jury



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## Warning for new home buyers

by Trey Powers

If you or someone you know has purchased (or will in the future) a newly constructed home, listen up! The information below is imperative to know.

It is not uncommon that a newer homeowner is absolutely shocked to learn their monthly mortgage payment will be going way up on their fixed rate mortgage. What they learn is that the

huge increase is related to their escrow account, collected and held by the loan servicer to pay their property taxes and insurance. We are not talking about the increase that comes with naturally increasing property values/taxes. This is much scarier!

When a borrower applies for a mortgage, they are qualified partly based on the ratio of monthly income vs. monthly housing expense which includes taxes. If they are over the allowable ratio, they cannot qualify. Keep in mind the appraised value of a property on January 1 is the basis of the tax liability due at the end of that year. Before the home is built, that value (therefore taxes that year) will be a next to nothing.

Meanwhile Happy Home Buyer goes through the mortgage process to build/buy a new house. It is allowable for the lender to calculate monthly tax expense based on the previous year's tax liability rather than what is known will be their tax liability the following year. A huge difference (thousand of dollars). A lender might do this as the only means to qualify an unsuspecting borrower

for more home than they can afford. It is shameful, but it happens.

For a local family we worked with recently, the result was their monthly payment increasing from \$2,500 to \$4,150! They must now make up the \$9,000 shortage for that year, plus pay an additional \$900/month to build their escrow for taxes coming due the following year. Luckily, we were able to refinance the loan, rolling in the shortage and lowering their payment by \$1,000 from what it was about to be.

If you find yourself in this situation contact a local trusted mortgage professional and see what your options may be. And for those in the market to build or purchase a newly built home? Beware!

*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 and [trey@treypowers.com](mailto:trey@treypowers.com). Visit [TreyPowers.com](http://TreyPowers.com).*

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## Insurance can protect your aspirations

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



Don McGraw

You probably already know that life insurance can protect your family if something were to happen to you. But you might not realize the many ways in which insurance can help you preserve your plans for the future – whether for yourself, the next generation, or those charitable groups you support.

Specifically, life insurance can potentially help you address several areas, including the following:

**Help in covering final expenses** – The proceeds of a life insurance policy can provide immediate funds at the time of your death to pay for your funeral costs, your debts and your final income taxes.

**Transfer wealth (with potential tax advantages)** – Some wealth transfer vehicles carry significant tax consequences. But the proceeds from life insurance are typically free of income tax, so if your death benefit is \$1 million, your heirs will receive the full \$1 million. (Consult with your tax advisor about all potential tax consequences beneficiaries might face.)

**Provide charitable gifts** – You can use life insurance in various ways to support charitable organizations. One option is to donate a policy you may no longer need. Alternatively, you could purchase a permanent life insurance policy and donate it to the charity, which could then use the policy's cash value when you're alive and receive

the death benefit when you die.

**Help fund a revocable living trust** – Depending on your situation, you might want to establish a revocable living trust as part of your estate plans. A revocable living trust helps you avoid the time-consuming, expensive and public process of probate. And, among other benefits, a living trust allows you to distribute your financial assets over time, and in amounts that you specify – which may be quite appealing, if, for example, you'd rather not give your children a large amount of money at once. However, you will need to consult with your legal advisor before creating and funding a living trust.

**Help cover long-term care costs** – You may never need any type of long-term care, but if you do, you'll find it quite expensive. It now costs, on average, more than \$100,000 per year for a private room in a nursing home, according to the 2018 Cost of Care Survey, produced by Genworth, an insurance company. Medicare typically pays little of these costs, so the burden will fall on you. Some life insurance plans offer long-term care coverage, either through a special "rider" or by accelerating your death benefit, but you might also want to consider a traditional long-term care insurance policy.

As you can see, one of the most flexible tools you have is life insurance. Start thinking soon about how you can put it to work.

*Don McGraw, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-858-2850.*

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## Well water storage systems

by Randy Lawrence



During times of drought, there is a great deal of concern with the possibility of wells going dry in the area. Many people are forced to take action when they no longer have a constant supply of water to their home. Some have to replace well pumps, only to find that the old pump failed due to low water conditions. Others must drill new wells in order to access a larger supply of water. In most

cases, these repairs are unexpected, and time-consuming. During severe drought, many well service companies are overwhelmed with calls, causing some families to endure days without a supply of fresh water. A water storage tank would be helpful to many of these homeowners.

The benefits of a properly installed storage tank are numerous. These tanks are normally installed near the well so that the well pump sends the water directly into the storage tank. This removes much of the back pressure from your well pump so that the workload on the pump is greatly reduced. The water can be sprayed into the top of the storage tank, eliminating odors which may be present. The water is then re-pressurized by an external pump which can maintain higher pressure, and is much less costly to repair or replace than a submersible pump. Protection systems are also available for both pumps to ensure longevity.

Even on existing storage tanks, an early warning system, such as a light or alarm, can be installed to activate when the water in the tank drops to a certain level, indicating the need to check your well for problems. This buys you the time you need to contact a professional. Should you happen to run out of water before the well is operational, there are water delivery services which can bring you a supply of water to replenish your storage tank, thereby maintaining your day-to-day routine while you await repairs. For homes in remote areas, stored water is also a valuable asset for firefighters.

Now is an ideal time to consider adding a storage tank to your well. Then you will be prepared before another Texas summer takes its toll on your well.

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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## Address landscape problems now

by Lindley Pond

As I'm writing this, we've had all sorts of crazy weather. From warmer than normal temps to high wind and fire alerts, to a ton of rain. Kind of throws a kink in the works when you start to think about landscaping!

With all the diversity it does give us a chance to see what, if any, problems we have that might need to be addressed before we get to the fun part.

Let's start with the high wind and fire alerts. Now is a good time to tackle creating a firebreak around your place. It's a lot of work yet the results are not only pleasing to look at but also give us some reassurance that if a fire does start, it won't come close to our homes. Removing piles of dead brush and or cedar trees that are close to structures would be first. Next, by excavating a twenty foot area of native grasses around your structures, you can ensure that a fire would stop before it got close. Even piles of leaves can fuel a fire. Sometimes being cautious is the way to go.

Second, would be the issue of water. Was there any flooding, undermining or standing water? There are so many options to "helping" that water move along and find a suitable place to end up. These options can also be incorporated into your final plan so as not to look just functional but be a point of interest. Berms and

swales can divert the water, which can be caught in a dry creek area with a gentle slope below ground to move the water. There are so many different choices when it comes to river rock colors, textures and sizes. Throwing in either a limestone boulder or two for a native look or dressing it up with a lichen-covered moss rock boulder can add to any project. Creating pockets with the boulders for plantings can give the creek an added beauty and naturalness.

If rain coming off your roof is more than your gutters can handle, rain chains can diffuse the water and make for another neat thing to look at as the water falls into the dry creek. Make sure if there are beds at your drip line that plants are in front of that landing spot.

After all the functional issues are taken care of, the fun can begin. It'll be interesting to see what the next few months of winter hold for us. In the mean time, stay warm and dry.

*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.*

## Planting new trees: *Timing and technique*

by Steven Austin



You may already know that fall and winter are great times to plant trees in Texas. But you might not realize that what your tree looks like out of the pot and how it's planted can make all the difference in its survival. The following steps will increase your tree's chances of thriving:

Inspect the root system. Roots may have circled their pots during the growing process, and these can girdle and eventually kill the tree. Loosen and spread out the roots. If some circling roots have become woody, they may need to be cut (not torn).

Locate the root flare, the place where roots begin to spread at the stem base. If too much soil was added to the growing pot at the nursery, roots may have grown up over the root flare, and the root flare should not be buried.

Dig a hole three to five times the diameter of the root ball and not too deep. A narrow hole encourages root circling and inhibits good establishment. Since roots begin establishment within the top foot of soil, planting too deep will deprive roots of adequate oxygen. Positioning the root flare slightly above the soil line will encourage better root health.

Apply a two- to four-inch layer of wood-chip mulch to the drip

line away from the trunk. This will help moderate temperatures, retain moisture, improve soil quality, and discourage lawnmower and weed-whacker damage of the trunk and surface roots. Do not build the mulch around the stem "volcano" fashion.

Stake trees only if necessary. Trees need movement to develop girth, taper, and healthy roots. A description for proper staking, and other great tips on tree care, may be found at [www.treesaregood.org](http://www.treesaregood.org).

Monitor moisture needs. Moisture deprivation is a common reason for young-tree death. A generous watering delivered quickly won't have time to saturate the root ball. A slow watering with a soaker hose (or similar method) will ensure more effective moisture delivery. Avoid the urge to overwater.

Following these steps and planting now will give your tree a head start as it takes root in its new home.

*A Wimberley resident, Steven Austin is a member of the Texas Chapter of the International Society of Arboriculture and is an ISA Board Certified Master Arborist and ISA Tree Worker/Climber Specialist. His expertise includes integrated pest management of trees and shrubs and state-of-the-art organic treatments. He holds a commercial pesticide license with the Texas Department of Agriculture and is Texas Oak Wilt Certified by the Texas Forest Service. Steven is an Arborist Representative for Bartlett Tree Experts and can be reached at 512-392-1089 or toll-free at 800-443-8733.*

## Go local

by Homer Whisenant



You see this sign many places around town – Go Local! It's a great idea and I like keeping my dollars in our community. Here in Dripping Springs there are so many terrific people who have businesses that I support: restaurants, feed stores, cafes, dentists, doctors, veterinarians, pet services, barbers, auto

shops, distilleries, brew pubs, wineries, our great local farmer's market and so many more.

Supporting local businesses keeps money in our community, supports the tax base and keeps consumers from having to drive to Austin or San Antonio on a regular basis.

There is another aspect of going local to consider – our community's non-brick and mortar businesses. These include home service and repair, landscaping, painting, plumbing, carpentry, masonry, tile, electrical, heating/AC, auto repair, remodelers, etc. These individual owner-operators get things done using trucks, vans, a home office, a shop full of tools and a wealth of know-how.

Also, these folks are part of your community and have invested themselves here. They shop and support local brick and mortar businesses, pay property taxes, volunteer and are good neighbors.

As you are reminded to go local, consider the non-brick and

mortar businesses that keep our community up and running. You'll be glad you did.

We are counting on you.

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

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## Avoid the most common mistakes when selling your home

by Carol Brown



Here are the most common mistakes people make when selling their property.

*The home is priced too high.* This will certainly turn buyers off, and you may have to make several contingencies or offer incentives in order to get buyers even interested in making an offer. While you may feel your home is special, asking more than the fair market value will

usually get you nowhere. Over pricing will result in too many days on the market which will then result in buyers wondering what is wrong with the home, why hasn't it sold.

*The home is in bad condition.* While your home in its current condition may work for you and your family, if there are obvious repairs that need to be made, or it is terribly outdated, fixing these problems will not only make it easier to market your home, but will also increase its value. In most cases this increase will be considerably greater than the money you put into making the changes. Most buyers are looking for a move in ready home, however if the price reflects the condition it will not turn off those DIY buyers. It will allow them to put their personal touch or design into the home without breaking the bank.

*The home is being marketed incorrectly.* When selling your home, there are no guarantees that the ultimate buyer will simply

walk through the front door. In many cases you may have to bring your home to the buyer. Effective marketing will help ensure that your property receives maximum exposure to attract a ready, willing, and able buyer in the shortest period of time. Most buyers will view your home and all its photos on the internet before stepping a foot inside the home.

By adhering to the advice in these simple tips, you can avoid the biggest mistakes homeowners make when selling their homes, and the process will be smoother and more profitable in the long run.

*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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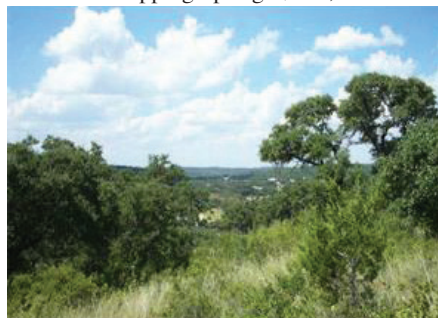


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