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OUTLOOK

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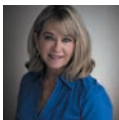
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Many gifts are given to us during the spring and summer months. Life that has been thriving below the surface emerges providing us with nourishment for the body and soul. We see its beauty at every turn. Yet if we look closely, look deeply, we will discover much more.



Whether it's a tendril from a vine whose shadow is cast on a nearby leaf defining the unique design, or the opening of a flower from bud to full bloom that changes daily, hourly, minute by minute, these are part of the countless gifts given to us from nature. Reminding ourselves to take the time to observe more than the obvious, to look with new eyes as if we've never seen the sight before reclaims the excitement that is always present if we choose. Taking this thought beyond our interaction with the outdoors we can apply it to every task in our lives. Those things which have become routine to the point of dullness can shine if we shift our focus. Even a little alteration can allow us to view people, places – and most importantly of all – ourselves with this enhanced perception.

I suggest this is part of living at our highest potential. Because what is born from this attitude is our authentic creativity; that which no one else can create. Just as we will see combinations unique in nature at every turn, so we will find the same to be true within us and without us. While we may look similar, and easy to pass by with assumptions that we already know all there is, if we choose to look closely, look deeply, we will discover irreplaceable individuality. Which, furthermore, if it's not appreciated, developed and allowed to bloom will be lost forever. We see the creations that have changed our world in the most wonderful ways. Ideas born from those who chose to nurture the unique thoughts that sprang forth after dwelling beneath the surface. Imagine for a moment what has been lost; ideas never examined closely, never cultivated, allowed to rot on the vine unnoticed. I'm not advocating despair but encouraging action. And it all starts with you. Look up from the page. Notice what you see. Now look closer. Look deeper. As if for the first time.

Opportunity abounds for experiences that can dazzle the mind, body and soul in Dripping Springs. May your eyes and heart be open to new discovery and creation. Thank you for joining us.

Victoria



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Dripping Springs Outlook

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.
- Fri. May 3-4, 9th Annual Red Arena Round-up. For more info see pg. 19.
- Sun. May 12, Mother's Day

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Have you ever considered nutritional intravenous therapies?

by Breca Tracy, PhD

“Between work and the family, I barely have time to take care of myself. IV Therapy gives me the energy to tackle every day.” Does this sound familiar?

Intravenous (IV) Therapy can be used as a treatment method to deliver nutrients, such as vitamins or minerals, directly into the bloodstream. This is typically through a vein in the arm. By injecting substances directly into the bloodstream, you eliminate alteration of the nutrients, which may occur from the actions of digestive enzymes. The amount of nutrients in the blood can reach higher therapeutic levels much faster than what is possible when absorption takes place through the gastrointestinal system. For example, few people realize when you swallow a pill or a multi-vitamin, the body’s natural absorption process can render up to eighty-five percent of that vitamin useless.

Help your body begin to heal itself faster with IV therapy. IV nutrients enter your bloodstream directly and immediately, making them more “bioavailable” (i.e., available for your body to absorb). We are happy to announce The Stem Cell Center Dripping Springs is now offering IV vitamin/mineral therapies. Whether you are looking to boost your immune system, hydrate your body, gain energy, diet and detox, or just simply decrease stress, give us a call and our docs will be able to steer you in the right direction to meet your expectations.

Education is one of our core values at The Stem Cell Center Dripping Springs. Please give us a call or drop us a line online, and we would be happy to educate you on what is most beneficial for your needs. Better absorb and utilize essential nutrients, with IV therapy!

IV vitamin/mineral therapies can be used in conjunction with regenerative medicine and stem cell wellness protocols. We would love to further educate you on the 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.



The Stem Cell Center
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Breca Tracy, PhD
Director of Science
& Operations
512.968.4425

www.thestemcellcenterds.com
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Neuroscience and the Golden Rule

by Reverend Sara Gates

The Golden Rule says treat others the way you want to be treated. The world’s great religious traditions all contain versions. Christianity: In everything, treat people the same way you want them to treat you. (*Matthew*) Judaism: Love your neighbor as yourself. (*Leviticus*) Islam: Do unto all men as you would wish to have done unto you; and reject for others what you would reject for yourself. (*Hadith*) Buddhism: One should seek for others the happiness one desires for one's self. Hurt not others in ways you yourself would find hurtful. (*Udanavarga*) Hinduism: Those acts you consider good when done to you, do those to others, none else. (*Upanishads*)

We are coming to understand that this wisdom teaching not only refers to actions (don’t be rude, be kind), but also to our inner states. With neuroscience’s discovery of mirror neurons in the brain, we are beginning to understand that we feel what those we are with feel. We are wired to mirror it. Mirror neurons remove the distinction between seeing someone feel something and feeling it ourselves. Have you noticed your mood being impacted by those with whom you share a home? Or someone smiling making you involuntarily smile? Or seeing someone cry causing you pain? Mirror neurons in action.

For parents and other leaders this effect is magnified because people are watching intently to get a reading on their current interior state. Because your inner state is mirrored, it is contagious.

Imagine you lead a group of people and you show up with worry, fear and aggression. This contagious state is not a place where creativity and potential will thrive. Now imagine you show up with deep interior stability and peace. This contagious state is a place where creativity and potential will thrive.

Developing deep interior stability simply requires developing a set of skills including emotional intelligence, training the mind, and being present. With some gratitude thrown in.

It’s not just colds and flu that are contagious. Our inner states are, too. Consider a fresh look at The Golden Rule with this in mind.

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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Glutathione: *The mother of all antioxidants and master detoxifier*

by Lauren Meyer

Glutathione is the super hero of all antioxidants. Its availability is momentous for maintaining health, protecting you from toxins, and promoting longevity. The body naturally produces glutathione, but it can be depleted when exposed to toxins such as

cigarette smoke, pollutants, certain medications, or excessive stress.

Oxidative stress is an imbalance between free radicals, toxins, and antioxidants in your body. Have you ever seen steel corrode and rust when exposed to oxygen and moisture for a long period of time? This unpleasant reaction is similar to what occurs in the body when free radicals cause oxidative stress and go unchecked by antioxidants. When oxidative stress is rampant in the body, disease states may occur over time. Some diseases associated with excessive free radical damage and glutathione depletion are Alzheimer's, asthma, autoimmune disease, hypertension, cataracts, liver disease, and the aging process itself. Our bodies are literally rusting from the inside as we age!

Fortunately, there are many things we can do to optimize glutathione levels and reduce the negative effects of aging. First, you want to decrease toxin exposure (including alcohol). Secondly, you can actually raise your glutathione levels up to twenty percent by reducing stress, meditating, and maintaining some regular physical

exercise. Finally, supplementation. Our Wellness Consultants recommend adding Liposomal Glutathione by PURE Encapsulations to your supplement regiment. Your health is important and the best home you will ever have is your body. Send it some love.

Best in Health!

Lauren has an M.S. in Human Nutrition and is a CNS (Certified Nutrition Specialist); she serves as a Wellness Consultant at two Martin's Wellness Pharmacies, (Dripping Springs Pharmacy in Dripping Springs and Lamar Plaza Drug Store in South Austin)



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Free your hair and the rest will follow

by Deborah Carter Mastelotto

The desire to color our hair isn't new. Anthropologist Harry Shapiro wrote, "So universal is this urge to improve on nature... that one is almost tempted to regard it as an instinct." Today, hair coloring is so popular, seventy-five percent of women color their hair, compared to seven percent in 1950. In

Nora Ephron's 2006 book, *I Feel Bad About My Neck*, she gives hair color total credit for turning back the clock on aging. She says hair color is, "... the most powerful weapon older women have against youth culture."

No one wanted to be gray. But attitudes toward gray are shifting. Pinterest reported an eight-hundred seventy-nine percent jump in the use of the search term "going gray" from 2017 to 2018. The last time gray hair was this hot was probably the 1700s, when Marie Antoinette types would dust wigs with white rice flour.

Why is going gray on everyone's minds? When you noticed your first gray hairs, you could cover them pretty easily and infrequently. Ten percent gray isn't noticeable much as it grows out. But ten percent becomes twenty percent, twenty percent becomes thirty percent, then forty percent and twice a year root touch-ups become every six week visits. Once your hair hits fifty percent gray, your percentage of white/gray to natural hair moves pretty fast, and

before you know it, you're seeing your stylist every three weeks. You have now become a slave to your hair color. White roots and shoe-polish-looking hair color is no longer stylish or young-looking. In fact, obviously dyed hair is now considered 'aging.' How did this panacea to aging become a monkey on our backs? Maybe we crave more transparency in our lives (and our beauty routines).

Maybe we all just need less on our plates. So, what to do? You can free yourself from hair color slavery. If your hair is tinted brown, the process of letting your gray grow out could demand a major salon commitment, involving multiple bleachings. One stylist says it takes nine hours. Even embracing your natural gray can entail a lot of salon time or torturous hard color lines to grow out existing dye. Or you can subtly change the way you color your hair, blending rather than covering your natural gray. Get back to your previous stress-free maintenance schedule. It doesn't have to be all or nothing. There are tricks. We like to call this process Hair Color Renovation and it's different with each gray patterning. Hair color is sort of a science experiment and gray hair—fake or natural—must jive with your coloring to work. It's not the color itself that's liberating, it's the option to choose, to make the trip to your stylist be whatever and whenever you feel. It should be your choice. Free your hair.

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

Managing arthritis

by Tyler West, SPT



Arthritis is a very common and expensive form of disability in the United States that is characterized by a degeneration of the protection cartilage lining in the joint that results in inflammation, pain, and joint stiffness. According to the CDC, it is estimated that over 54 million adults have had arthritis diagnosed, and 24 million have activity limitations that are attributed to their arthritis. Many older adults also

suffer from diabetes, heart disease, or obesity in addition to arthritis, making the management of this condition more difficult.

Additionally, opioids are often prescribed in the United States to help better manage pain resulting from arthritis. However, there are other ways of managing painful symptoms. For example, physical activity can reduce pain and improve function, but is often times the last thing people feel like doing when they are in pain. If you find yourself in this category, here are some ideas to help maintain healthy joints and keep yourself moving.

Try to keep at a healthy weight that is normal for your height. Body weight goals are typically achieved by referencing a BMI chart. Going for a 20-30 minute walk everyday can help as well. Riding a recumbent bike, swimming laps, and/or walking are the perfect low-impact activity that adults with arthritis should seek.

Think “Motion is Lotion,” the more you move your joints, the easier it becomes to move your joints. Also, reducing your smoking habits is another way to manage possible joint pain, as people who smoke are more likely to get Rheumatoid Arthritis. Taking a warm shower in the morning is another great way to minimize morning joint stiffness.

Lastly, consulting with a physical therapist is the perfect way to begin a personally tailored exercise routine that can help you move safely and effectively. Our motto at Kethley Physical Therapy is “Keeping Dripping Springs Moving!” If you are suffering from joint pain with activity, ask your doctor about physical therapy and gives us a call.

Our best of luck to Tyler as he finishes up school at Texas Tech and begins his career as a PT. 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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Fish oil and healthier skin

by Karen Laine,
Para-Medical Aesthetician



You've heard about Omega-3s benefits for your health, but did you know they are crucial for supple, clear, healthy skin?

Skin cells are short-lived with a rapid turnover rate, meaning nutrients needed to build new cells must readily be on hand. Omega-3s are a key component in the fatty membranes of skin cells. Without

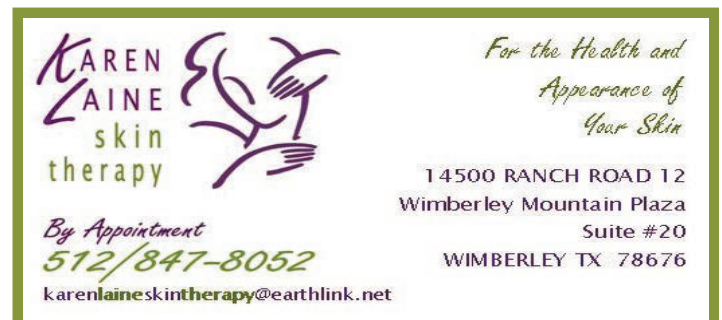
this special type of fat on hand, the body must build new cells with "inferior" fats, resulting in less than optimal skin health. As we age, getting enough Omega-3s is even more important as they are necessary to ensure healthy cell membranes that keep skin hydrated.

The primary cause of skin aging is the sun's UV rays. Think of Omega-3s as internal sunscreen. The two kinds of Omega-3s found in fish oil, EPA and DHA increase resistance to UV light and act as protection from harmful free-radicals formed when unprotected skin is exposed to the sun. EPA goes one step further to help block the release of UV-induced enzymes that break down collagen which leads to fine lines, wrinkles and sagging skin.

Any condition that ends in *-itis* indicates a problem associated with inflammation. Dermatitis, psoriasis, rosacea and eczema are inflammatory conditions of the skin. If you've visited a dermatologist lately, chances are he/she probably didn't speak with you about your diet. A number of credible studies strongly correlate the Western diet with inflammatory skin conditions, acne and oily skin, specifically dairy, refined carbohydrates and grain foods. Along with diet changes, Omega-3s can improve these conditions by greatly reducing silent inflammation in your body. Unlike acute inflammation from surgery or injury, silent (chronic) inflammation is much more dangerous because it isn't readily apparent. If left untreated, it can lead to serious health conditions like heart disease, arthritis and possibly even some types of cancer.

Whether your goal is to fight aging, reduce inflammation, clear up acne or simply improve your skin's health and appearance, high quality Omega-3 supplements are great additions to your beauty regimen.

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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Facing up to criticism

by Leslie Tourish, LPC

Being confronted with criticism will occur from time-to-time, because it's impossible to please all people, all the time. Nor should that even be a goal in life.

I knew a person who was absolutely mesmerized by the theater, and worked at various times in the box office selling

tickets, back stage tending the costumes, and finally being assistant to the director. Every job description but where the spotlight shined the brightest and where she most wanted to be – the stage as an actor. Once I asked her if she was going to try out for a part in an upcoming production and she responded as though I'd thrown cold water on her. "Oh, no!" she said. "These people can really act, and I'm afraid I'd just get up there and make a fool of myself. I've watched really amazing performances from our people get torn apart in the newspaper reviews, and no way could I survive that."

Yet somehow the actors were able to survive bad reviews and tepid audiences, and audition for new roles. What was the difference that made one person shirk the spotlight and its reviews, and another person shrug-off negative comments and move forward?

According to David Burns, M.D., a psychiatrist and author of the book, *Feeling Good: The New Mood Therapy*, it has very little to do with the other person being critical, and everything to do with how we react to the criticism. According to Dr. Burns' theory:

"When another person criticizes you, certain negative thoughts are automatically triggered in your head. Your emotional reaction will be created by these thoughts and not by what the other person

says. The thoughts which upset you will invariably contain (mental errors): overgeneralization, all-or-nothing thinking, labeling, etc....

"The first step in overcoming your fear of criticism concerns your own mental processes: Learn to identify the negative thoughts you have when you are being criticized. It will be most helpful to write them down..., this will enable you to analyze your thoughts and recognize where your thinking is illogical or wrong. Finally, write down rational responses that are more reasonable and less upsetting. ...if people criticize you, the comments they make will be right or wrong. If the comments are wrong, there is really nothing for you to be upset about. Why should you be disturbed if someone else makes the mistake of criticizing you in an unjust manner? That's the other guy's error, not yours. Why upset yourself? Did you expect that other people would be perfect? On the other hand, if the criticism is accurate, there is still no reason for you to feel overwhelmed. You're not expected to be perfect. Just acknowledge your error and take whatever steps you can to correct it. It sounds simple, but it may take some effort to transform this insight into an emotional reality."

Many people when they first hear this theory are tempted to shrug it off as too simplistic, without putting it into practice. Don't fall into the trap of staying stuck, replaying other people's critical tapes in your head. Look at it, reality test it, reframe it, and if necessary, change your behavior where improvement is warranted. Then let it go so you can get on with your life a little less burdened, and whole lot more confident in being you.

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



The 100-Mile Diet

by Gouri Johanssen

Have you heard of the 100-Mile Diet? The idea was popularized a few years ago by foodies who wanted to see what it would be like to source all of their food from producers within 100 miles of where they lived. The reasons for this are compelling:

- Food grown nearby is fresher and therefore contains more nutrients than food that is shipped long distances. The older food is, the less nutritional value it has.
- Food grown locally is better for our environment since it doesn't have to be shipped or stored.
- Spending money with local vendors helps the local economy – every dollar spent on a local vendor translates into three times that amount being spent locally.
- Food security is stronger when I either grow or locally source my food since I am not at the mercy of events outside my control.
- Food grown nearby is picked at its peak ripeness and therefore tastes better!

I also eat locally grown food because much of it is organic and I can learn directly from the farmer how the food is grown. As a mom of two teenagers, I feel I am investing in my sons' future health by doing my best now to feed them local, organic food. The more I research and learn, the more I understand that the pesticide residues on food accumulate in our bodies over the years and leads

to all kinds of health problems. The way I shop and cook today is an investment in my kids' healthy future. Mine as well.

We have a great place here in Dripping Springs to try The 100-Mile (and organic) Diet – The Dripping Springs Farmer's Market. I think of us as the-little-market-that-could since we've been slowly chugging along for ten years, quietly adding vendors and customers. This year we were named the #1 Farmer's Market in Texas. Each week we have lots of local fare - organic produce, pastured meat and eggs, and live music all in a beautiful setting. I enjoy shopping here each week knowing I am doing my family good.

Gouri Johanssen is the President of the Dripping Springs Farmer's Market Governing Board, the mom of two active high-schoolers, an organic gardener and enthusiastic cook who never gives up in her quest to feed her teenagers a healthy meal.



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What goes into anesthesia

by Frank Shuman, DVM

For many veterinary procedures, anesthesia is necessary to facilitate the care required for treatment. Anesthesia is a controlled unconsciousness, where your pet doesn't feel pain and won't move. We certainly don't want our pets to feel pain whenever possible, and it's important

that they don't move because precision is required during these procedures and movement could lead to complications. Most healthy pets - even senior pets - don't have any problems with anesthesia and, in general, the risks are more closely related to the procedure being done and your pet's general health than to the anesthesia itself.

Like any medical procedure, anesthesia does have risks. These risks can run from minor problems, such as mild vomiting after recovery from anesthesia, to life-threatening problems such as cardiac arrest or stroke. Risks should always be considered along with the benefits, and the risks and benefits of any alternatives.

Prior to receiving anesthesia, your veterinarian will perform a thorough physical exam on your pet, review your pet's medical history and discuss any risk factors. Your veterinarian may also perform blood tests on your pet to check for any indications of a developing medical problem or anesthetic risk.

Your pet will likely be given a pre-anesthetic sedative to reduce stress and ease the process. An intravenous catheter is usually placed to allow administration of fluids and medications. It may be delivered by gas inhalation, intravenous infusion, or a combination.

While under anesthesia, your pet will receive monitoring and care comparable to what you'd receive if you underwent anesthesia. This may include intravenous fluids and/or medications to support your pet's circulation and blood pressure; an endotracheal tube inserted into your pet's trachea (windpipe) to deliver the anesthetic gas and provide oxygen to your pet's lungs; pulse oximetry to measure the oxygenation of your pet's blood; blood pressure monitoring; temperature monitoring and warming blankets to prevent hypothermia; and electrocardiography to monitor your pet's heart.

It's understandable to be anxious about your pet being anesthetized but it has come a long way and is safer than ever before. A well-trained veterinary team further reduces your pet's risk. We are happy to provide the highest care for your pet!

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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Presbyopia

by Dr. Bryan Marshall



Lets talk about the one eye condition that *nobody* can run from – Presbyopia! Sounds bad, right? Well it isn't. Annoying? Sure. This is the condition where your eyes gradually lose their ability to focus and see things up close, making it difficult to read, sew, draw or something more relevant, see your smart phone.

Our natural lens sits just behind the colored iris and is responsible for bending light onto the retina so we can see. Your eye muscles flex and alter the shape of this lens to change your focal length from distance objects to near objects. When we were young, our natural lens was very flexible and soft. It was easy to change its shape and see things up close. Over time it has hardened and become less flexible. That is why we now need longer arms.

There are no cures or processes for reversing this condition but we do have some solutions to better deal with the difficulties of the aging eye. The first is the most obvious, glasses. Some people deal with this by getting OTC readers or "cheaters." This works for some people but OTC readers likely leave a person imbalanced and with suboptimal vision. Prescription reading glasses are another good option that allow us to properly balance each eye with the correct amount of power needed and correct for any astigmatism. If you don't like having to take your reading glasses on and off or look

over the top of them to see distance objects, progressive or bifocal lenses are a great option that allow you to see both near and far.

We also now have several good contact lens options for those that don't like the idea of glasses or are already contact lens wearers. New multifocal lens designs and monovision solutions are giving presbyopes the independence from reading glasses they once had. Lastly, we do have surgical options such as Presbyopic Lens Exchange surgery where we remove ones natural lens and replace it with a multifocal implant.

Here at Capital Eye we will listen to you and develop a good strategy for regaining good comfortable near vision that fits your lifestyle and specific needs. 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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Skin cancer awareness, sunscreen, and keeping skin healthy and youthful

by Marcelo Antunes, MD FACS



Did you know there are more than five million cases of skin cancer diagnosed in the United States each year? This makes it the most common form of all cancers, according to the American Cancer Society. Luckily, it is also the most preventable.

May is Skin Cancer Awareness Month. While wearing sunscreen (at least SPF 30 or higher and one that has zinc and/or titanium) is a necessity all

year long in our perpetually-sunny area, now is a good time for reminders on other things we can do to prevent developing cancer:

1. Avoid the sun between peak hours of 10 a.m. and 4 p.m.
2. Cover up with protective clothing, broad-brimmed hats, and UV-blocking sunglasses.
3. Apply sunscreen 30 minutes prior to heading outside, and then reapply again every 2-4 hours.
4. Never use tanning beds or lamps.
5. Schedule an appointment with your physician annually and check yourself often for new moles or any existing ones that have changed appearance.

Besides being vigilant about wearing sunscreen, there are several innovative, non-surgical treatments available now to decrease signs of sun damage and give your skin a more youthful appearance. Keep in mind, however, they will not prevent skin cancer, but

they will contribute to your overall skin health.

HydraFacial is a newer service that we're excited about at The Piazza Center. It's a gentle exfoliation process that sloughs off the outer, most damaged layer of skin and enriches the new layer with moisture and antioxidants. The result is a smoother, dewy complexion.

Another way to correct sun damage and signs of aging is microneedling. Our aesthetician uses tiny rollers to invigoratingly massage the surface of the face, neck or even the chest to promote the growth of new collagen and firmer skin. Both procedures are simple in-office visits that can be completed in under an hour.

In addition to sunscreen, regular use of other high-performance skin care products featuring retinols and antioxidants can also help maintain a healthy, youthful glow.

So, enjoy the summer, but slather on the sunscreen. You and your skin will be grateful.

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

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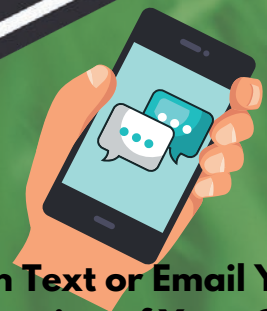
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May the floss be with you

by Ron S. White, DDS



Flossing is an important oral hygiene practice. Tooth decay and gum disease can develop when plaque is allowed to build up on teeth and along the gum line. Professional cleaning, tooth brushing, and cleaning between teeth (flossing and the use of other tools such as interdental brushes) have been shown to disrupt and remove plaque.

According to the American Dental Association (ADA), interdental cleaners such as floss are an essential part of taking care of your teeth and gums. Cleaning between teeth removes plaque that can lead to cavities or gum disease from the areas where a toothbrush can't reach. Interdental cleaning is proven to help remove debris between teeth that can contribute to plaque buildup.

More than 500 bacterial species can be found in plaque; some are good and some are bad for your mouth. Together with food debris, water and other components, the plaque buildup around the teeth and on the gum line will contribute to disease in teeth and gums. Whether you use floss or another interdental cleaner is a personal preference, but it's very important to understand the proper technique for each tool so that it is effective.

5 Steps to a Flawless Floss

1. Break off about 18 inches of floss and wind most of it around one of your middle fingers. Wind the remaining floss around the

same finger of the opposite hand. This finger will take up the floss as it becomes dirty.

2. Hold the floss tightly between your thumbs and forefingers.

3. Guide the floss between your teeth using a gentle rubbing motion. Never snap the floss into the gums.

4. When the floss reaches the gum line, curve it into a C-shape against one tooth. Gently slide it into the space between the gum and the tooth.

5. Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up and down motions. Repeat this method on the rest of your teeth. Don't forget the back side of your last tooth. Once you're finished, throw the floss away. A used piece of floss won't be as effective and could leave bacteria behind in your mouth.

And may the floss be with 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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Spring conversion

by Homer Whisenant

If you are lucky enough to have a porch, you know how much enjoyment they can bring. Sometimes our needs and desires change and when this happens, that porch can be turned into additional square footage by converting it into a room suited for your particular needs.

Sunrooms are often the result of a porch conversion, though porches can also become spare bedrooms, dens, game rooms and storage rooms. Consider this: you already have the floor and the roof built. So all that remains is filling in the blanks with walls and windows. Electrical, plumbing and AC can be added as well. This makes converting a porch a feasible operation.

Some reasons to undertake a project like this include: you need more room, kids become teenagers and need a place to hang out, you found an antique pool table you can't live without, you suddenly want a sunroom to have breakfast in, or a place to put all your guns and guitars (oops, sorry, that's just me). It could even be for pets. Or you have a child who needs their own room for your sanity and theirs – maybe even with their own entrance and exit. I even know of one gentleman who wanted a bar and old-time saloon in his house and the only way to achieve that was to convert his porch into his dream room.

One thing to consider is whether you would prefer this new room be accessed from inside the house or also from outside. An entry can

be built so you can receive guests and visitors - or that independent teenager can come and go as they please (within reason).

Choices can be made along the way concerning trim, paint color, ceiling fans, wall mounted TVs, jukeboxes, and whatever else it takes to make your porch conversion well-suited to your particular needs.

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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Dripping With Taste Trail

Imagine it's 4pm on a beautiful Saturday afternoon in the Texas Hill Country; the sun is casting an orange glow across the rolling hills dotted with perfectly lined rows of Texas grapevines. With a beverage in hand, and some of your best friends sitting next to you taking in the awe-inspiring view, you are settling into what already has been a day of exploring and discovering several of Dripping Springs' wineries, breweries and distilleries.

In fact, you've had the full month to sip and savor innovative and creative cocktails, ice-cold craft brews, and of course some exceptional Texas wines surrounded by the most gorgeous scenery in the hippest tasting rooms in the Lone Star State.

With the emergence of a robust and eclectic beverage scene in Dripping Springs and Driftwood, Destination Dripping Springs in partnership with the Dripping with Taste Trail is bringing you the Hill Country's finest wineries, breweries and distilleries in the area. And, we are doing it without burning a hole in your pocket.



The Dripping with Taste Trail will introduce you to a vibrant and diverse assortment of establishments that are all

committed to high-quality products with home-grown hospitality.



The trail includes a stampable Passport giving you access to 25 wineries, breweries and distilleries with free tastings at each participating venue during the month of May and again in October.

For \$50 per person or \$90 per couple, Dripping with Taste Passport holders receive complimentary tastings at the 25 participating establishments. Passport holders also get discounts at select restaurants and shops and for local accommodations.

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Winning or losing at trial does not always end the fight. Let's explore a few basic concepts of appeals. First, an appeal from the decision of a trial court to a court of appeals requires a foundation; that is, the trial court must have been made aware that specific rulings of the court were considered erroneous. This may be accomplished by filing certain pleadings or motions prior to

trial attacking such things as the trial court's jurisdiction to hear the case or the lack of qualifications of an opposing expert witness. During trial, the attorneys may make objections to the admission of certain evidence in order to lay a foundation to complain on appeal that the evidence objected to should not have been admitted. Objections may be made to proposed jury questions tendered by the opposing party, and other proposed questions or instructions may be offered such that if the court refuses to submit the proposed questions or instructions, the tendering party can complain of that failure on appeal. Other issues may be raised in motions filed with the trial court after a jury verdict.

Another important aspect is that appeals courts do not hear evidence. They review the court reporter's transcription of the trial along with the exhibits introduced into evidence. Some appeals turn on whether the law was properly applied while others turn on

whether the evidence was sufficient to support the jury's verdict. The fourteen Texas "courts of appeals" may consider whether there was "no evidence" or "insufficient evidence" to support the jury verdict, while the Texas Supreme Court may only consider "no evidence" contentions.

Attorneys for the parties file briefs setting forth their positions and often appear before the appellate court to argue their positions and to answer questions posed by the justices. There are three state appellate courts within a short drive of our area, the Texas Supreme Court and the 3rd Court of Appeals, both in Austin as well as the 4th Court of Appeals in San Antonio. You might enjoy going to hear arguments in a case. Information is available online. Links can be found in Roland's Blog at rolandslaw.com.

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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Plan early for your next home

by Trey Powers

Is a home purchase in your family's future? It is never too early to get a home-buying plan in place. Six to twelve months out is a good idea. While the mortgage side of the plan can seem daunting, it is arguably the most important. Now is the time. Plan, plan, plan.

Start with your credit, taking advantage of the right to a free copy of your credit report. Errors are not uncommon and can be the downfall to getting a timely loan. Your actual credit score will also be extremely important, both determining whether you qualify for a loan and ultimately the available interest rate. Next, consider your current debts. Balances carried on credit cards, charge cards, student loans and car loans will each lower your allowable monthly housing cost, thus limiting the home price you may wish to consider.

Your goal should be to know exactly how much house you can buy before you even start perusing Zillow or dropping in on open houses. Your mortgage lender can very quickly prequalify you. A prequalification letter is usually required by a realtor before they begin helping a buyer search. They want to know you can afford what they are helping you look for. Likewise, a sellers' agent will generally require a prequalification letter along with the purchase offer. Real estate agents on both sides want to know that a buyer

will qualify for their loan.

Consult a trusted mortgage professional early to understand your situation, the impact it will have on your ability to qualify, and for how much. They will show you where you are and where you need to be. Such a consultation will be free, as will getting that much-needed prequalification letter.

Shopping for a new home is such an exciting time in life. Do not let the mortgage side rob you of that joy. Get a jump start on it now. Plan, plan, plan.

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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Financial gifts can brighten anyone's Mother's Day

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



Reagan Smith

Mother's Day is fast approaching. This special holiday reminds us of the joy we receive from the powerful bond between mother and child. To help mark the occasion, you may want to consider making certain financial gifts, including the following.

For your mother, an IRA contribution. If your mother is still working, she is eligible to contribute to an IRA, but she might not always fully fund it so you may want to help. You can't

contribute directly to your mother's IRA, but you can write her a check for that purpose, though, of course, she can use the money however she likes. In 2019, the contribution limit for a traditional or Roth IRA is \$6,000, or \$7,000 for individuals 50 or older. (A Roth IRA does have income limits that can reduce the contribution amount or eliminate it altogether.)

If your mother has life, disability or long-term care insurance, why not offer to pay some of the premiums this year? Long-term care premiums, in particular, can be quite costly, especially for older policyholders.

If your mother doesn't already work with a financial professional, consider introducing her to yours, or to someone else who is recommended by friends or relatives. A financial advisor can help

your mother move toward her retirement goals and, at some point, also can work with legal and tax professionals to assist your mother with her estate plans.

For your children consider a 529 plan contribution. If your children are still of school age, you may want to contribute to a college savings vehicle. One popular choice is a 529 savings plan. When you invest in this plan, your earnings can grow tax-free, provided the money is used for qualified educational expenses. (Be aware, though, that withdrawals not used for qualified education expenses may be subject to federal and state taxes, as well as an additional ten percent penalty.)

As the 529 plan owner, you have flexibility in using the money. For example, if you've designated one of your children as the 529 plan's beneficiary, and that child decides not to pursue any higher education, you can switch the beneficiary designation to another child or to yourself.

You can choose the 529 plan offered by any state, but your contributions might be tax deductible if you invest in your own state's plan. Tax issues for 529 plans can be complex, so, before investing, consult with your tax advisor.

Reagan Smith, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. She can be reached at 512-894-3793.

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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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Spring into action

by Lindley Pond



What a banner year for wildflowers! Everything is so green and we've been blessed with an abundance of rain. Hard to imagine in a few months we will lamenting about the heat.

This time of year is a great to get outside. If you missed the window for engaging someone to redo those tired beds, remove some lawn and plant a

hummingbird or bee garden.

Many of us get stuck in our surroundings because it's what we see everyday. Time to make a list of things you'd like to see change or improve, get some cost estimates and prioritize for the future.

If you've got a veggie garden in place, snatch up four-inch pots of your favorite items to enjoy throughout the summer. Check on irrigation systems, which can easily be changed over to drip in your beds. Less water loss, less outlay of cash. Great time also for a good spring clean-up. With our crazy weather, who knew when to cut things back or when the last freeze would be?

If you've got the space, and enjoy a bit of gardening, why not start a compost pile? Leaves, cut grass and kitchen scraps, with plenty of sunshine yield the best additive for your garden beds or for feeding your vegetable plants. If you are a procrastinator, you've got plenty of time to get a plan started now.

Maybe it's an outdoor cooking station, a place to hang out and watch the kids, or just a bit of eye candy, we are here to help you make your wish list a reality.

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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Listening

by Charlotte Adams



Listening is one of the most important practices that we engage in as musicians, but also in life. As musicians, we must carefully and constantly listen to the sounds we are creating in order to choose fingerings, dynamics, tempo and more. If we play with other musicians, we quickly learn that the success of the collaboration hinges upon each musician listening deeply to every

aspect of the musical whole. When we compose or improvise, we listen to the notes and rhythms in our heads before bringing them to our instruments. Music study requires listening to instruction, and artistic expression comes from listening to our own emotions and intuition.

One of the most exciting things that I do as a teacher is to help students develop these skills through the use of ear training methods and practice. The study enables anyone to improve their ability to discern pitches and sort out rhythms. But how do we reach beyond these skills to achieve artistry – and how can non-musicians enhance their lives through deeper listening?

The most effective way to begin is to turn down the volume in your environment. Because we live in a world of incessant noise and rapidly transmitted information, we often unconsciously protect our nervous systems by receiving only the information that comes through the most loudly or quickly. In doing so, we lose

much of the beauty, wisdom and knowledge that reside in a subtle realm beneath the noise. When we scale back the noise, we invite our senses to wake up!

Spending time in nature, meditating or simply sitting quietly with a cup of tea can awaken our senses and amplify our clarity and creativity. Merely intending to listen deeply seems to open up opportunities to do so. Once you have tuned into silence, you will be primed to detect the song of a specific bird, follow a particular instrument in a musical piece or discern a muted message in a conversation. You may even enjoy exploring sound enough that you are moved to join an ear training class or a listening workshop!

Charlotte Adams is a local guitar instructor who teaches private lessons, workshops and retreats and has created a full line of instructional materials. Visit Guitar-Instruction-Video.com or call 512-842-1435

Guitar Instruction
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To volunteer or to serve?

by Mark Lander



One of the more sobering teachings found in the New Testament is a passage contained in *Mark 12:31* admonishing us to love our neighbor as we love ourselves. Think about what that kind of love means, let it sink in just a moment. Then let's take a look together at what that kind of love looks like here in Dripping Springs.

served dozens of families and helped more than 55 children to experience the kind of love one neighbor should have for another.

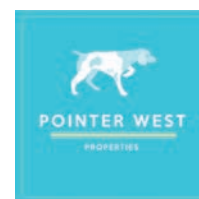


Their goal is to provide safe and healthy housing for their neighbors, whom we are called to love as ourselves.

The passage quoted above from the book of *Mark* speaks to a change of heart and a definition of what love really is. Are we simply to do things for others, so that we may check off a list and then move on? Are we called to volunteer or called to serve? And who is my neighbor? Or instead, is the evidence of true love that we dive deep into each other's needs, past the obvious and easy task of being a hammer? Maybe you want to ask Chuck.

Now if you happen to be curious about the Dripping Springs Hometown Missions and how you might become a servant, please visit their website at www.hometownmissions.org or give Chuck Lemmond a call at 512-301-3400. Get involved and bring your time, talents and gifts (or even a hammer) and 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.



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