

# *Dripping Springs*

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# OUTLOOK

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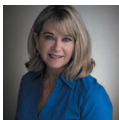
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# Dripping Springs Outlook

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## 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.
- Sun. April 21, Easter.
- Thur. April 25, 5:30-8:30pm. Cocktails & Curiosity at the Piazza Center. For more info see ad (pg.11).

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# What is the difference between a permanent change and a Band-Aid approach for joint pain?

by Breca Tracy, PhD

Last month we talked about what life could look like without pain, specifically joint pain. This month we are focusing on how this can become your reality. We will discuss what techniques can be utilized for

permanent joint pain solutions versus standard of care temporary Band-Aid approaches.

Regenerative medicine approaches, utilizing Mesenchymal stem cells (MSC's) derived from sources such as amniotic tissue, have the capability to become permanent solutions for joint pain. The science behind how this process works is pretty phenomenal. Once the amniotic tissue product is injected directly into the joint, viable MSC's can begin their replication cycle (i.e., reproducing, making new stem cells in a continuous cycle). Industry's best average for this replication cycle is approximately two and one-half to three months. I like to categorize this time frame as the anti-inflammatory phase. The reason? Stem cells are anti-inflammatory in nature. Meaning the amniotic tissue product, once injected into the joint space, has the potential to have immediate anti-inflammatory benefits. Each patient responds differently to this anti-inflammatory effect, some being immediate and some with a delayed onset.

In conjunction to the anti-inflammatory benefits of the stem cells, simultaneously, the regenerative aspects also begin. Once the

stem cells receive instructions/assignments from the body on what they are needed to do and become, they can begin the permanent rebuilding and restoration of soft tissue components associated to the joint/s. The regenerative aspects of soft tissue restoration are permanent (i.e., the amniotic stem cell containing products can rebuild and repair anything that has been lost or damaged over time, such as ligaments, tendons, etc.).

Amniotic Regenerative Cell Therapy is a means to introduce newly incorporated soft tissues into your body, which become a part of you for the rest of your life. How long do they last? No one can take them from you. They have the potential to last as long as you allow them to. It really depends on how far you push your body and the newly regenerated joints.

Alternative therapies for joint pain exist, such as steroid injections and gel injections. These methods can help with joint pain, but are most likely temporary. For more information, please contact us and we would love to further educate you on the regenerative 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.*

# What matters most?

by Reverend Sara Gates



If I were to ask you – what matters most to you - what would your answer be?

Specifically, what are five to eight things that mean the most in your life? Another way to get at this is to ask yourself: What are you longing for? You'll know some of them right away. For others, you may need to ponder a bit. The list you develop are the Values that want to live through you.

Answering this question for yourself and your life is the first step. Next is practicing, which means making decisions based on your list. Why bother? - you might ask. Living according to your list will help you live a life more aligned with who you truly are. Meaning and fulfillment will follow.

For years I held corporate roles, including time as a CEO. Over those same years I embarked on an inner, spiritual journey to discover the truth of who I am. I was driven by a burning question, "who am I made to be?" I thought I would find the answer in a role – butcher, baker, candlestick maker (or wife, or CEO.) Imagine my surprise when I found (part of) the answer from this what-matters-most question, and then trying (and sometimes failing) to make decisions based on my particular list.

The process is simple: Ask yourself the question. Write down the answers. It might take a week or two. Even a month. Once you have a list of five to eight, write it down and keep it close. Read

it often. Consider - is something missing? Are two of your words really getting at the same thing? The great news is – you cannot do this incorrectly. Live with the list and it will settle down into Your list of What Matters Most.

Here are a few lists (from real people) for inspiration:

- Trust, kind truth, laughter, respect, conversations, passion.
- Authenticity, compassion, honesty, love, family, faith, service.
- Spirit, family, beauty, community, creativity, learning.
- Respect, courage, compassion, confidence, prestige, peace.
- Peace, kindness, simplicity, family, home (this is mine.)

What matters most to you?

*Reverend Sara Gates is an ordained interfaith minister. A minister without walls. She's a modern-day mapmaker for the inner, spiritual journey. Her purpose is to be a presence of peace in the world. ReverendSara.com*



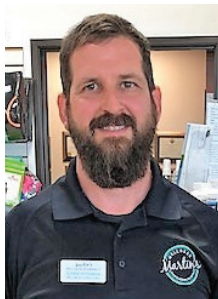
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## The power of herbs

by Edwin Dossman



Whether you call it phytotherapy, botanical medicine, or herbology, plants hold the power of nature to heal, clean, and revitalize tissue. Science likes to extract, separate, and mega-dose constituents to treat bodily symptoms. Plants were never intended for this. The whole plant is powerful enough,

when you learn how to use botanicals correctly.

Besides all the different properties of herbs including anti-inflammatory, astringents, bitters, stimulants, antispasmodics, and others, they have nutritional value. Herbs are full of vitamins, minerals, tissue salts, flavins, amino acids and sugars, not to mention their electromagnetic energies. Remember that herbs are food. The immortal words of Hippocrates, the famous Naturopath, and Father of Medicine, apply here, "Let your food be your medicine and your medicine be your food."

Herbs are "tissue specific" in that each herb was designed by nature to affect a specific type of tissue or part of the body. A lot of the beauty in herbal use is that they can affect many different types of tissues at the same time. Examples of this would be Licorice Root, Saw Palmetto Berries, and Chaste Tree Berries. These herbs not only affect the endocrine gland tissues, but also have a broad range effect upon the body. They help strengthen the vascular system, enhancing male and female organs, and are anti-inflammatory as well. You simply can't get this kind of broad, balanced, dynamic effect from using isolated chemistry.

Here at Martin's Wellness (Dripping Springs Pharmacy) we have been putting a lot of focus, and energy into expanding our selection of quality herbal product lines which include, Gaia Herbs, New Chapter, Mega Food, Weed Herbal Co., Oregon's Wild Harvest, Planetary Formulas, and Host Defense. We strive to meet our customers herbal needs with the highest quality herbs available, at affordable prices.

Best in Health,

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



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## Just what the doctor ordered

by Kyle Koen

I raise chemical-free, grass fed beef in the Texas Hill Country, which I offer for sale at the Dripping Springs Farmer's Market each Wednesday. Many customers who shop with me share that they are dealing with auto-immune issues. Their

doctors are recommending grass-fed, chemical-free beef bones (for bone broth) and meat as part of an anti-inflammatory or elimination diet to assist them in healing.

By training I am a landscape architect. By heritage I am a 6th generation Texas Hill Country rancher. I had a family member with an auto-immune issue and that's what got me into raising chemical free, grass-fed meat in the first place. Then friends wanted it. Then friends of friends. It grew from there until now I am ranching pretty much full time.

According to the Mayo Clinic, "the difference in the diets of cattle changes the nutrients and fats you get from eating the different types of beef." They go on to say that "grass-fed beef has less total fat, more heart-healthy omega-3 fatty acids, more conjugated linoleic acid, a type of fat that's thought to reduce heart disease and cancer risks and more antioxidant vitamins, such as vitamin E." That is a pretty impressive list of benefits.

To me, it just makes sense. I don't want my boys eating chemicals. And if they eat meat raised on non-organic feed, then I'm feeding my boys chemicals. In my opinion, by choosing grass-fed

and chemical free meat for my kids, I'm helping their overall health and brain function while reducing their chance of dealing with chronic illness. The taste is great, too. I find it sweeter and richer than grocery store beef.

One of the benefits of shopping at your local farmer's market is you can get to know the farmers who raise your food. This lets you learn about their practices. Each week at the Dripping Springs Farmer's Market (recently voted #1 market in Texas) we have grass-fed bison, beef and lamb; pastured pork and eggs; and organic vegetables. Lots of chemical-free choices for your family's health.

Come see us.

*Kyle Koen is the owner-operator of Koen Family Farm & Ranch, raising grass-fed beef and lamb plus pastured pork. He is on the Dripping Springs Farmer's Market Board of Directors. For fun he plays with his boys, ages 3 and 5, and works with his animals.*



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# Injury prevention and training techniques for tennis players

by Tyler West, SPT



Tennis is a sport that can be enjoyed across all age ranges and demographics for individuals who have an important understanding of injury prevention and proper training strategies. Tennis requires repetitive, high-intensity movements commonly played on a concrete surface and can be tough on joints of the lower extremities. In addition, high-speed

groundstrokes and serves impose numerous potential injuries to the upper extremities and spine. Injuries are very common among both novice and experienced players, with a rate of three injuries per 1,000 hours of playing time.

In order to prevent injury on the court, players should include both on and off-the-court training regimens that focus on joints such as the ankles, knees, elbows, and shoulders. Many experts recommend resistive bands or slow and controlled exercises involving multiple joint segments (such as squats or lunges) rather than the traditional static stretching routines. Better yet, incorporate warm-up routines that simulate sport-specific movements. For example, start off serving 10-20 balls at only fifty percent or less of your usual first-serve speed. On-the-court warm-up routines could also include mini-tennis drills, where the players begin by hitting soft groundstrokes or volleys at the service line before progressing to

baseline groundstrokes.

Warm-ups or training routines that emphasize cardiovascular endurance are an important component for any player as well. Ladder drills, jump rope, or even jogging in place for older players are all great ways to warm-up and train due to the high amounts of shuffling during each point in a match. Professional tennis players take around nine to 11 steps per shot in preparation to hit the ball, where the average tennis player takes only three to four. This goes to show that the key to improving your game is to stay light on your feet and train for speed and agility!

Injuries may unfortunately still occur despite adequate training methods. If you are having any pain that increases during your practice or matches, please see your doctor and ask for physical therapy. Our motto at Kethley Physical Therapy is "Keeping Dripping Springs Moving!"

*Tyler is a graduate student from Texas Tech completing his last internship. We wish him all the best as he moves forward with his physical therapy career. 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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# Learning to love yourself

by Leslie Tourish, LPC

I was leading a therapy group discussion with a circle of teenage girls concerning romantic relationships and learned from this collection of 13 to 16-year-olds about the following: flirting, older versus younger boys, first kisses, phone calls that last for *hours*, dweebs versus the cool-

guys-that-break-your-heart, and how to tell if a guy will hit on your best friend when you're out of town visiting grandparents. However, the knowledge got thin and sketchy when it came to the topic of love.

So we took it back to the basics: in order to love somebody else, you have to love yourself first. The girls eyeballed me suspiciously, like I had just snuck in an algebra assignment when they weren't looking. Still, I forged on.

If we love ourselves we bring people into our lives who treat us in loving, respectful ways. We don't put up with manipulations, lies, abusive words or deeds, or untrustworthy acts. If people do treat us in such ways, we don't try to "change" them or "help" them, we let them go and put our energies toward more positive, healthy people and activities. We then covered ten ways to love ourselves:

- Stop all criticism. Simply refuse to criticize yourself. Everybody changes, but criticism never changes anything. When you are criticizing yourself, your changes are negative. When you approve of yourself, your changes are positive.

- Don't scare yourself! Living in terror of your own thoughts is a dreadful way to live. When you feel scary thoughts coming on, have a mental image ready that gives you pleasure and switch to that.

- Be gentle, kind and patient. Go easy on yourself, learn new ways of thinking. Treat yourself as you would someone you really loved.

- Be kind to your mind. Self-hatred is only hating your own thoughts. Don't hate yourself for your thoughts. Instead, gently redirect the thoughts.

- Praise yourself. Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little detail.

- Support yourself. Reach out to friends and allow them to help you. When you need help and ask for it, you are being strong.

- Be loving to your negatives. Acknowledge that you created them to fill a need. Now you are finding new, positive ways to fulfill those needs. So lovingly release the old negative patterns.

- Take care of your body. Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality? Learn about exercise. What kind of exercise do you enjoy? Cherish and revere the temple you live in.

- Love yourself! Do it now! Don't wait until you lose the weight, get a new job or new relationship. Begin now. Do the best you can.

When I asked one girl how her life would change if she were to live the tools on a daily basis, she said, "I'd get better grades, lose the loser boyfriend, and not be here in therapy at age 14." The group laughed, and I smiled, and told her nothing would please me more than for her to achieve all three of her goals.

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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## Venomous snakes and dogs

by Frank Shuman, DVM

The weather is starting to warm up rapidly and all animals are starting to venture out and become more active. This goes especially for cold-blooded species. There are hundreds of species of snakes but only a few are actually venomous. In this area of Central Texas we have five

different species that are indigenous. These species are the Broad-banded Copperhead, Western Cottonmouth, Massasaugas, Coral Snake, and Western Diamondback Rattlesnake.

The next question is how to distinguish venomous versus non-venomous snakes. The physical appearance of each snake species is variable and it can be difficult to tell what species of snake you are observing. Some general principles in distinguishing poisonous snakes include a broad, triangular head with a noticeable neck, vertical pupils (non-poisonous snakes have round pupils), and if you identify heat-sensing “pits” on their faces between the eye and nostril.

Please adhere to the following tips to keep your dogs safe;

- Keep your dog on leash if at all possible.
- Work with your dog to ensure he comes when called, so that if you hear or see a snake, you can get your dog away and allow the snake room and time to escape.
- Stay on established trails instead of hiking through areas where snakes can hide.
- Don't allow your dog to burrow or otherwise try to tangle with

wildlife.

• Consider snake-proofing. There are many clinics that provide classes to help your dog associate snakes with danger.

• Keep heavy brush in your yard trimmed to prevent nesting areas for mice.

If your dog is bitten by a snake please seek immediate veterinary attention. Providing a picture or accurate description of the snake can help provide the appropriate treatment. There is a vaccine that provides protection against Western Diamondback envenomation that can be administered by your veterinarian. This vaccine will help to significantly decrease the severity of a rattlesnake bite. Although, a snake bite should still be treated as an emergency case even if your dog is vaccinated.

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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## Macular degeneration

by Dr. Bryan Marshall



Age-related Macular Degeneration (AMD) is one of the leading causes of vision loss in persons age 50 and greater. It can progress slow, but also has the ability to cause drastic damage and visual loss in a short amount of time. It can also manifest in one eye or both.

As the name implies, it is a degenerative process taking place at the macula.

The macula is the area of the eye that is responsible for processing the most detailed, central part of your vision. It is also the most sensitive part of the retina. As AMD progresses, it initially causes wavy, slightly blurred central vision. As the disease worsens, it can lead to a very large blind spot in your central vision. Primary risk factors worth discussing are: 1) Smoking – doubles your risk of AMD and AMD progression, 2) Race – Caucasians are at higher risk than African-Americans or Hispanics/Latinos, 3) Family History – your genes are hard to run from and there is a strong genetic correlation with AMD.

A few important lifestyle considerations that reduce your chances of developing AMD or it's progression are smoking cessation, regular exercise, maintaining good blood pressure and cholesterol and having green leafy vegetables and fish in your diet. There are some treatments for AMD but it depends on the stage at which the condition is diagnosed. The Age Related Eye Disease Study (AREDS)

has provided doctors with a great understanding of the condition and formulated a great treatment protocol using “eye vitamins.” For advanced wet-type AMD, treatment options include injectable drugs designed to decrease the swelling at the macula.

Early detection is of paramount importance in reducing the damage AMD can have on a person's vision. Routine eye exams with acuity testing, amsler grid testing and special laser macular scans can provide an accurate diagnosis. At Capital Eye, we can provide all the necessary testing and an accurate evaluation of your macular health and access your risk for AMD.

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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# Counterfeit injectables are on the rise: *How to spot the fake ones*

by Rocco C. Piazza, M.D



Injectables, such as Botox, Juvederm, Restylane to name a few, are a huge part of our practice at The Piazza Center. They're used to help smooth out wrinkles, erase fine lines, and restore lost facial volume that comes with aging. But lately, we have been hearing about fake or counterfeit injectables, so we want to provide a word of warning, including how to detect and avoid fake ones.

Unlike FDA-approved drugs that are researched and proven to be safe and effective, counterfeit versions have not passed the standards and quality testing required of a regulated drug. Fake injectables may have too little, wrong, or no active ingredient. Even worse, they may contain harmful ingredients.

Counterfeit injectables can have serious health implications because they can be made of completely different ingredients, or similar ingredients in different concentrations. The risks and side effects are unpredictable. Results could be anything from delivering the desired outcome to the potential for causing serious adverse reactions like infection, scarring and immunological issues.

When it comes to fake injectables and how to avoid them, the most important step is to seek certified medical health professionals. Board-certified dermatologists, plastic surgeons, and their well-trained staff can familiarize patients with the packaging of authentic

injector products, which have a holograph on the bottle or package. Examining product packaging before procedures, and requesting that all products be taken out of the package and opened in front of them are more ways consumers can protect themselves. It is important that you know your injector's credentials and confirm their reputation by online review search. Further, all providers in the State of Texas can be verified through the Texas Medical Board's website.

Keep in mind that if the cost is significantly lower, this could signal a counterfeit injectable. Also, steer clear of online purchases of injectable medications like fillers. The best defense is to seek treatment from reputable board-certified plastic surgeons, dermatologists and licensed nurse injectors.

*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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# The craze with clear aligner therapy

by Ron S. White, DDS



I'm sure by now most of you have seen the commercials highlighting all of the options for straightening your smile using clear aligners such as Invisalign. Many of my patients have wanted to have straighter teeth for years and are realizing how easy it is using clear aligners. With clear aligners you can choose to quickly straighten just a few crooked teeth at the

front of your smile or take a more comprehensive approach involving all of your teeth.

Here are the top reasons to consider this option:

### Reason #1 COMFORTABLE AND INVISIBLE

Aligners are made of a virtually invisible plastic. In fact, you'll be surprised to find out how many people won't even notice you're going through treatment.

With Invisalign smooth, comfortable aligners, there are no irritating brackets or wires to worry about.

### Reason #2 HEALTHIER TEETH AND GUMS

Think of your teeth as a window to the health of your body. Your teeth and gums — and how they look to others when you smile—say a lot about your overall health.

Swollen, red gums can often be the result of having teeth that are crowded or too widely spaced. Unfortunately, these are also signs of periodontal disease. When teeth are properly aligned, it helps the

gums fit more securely around the teeth, allowing for the strongest and healthiest defense against potential periodontal problems. That's where the clear aligners come in. The comfortable and clear aligners gently and gradually begin to move your teeth into the proper position — without unsightly brackets and wires.

### Reason #3 EASIER CLEANING AND EATING

One of the biggest challenges of having braces is removing all the food that gets trapped in the brackets and wires. This can often lead to plaque buildup and eventually tooth decay. With clear aligner therapy, your custom trays are removable, so it's easy to continue brushing and flossing your teeth the way you normally do. In addition, you don't have to alter your diet. There are no food restrictions that force to change your eating habits.

There are many financing options available to help you afford that smile you've always wanted. Invest in *you!*

*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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## Holding back

by Homer Whisenant

There is very little flat earth here in the Hill Country. (That’s why it is called the Hill Country.) Because of this, homesites, yards and driveways often have to be excavated to some degree to create flat spaces for building. This excavation always leaves exposed dirt banks that need retaining walls to hold back the dirt bank

and prevent erosion. Think of a retaining wall as a dam in a stream, only instead of holding back water you are holding back the earth.

Beautifully situated homes on interesting lots often require retaining walls. These walls can be beautifully built to match the homes and surrounding landscaping. Cut banks along driveways and parking areas often need retaining walls as well. Well-designed retaining walls not only hold back soil, they also divert water.

Retaining walls can be several inches tall to several feet tall, depending on the terrain. Retaining walls can be as simple as a concrete wall faced with brick or stone, or simply left bare concrete. I have seen bare concrete retaining walls with murals painted on them. But generally in the Hill Country, retaining walls are made of stacked stone.

The wall should have reinforced concrete footings and, in some situations, a substantial reinforced concrete footing will be needed. It is important to strategically place weep holes (places for water

to escape) to handle water that builds up behind the wall. French drains (perforated pipe and gravel) are needed if a seep or spring is disturbed.

Enjoy your interesting Hill Country land and help it by preventing erosion. Consider where you might need a retaining wall.

*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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## What does “empowerment through horses” mean?

by Emma Niemeyer



Being on, with, or near a horse can change a person in amazing ways. At RED Arena, horses empower kids and adults with disabilities every day. Through equine-assisted therapies and activities, horses help build physical strength, cognitive development, communication skills, and emotional and mental well-being.

In equine assisted physical therapy, a walking horse provides a rhythmic, symmetrical weight shift through three dimensions of the rider’s pelvis. This motion helps children with cerebral palsy or adults recovering from a stroke relax their muscles and experience the motion needed for balance and walking. This action also engages the core to stabilize and improve trunk strength. Children with autism or sensory processing disorder react to the sensory experience by organizing their body to engage with the world around them. Calming their bodies creates opportunities for communication and positive reinforcement as well. As participants progress with strength and confidence, they can move forward with riding lessons. They receive the same therapeutic benefit of being on the horse while also achieving independence.

Even simply standing next to horses is therapeutic. They listen without judgement or correction, which helps in our reading program. Children can read aloud to the horses to help with comprehension and confidence. This idea is even more pronounced

in equine-assisted counseling; being with a horse can help soothe emotional trauma and open up communication.

With a horse’s help, children learn to walk, read, and recover. Just as important as the horse’s role is the participant’s support system. Having a group of people who cheer them on helps boost morale and gives the participants of equine therapy an extra dose of confidence.

One way to encourage is by coming out to events like Round-Up where RED Arena Riders compete in a fun hose show that showcases what they have learned. Bring your family to see empowerment through horses in action at Round-Up on Saturday, May 4, at Dripping Springs Ranch Park and enjoy all the fun things the event has to offer. This year to raise awareness and support there is also a 5k/10k Hill Country trail run, crossfit challenge, equine trail challenge and CTAHA open ranch show.

*Emma Niemeyer is a freelance editor and writer who volunteers weekly at RED Arena. More info on RED Arena programs and events at [www.REDarena.org](http://www.REDarena.org)*



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# Writing, like living, is re-writing

by Deborah Carter Mastelotto

Twice a year I invite my sweet friend Pamela Des Barres to Dripping Springs to host a writing workshop at my house. I started this project while I had my big salon in Austin during a SXSW and I've been doing it for about fifteen years now.

That year SXSW featured a "Groupie Panel" and was hosted by Mr. Robert Plant and Miss Pamela Des Barres, the worlds most famous groupie in the early seventies. She kept a diary, got married, had a child, and wrote the book "I'm With the Band," which became a bestseller and is still in print.

She's been teaching women's writing workshops for years. How do they work? The process seems so simple: She quickly gives you a prompt like, "Write about something that had unintended consequences" or "Write about something precious," and ready, set, write for twelve minutes, then stop. The only rules are, no qualifying, no thinking, no editing, no critiquing. Then each of the 13-15 women in my living room read what they wrote, out loud, one by one. I never feel I do my best writing this way while I'm doing it, but Pamela always says, "You can re-write it later." And, she's right.

Get things down so quickly that the nagging self-editor in our own minds doesn't have a chance to get a foothold in our writing. This technique gives our unconscious mind the freedom to explore, to mine personal experiences and wild imaginings without fear of

critique. Hemingway famously wrote, "Write drunk, edit sober." What he meant was, get your first thoughts down freely, even recklessly first. Then take your time to re-write. You can be more scrupulous and exacting when you re-write.

But don't confuse this suggestion with editing, or qualifying or thinking or critiquing as you write. When you do that, you're getting in your own way. Writing, like living your life, requires freedom of mobility. Later, you can and will, re-write. You'll toss out what isn't working, consolidate, fine tune, prune and elaborate. If you edit too soon, you'll never know what your writing, or your life, could have been.

*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: *Five common mistakes sellers make when listing their home*

This spring, our real estate market will be hotter than a Texas summer.

Here are five common mistakes sellers can make when listing their home.

1. Building a "buffer" on the price so you have room to negotiate. When you build in a "buffer" you overprice the home which slows showings and offers. Houses that sit on the market longer sell for less money. Price it correctly and sell it for closer to asking price.

2. Looking at *active* properties to determine a listing price. There are always overpriced listings on the market. Only look at *sold* properties to determine the sales price. It's only helpful to look at *actives* if you want to be priced a little better than your competition.

3. Thinking a better offer is coming. Many times, when a lower offer is received, a seller's first response is to reject it. You always want to counter offer every offer. Try to make the deal work if at all possible. A good negotiator is key in this case. You want an agent that can chisel away at the offer until it's acceptable to you. Many times your first offer is the best offer you receive.



4. Hiring the agent that suggests the highest list price. Buyers determine the selling price. A competent agent will tell you how to position the property in the market so that it sells for the highest price. Listing at too high of a price is a recipe for a long, drawn out, and unpleasant sale.

5. Telling everyone "We don't have to sell." When a buyer hears this they will think you are not a serious seller. You will more than likely help your neighbor down the street sell their home. Potential buyers will believe you are not serious about selling the property

and that you will want more money than it is worth.

A real estate broker's value comes from knowing how to position properties to sell, how to market them properly, effectively negotiating the transaction, getting it to close, *and* helping clients avoid any of these five mistakes.

*Steve Mallett has been actively selling real estate in Texas since 2004. He started the Mallett Integrity Team in 2007 and has grown it to be one of the top teams in the Austin area. O: 512-829-2062 C: 512-627-7018*



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# Litigation: *Wearing blinders?*

by Roland Brown



While binge watching episodes of a TV series with my wife, I was reminded of how a few isolated bits of information about a person can lead the viewer to begin drawing conclusions about their character. We may decide the character is good, bad, trustworthy, a scoundrel, etcetera. However, the scriptwriter may be setting us up to be surprised when the character proves to be different than what we were led to expect early on. Let's think about how you might draw similarly erroneous conclusions about a person while sitting on a jury. Unlike a TV series, a trial is, at best, a quick peek into someone's character. How do we avoid letting isolated bits of information lead us to erroneous conclusions? We will consider two safeguards.

The first safeguard is your determination to focus on the truth of the specific issues that you are to decide as a juror and to encourage the other jurors to do the same. If the lawyers do their job properly, you should know early on what questions you will be asked to answer at the conclusion of the evidence. You must discipline yourself to set aside preconceived notions, including any based upon factors such as age, gender, race, religion, education, etcetera. You must filter information you receive to decide whether it really applies to the facts you must determine, and you must stu-

diously disregard any evidence which may be offered but which is objected to and excluded by the court.

The second safeguard is the judge's rulings on the admissibility of evidence. One of the most effective tools in this regard, when employed by capable legal counsel, is the motion in limine (pronounced "lemony"). This motion asks the court to rule, in advance of trial, that certain "isolated bits of information" not be mentioned to the jury. "Blinders"? Yes. Useful? Absolutely. Remember, the jury doesn't have a whole season of episodes for the true character to be revealed so potentially distracting information should never hit the jury's "screen." To those who have served on a jury, thank you; to those who are called to do so in the future, please exercise this important function as though it was your future hanging in the balance.

*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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## Time to review your mortgage

by Trey Powers

“How is your 401K doing?” Asked that question, most will have an answer, *right?* That or another securities investment vehicle is often the anchor of our retirement plan. We know where we are because we want to know whether we will be working until 75 or if 65 will find us on a beach or golf course.

The truth is your home is likely the largest investment you will make in your life. As such, a periodic review of where you are and where you’re going is financially prudent. Far too often homeowners accept their current monthly mortgage amount as *it is what it is*. Below are a few scenarios that should get your mind ticking. If one describes you, reach out to your trusted mortgage lender and explore it further.

Do you pay private mortgage insurance (PMI) as part of your monthly payment? If so, it is important to keep an eye on your loan balance versus the value of your home. When you have built up 20% equity in your property you can drop that insurance, saving hundreds of dollars each month. PMI is a scenario where you are paying for insurance to protect the lender. Get out of it if you can! If you have lived in Dripping Springs for a few years, I bet a nickel rising home values have you over that 20% threshold.

Likewise, if you have an FHA mortgage and purchased your home in the last five years, you will be paying mortgage insur-

ance for the life of the loan regardless of your percentage equity. On the contrary and as mentioned above, mortgage insurance on a conventional loan can be dropped when your loan balance is less than 80% of your home’s value. Even if today’s available interest rate is higher than what you currently have, it is very likely that the money saved will far outweigh the higher rate. It screams refinance.

Other scenarios worth a look are... combining your first and second mortgages, dropping from a 30-year note to a 15-year note or cashing out your equity. I’ll tackle those next month.

*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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## What can you do with your tax refund?

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



Gavin J. Loftus

If you have recently received a refund, or are expecting to get one in the next few weeks, what should you do with it? If you’d like to maximize the financial benefits from your refund, you might want to consider these options:

Invest the money. In 2018, the average tax refund was about \$2,700. For this year, it might be somewhat lower, due to changes in the tax laws and the failure of taxpayers to adjust

their withholdings in response. However, if you were to receive in the neighborhood of \$2,700, you’d be almost halfway to the annual IRA contribution limit, which, in 2019, is \$6,000. (If you’re 50 or older, you can put in up to \$7,000). If you have already “maxed out” on your IRA, you could use your refund to fill in gaps you may have in other parts of your investment portfolio.

Pay insurance premiums. Let’s face it – nobody really likes paying insurance premiums. Yet, if you have anyone depending on you, you will certainly need life insurance, and possibly disability insurance as well. And if you want to help protect your financial resources later in life from threats such as an extended – and hugely expensive – stay in a nursing home, you also may want to consider long-term care insurance. Your tax refund could help pay for some of these premiums, boosting your cash flow during the months you

would normally be making these payments.

Contribute to a college fund. It’s never too soon to begin saving for college, which has grown increasingly expensive over the last several years. So, if you have young children, you may want to think about investing some or all of your refund into a college-savings account, such as a tax-advantaged 529 plan.

Pay off debts. You might be able to use your refund to pay down some debts – or perhaps even pay off some of your smaller ones. The lower your monthly debt load, the more money you will have available to invest for the future. Keep in mind, though, that you might not want to look at all debts in the same way. For example, putting extra money toward your mortgage might help you pay it off faster, but you’ll also be funding an asset – namely, your house – that might not provide you with the same liquidity as you can get from investments such as stocks and bonds.

Help build an emergency fund containing six to 12 months’ worth of living expenses, you can help yourself avoid dipping into your long-term investments to pay for large, unplanned-for bills, such as a major car repair or an expensive dental procedure. Your tax refund could help build such a fund, with the money ideally being placed in low-risk, liquid vehicles.

Clearly, you can help yourself make progress toward a number of your financial goals with your tax refund – so put it to good use.

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

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## The truth about refrigerator filters

by Randy Lawrence



Almost every new refrigerator available today comes with a built-in activated carbon filter designed to improve taste or odor. Most models also have some type of reminder system that tells you when to replace the filter cartridge. Many people have questions about these filters. Is it necessary to have the filter

in the first place? If so, how important is it to change that filter as soon as the reminder is activated? Here are a few interesting facts about these filters that may help clear up some confusion and possibly save you some money in the long run.

There are two main types of filter change reminders in today's refrigerator models. The most common is a basic timer system. This system will simply count down a pre-set amount of time (usually six months) and then activate a light which tells you to replace the filter. The main drawback to this method is that it does not take into account the volume of water used. For example, you could go six months without using the ice or water dispenser and the unit will still indicate that it's time to change the filter. It's a fair assumption that the majority of these filters are thrown away far too soon. The other type of reminder system is a little less common. It involves a flow meter which counts gallons as they are used through the dispenser. This is a more efficient method than the timer because it actually measures water usage.

Unfortunately, neither technology knows what your incoming water quality is. This can greatly affect the lifespan of the filter. If you are on a chlorinated water supply, your filter life will be shorter. If you have a whole house treatment system, like a softener or carbon filter, then the life of your filter would be greatly increased. If your refrigerator is fed by a reverse osmosis system, then your built-in filter becomes completely unnecessary and can be removed or bypassed.

Each case is slightly different, but at \$40-\$60 per filter it pays to know the facts so you aren't wasting money on unnecessary replacements.

*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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## All good things

by Lindley Pond

Happy April and spring to you all. We have a lot to be thankful for this year. As the temps are warming, trees budding, grasses turning green, we are thankful for the freezes that graced our areas. We might have lost a few things, but a freeze is nature's way to keep our

balances in check and ensure that fruit trees will fruit and bugs won't be near as prolific. Hard year for the cedar pollen if it gets you... so goes living in the Hill Country!

Let's be thankful that we have another glorious spring upon us with which to enjoy the fruits of our labor, be it veggies we grew in a green house or with lights or our trusty perennial goodies popping their heads out. We have the chance to see what worked and what didn't from our plan of last year. Landscaping and outdoor living is usually trial and error, hopefully more successes than failures. Moving into late spring, it's still a great time to come up with ideas that can be implemented now or with baby steps.

It's a wonderful time to install some of the bones that give us a palette to work within. Hardscapes can be planned out and installed, giving us a master plan to work with, coming up with ideas to take advantage of in the fall. That along with going easy on the pocketbook, make things seem a little less overwhelming. With

our ever unpredictable weather, be it freezes, drought or heat, making the right choices can mean the difference between perfection and money flying out the window.

Enjoy the beautiful weather and take your time, all good things. If you need any help, we are here!

*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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## Dripping with taste

by Pam Owens

After 11 great years hosting the annual Dripping With Taste Wine & Food Festival, the Dripping Springs Visitors Bureau staff and Board of Directors have decided to take an exciting new direction. Moving away from a one-day festival that encouraged tourists to come into our community once a year for the event, a new program has been developed that will replace the annual Dripping with Taste Festival.

The newly formed event is a passport program that encourages visitors and locals to enjoy a self-paced, month-long adventure experiencing the one-of-a-kind Dripping Springs area with the Dripping with Taste Trail & Passport. The Dripping with Taste Trail Guide introduces you to the unique mix of the 25 wineries, breweries and distilleries in Dripping Springs and Driftwood. The guide, complete with a map, shows you all the best places to get a beverage in Dripping Springs, and during the month of May, you can purchase a passport for free tastings all along the Trail.

With the Dripping with Taste Passport, visit as many as four of our 25 participating wineries, breweries, and distilleries in a day, all



during the month of May and receive a complimentary flight or tasting at each venue. Enjoy a complimentary flight or tasting at fabulous destinations like Treaty Oak Distilling, Last Stand Brewing, Stinson Distilling and Fall Creek Winery. And the next day, visit another four destinations like Family Business Beer Company, Desert Door Sotol, Westcave Cellars or Acopon Brewing in the heart of downtown Dripping Springs. And you can do that everyday, all month long.

Discover gentle rolling hills dotted with old growth vineyards, small batch distilleries creating award-winning cocktails, and even a quaint, downtown brewery on historic Mercer Street.

For \$50 per person or \$90 per couple enjoy sipping like a local in the most beautiful region in Texas. Passports can be purchased online at [www.drippingwithtaste.com](http://www.drippingwithtaste.com)

*Pam Owens is the Event Coordinator for Dripping with Taste Trail. Visit [info@drippingwithtaste.com](mailto:info@drippingwithtaste.com) or call 512-858-4740.*

# We can build on this foundation

by Mark Lander



In the January issue of Outlook I put forth a premise that one of the main reasons folks relocating to Central Texas are drawn to Dripping Springs is the genuine sense of community we share; a high quality of life which is derived from grace-filled people living out God-filled lives.

That has been true since the community was founded some 165 years ago and the witness of that fact remains alive today.

One of the hallmarks of a people living under grace is the selfless determination to put others before oneself and to lay foundations on which future generations may build. Put another way, we invest in each other's lives. Let me share an example of what that looks like.

Thirteen years ago the Dripping Springs Christian Academy (DSCA) opened its doors with a few students, a handful of teachers and a group of parents determined to provide our children with a Classical Christian education. Classical in the sense that children are taught primarily to learn, to discern, and to think critically. Christian in the sense that they hold the Bible to be the inerrant word of God and the foundation from which all truth and knowledge is based.

At DSCA emphasis is placed upon grammar, logic and rhetoric. Students learn to gather information, to analyze that information using reason and perspective, and then to apply that knowledge in such a way that will bring glory to God, and, light into a dark world. In short, DSCA is raising the next generation of Ambassadors to do kingdom work.



Currently DSCA has about 75 students enrolled in K3-12, and once again has outgrown their leased facilities. Looking to build upon the foundation of the current school and to meet the needs of our growing community the DSCA Board announced their Vision 20/20 with a goal to build a permanent home for the academy; growing from the current 7,000 square feet and 75 students into 20,000 square feet and 200 students. To say this undertaking is monumental is an understatement. And there can be no overstating the fact that it will call upon all of the "ecumenical" resources that this community of faith has to offer.

Investing in each other and in our community rises well above the limitations of denomination in the "church." The DSCA 20/20 campaign will officially launch in April of this year. Money must be raised, land for their new campus will need to be acquired, utilities secured, facilities built, teachers hired, more and more children enrolled.



Just as the first settlers learned when they founded our community, many hands will be necessary to answer the call to do this kingdom work, and only as God provides shall we proceed. But scripture teaches in Jeremiah 29:11, "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future..." And we can build on this foundation.

Now if you happen to be curious about the Dripping Springs Christian Academy and how you might support their Vision 20/20 please visit their website at [DSCA.Org](http://DSCA.Org) or reach out to Becky Welborn at 512-858-9738. Get involved and bring your time, talents and gifts to bear; 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 serves as an Elder at the Hill Country Bible Church of Dripping Springs and has joined the DSCA Board as their Director of Development. You can reach Mark at 512-569-6644 or [MLander@austin.rr.com](mailto:MLander@austin.rr.com).*



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