

The background of the cover is a vibrant field of yellow poppies in full bloom, with green stems and leaves. The flowers are scattered across the foreground and middle ground, creating a sense of depth. The background is slightly blurred, showing more of the field and some trees in the distance under a clear blue sky.

Dripping Springs

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OUTLOOK

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VIEW



WATER

206 RIMROCK ROAD
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Corner 10.1 acre lot in established Ledgerrock neighborhood. Multiple building sites, treed, Hill Country views, seasonal creek, amazing rock formations, grotto; this is a gem! \$229,500 MLS# 5823621



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Fuller or filler?

Are our days fuller than those of our ancestors, grandparents, or parents? Sometimes I wonder. While we certainly have more distractions with our mobile devices attached to our bodies on an almost constant basis, the Internet and text features beckoning, those who came before us were also busy throughout their day. Looking back just one hundred years ago, less than a blink on the grand scale, there were no conveniences of frozen prepared food that we could pick up from the supermarket nearby then pop into the microwave making dinner ready a few minutes later. Pile the plates in the dish washer and move on to choosing a movie from a list of hundreds to watch while we scan Twitter for any breaking news or some pithy comment from a favorite celebrity.



Our forefathers (and mothers) spent a great deal more time doing tasks that now take us an instant. When I hear friends and family reminisce about a simpler time I can't help but begin weighing the options, and I must admit that I prefer getting more accomplished in a shorter amount of time and having access to information and news instantly. What does create a yearning in me though is the way people communicated during their leisure time before television, the Internet and perhaps even radio. It was up to us to communicate, entertain and educate in person. Was there more mental dexterity going on at that point? I don't know and will leave it to experts on the subject. Yet I am convinced that being in the present moment interacting with those in close physical proximity had advantages – emotional, intellectual, tactile – that we have to some extent lost in our fabulous technological age. I noticed a group of people waiting to enter a theatre recently. Out of the five standing in a circle, five were on their mobile devices. None were communicating with the other directly. That image planted itself in my mind, and I must admit, disturbed me for a while. Most of all because I've been guilty of doing the same thing.

Moving toward the season of new energy bursting forth, I've decided to make myself acutely aware of how I'm interacting with my environment. Our grandparents may have been onto something.

Thank you for joining us.

Victoria



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Dripping Springs Outlook

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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.
- 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.
- Sun. Mar. 17, St. Patrick's Day
- Thur. April 25, 5:30-8:30pm. Cocktails & Curiosity. For more info see ad (pg.11).

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How can regenerative cell therapy help with joint pain and degeneration?

by Breca Tracy, PhD

Can you imagine what life could be like without pain? Joint pain in knees, shoulders, hips, elbows, feet, hands, back and neck is not something you should “just have to deal with” as you get older.

It is a part of life, yes, but today there are more answers, more solutions, and more non-invasive natural healing techniques available. Amniotic Regenerative Cell Therapy is rapidly becoming the newest and most innovative approach to healing degenerative and arthritic joints. It works with your body's natural ability to heal itself and can restore degenerated tissue to a healthier state.

The Stem Cell Center in Dripping Springs offers painless, regenerative injections. These remarkable treatments can repair tissue in the body by pinpointing the impaired areas and healing them by regenerating (i.e. repairing, restoring) new cells and tissue. Amniotic tissue treatments are particularly effective with degenerative arthritis, degenerative cartilage and ligaments, bone spurs, degenerative joint disease, bursitis and tendonitis.

Often with one simple, painless injection, joints that were once "bone on bone" can be regenerated. Pain can be eliminated and you can return to the active life you once enjoyed. Do you know how this works?

Stem cells are miraculous tools! Currently in the United States tissues containing stem cells can be used to kick start a natural healing process, which allows the body to heal itself naturally. It is

now possible to let the body do what it naturally does, with what it naturally once had. Isn't that cool?

Has your doctor told you that joint replacement is the only way to eliminate your pain? This is no longer the case. The Stem Cell Center Dripping Springs has performed Regenerative Cell Therapy on countless patients, most of whom were told to have a replacement. Instead, after one simple injection, the majority of these patients now have significantly reduced pain and are living the active life they couldn't imagine before. 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.



Breca Tracy, PhD
Director of Science
& Operations
512.968.4425

www.thestemcellcenterds.com
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The magic of medicinal mushrooms

by Edwin Dossman



Scientists have only recently confirmed what ancient cultures have known for centuries: mushrooms have within them some of the most potent nutrition and medicinal components found in nature. Used cross-culturally for thousands of years and recognized for being tonics, we now know

their cellular constituents can significantly improve the quality of human health.

- Traditional Chinese medicine has utilized mushrooms for wellness practices for thousands of years.
- Ancient Egyptians valued them so much that their consumption was reserved for royalty.
- The French are famous for their cultivation of mushrooms starting in the 17th century.
- American production started in the 1800's and has continued to increase.

Differing from most pharmaceuticals, these healing agents have extraordinarily low toxicity levels, even at high doses.

Three Benefits of Mushrooms:

1. Mushrooms may support your immune system. They are packed with beta-glucans, polyphenols, polysaccharides and antioxidants
2. Mushrooms provide essential nutrients including B-complex vitamins, vitamin D and an array of minerals.
3. Mushrooms may help with a healthy stress response. People

feel more mentally-balanced with these foods.

A new product line we are featuring at Martin's Wellness Pharmacies including Dripping Springs Pharmacy and Lamar Plaza Drug Store is Host Defense. They are the premier cultivator and researcher of medicinal mushrooms in the world. They have created very targeted formulations which offer support for all body systems including helping with blood sugar, stress and mood, healthy breathing, mental focus, and higher energy levels.

Come see us and find your mushroom! Be Well.

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. Visit Dripping Springs Pharmacy in Dripping Springs and Lamar Plaza Drug Store in South Austin.

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Get cash rewards for bringing a friend to market in March

by Laurel Robertson



At the Dripping Springs Farmers Market we're dedicated to health - for our shoppers, the larger community, and our local economy.

We know that having a strong social network is an important part of a healthy lifestyle (see Mayo Clinic statement, below). So this month we're hosting a "Bring a Friend to Market" campaign,

and backing it up with cash rewards!

During March, regular market shoppers who bring a first-time shopper to market with them will receive \$5 to spend at any market booth. Their friend will also receive \$5. Besides encouraging each other to eat healthy, locally grown food, friends will enjoy an afternoon outdoors on a grassy field with live music, kids, dogs, community information and lots of activity. We have picnic tables and large rocking chairs for sitting, snacking and visiting, with nearby parking.

Enjoy all the rewards of your Dripping Springs Farmers Market - including \$5 for sharing it with someone new to the market.

According to the Mayo Clinic, "Adults with strong social support have a reduced risk of many significant health problems, including depression, high blood pressure and an unhealthy body mass index

(BMI). Studies have even found that older adults with a rich social life are likely to live longer than their peers with fewer connections."

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).

City of Dripping Springs Farmers Market

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(Hwy 290 RR12 Mercer)
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Outdoor hiking and injury prevention *by Dr. Jeremy Kethley, PT, DPT*

Hiking and backpacking are two of the most challenging, yet rewarding activities that an individual can partake in. The outdoors can truly point out an individual's weaknesses and strengths and challenge a person to overcome obstacles that they never knew they would be able

to conquer. In order to avoid injury and get the most out of a hiking or backpacking adventure, the outdoor athlete must train properly and consistently throughout the year.

The short day hike typically consists of a 5-8 mile hike with minimal elevation and minimal rock and hill negotiation. In order to prepare for these types of hikes, the outdoor athlete can utilize a treadmill or stair climber in the gym or the outdoors around their neighborhood to address endurance training. When using a treadmill it is best to vary the elevation and speed during total mileage to address varying heart rate patterns and muscle motor usage. This also applies to the stair climber with regards to varying speed to mimic rock and hill negotiation. During short day hikes typically the outdoor athlete will utilize a small backpack or camelback with a two liter bladder therefore training with any weight is not necessary. Target muscle areas to address for these type of hikes are hip extensors, quadriceps, hamstrings, anterior tibialis, gastroc/soleus, and core musculature.

The long day hike typically consists of a 9-15 mile hike (sometimes up to 20 miles depending on what the athlete is training for) on

varying terrain, elevation, and possible water body crossing. During longer day hikes a heavier pack is often utilized for the storage of water bladder, water bottle, food, extra socks, water shoes, poncho, trekking poles, first aid kit, and extra layers of clothing depending on the location of the hike.

Training for these types of hikes will also consist of a treadmill, stair climber, elliptical trainer, and walking outdoors. Muscle groups that need to be addressed are similar to the short day hike regime with the addition of single and double leg balance training, squats, step ups, step downs, back extensor and oblique strengthening, upper trap, lats and triceps strengthening, and plyometric training with focus on proper landing technique. A weighted vest or hand weights may be utilized to simulate the weight of the pack along with actual utilization of the day pack during cardio endurance training, lower extremity closed kinetic chain exercise, and balance activities to simulate the actual hike and utilize the proper muscles of the body.

As you can see, the best advice is to put your pack on and get started. If you do injure yourself, please see your doctor and ask for physical therapy. Our motto at Kethley Physical Therapy is "Keeping Dripping Springs Moving" or hiking!

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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What is collagen and why is it important in skin care? *Part 1*

by Karen Laine,
Para-Medical Aesthetician



Collagen is the most abundant protein in our bodies, making up 75% of our skin. It supports the appearance of smooth, youthful skin and provides structure and strength for our bones, muscles and tendons. It's essentially the *glue* that helps hold our bodies together. Our body naturally produces the collagen it needs

but production gradually begins to slow as we age. Women produce less collagen than men and this collagen is lost at a rate of about 1% per year. This means that a woman has naturally lost almost half of the collagen from her skin by the age of 50!

Collagen is also greatly affected by environmental stresses such as sun exposure, nutrition, skin damage and exposure to toxins such as pollutants, cigarette smoke and recreational drugs. With decreased collagen, the skin loses its natural elasticity and firmness. This is when fine lines, wrinkles and sagging appear. Maintaining the amount of collagen is the key to beautiful skin.

Increasing collagen levels can firm your skin, increase smoothness and help your skin cells renew and repair normally. Not only will your skin (full body!) benefit from collagen's strengthening powers but your hair, nails and teeth will also thank you for the extra TLC. The protein in collagen works as a building block, keeping them strong and healthy. With collagen loss, we also experience stiffness in our tendons and ligaments and swollen joints. Ingesting collagen is the equivalent of greasing a creaky door hinge. Collagen will help your joints move more easily and reduce pain.

Supplementing collagen for your skin is best achieved in a specific form called *hydrolyzed collagen*, comprised of small amino acids, also referred to as *collagen peptides*. Unlike the gelatin form of collagen in Jello, collagen peptides are absorbed quickly by the body and stimulate the body's own natural collagen production. In clinical studies, this bio-available form of collagen has been shown to significantly reduce wrinkle volume, increase elasticity and skin hydration levels. Due to the absorption ability of hydrolyzed collagen, significant increases in fibroblasts leading to increased density of the skin. In other words, hydrolyzed collagen is the secret to youthful skin.

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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Are you the architect of your emotional landscape?

by Leslie Tourish, LPC



In the second century, Greek teacher and philosopher Epictetus wrote, “Man is not disturbed by events, but by the view he takes of them.” Centuries later, it seems, we’re still struggling with that one. As human beings we often feel as though we’re at the mercy of our emotions, like a weather vane spun by whichever direction the wind

is blowing. That’s untrue. Barring a medical condition that can have the side-effect of depression, we have a lot more control over our feelings than we might assume.

Here are some thoughts that we create which may disturb us: It is absolutely necessary for me to have love and approval from my peers, family and friends. I must be unfailingly competent and almost perfect in all I undertake. Certain people are evil, wicked, and villainous, and should be punished. It is horrible when people and things are not the way I would like them to be. External events cause most of human misery – people simply react as events trigger their emotions.

If you give it some thought, you might even be able to identify areas where you upset yourself needlessly. While we have immense power to upset ourselves, we also have greater power to use rational thinking to counter negative, non-productive thinking.

It doesn’t do anything to me. The situation doesn’t make me anxious or afraid. I say things to myself that produce anxiety and fear.

1. Everything is exactly the way it should be. To say that things

should be other than what they are is to believe in magic. They are what they are because of a long series of causal events, including interpretations, responses from irrational self-talk, and so on.

2. All humans are fallible creatures. This is inescapable. If you haven’t set reasonable quotas of failure for yourself and others, you increase the prospects for disappointment and unhappiness. It becomes all too easy to attack yourself and others as worthless, bad, and so on.

3. It takes two to have a conflict. Before beginning a course of accusation and blame, consider the 30 percent rule. Any party to a conflict is contributing at least 30 percent of the fuel to keep it going.

4. The original cause is lost in antiquity. It is a waste of time to try to discover who did what first. The search for the original cause of chronic painful emotions is extremely difficult. The best strategy is to make decisions to change your behavior now.

5. We feel the way we think. The events don’t cause emotion – our interpretations of events cause emotions.

Reading and recognizing where we upset ourselves is not enough to keep us from spinning our emotional wheels with sadness, resentment, anger and disappointment. It takes recognizing the negative feelings, isolating the disturbing thoughts and refuting them on a daily basis. Only then do we have the choice to determine our emotional fates, or continue to be a hapless weather vane.

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

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This pet food label is confusing

by Frank Shuman, DVM

Dog and cat owners are presented with an overwhelming array of options, all claiming to be the best food on the market. Wading through these choices to find a dog food brand that is healthy, affordable, and appealing to your pet is often frustrating. Hopefully I can provide

some information to help make a good choice.

Some of the controversies that surround pet foods include the use of grains, glutens and by-products. If your dog has a grain allergy, you should certainly choose a grain-free diet, however, whole grains are actually a source of wholesome nutrients and gluten allergies in dogs is very rare. Quality animal byproducts are also nutritious. These include organs and entrails, which often contain more nutrients than the muscle meat consumed by humans. Regulated byproducts do not include hooves, hair, floor sweepings, intestinal contents, or manure. While meat makes up the majority of their diet, domestic dogs also derive nutrients from grains, fruits, and vegetables. These non-meat foods are not simply fillers. They are a valuable source of essential vitamins, minerals, and fiber. A good dog food will contain meat, vegetables, grains, and fruits.

One way to determine a good dog food from a bad is to read the label. This is easier said than done. Labels are required to tell you eight pieces of information: product name, net weight of the product, name and address of the manufacturer, guaranteed analysis,

list of ingredients, intended animal species, statement of nutritional adequacy, feeding guidelines.

Would you believe the actual wording on the package is a sort of code for percentage of any one protein found in the food? According to the FDA analysis of pet food labels, simple names like “Beef for Dogs,” indicate that the listed protein comprises 95% of the total product, not including the water content. With water added, the results come to a required 70%.

The key words dinner, platter, entree, nuggets, and formula indicate foods that only contain 25% of the protein. If, you see the phrase “with” the food is only required to contain 3% of that ingredient. Last and definitely least, if the food claims that it is “beef flavor” or “chicken flavor” there need only be trace amounts.

Keep in mind that the label lists ingredients based on weight, and meats or meat meals take the first spot because they contain a high water content. Choose a food with a meat or meat meal as the first ingredient.

Always make sure your dog food contains a nutritional adequacy statement and guaranteed analysis which means the Association of American Feed Control Officials (AAFCO) has analyzed and substantiated that brands label claims. And again never hesitate to consult with your Veterinarian about your pets diet.

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.

Dry eye spotlight

by Dr. Bryan Marshall



Dry Eye is an extremely common condition that arises when a person doesn't have enough quality tears to properly lubricate their eye, more specifically the cornea. It is often a chronic condition that worsens with age. The symptoms of a dry ocular surface are stinging, gritty, scratchy eyes that will blur intermittently and the counter-intuitive finding of watery, runny eyes!

It can range from mildly bothersome

to extreme pain and cause irreversible damage to the eye and your vision. A person without Dry Eye has a healthy tear film, one containing both a good quantity of water and oil.

There are two main types of Dry Eye that describe why a person has an unhealthy tear film. The first is Aqueous Deficiency, which as the name implies, is a lack of the water component of the tear film from the lacrimal gland. The second is Evaporative Dry Eye, where one does not produce the necessary amount of oil or the oil is of suboptimal quality. This is the most common kind of Dry Eye that we seen in our clinic.

The type and severity of Dry Eye can be evaluated by an eye specialist through a routine examination, special tests and thorough history taking. The condition can develop for many reasons such as age, gender, certain medications, wind and sun, autoimmune deficiency and other health considerations. Women are more likely to suffer

from Dry Eye and have more severe symptoms due to hormonal changes from medications and menopause. Increased computer time contributes to symptomatic Dry Eye due to a decreased blink rate.

The good news is that we have treatments for each and every type of Dry Eye and severity level. Once diagnosed, a personal protocol can be developed and put in place to help alleviate symptoms and treat the underlying condition. Treatments range from simple artificial tear supplementation and/or punctal occlusion to new devices such as LipiFlow and Intense Pulse Light therapy that aim to restore the damaged meibomian glands responsible for the oil component of the tear film.

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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Can blue light speed up the aging process?

by Marcelo Antunes, MD FACS

We've been reading about blue light quite a bit lately – specifically, how it can rob us of sleep and how it negatively impacts our vision. And now some experts say, it can damage our skin.

Like many of you, I spend time in front of a computer screen and use a cell phone and that means I'm also exposed to

blue light, the artificial light emitted from these electronic devices, as well as energy-efficient fluorescent bulbs and LED lights.

Blue light occurs naturally outside as light from the sun travels through the atmosphere. Your body uses this natural blue light to regulate your sleep and wake cycles, heighten reaction times, elevate moods, and increase alertness. Artificial blue light with its shorter wavelengths flickers more easily than longer, weaker wavelengths and creates a glare, possibly causing the eyestrain, headaches and fatigue associated with long hours of sitting in front of a computer screen.

What about blue light and the potentially damaging impact on your skin? Well, studies have shown that visible light, including artificial blue light like that emitted by phones and computers, penetrates deeper than some forms of ultraviolet light, possibly accelerating the visible signs of aging, such as dark spots, wrinkles, and saggy or loose skin. Research shows on an average day, we spend 10 hours in front of a screen and look at our phones 52 times. Do the math, and you can see the potential for skin damage and premature aging

is a real lifestyle hazard.

We know that blue light and other environmental stressors are all around us and can't be avoided. However, there are new products that can help protect against blue light damage and fight the signs of aging. At my office, we help educate our patients about preventative measures and work together to formulate a plan for optimal skin health, including new skin care products and treatments which can potentially protect against blue light aggressors and restore some of the lost collagen and elastin from the skin.

I believe shielding your skin against environmental stressors from any source, artificial or natural, is an important step in your overall well-being. Fortunately, protecting your skin can be as simple as routinely applying a skincare product.

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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Same-day crowns and bridges

by Ron S. White, DDS



No more messy impressions, bothersome temporaries or second appointments!

One of the most cutting edge advances is the inclusion of the CAD/CAM (also known as Same-Day Dentistry) technology in dentistry.

The CAD in this technology stands for “computer-assisted design,” and the CAM for “computer-assisted manufacture.” Together, they translate into fewer dental visits to complete procedures such as crowns, veneers and fillings.

For instance, traditionally when a patient needs a crown, a dentist must make a mold of the tooth and fashion a temporary crown, then wait weeks for the dental laboratory to make a permanent one. With CAD/CAM systems, instead of using traditionally inconvenient and messy impression materials, dentists can obtain clean, fast digital impressions in a few minutes using a laser scanner in the mouth. This laser scanning technology is not only extremely precise when “capturing” all of the details of a patient’s smile, but is also as safe as the check-out scanner at a grocery store. But, best of all, there is no messy, distasteful impressions and no temporaries!

Then, while the patient watches, a dental professional custom designs a crown, veneer, or filling using the chair-side, computer-based design center. The design is then sent through a wireless network

to the in-office milling unit where the patient’s crown, veneer, or filling is made. Shortly thereafter, it’s permanently seated in his or her mouth the same day.

Benefits of Same Day Dentistry:

1. No more messy impressions
2. No more temporaries
3. No more waiting for your permanent crown

Patients can be in and out of the dental office with their permanent, natural-looking and metal-free restorations in a single visit. Same Day Dentistry is perfect for situations like chipped, worn or cracked teeth; teeth that are discolored or have gaps and spaces between them; teeth that have decay and/or old, worn fillings.

These are exciting times - the same innovations that are revolutionizing business and technology are being clinically proven to enhance the precision and longevity of modern dental treatment options. Also, such technologies are making today’s modern dentistry more convenient, less time consuming, and more patient-friendly.

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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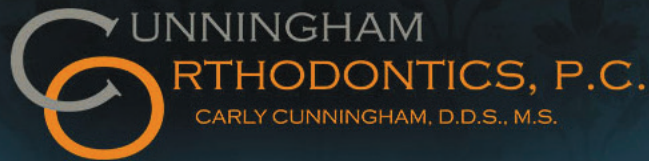
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Walk the plank

by Homer Whisenant

Spring is coming so now is a good time to plan improvements for your outdoor living space. We are fortunate to have over 300 days of sunshine a year and a custom-made deck is a great way to enjoy outdoor living with family and friends.

When planning such a project, the first decision is what type of plank you want to walk on. Traditional wood decks are very popular, and synthetic deck products are also available. Many clients I work with choose cedar, treated wood or synthetics for their decks as they are durable, long lasting and beautiful.

Each material has its pros and cons. Wood decks require more maintenance. Synthetics can require more framing due to their weight. Synthetics have a tendency to be hot on sunny days, and this is a concern with some woods as well. This is something to consider if planning a deck around a swimming pool since bare feet and legs come into contact with these surfaces.

A roof over your deck helps keep the space cool. Even an open top, such as a pergola, will cool down the space and provide some shade. Many clients I work with have roofs over a portion of their decks, allowing for sun and shade.

If you already have a deck, consider your maintenance needs as we head into the warm season. Good maintenance keeps your deck from prematurely wearing out, and keeps your deck beautiful and safe.

Inspect your deck to find the areas that need maintenance. Check

posts, railings, stairs, deck boards and framing for spots that are loose, rotting, split or cracked. Check the entire deck to see where cleaning and sealing are needed. Check for signs of mold or mildew which can be signs of weakness due to moisture. This inspection will uncover weak spots that need attention.

I encourage you to find an experienced contractor with whom you can easily communicate to help with design, building and maintenance.

Spring will be here before you know it. Take time now to consider how you will enjoy outdoor living in the sunny days ahead.

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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Spring for sale signs bring spring buyers

by Carol Brown



In a place where the climate is very cold in the winter, it can be wise to wait until spring to sell because fewer buyers will be venturing out to look at homes. In an area where the sun shines year round, weather is not a concern, and people will have no trouble coming out to see your house. This doesn't mean, however, that

season doesn't matter in a warm climate! It can still affect how many potential buyers will come out and the odds of selling.

People are usually too busy from Thanksgiving through Christmas to spend much time house hunting, and in January they are often recovering financially from holiday over-spending. Most experts will recommend that you avoid listing your home until after the worst of the holiday slump in the market is over and people are looking to buy again. This is true no matter what the climate.

We typically see a spike in listings around January 15th. If you plan to sell this spring you should be in contact with your realtor now and have a plan of action set. It takes time to prepare a home and landscaping to make it show ready for professional photos and marketing. We are lucky here in the Hill Country to be surrounded by bluebonnets and many other beautiful wildflowers. Our area really comes to life in the spring with blooms, green trees and grasses.

Sellers with school age children usually prefer uprooting their

children at the end of the school year. Summer gives children time to get acclimated to their new area and to make new friends before the new school year.

The season does matter when it comes to home buying, and spring is usually a good time to list. Your realtor can help you to determine what season makes the most sense for listing in your particular case, providing you with market information in your area and helping you pinpoint the particulars of your home that make it appealing in a specific season.

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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The rise and fall and rise of the independents

by Deborah Carter Mastelotto

Last week one of my favorite mystery writers made a few rare book signing appearances beginning in Phoenix, then on to Houston and other cities after that. I live in Austin and Mr. Finch wasn't stopping in Austin, but his Houston signing was on a Monday and I love book signings, so I decided to take a mini road trip.

I coerced a book-loving friend to accompany my madness and off we drove down Highway 71 to Highway 10, speeding a little to get to the signing by 6:30 pm.

The author, Charles Finch, writes a great mystery series set in victorian London, and has written 10 or 11 (or 12) books. He's won awards and critical acclaim and can boast a large and significant fan base. You can even buy his books translated into German or Russian. So you might think his publishers would position his book signings in big book stores like Barnes and Noble in the River Oaks Shopping Center, but you would be wrong.

To quote Mr. Finch, "I can't imagine better starting spots than The Poisoned Pen Bookstore (in Phoenix) and Murder by the Book (in Houston), two of the stores that every writer in the whisper network knows are truly special homes for readers and book lovers."

Charles Finch chose small, independent book stores for his book signings, and this can be seen as an important turning point for printed books. Not so long ago prophets were predicting the demise of the small, independent book store. First the big box stores opened with cheap books and coffee bars, then Amazon opened for business.

The number of independent booksellers fell 40 percent in five years as people chose to shop online rather than visit a physical store. Then the Kindle arrived and many analysts were saying it was the end of the printed book. But something unexpected happened—from 2009 till today, we've seen an almost 40 percent increase in small, independent book stores.

The truth is, if you are a reader or a book lover, there is nothing more satisfying than wandering aimlessly through a cozy bookstore handling actual books, finding yourself drawn to a cover, or a first paragraph, or a fat leather arm chair in the corner of a shop, or standing in the check-out line talking about your newest find.

As Charles Finch reminds us, we readers are always on the look out for our special *homes*, and there is nothing more gratifying than knowing the retail book industry is stronger than ever.

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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The Dripping Springs Chamber of Commerce Focus on Business: *Randy Van Camp, CPA, LLC*

In 2004, I began a partnership with a longtime local Dripping Springs CPA, Harold Hoke. He had been providing tax services in this area for nearly 25 years. He sold the practice to me over the following 10 years while teaching me everything he could about his clients and running a CPA firm. I am forever indebted to him for the education he provided me. Upon his retirement, I had to change the name of the firm to Randy Van Camp, CPA, LLC., where we continue to help clients meet their financial goals by providing up to date tax guidance.



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While many clients are intimidated by the Internal Revenue Service and the income tax process itself, I am not. The best part of my work is showing people how to keep more of their hard-earned income in their own pockets and not handing it over to the United States Government.

I would like to thank my many loyal clients for their business over the past 15 years and look forward to future growth.

Whether you are just starting a business, continuing with an existing business or just an individual whose life has gotten complicated as you advance in your career, you must stay informed of the new tax changes. This is where a Certified Public Accountant comes in. We are required to maintain our licenses with continuing education with a minimum of 40 hours per year and peer review of our work. Very few business owners or individuals have time to maintain their income sources and keep up with the new tax changes. We provide tax preparation services and guidance for corporations,

*For more information contact:
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Litigation: *Just don't do it*

by Roland Brown



This month's article covers a topic I've addressed before, but it has been recently suggested to me that it is worth repeating.

Talking with an insurance adjuster following a wreck is a prime example of an occasion when consulting a litigation attorney before talking to anyone else can be critical to the outcome of a claim or lawsuit.

The insurance adjuster has been trained using advice from the insurance company's many lawyers. The adjuster's company owes its stockholders a duty to maximize profits and therefore, to minimize any amounts they pay out in claims, including your claim. The adjuster is the first rung in a ladder designed to allow the insurance company to climb out of the hole that your claim represents by either denying the claim or paying the least amount they can get by with. Perhaps instead of "first rung" I should say "first nail" as in the first nail in your coffin.

No matter how compassionate or reasonable the adjuster might sound, she or he is not your friend. That "little bit of neck pain" you referred to when you gave your statement to the adjuster may turn out to be a ruptured disk, but the insurance company, acting through their adjusters or lawyers, will argue that the recorded statement you gave indicated you were not that badly hurt in the

wreck so the greater problem must have occurred in some other manner. Juries are often misled by such twisting of the facts, leaving you with a severe and costly impairment but little or no compensation from the wrongdoer who caused your impairment.

Most lawyers who handle insurance claims for injured individuals do not charge for an initial consultation, so there is no reason to give a statement to an insurance company without first consulting an attorney who is familiar with insurance claims. Remember, the insurance company has already consulted their lawyers. Also, if you do choose to retain the lawyer you consult, he or she can help you in a variety of useful ways beyond helping to maximize the amount of a settlement or jury verdict.

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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Mortgage impact of your IRS tax return

by Trey Powers

Howdy Spring! Thank you for warmer, longer days, blooming wildflowers, and IRS tax returns. Ha, three outta four ain't bad! Now is the time to rifle through that shoebox of crumpled receipts and find the charitable giving letters.

Before your eyes glaze over anticipating a boring tax code article, bear with me if you might be purchasing a house in the next year or two. The information that follows is not one you can toss to your CPA to handle. Rather, it is information *you* must know and share with your CPA before they prepare your return. It can impact whether you qualify to purchase a home loan in the next two to three years. That's right – the next few years!

Here, we discuss certain deductions and the impact they have on qualifying for a mortgage. It is natural to take advantage of every allowable deduction. Deductions equate to reduced taxable income, which means less taxes paid. However, understand that taking advantage of those work related write-offs means lower income used to qualify you for a mortgage. A savvy CPA could inadvertently be reducing your ability to qualify for the loan amount you desire, this year or even next year.

When qualifying for a home loan, your lender calculates the ratio of your income to your monthly expenses. For a W2 employee,

total taxable wages are generally used as the income in qualifying. However, when unreimbursed business expenses (home office, mileage, etc.) are claimed, qualifying income is reduced by that claimed amount. And for self-employed individuals, gross revenue is insignificant to the lender. We must see net revenues after all expenses and we must see them on two years' worth of tax returns.

If you made it this far in the article and feel like you might need to reread anything above, let me stop you and suggest you read only this: If there is any chance in the next two years that you might want to buy a home, talk to a trusted mortgage lender before you tell your CPA to "get after it."

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. Visit TreyPowers.com.

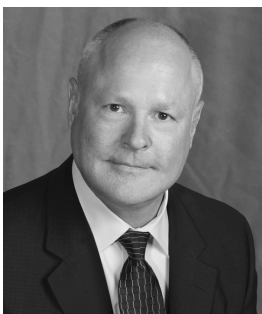
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Put together a professional team to help you reach your goals

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



Pat M. Woodman

As you work toward achieving your goals in life, you will need to make moves that contain financial, tax and legal elements, so you may want to get some help.

Putting together a team comprised of your financial advisor, your CPA or other tax professional, and your attorney can help you with many types of financial/tax/legal connections.

For starters, you may decide to sell some investments and use the proceeds to buy others that may now be more appropriate for your needs. If you sell some investments you've held for a year or less and realize a capital gain on the sale, the gain generally will be considered short-term and be taxed at your ordinary income tax rate. But if you've held the investments for more than a year before selling, your gain will likely be considered long-term and taxed at the lower, long-term capital gains rate, which can be 0%, 15% or 20%, or a combination of those rates.

If you sell an investment and realize a capital loss, you may be able to apply the loss to offset gains realized by selling other, more profitable investments and also potentially offset some of your ordinary income. The questions potentially raised by investment sales – "Should I sell?" "If so, when?" "If I take some losses, how much will they benefit me at tax time?" – may also be of importance to

your tax advisor, who will need to account for sales in your overall tax picture. As such, it's a good idea for your tax and financial advisors to communicate about any investment sales you make.

Your tax and financial advisors also may want to be in touch on other issues, such as your contributions to a retirement plan. For example, if you are self-employed or own a small business, and you contribute to a SEP-IRA – which is funded with pre-tax dollars, so the more you contribute, the lower your taxable income – your financial advisor can report to your tax advisor (with your permission) how much you've contributed at given points in a year, and your tax advisor can then let you know how much more you might need to add to move into a lower tax bracket, or at least avoid being bumped up to a higher one. Your financial advisor will be the one to recommend the investments you use to fund your SEP-IRA.

Your financial advisor can also help you choose the investment or insurance vehicles that can fund an estate-planning arrangement, such as an irrevocable living trust. But to establish that trust in the first place, and to make sure it conforms to all applicable laws, you will want to work with an attorney experienced in planning estates. Your tax professional may also need to be brought in. Again, communication between your various advisors is essential.

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

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Time to think about your water supply?

by *Randy Lawrence*



With drought conditions and another Texas summer just a few months away, thoughts are turning to alternative water sources and more efficient treatment techniques. Even with forecasts predicting less than average rainfall, more homeowners are looking to the sky in hopes of preventing interruptions to their water

supply. Rainwater collection systems are designed and built into many new homes. Although it can be tricky, it is usually possible to incorporate rain collection into an existing structure. When used in conjunction with treated groundwater, the stored rainwater can ease the burden on our aquifers.

One downside to rainwater collection systems, besides a potentially limited supply, is the cost of installation. Once the system is designed by a professional, you will need gutters, downspouts, collection lines, storage tanks, a booster pump and pressure tank, as well as proper filtration and disinfection equipment. For many homeowners, their budget requires them to consider other means of conserving water. Often, this includes replacing appliances and fixtures with more water-efficient models. One of the most commonly overlooked, and misunderstood, household appliances is the water softener. Without an understanding of how this equipment works, it can be difficult to know whether it is operating at maximum efficiency.

Recently, there has been a flurry of advertising aimed at those who have had a traditional salt-based water softener. Many of these products have existed for years, and are simply repackaged and heavily marketed. Unfortunately, the results produced by these "alternatives" typically fall far short of the claims made by their distributors. This often leaves homeowners with no choice but to scrap their investment and start from scratch. It is important to note that the only proven method of removing calcium and other hardness minerals is traditional ion exchange softening, and that recent technological advances have made softeners far more efficient and user-friendly than ever.

In order to maximize the efficiency of your water treatment system, it is important to ensure that your equipment is up to date, and that the settings accurately reflect your particular water conditions. An experienced technician can test your water quality, check the condition and performance of your system and make any adjustments or upgrades which may be necessary.

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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Is your list ready?

by Lindley Pond

By now we've had a pretty good taste of winter and are twiddling our thumbs about what we can be doing before spring approaches. We've still got a few months to go but with the much needed rain we've already gotten things have grown a lot faster than people are used to at this time of year.

My suggestion would be to start with a to-do list, not just a wish list but an honest to goodness *chore* list. Hate the word but love the outcome as you happily check off items to get set. All yard tools and machines probably need a good sharpening, cleaning and, in some cases, the old fuel may have condensation in it which should be switched out for fresh stuff. Now that your partners in crime are ready to work, you can tackle pruning of all shrubs and roses along with tree trimming to raise the canopy, remove the deadwood and improve the overall health of your trees.

It's a great time to add compost and get soils ready for new plantings, whether it be in the flower beds or in a veggie garden. It's a great time to continue to start your veggie seedlings in a greenhouse or under grow lights – fun to see something in the cold actually emerge new from the soil! Leaves, leaves and more leaves can all be added to your compost heap after you've used some of what was there from last year.

Now that the hard part is finished, the reward is to continue your list... not the to-do list but the *What I Want* list. Prioritizing your wishes will help with this phase. Is it to be a great seating area with a fire pit, a water feature, a butterfly garden, less yard more fun space? Whatever your wishes are they can all be obtained with baby steps. We are here to help with any and all, whether it's the to-do list or the "want" list. Feel free to call us for a visit. Enjoy the prep, the end result is always worth it.

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



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Cultural practice help suppress pests

by Steven Austin



Maintaining plant health with sound cultural practices controls pest infestations. Proper pruning, soil health, correct mulching and timely irrigation are routine considerations to maintain healthy plants and prevent pest problems. Some of the most serious insect and disease problems include borers, bark beetles, cankers and root disease.

Cultural practices play an integral role in suppressing pest populations. Pruning and surgery are used to eliminate diseased and insect infested branches and plant tissue.

Removing leaves at the end of the growing season reduces the potential of foliage diseases on susceptible species the following year. Eliminating fallen holly leaves effectively suppresses leafminer populations. Phytophthora root rot is largely controlled by good cultural practices. Phytophthora is discouraged by adequate amounts of soil organic matter to promote growth of antagonistic microorganisms.

Monitored irrigation also discourages the pathogen's growth and spread. Maintaining a soil pH near neutral or above will inhibit the disease. But the most important cultural practice is the design and planting of a landscape. Selecting plants that are suited to the site

is key. Spacing plants to allow for future growth reduces disease problems later on by allowing better light and air circulation. Many insect and disease problems in new landscapes result from poor attention to basic planting techniques. Common mistakes like planting too deep and excessive mulch on root flares cause future issues.

Modern pest management relies on integrated combination of sound cultural practices. Releasing beneficial insects like ladybugs when possible, applying timely chemical treatments as necessary and placing an emphasis on natural and organic products are all components of a good program of care. In landscape pest management, cultural practices form the cornerstones of the management program.

Schedule a consultation with a certified arborist to learn more.

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.

He meets us where we are

by Mark Lander



The inside of a beer joint like The Barber Shop might seem an unlikely place to find an evangelist sharing the Gospel... unless you knew this evangelist. Stranger still would be to attend church services on Sunday morning at Hudson's on Mercer where the usual "spirits" are wine and beer. But then again, this is no ordinary preacher.

Cody Reeves is man with a quick smile and an engaging mind, the kind of person who never met a stranger. In the business world those attributes are considered assets. In Cody's world they are spiritual gifts limited not only to his business but devoted to the kingdom work to which he is called. A man on a mission, one who seems to have unlimited energy and fearless determination, Cody is one of the folks I promised to write about in 2019; someone who embodies the spirit of servant leadership. Let's look at one example.



Cody Reeves

structive behavior. It was only through grace that an encounter with a stranger put him on the path to salvation. "There are no boundaries on God's love, and that has given me so much freedom," Cody recently told me. His ministry in the beer hall, church services in a dance hall are all part of the freedom he finds in serving others and sharing the Gospel.

"Jesus ate with tax collectors and sinners; He meets us where we are. I know that my brothers and sisters in Christ are being ministered to in their home churches. So I want to reach those folks who are not in church on Sunday." While there are no ordained pastors, no programs, no pews, no choir, no liturgy or communion, Cody explains that, "this is God's church. It is His people gathering together to hear the Word." In fact, it is called "The Gathering" and you can find them on the second Sunday of each month gathered together at 10am to worship at Hudson's on Mercer.

Now if you happen to be curious about the Hill Country Rally for Kids, or The Gathering, then make a point to get out and meet Cody and others like him. Find a place to worship; mend yourself into the fabric of this community where faith and purpose meet. Perhaps then you might take your place alongside those who serve.



You may know something about The Burke Center, and maybe know of the Hill Country Rally for Kids. What you may not know is that there is a connection between the two that pivots on Cody's calling to serve. About 13 years ago Cody and a mutual friend named Rex were talking about their time spent mentoring and helping boys at The Burke. What they noticed was that the boys either had mismatched shoes or shoes that did not fit (if any shoes at all). That summer they organized a simple motorcycle rally to raise money for shoes for those boys. That first year they raised \$5,000 and from that humble beginning they set in motion a non-profit organization which has donated almost \$1,000,000 to local charities and programs helping kids in our local community.

Spend some time with Cody and ask him about his life's journey and you will learn a lot. As a young man, his fearless determination was pointed in the wrong direction and his energy was spent on de-

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 serves as an Elder at the Hill Country Bible Church of Dripping Springs. You can reach Mark at 512-569-6644 or MLander@austin.rr.com.



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