

# *Dripping Springs*

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# OUTLOOK

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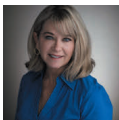
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## *A bird's eye view*

I attended an outdoor wedding recently where I noticed a drone taking off and hovering above the crowd recording video of the occasion. My first thought was how cool it looked and how much I adore technology. Next I began imagining what the drone was recording as it flew from its ground-level viewpoint to rise high above me.

From that bird's-eye view it could see the big picture, the entire wedding party, gathered as a group with dozens of activities happening at the same time – people eating, drinking, laughing, and hugging. Everything that you could want to know about the moment at that event you could glean from its perspective.

As it slowly descended and finally landed I thought about how the drone's perspective changed, going from the grand to the individual. Someone walked over and picked it up giving the unblinking camera eye an extreme close up of his hand.

The analogy dawned on me, as I watched this otherwise mundane action, that we humans have this same ability and practice it all the time whether we realize it or not. Summer has arrived in Dripping Springs and with it comes a wide variety of local activities to engage us. If we gaze at the broad view there are dozens of possibilities to choose from, our calendar of events on the preceding page certainly proves that. Or we might want to lower our sights onto what is already within our individual grasp. Maybe it's grilling a weekend dinner at home or sitting on the deck with a good book and a refreshing beverage.

Sometimes our brilliant modern age allows us to remember the basics of what makes us happy and human. That's a great perspective to launch this season.

Thank you for joining us.

*Victoria*



# Dripping Springs Outlook

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**BUY LOCAL BUY DRIPPIN'**

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Dripping Springs Outlook

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**Pedal Ranch Publications**

June 2019



## 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. June 16. Father's Day

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# Is stem cell therapy new? How long has it been around? Is it safe?

by Breca Tracy, PhD



Stem cell therapy has been around for a long time. Every organ in the body has stem cells, which means skin grafts, bone marrow transplants, and heart transplants are all forms of stem cell therapy. Blood transfusions, done as early as World War I, are a form of stem cell therapy.

The biggest question most potential patients face when considering stem cell therapy is, “How safe is it?” This was true for Dr. Chae when he was contemplating the therapy. What helped remove any doubts for Dr. Chae was hearing stories of how stem cells had restored good friends, colleagues and even his chiropractic patients’ joints.

The entire team at REGENERATE, the Stem Cell Center Dripping Springs has received stem cell therapy(s). Each and every one of us, including myself, would be happy to share our testimony with you anytime. We serve in a small community here in Dripping Springs and testimonies are important to us. We want our community to be healthy, happy and witness the great results stem cells can provide. If you or any of your loved ones are considering stem cell therapy and have questions about safety or efficacy, our website is a great place to get started! Our social media accounts also are an excellent source for local testimonies.

Now let’s dig into the safety of stem cells even further. Our clinic works with, in our opinion, the best stem cell experts in the

nation. They have documented over 35,000 umbilical cord stem cell therapies with no major adverse reactions. Stem cell therapy is not only safe, it’s highly regulated. The cells each have a certificate of analysis, meaning every cell is documented from the time it leaves the hospital to the time it gets to the patient in Dripping Springs. We would love to further educate you on this process.

Stem cell therapy is simple. It does not require surgery. It’s administered here by licensed medical doctors and nurse practitioners. It does not require a significant amount of down time. You don’t need anyone to drive you home after treatment!

Come see us, call us, or email us!

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



Breca Tracy, PhD

Director of Science

& Operations

512.968.4425

[www.thestemcellcenterds.com](http://www.thestemcellcenterds.com)

800 Hwy 290 W, Building F, Suite 200

Dripping Springs, TX 78620



## Don’t believe everything you think

by Reverend Sara Gates

Imagine you have a small octopus attached to your head. It’s legs are wrapped around you obscuring your vision and changing what you see. It has been there so long you think this is how the world really looks. When the octopus is cranky, you feel cranky and you see the world as cranky. On the rare occasions when the octopus is happy and peaceful you get a few moments of calm. The sad truth is, his mood is your mood.

Now imagine a kind friend is standing before you. She gently removes the octopus from your head. She pulls it away so that now you can see the octopus. With just a little bit of distance between you and the octopus, you can see the world around you much more clearly. You think, “Wow! It’s bright and wonderful here in life without the octopus wrapped around my head.”

The octopus in the story represents your thoughts. You are not your thoughts, you are the one observing your thoughts. Most of the time we are sucked in to believing that our thoughts are true, that whatever the latest worry or fear or craving drifting across our mind is who and how we are. Not so.

We now know from neuroscience that the human brain is actually four-brains-in-one, developed sequentially over the last ten thousand or more years. These four brains are our:

1. primitive brain: focused on survival/self-defense;
2. emotional-cognitive brain: seat of emotional intelligence;
3. neocortex: capacities for complex/creative thinking;
4. prefrontal lobe: harmonizing/integrating.

3. neocortex: capacities for complex/creative thinking;

4. prefrontal lobe: harmonizing/integrating.

Here’s the deal – any negative response to an outside stimulus (think traffic, lost car keys) immediately activates our primitive brain and causes survival/self-defense thoughts to start. When the primitive brain is active we are cut off from our higher mental capabilities.

Realizing we can step back and observe our thoughts (remove the octopus) is life-changing. I know it changed mine. As we learn to observe our thoughts, we can then choose what we think and who we become. This is what many spiritual traditions refer to as awakening, enlightenment or the kingdom of heaven within.

*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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# Liver health and its function

by Edwin Dossman



Your liver can be compared to a huge chemical factory that supplies a whole city with its functional (metabolic) needs. Your liver has so many different functions that researchers still haven't discovered them all. The liver performs over 500 known metabolic functions that keep

your body in balance and is the largest organ in the body. A healthy liver function is crucial for overall good health. The liver plays a central role in all metabolic processes in the body and efficiently eliminates environmental toxins. When your liver is toxic and dysfunctional, your entire body suffers. The four main functions of your liver are:

1. Amino Acid Metabolism
2. Carbohydrate Metabolism
3. Fat Metabolism
4. Detoxification

### How To Keep Your Liver Healthy

You can see from the above functions and processes what your liver does, and how important it is to keep it healthy. Acidosis, alcohol, toxic chemicals and drugs are all very harmful to your liver. Do yourself a huge favor and help protect this vital organ. This can be done quite effectively with one of the liver health supplements

we recommend at Martin's Wellness Dripping Springs Pharmacy, Liver Rescue by HealthForce Superfoods. Liver Rescue contains beneficial levels of the most powerful liver herbs known: milk thistle, dandelion root, turmeric, and chanca piedra. The herbs in Liver Rescue work synergistically to support liver function, produce bile flow, and support detoxification.

Get healthy, stay healthy.

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

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# The manifestation of a pink Ovation

by Deborah Carter Mastelotto

When I lived in Austin I had a little house in Travis Heights, four blocks from my salon on South Congress. I had lots of musician friends in that salon and one of them let me hang out with him while he attended a big guitar show at Palmer Events Center.

As we wandered the isles my attention was drawn to one guitar. It was a pink-stained burl wood Ovation with pickups, very unusual. Towards the end of the show, I walked back to the stall where I saw the the pink guitar and it was still there. I asked the bored-looking guy standing next to it if he would be willing to come down on the \$300 price. "Sure. No one wants a pink Ovation." We settled on \$225 cash. I had to run to the cash machine, but I paid the guy and it was mine.

I took it home to my little house and sat it on a stand in my living room. In the years I lived in that house everyone and their brother picked at that guitar while they sat on the couch in my living room, and they always said, "Sounds good for an Ovation."

Then I started dating Pat, and we eventually decided to try living together in his house in Dripping Springs. I rented out my house as an Airbnb and left the guitar in the house. For some reason I thought it looked good there, next to the couch.

When my little house was robbed a couple of years later, the loss I felt most strongly was of that pink guitar. I thought about it

a lot. I bought another pretty guitar, but it just wasn't the same. It wasn't a pink Ovation.

Fifteen years later while I'm touring a well-known guitar player's house in England, I see an Ovation guitar in his upstairs studio. This one was black, but it got me started thinking about my pink Ovation again. And thinking. For two weeks it kept coming up in my mind, almost like an obsession.

So last Sunday I pulled out my cell phone and searched, 'Guitar, Ovation, Pink. And just like magic, a photo of my guitar, my pink-stained burl wood Ovation guitar popped up on my phone, for sale, at a music store in Aurora, Colorado. Of course, I bought it. It will be here in three days. The price: \$225. True story.

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

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# What is hand therapy?

by Dr. Stella Torres, PT, DPT, CHT

The specialization of hand therapy is both an art and a science dedicated to the evaluation, intervention and rehabilitation of individuals with upper extremity injuries, dysfunctions and conditions. The areas involved may include the hand, wrist, elbow and shoulder girdle,

cumulatively termed the upper quadrant. A certified hand therapist (CHT) is either a physical therapist or an occupational therapist with a minimum of five years clinical experience and at least two years of direct practice in hand therapy. In addition, a CHT must successfully pass a comprehensive test of advanced clinical skills and theory in the assessment and treatment of diagnoses related to the upper quadrant. To maintain this certification, strict requirements of professional development and competency are mandated every five years.

Worldwide, only 5,382 therapists are certified in hand therapy, and of those, only 14%, 753, are physical therapists. A CHT may work in a variety of different practice settings including an outpatient orthopedic clinic. In this type of clinical environment, a CHT may care for individuals with traumatic injuries such as amputations, fractures and open wounds, or individuals with repetitive injuries such as tennis elbow, carpal tunnel syndrome or trigger finger, or individuals with medical conditions such as rheumatoid

arthritis, osteoarthritis or chronic regional pain syndrome. A CHT is also the specialist to conduct the rehabilitation following a tendon repair, nerve repair or ligament repair that can occur from a laceration, forceful blow or mutilating injury.

Overall, CHT's utilize specialized skills to provide therapeutic interventions for the prevention of dysfunction, the restoration of function and/or the reversal of the effects of pathology on the upper quadrant. In turn, this enhances an individual's ability to perform daily tasks and participate fully in life's activities.

At Kethley Physical Therapy, the community of Dripping Springs has a certified hand therapist to serve the needs of this specialized group of clients. If you think hand therapy is appropriate for you, consult with your physician, discuss your concerns and determine your next course of action.

Contact Kethley Physical Therapy at 512-858-5191 or KethleyPT.com. Kethley Physical Therapy has two we now have 7 physical therapists in 2 locations and been in practice for 15 years.; 800 W. Hwy 290, Bldg B and 14101 W. Hwy 290, Bldg 500.

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# The art and science of designing brows

by Karen Laine,  
Para-Medical Aesthetician



I love brows! I guess it's the artist in me that loves to sculpt shapely brows or is it my love of geometry? Creating beautiful brows is all about creating flattering and balanced angles within the constraints of the features a client has been blessed with. Think of brows as a punctuation mark – they are there to emphasize the beauty of the face as a whole

and frame the eyes, the windows to the soul.

No two brows are alike and you cannot wax, tweeze, tattoo or pencil them into perfect symmetry. The fact is that no two sides of our bodies are alike; nothing is symmetrical. When it comes to the brows, one brow bone is higher than the other. One brow is thicker and one brow is usually longer than the other, which makes it impossible to create perfect symmetry.

However, there are tricks to the trade. Making the most of these idiosyncrasies is what we do best! For those who indulged in the *just one more* theory and over plucked, there's still hope. New products are available which stimulate dormant lash and brow hair, activating sleeping follicles, producing new hair where needed. This re-growth process can take several weeks, but there is a definite transformation of once sparse brows to a much more balanced and beautiful appearance. Often new growth is blond, but easily tinted to match your hair shade. Tinting the brows with a semi-permanent color can transform the new growth, but also those pesky grays! Tinting just adds greater definition and can seemingly increase volume, accentuating the brow shape.

The current trend for brows is big, bold and oversized. These brows look awesome on the runway and in magazine spreads, but they can look overdone on real-life clients. There is a time and place for drama, fun and individuality when it comes to brows, but designing for the real, everyday woman is what the majority of us do and we need a realistic way to do it. These real clients want brows that are flattering and easy to manage. When designing brows, the shape should be in correct proportion to the rest of the facial features, to achieve a balanced, flattering shape – the rules of geometry.

*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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# Happiness lives in the present

by Leslie Tourish, LPC

Once I saw happiness in action. All it took was a couple of easels holding pads of white paper, some watercolor paints, wide brushes and the open imaginations of a small group of children taking an art class in a park. Each junior Picasso would

dip their brushes deep into the paints until, when drawn out, the brush would drip and ooze in a particularly satisfying manner, then he or she would cheerfully smear onto their “canvases” bright, wide swaths of blobs and squiggles. They laughed and talked, and compared their art next to their neighbor’s masterpiece. I walked up to one boy and asked, “Is that a picture of your dog?”

“Naaah,” he said dismissively, “That’s not a dog! It’s a dragon, can’t you tell?” pointing toward the creature’s head. I could tell there was something poking from the top of the head, and little girl next to us, seeing me struggle, pointed out the obvious anatomical features with one blue-speckled, chubby hand. “See those pointy things? Those are his horns. He’s not a dog, he’s a dragon!” The artist seemed especially pleased that someone besides an art-challenged adult was able to understand his work.

While watching these children I was struck by how in the moment they were. Their happiness stemmed from the joy they felt in being together and doing something as simple as painting with water paints. These kids weren’t worrying about the future, weren’t fretting about the past, but were instead focusing all of their atten-

tion onto the present, and thus not missing a moment of it.

When we’re depressed we have a difficult time being present. Some part of us is disconnected, lost in sadness, grief or regret. Conversely, when we’re happier, the experience is different; we’re open, present, and much more animated.

Richard Carlson, Ph.D., wrote in his book, “You Can Feel Good Again,” about the mechanics of how happy people live in the present. “Present-moment living means you are choosing to focus your attention on what is happening right now; you enjoy and appreciate just that moment. You feel terrific because you aren’t speculating about your life, you are living your life. You are not thinking about what’s next until it’s time to do so. Non-present-moment living can be described this way: Instead of enjoying where you are, you are concerned about what might be. Instead of immersing yourself in this moment, you are speculating about the future or rehashing the past.”

While this seems almost simplistic, notice your thoughts whenever you feel sad, angry, depressed, or anxious. Do you notice how your mind hijacked your emotions? Being able to master this simple tool can have profound effects on your well being, and can only be done one thought at a time. But it’s our choice of our thought that holds the power.

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



# The number one reason your neighbors shop here

by Marianne Simmons

The Dripping Springs Farmer’s Market (DSFM) recently ran a survey to help us better understand our customers. We learned the number one reason people shop here is for healthier food.

As an organic farmer I am keenly aware of what makes the produce, eggs and meat available at our market healthier. It comes down to two things. First, *how* the food you are feeding your family is produced. Second, local means in-season and fresh, which means healthier.

How are your fresh fruits, vegetables, eggs and meat produced? At a farmers market like ours that supports local and small-scale producers, you get to ask vendors how they grow their foods, when they were harvested and how they were processed. You can learn what is not on locally grown food. In comparison, big agribusinesses (and most grocery store produce) use various chemicals, herbicides, pesticides, fungicides and synthetic fertilizers to improve a crop’s output. You may recall from high school Latin that “cide” means “to kill.” We are learning more about what these chemicals do to the environment and humans, especially children, and it’s not healthy. These chemicals accumulate in our bodies over time and cause health problems. I know that shoppers at the DSFM are getting cleaner food. I happily share my growing practices, preparation tips, ideas and even gardening advice. Shoppers find it interesting, informative and fun as this connects them to the

foods they eat and feed their families.

Why is in-season and fresh healthier? Nutrients in produce start to diminish the moment the food is harvested. Grocery store produce has been in cold storage for weeks or months and is usually shipped long distances from large-scale ag production regions in the U.S. Local, in-season fruits and veggies are picked at peak ripeness because they are not being shipped long distances. Since we rely on nutrients for good health, locally grown is healthier because it gets to your table much faster and stays fresher longer. There is no comparison in flavor, either. Fresh tastes incredible!

Hope you’ll come see us soon at the DSFM!

*Marianne Simmons is the owner of Onion Creek Farm, a certified organic farm in Dripping Springs operating since 1990. Marianne is the Founder of the Dripping Springs Farmer’s Market and serves as Vice-President of its Governing Board.*



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## Allergies + Humidity = Ear Infections by Frank Shuman, DVM

Otitis or more commonly known as ear infections are one of the most likely reasons people bring their pets to the veterinarian. Ears, like all parts of the body, normally have a few bacteria and yeast cells present. Otitis occurs when bacteria or yeast organisms increase to an over-

whelming number or are replaced by pathogenic (disease-causing) organisms. Otitis in the outer ear is common because that's where your pet is most likely to be exposed to foreign bodies, bacteria and yeast, ear mites, and lake water. If your pet's outer ear infection is untreated, over time your pet's eardrum becomes porous and infection travels from the outer ear through the eardrum to the inner ear. Your pet's eardrum can look intact, but bacteria can move through it to the inner ear. If the eardrum ruptures it can take three to four weeks to heal once the issue is addressed.

Dogs can be predisposed to otitis due to the pet's genetic tendency to have a particular type of skin or glands in the canal. Genetics can also influence the thickness of the hair in the canal, and pets with the most hair have the poorest air flow and the greatest incidence of infection. Other dogs are predisposed to develop otitis because they have allergies which make their ears itch and produce more cerumen. The pet scratches, and infection sets in.

Otitis is diagnosed by using an otoscope and looking deep into the ear canal. The skin inside the ear turns deep red if your pet is fighting an infection. The type of discharge deep in the ear can be

seen, and some can be removed to identify the specific bacteria and/or yeast creating the infection. If there is fluid or pus behind the drum, which occurs with a middle ear infection, your veterinarian can diagnose a middle ear infection. Distinguishing whether your pet has an outer ear infection, a middle ear infection, or both helps us choose the most effective treatment.

The ear must be clean of moisture and debris. Cleansing solutions and antibiotic ointments are best chosen after identifying the infection type. Managing the itchiness and pain that this condition causes is key. Usually ear infections need a follow-up evaluation to make sure the infection is resolved. Central Texas is a hot bed for allergens, and the added moisture in the air provides the perfect recipe for an ear infection. Don't wait to get your pet examined.

*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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## Eyeball fun facts

*by Dr. Bryan Marshall*



I want to share some fun and interesting things about the eye. After all, everyone knows it's the coolest and most interesting organ in our body, right?

With that question, we'll start with those who might not agree. Some people actually have what is called Ommatophobia, which is a fear of the eyes, and a condition that would render the following uninteresting at best.

Have you ever scratched your eye? It hurts because the cornea (front clear part of the eye) is the most densely innervated structure in your body. On a positive note, it is also the quickest healing tissue in the body and can completely replicate the entire epithelial surface in seven days!

Your brain believes vision is so important that it has dedicated nearly half of its entire capacity to visual processing. Blinking, or lack thereof, can cause exasperation of symptoms. That's because we generally blink 15-20 times per minute but that rate will decrease by fifty percent when doing visually demanding tasks like working on a computer. Those with myopia generally have a long eyeball and those with farsightedness have a short eyeball.

When you're looking around today, have pity on the six eye muscles that move the eye. They are the most active muscles in your body. Wear your sunglasses to avoid photokeratitis. This is

a sunburn on the front of your eyes and the cells will slough off just like your skin after a bad burn. Something to think about next time you're talking to another blue-eyed person is the fact that it's believed all blue-eyed individuals are related and share a common ancestor who had a genetic mutation that affects eye color some 6000-10,000 years ago.

Lastly, contact lenses can't really get lost *behind* your eye. You have a thin membrane called the conjunctiva that forms a pouch and prevents things from getting back there and disappearing into your brain, or wherever someone told you they go.

*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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# Self care for men: *What's trending*

by Rocco C. Piazza, M.D

It's a fact that more men are now seeking out plastic surgery and specialized skincare to improve their looks and confidence. Gone are the days when a can of shaving cream and stick of deodorant were the sole contents of a man's medicine cabinet.

In 2017, men's skincare products reached an unprecedented \$345 million in sales revenue, according to Forbes. During the same year, industry experts reported that Botox injections for men made up nearly 10 percent of all cosmetic procedures performed in the U.S.

What's going on, and why are men now giving their grooming and physical appearance more than a passing glance?

Much could be attributed to wanting to appear more attractive on social media. Others feel an enhanced and more youthful appearance could give them a leg up in the increasingly competitive workplace.

The most common procedures requested by men that we get at The Piazza Center include:

- Brow lifts and eyelid surgery: tightening saggy skin around eyes and strengthening (or softening) the brow line.
- Liposuction and body sculpting: eliminating fat and then recontouring for a more fit and toned appearance.
- Rhinoplasty: reshaping the nose to improve silhouette and function (may also help with difficulty breathing and some sleep/

snoring issues).

• Botox (or other injectables): smoothing wrinkles for a more youthful look.

• HydraFacial: a deep-cleansing, exfoliating, and hydrating infusion of antioxidants to protect the skin.

Another self-care treatment popular among men in Austin is BBL (broadband light) photofacials—using a pulsating light to reverse dark age spots due to sun damage from time spent outdoors.

When we talk about sun damage, it is important that you take preventative action daily as the damage is cumulative. All men should be using sunscreen daily (at least SPF-30) to protect against dangerous skin cancers and other premature signs of aging.

Dr. Antunes and I both participate in a daily skin care routine, monthly and quarterly skin care treatments. After all, we want to live confidently, too.

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

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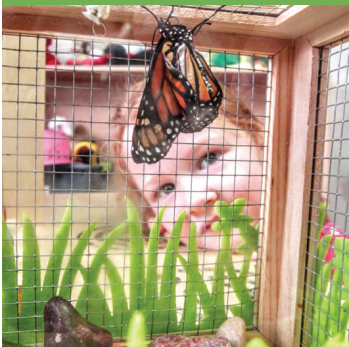
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# Are you tired of not sleeping?

by Ron S. White, DDS



You may be among the 60% of normal adults who snore at least occasionally or you likely know someone who does. He (or she) may be the brunt of jokes at family gatherings. However, snoring is not a laughing matter.

Snoring is more common in men than in women. When you sleep, the muscles in the back of the roof of your mouth (soft palate), tongue, and throat relax. If they relax too much, they narrow or block your airway. As you breathe, your soft palate and uvula vibrate and knock against the back of your throat. This causes the sounds you hear during snoring. The more the tissue vibrates, the louder the snoring is. The tonsils and adenoids may also vibrate.

Habitual snoring can be a sign of a serious health problem, including obstructive sleep apnea. In fact, 75% of snorers have Obstructive Sleep Apnea.

Obstructive Sleep Apnea creates several problems:

1. Interruptions of breathing (lasting from a few seconds to minutes) during sleep caused by partial or total obstruction or blockage of the airway
2. Frequent waking from sleep, even though you may not realize it
3. Light sleeping. Waking up so many times a night interferes

with the normal pattern of sleep, causing more time to be spent in light sleep than in more restorative, deeper sleep.

4. Strain on the heart. Prolonged suffering from obstructive sleep apnea often results in higher blood pressure and may cause enlargement of the heart, with higher risks of heart attack and stroke.

5. Poor night's sleep. This leads to drowsiness during the day and can interfere with your quality of life and increase the risk for car accidents.

Don't spend another sleepless night. Take action! You can fight this condition with affordable, custom-made snore prevention devices that are flexible, thin and comfortable. These dental appliances help reduce or eliminate snoring by moving the lower jaw forward, opening the airway to allow air to move more freely. I personally wear one every night. They can be made with just a few easy dental impressions and usually takes about a week to fabricate. Make an appointment for a free consultation to see how you and your partner can sleep peacefully again.

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



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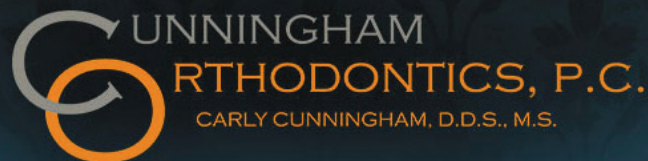
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# Save the date and join us on the trail



The first ever Dripping with Taste Passport Trail wrapped up at the end of May and it has been so much fun to visit, as well as enjoy a complimentary tasting at each winery, brewery and distillery on the Trail! Within Dripping Springs and Driftwood, 25 totally unique and innovative vintners, brewers and distillers have put their heart and soul into each business and destination, ultimately creating a great place to have a drink, learn about their special product and visit with friends.

While the May Passport came to a close on May 31, make sure to Save the Date for the October Passport Trail. By purchasing an October Passport online at [www.DrippingwithTaste.com](http://www.DrippingwithTaste.com) for \$90 a couple or \$50 for an Individual, you can visit 25+ wineries, breweries and distilleries in the Dripping Springs region and get free tastings at each destination. The Dripping Springs Visitors Bureau, the organizers of the event, want to give a big thanks to our Board of Directors, volunteers and the Dripping with Taste committee as well as our incredible Supporters that helped make this winery,

brewery and distillery Trail a huge success!

Save the date for October Dripping with Taste Passport! June 1 is the day October Passports go on sale and we can't wait to see you on the Trail! Cheers!







## Eight signs of a healthy dating partner

by Crista Beck

Eight signs of a healthy dating partner  
In my line of work, I so often see the over-obsession with looking for red flags in a dating partner. It is very important to be able to know and see the red flags, but it is even more important to SEE the green flags.

Sometimes people get so scared of getting hurt or making a mistake, that they get overly cautious and can ONLY see the negative.

Focusing too much on the negative can keep you in the loop of attracting the negative over and over again.

Here is a list I compiled from The Relationship Institute. These are some of the characteristics that a healthy dating partner would exhibit. While no one person may fit all of these, you can use this list as a general signpost to assess the wellness of your potential dating partner.

Healthy dating partners:

- are comfortable discussing their feelings about their past and present life
- have good relationships with their family members, but are also living a physically and psychologically independent life
- respect your physical and emotional boundaries and reveal vulnerable information about themselves gradually over time

• use intoxicants occasionally or not at all, and when they do use them, they do so without losing control or significantly changing their personality

• are comfortable and secure enough within themselves to be satisfied with attention from you; do not need to constantly seek out attention and admiration from others

• are psychologically finished with previous significant relationships

• have had enough time to get over the breakup of their last significant relationship (at least 3 to 6 months from a break up with a dating partner and at least one year from the legal date of a divorce or breakup from a cohabitation or marriage relationship)

• are financially stable and seem to be able to handle financial issues without losing control

If you find that you're dating partner has less than half of the qualities on this list, you may want to re-examine whether or not the relationship is truly healthy for you. Dating is a sorting process.

Allow yourself the space to discover another human being before jumping into a relationship. It's ok to take your time.

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

## Fragrance, smells, and odors

by Carol Brown



Some of the most beautiful homes can sit on the market for extended periods of time. It's not because they aren't priced well, or other factors you might suspect. It's simply because buyers are turned off by details that are often overlooked.

Yes, one of those details that carry a lot of weight is the way a home smells. Professional home stagers go to great lengths to turn ordinary homes into designer showcases.

Their goal is to make a home appeal to all five senses, and when it comes to smells, they recommend attacking the problem at the source.

Nothing smells better than clean when selling your home. So, I thought I'd share some of their best tips with you and hope you'll find it as helpful as I do.

The source of the most common problem odors: pets, smoking, cooking, and mold or mildew.

A zippered pillowcase filled with cedar chips, placed under a pet's pillow bed, will absorb most of the unpleasant odors.

Boiling an apple, a teaspoon of cinnamon, and a few drops of vanilla on the stove will remove burnt smells in the kitchen. Add orange peels to make a simmering potpourri.

Sprinkle baking soda directly onto carpets, rugs, and sofas to eliminate odors. Then let it sit for at least 30 minutes before vacuuming.

A bowl of vinegar placed in a room for a day or two will help neutralize smoke odors. If, the smoke smell is from cigarette type products the home will most likely need a professional smoke removal service and it is best to have the home serviced prior to putting it on the market.

Small cotton balls with a few drops of your favorite perfume or cologne, tucked discreetly around the home, can freshen a room.

Candles, plug-ins, and home fragrance sprays can work wonders when the scent is well chosen, and not overdone.

Remember, your home only gets one First Impression so make it count. Call me for more tips to get your home sold.

*Carol Brown has lived in Dripping Springs since 1988 and has worked in the real estate industry since 1999. Carol joined one of Dripping Springs "Top Producing Teams," The Steele Action Team in 2010. Contact her at 512-576-7711 for all your real estate needs.*

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## Build something different

by Homer Whisenant

Sometimes you just have to build something you don't really need. Or something that is functional but is imaginative and one-of-a-kind. A few examples come to mind that I have recently built.

Client Number 1 had an old home-site on their property that consisted of a foundation and an 8-foot-tall brick wall with bare door and window openings. After exploring the cost to tear the whole thing down and remove the foundation, we decided that for the same expense we could turn it into something usable. What emerged was a prayer garden with raised beds, benches and seating, a pergola with outdoor lighting, and antique wooden doors. We turned an eyesore into a feature that the owners and their guests could enjoy.

Client Number 2 has a piece of ground with a rough outcropping where nothing grows other than weeds and cactus. The client had a vision that this could have been the remains of a very old building. The decision was made to build two stone walls with a corner, arched window openings, with the edges stair-stepping away, as if they were the only remaining parts of a centuries-old homestead. I was skeptical at first, but the finished structure added an interesting element to the property.

Client Number 3 had the most impractical, whimsical project I have ever built, also the most challenging and fun. This was an entrance to a subdivision with an inverted nautilus (think of a soft-custard ice cream cone.) The base was twenty feet in diameter and

swirled up twenty feet tall, ending in a two-foot diameter top. You could hop on the first ledge and walk around the incline all the way to the top.

This sort of creativity can be used for something practical. For example, Client Number 4 had an outdoor pavilion for entertaining guests. In one end I built him a cooking fireplace, a pizza oven, a grilling station, faux window openings and antique iron hardware embedded in the masonry.

Let your imagination run wild the next time you get ready to build something. You'll be glad you did.

*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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## The Dripping Springs Chamber of Commerce Focus on Business: *Harvested Rain Solutions*

Dripping Springs and the surrounding Hill Country have become the center of modern rainwater harvesting with an increasing number of households using the rain that falls on their roof to supply water to their whole home. Harvested Rain Solutions was formed in 2009 to help homeowners make rainwater a reliable water source with little effort needed to operate or maintain the system. Water is the second most important need that humans have and we wish to satisfy that need as well as or better than a city water supply or drilled well, even during an emergency or disaster. In many cases we have found that a Rainwater Harvesting System is less expensive than the connection fees for tying into a public water supply, and that's before we consider that there are no meters to read.



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and we have two designers studying for the ASSE 21120 Rainwater Harvesting System Design Certification that was introduced this year. HRS is also a TCEQ licensed irrigation contractor, and can design and install an efficient irrigation system to work with stored rainwater.

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The judge has just recessed the jury trial for the day and your lawyer is hurriedly gathering the books and papers scattered on the counsel table and beyond. You may be asked to hang around for a debriefing with the lawyer before going home for the evening, or you may be asked to meet your lawyer back at the office or perhaps a hotel room if the trial is not being held in your locale, to confer further. In some ways, the lawyer's day is just beginning. Frequently, a judge will ask the lawyers to provide briefing the next day on some issue such as whether certain evidence should be admitted or whether certain language should be included in the court's charge to the jury. Your lawyer is anxious to get started on the briefing asked for by the judge but also knows that things which occurred during trial that day require the reviewing of exhibits in more detail, perhaps the locating of a previously unanticipated witness, or taking time to confer with witnesses scheduled to appear the next day to get an understanding of how they might respond when questioned about some new theory or fact that was presented during the day's proceedings.

Hopefully, your lawyer has learned how to prioritize these important tasks and how to assign responsibilities to the various legal assistants, retained experts, investigators, associate attorneys, et-

cetera. In some cases, your lawyer will have retained an appellate lawyer to assist in the trial in order to provide legal backup for arguments being made to the trial judge and to help ensure that a proper foundation is being laid for success on appeal if the case is ultimately appealed. If an appellate specialist is on hand, the briefing will be assigned to that lawyer while your lawyer deals with witnesses, exhibits, etcetera. These efforts may keep your lawyer up all night, but the importance of these long hours cannot be overstated. Your lawyer must then be ready to resume the fight on the next day, hopefully armed with valuable new ammunition developed overnight. For me, the "thrill of the chase" provides adrenalin allowing for several consecutive days of such sleepless effort.

*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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## Rising mortgage interest rates: *Is the sky falling?*

by *Trey Powers*

Nope.

That answer may be a tad over simplified, but a little perspective is in order. Consider that a home buyer in January 1982, likely ended up with a 30-year interest rate around 17.5%. On a \$300,000 loan their monthly payment would be \$4,400 for only principal and interest (P/I). Our friendly

editor will not permit all caps in this column, so read that one more time. Incredible! Only ten years ago, in the summer of 2008, the interest rate was 6.5%. And now we have ended May 2018 with rates around 4.75%. That same \$300,000 loan comes with a monthly P/I payment of \$1,565.

The trend above looks pretty good for homeowners. At different times over the last six years, we were blessed with crazy low rates, dipping as low as the mid-three percent range for a 30 year mortgage. If you purchased or refinanced during those times, congratulations.

We know where we are, we know where we have been, but where are we going? The Mortgage Bankers Association's Finance Forecast Report (April 2018) predicts 2019/2020 interest rates

around 5.4%. If that holds true, what does it mean for the average homebuyer or homeowner in our market? Buyers will be paying a bit more per month for their home and there will be fewer "Re-finance Your Home Now!" radio commercials and social media pop-ups.

The one homeowner class I would caution right now are those with an adjustable rate mortgage (ARM). The most frequently used index (one-year LIBOR) is currently at 2.75% and the average margin (amount the bank adds to that) is also 2.75% which would give a new interest rate of 5.5%. And while there is typically a cap on how much your rate can rise each year (commonly 2%), the bank will catch you up the following year. With rates predicted to increase, refinancing to a permanent fixed rate mortgage might make sense. If you have an ARM mortgage loan, I encourage you to talk with a trusted mortgage lender and evaluate your options.

*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).*

## Do you have a business succession strategy?

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



*Reagan Smith*

If you own a business, you've always got plenty to think about: sales, marketing, employees, competition, industry trends, consumer preferences, etc. It's easy to get so caught up in your work that you might not take time to think about retirement. But if and when that day arrives, you'll want to be prepared – which means you need a business succession plan.

And you will have to put considerable thought and effort in selecting

such a plan, because you've got several choices. You could keep the business in your family. You could offer it to an employee or an outsider. You could design a plan that will take effect while you're alive or after you've passed away. Your decision should be based on several factors, including your family situation, the nature of your business, and your overall financial position (including the composition of your investment portfolio), but, you may want to know about some popular succession strategies, including:

**Giving the business away:** You can leave your business to your children, but if you transfer it during your lifetime, you may be able to obtain some valuable benefits. For example, by relinquishing control gradually, you can be reassured that your children will be able to manage the business on their own. This strategy may also offer tax benefits. You can give your business away outright,

but you may want to consider using a trust or family limited partnership, both of which may allow you to control the business for as long as you want, while still receiving a regular income stream.

**Selling the business outright:** You can always sell your business outright whenever you like; right now, when you retire or some time in between. Of course, any sale brings tax considerations.

**Using a buy-sell arrangement to transfer the business:** Instead of simply selling the business in a traditional transaction, you could employ a buy-sell agreement. With this arrangement, you can generally determine when, to whom, and at what price you can sell it. If you would like to keep the business in your family, you may be able to fund the buy-sell agreement with life insurance, so family members could use the death benefit to buy your ownership stake.

**Buying a private annuity:** You can transfer the business to family members, or someone else, who will then make payments to you for the rest of your life, or, possibly, for your lifetime and that of a second person's. In addition to potentially providing you with a lifetime income stream, it can remove assets from your estate without triggering gift or estate taxes.

These and other techniques can be complex. Before deciding what is best for you, you'll want to consult with your tax, legal and financial advisors. By taking your time and getting the professional help you need, you can make a successful succession choice.

*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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## Pre-plumbing requires pre-planning

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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## Just dive in

by Lindley Pond

Happy summer solstice (June 21). Forget the April showers bringing May flowers, the May rains were a wonderful oasis for everything living.

Pollen and squiggles finally were washed away reminding us that, yes, our cars, roofs and decks are a normal color and won't carry that yellow film forever. We have been blessed with

greenery that hopefully will last a little longer this year. With water tables up a bit, we can see what is working in our outdoor wonderland and what needs to go.

Being water wise and planting only native and adaptive species is an important rule to follow. Even yards with grass can be taught how to survive on less. You are the boss and by weaning plants and turf after they are happily settled in their new home of our precious water, you can still make the yard of the month. Once you've looked around and decided what looks great and what doesn't, you can start to address your wish list. Sometimes, even moving or recycling plants to another area is all it takes for things to thrive.

In my book, the most efficient, cost effective way to get what you want and not throw good money at crazy ideas is to make a couple of lists. List out things you'd love to have, seating, walls, outdoor kitchen, play areas for the kids, veggie and herb area or cutting gardens, prioritizing.

Next, decide if you are one that loves to fool with the things in your space or want a maintenance-free eden. This one will really

put things into perspective. We've seen the lovely pictures in *Sunset* magazine, *Dwell* or on HGTV. Most need more care than any of us has time for or wants to spend. Let that be one of your guides.

Gathering pictures of outdoor spaces, stonework and plants is another way to add to your arsenal. If you know plants, that's great, note those that make you smile. If not, then just go with noting colors you like or dislike, textures that speak to you both in hardscape and greenery. This one is a biggie! With a game plan, you are ready for help putting pieces together to make it all work. Keep an open mind. If you are starting with a fresh plate, sometimes the first step or implementing the bones of the project, things change or your idea of what you want may change. That's okay, it's a process – baby steps! Don't get wrapped up being married to a plan, changes are easy to handle. If you feel like you know what you want but don't know how the puzzle goes together, we are here to help you get things going.

No project is too small; different scopes are important to different people as are budgets and time. We'll be here when you are ready. That first summer dive into the water is the hardest.

Enjoy your June.  
*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.*



## Controlling aphids

by Steven Austin

As the weather warms up this summer, activity of plant pests like aphids also increases. Aphids are small insects that infest a huge range of plants in the Central Texas area.

When feeding aphids infest plants, they can cause leaf distortion and discoloration. In addition to causing plant

damage, feeding aphids exude excess sap called 'honeydew' trees and creates a sticky mess on cars, patios, decks, and anything else below the tree. This sugary 'honeydew' in turn supports the growth of a black fungus called 'sooty mold.' Often, the sticky honeydew and the black coating of sooty mold is more of a problem than the actual feeding damage to the plant.

Fortunately, aphids are relatively easy to manage in landscape plants, and there are several options available, depending on the level of infestation and damage. The best options for low-level infestations are biological and organic. Many beneficial predator insects feed on aphids, and we can take advantage of this fact. The release of natural aphid predators, such as ladybird beetles, lacewing larvae, or aphid-eating midges, is often the only tool necessary to limit infestations, but results may take some time. If infestations and damage levels warrant immediate control, organic

foliar applications of neem oil or horticultural oil work on contact. Finally, for heavy infestations or in areas where foliar applications are not practical, systemic materials can be injected into the base of trees; these materials move throughout the tree tissue and provide lasting control of aphids. As with any insect pest, careful monitoring and treatment using multiple integrated options at the first sign of infestation will help to reduce damage and improve the success of management options.

An inspection with an ISA certified arborist can help you determine the best route for pest management.

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

# Ripples on the water

by Mark Lander



Rain drops began to fall on the surface of Onion Creek. First one drop, ripples expanding outward in concentric circles, then another. In time, so many drops falling that I could hardly make out where one ripple began and another ended. It was the start of a three day camp for boys we call Camp Breakaway. The rain would surely change our plans for the weekend. Do I pray for the rain to stop, while others may be praying for

the rain to fall? Sometimes our prayers overlap, like those ripples from falling rain, and only time reveals how they will be answered. Let me illustrate.

A single turn of events set in motion our city, the home which we enjoy today. More than 165 years ago three families pointed their covered wagons west from Mississippi. From one humble beginning a community of faith called Dripping Springs was born. Using a dog-run for a sanctuary, an itinerant preacher on horseback met those young families. They prayed together that God would bless this new home. One drop, one ripple.



In January of 2008 young Joshua Hollingshead was born prematurely. His conception was nothing less than miraculous and an answer to prayer. However, at 24 weeks both the life of the mother and child were in danger of being lost and through an emergency delivery young Joshua was born. His time here was short; at just thirteen hours old young Joshua passed into the hands of the angels. The grief and loss of the family are not the point; Christian men and women are not immune to pain and suffering. But in that moment of grief a community of faith came together; unsolicited donations arrived at a local church in young Joshua's name; prayers of thanksgiving for the 13 hours of this one brief life. Another drop, another ripple.

Camp Breakaway was formed in 2009, designed specifically for the boys at the Burke Center, a home for troubled youth. To say that life and circumstance have dealt pain and devastation upon these young men would be a gross understatement. Many of the boys carry the mental chains of bondage from shame, neglect, abuse, abandonment. With a desire to break the chains those boys carried, local folks came together to provide the boys a "normal"



summer camp experience; to be surrounded by men and women of faith who could demonstrate the uncommon, unconditional and supernatural love of God. Prayers for funds to make the camp were answered; and the very first Camp Breakaway was paid for by the memorial fund created for young Joshua Hollingshead. The ripples

all began to overlap.

Camp Breakaway 2019 welcomed a new speaker. A self-proclaimed "Poetic Abolitionist," this young man weaves his personal story of God's power to redeem into a verbal tapestry as elegant and awe-inspiring as any work of art. Abused and deeply hurt as a young child himself, rescued by God from the streets, from hatred, from depression and despair to the point of suicide, his is a story of the power of God almighty to break chains, to redeem and restore the lost. The speaker's name? Joshua Young. Can you see the ripples now?

Where the secular mind sees only coincidence and chance, a mind set free by God sees endless examples of mercy and grace. The Burke Center for Youth is a place where young men go to be redeemed, and, if possible, placed with loving families. It is a place of healing, a safe environment in which those boys can rebuild themselves. Dripping Springs is a community which has embraced The Burke; like ripples on the water, our lives overlap with the lives of those boys.

Now if you happen to be curious about The Burke Center for Youth and how you might support their efforts please visit their website at [www.burkecenterforyouth.org](http://www.burkecenterforyouth.org). If you would like to see and hear just what it means to be a "Poetic Abolitionist" check out Joshua Young's new book "Bring My Soul Out Of Prison" or Facebook Joshua Young (The Poetic Abolitionist). Get involved and bring your time, talents and gifts (or even a poem) 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](mailto:MLander@austin.rr.com).*





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