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OUTLOOK

Volume 16 Issue 4 • Dripping Springs, Texas • July 2019

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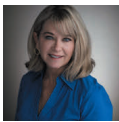
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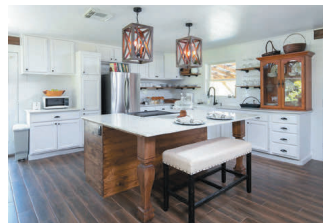
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The fireworks we create

Fireworks have fascinated me since childhood. Whether a tiny sparkler my grandfather would let me hold in my hand, or the giant Roman candle he would light up on the hill of his farm which signaled the crescendo of our homegrown show, I was always thrilled by the sight and sound of them.

As years have passed I've noticed my proclivity to metaphorize my experiences. One that occurred to me as I thought about the fourth of July was the notion of creating my own fireworks; but not in the literal sense. I'm not the first to use fireworks as an analogy. The phrase, "I felt fireworks," when referring to being attracted to someone was born long before I was. Fireworks has also referenced the opposite of attraction. Context is everything when understanding its use. Yet regardless of whether it is meaning positive attraction or negative conflict, the word is a metaphor for big energy.

I've realized that we create our own fireworks, often unconsciously. Reacting to sudden, unexpected situations in traffic frequently cause fireworks within us. Finding the shoes you've been lusting after on sale will cause a lovely sort of fireworks inside us. A suggestion to spark the upcoming holiday is to create an intentional fireworks show around something you've been yearning for. It could be sparkler-size like reading a book you've eyed on your shelf for the past year, or an idea the size of a Roman candle such as painting your house or looking for a new job.

The size of the fireworks doesn't matter. The essential component is that you are conscious of your actions. And that you enjoy it. After all, fireworks are spectacular to behold. They are a celebration. Let them be a celebration of your life consciously created.

Thank you for joining us.

Victoria



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The Dripping Springs Outlook, a subsidiary of Pedal Ranch Publications, is mailed monthly to all street addresses serviced by the Dripping Springs Post Office in 78620, plus selected routes in 78737.

It is also distributed to businesses throughout the community.

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Dripping Springs Outlook

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Pedal Ranch Publications

July 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.
- 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.
- Thurs. July 4, 5pm. Independence Day. Fire In The Sky at Ranch Park. More info on (pg. 20).

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Do you have joint pain? Have you ever considered a natural regenerative therapy as an alternative to surgery? *by Breca Tracy, PhD*



This week we are educating you on one of our favorite joint products here in Dripping Springs. It's called SurForce®, and it's the most concentrated amniotic membrane allograft on the market today. It provides a protective cushion that both supports damaged joints, cartilage, tendons, ligaments, and other soft tissues.

SurForce provides a natural, immune evasive barrier to cushion and support damaged tissues.

The amniotic membrane is minimally manipulated and cryopreserved using a proprietary process to create an injectable that can be used in a variety of therapeutic applications. This process is important to preserve the natural properties of the amniotic membrane. This ensures that the major benefits of the amniotic membrane are retained in the final product.

Amniotic membrane has been successfully used for decades. Studies show that amniotic membrane has low levels of antigen expression, and does not trigger an immune response. With no adverse reactions reported after 10,000 injections, SurForce has a proven history of safety and quality.

Every second that we're alive, the cells in our bodies are end-

lessly working to bring us back to a natural state of homeostasis or equilibrium. SurForce aids in this process by acting as a natural barrier to support and cushion damaged tissues during the healing process.

In sports injuries, patients rely upon physical medicine to allow their body's systems to self-heal. SurForce retains the native characteristics and inherent functionality of allograft tissues, including the ability to act as a support, barrier, and cushion which aids in the process of regenerative medicine as an adjunct therapy to this process. Research has shown promising results for the use of cryopreserved amniotic suspension for knee osteoarthritis and much more. The natural properties of the amniotic membrane create a natural scaffold which research indicates aids in the healing process. Clinical studies are ongoing.

We have a very unique team of experts here in Dripping Springs. 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 since 2007 after obtaining her Ph.D. in Biochemistry & Molecular Biology from the University of Oklahoma Health Sciences Center. 512-968-4425, 800 Hwy 290 W, Building F, Suite 200.

What's your magic word?

by Reverend Sara Gates



The great wisdom traditions teach the impact our thoughts have on our lives. Christian and Jewish scriptures say in Proverbs, "As a woman thinks within herself, so is she. As a man thinks within himself, so is he." The Buddhist Dhammapada says, "Our life is shaped by our mind; we become what we think."

I had a hard time finding the instruction manual on just how to implement this bit of wisdom. Then I learned about the practice of mantra. A mantra is a word or short phrase that calls God in, that reminds us God is always with us. We repeat it silently within ourselves as much as possible – washing the dishes, waiting in line, walking, whenever. More is better.

The best way to pick your mantra is to try a few on to see how they fit. When you find one that fits, you will know. Stick with that one. Most likely the mantra that will fit is from your heritage. I tried using Gandhi's mantra, "Rama, Rama, Rama," from Hinduism, which is the aspect of God that is the joy within. No matter how much I wanted that one to work, it didn't. My heritage is Christianity so the Bible provided my mantra, "Be still and know I am God" from Psalm 46.

Neuroscience teaches that we carve neural pathways in our brains with habitual thought patterns. Like a well-worn footpath where many have trod. It's easiest to follow the footpath, and it's

easiest to use the well-carved ruts in our brain. But what if you want to go somewhere new? My own well-worn neural path was one of fear. I reached a point where I wanted something better. My mantra was (and is) a big help.

The good news is that we have the power to change. All it takes is will and courage (of which you have plenty.) Curiosity helps, too. Using a mantra carves new brain-paths, allowing the old paths to grow over.

The mantra is a little bit of magic. Give it a go - find your magic word.

Peace to you.

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



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Adrenal fatigue

by Lauren Meyer

Adrenal fatigue is a deficiency in the functioning of the adrenal glands. When the adrenal glands are operating in a healthy manner, precise and balanced amounts of steroid hormones are secreted into the body, regulating blood pressure and stress response. Because the adrenals

are so responsive to changes in the body, this balance can be offset by a number of things such as physical, emotional, and psychological stress. Many people suffer from adrenal issues unknowingly. Those with adrenal fatigue are more likely to experience allergies, arthritic pain, premenstrual difficulties, decreased immune response, increased anxiety, and depression.

If you suffer from some of these adrenal symptoms, how can you recover safely and effectively? Eliminate food allergies, toxic chemicals, negative work environments, caffeine or alcohol intake, junk foods, and excessive white flour and sugar products. It is also helpful to learn how to manage stress through meditation, deep breathing, positive thinking, enjoyable recreational activities, laughter, and getting adequate sleep.

Vitamin C, vitamin E, B vitamins, magnesium, calcium, and supportive trace minerals may be taken as supplements during the recovery period. Licorice, ashwaganda, rhodiola, and phosphati-

dyserine are supplements which help support the adrenals. Adrenal cell extracts can provide the essential constituents for adrenal repair as well. Some supplements our Wellness Consultants recommend which aid adrenal recovery and repair are Adren-All and AdreneVive by OrthoMolecular and AdrenaVen by Premier Research Labs. Stop by Martin's Wellness at Dripping Springs Pharmacy to speak with our wellness consultants about adrenal supplements and start your journey to health and happiness.

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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Unintended consequences of failed conversion therapy

by Deborah Carter Mastelotto

I started my young life as an entrepreneur. I have an early memory of selling tiny scissors I made from splicing two little flowering weed sprouts together. I was four years old. I worked on those creations in our back yard for over an hour, then borrowed a white dish towel

from my mother's kitchen and covered a dinner plate with it. I placed my art pieces carefully on the plate, then headed off down our street with the intention of selling them. I went door to door with my miniature weed scissors, smiling and tossing off my four-year old sales pitch to each neighbor. I'd ring the doorbell and when they answered and appeared at all interested, I set my plate down and demonstrated how to magically make these tiny green things move, demonstrating by working the two halves of the buds back and forth, the scissor action moving the miniature flowers.

"What do we do with them?" one neighbor asked. "They just look pretty," I answered. I thought that was enough. Then I pocketed my three pennies and moved on with my plate to the next house. I got all the way to the end of our street when, right in the middle of my spiel to the last neighbor I felt a tug on my arm. I turned around, then looked up to see my mother. Her eyes blazed, her teeth clenched, her hand squeezed my arm. "What are you doing?" she hissed, then apologized to the neighbor. She proceeded to march me back down the street, door to door, and made me give back every penny, apologizing each time. It was an early attempt at conversion therapy and it didn't work.

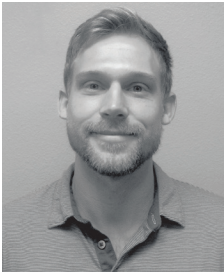
I couldn't understand what I did wrong. I made something pretty and people paid me for it. Why was that bad? My mother, needless to say, did not share my enthusiasm for art or sales. She disapproved of my career choice then, and she disapproved of every career choice I've made since then, till the day she died. If my mother's relentless efforts had paid off, I'd currently be celebrating my 40th wedding anniversary, going to church three times a week surrounded by the four children I homeschooled as a stay-at-home mom. She never approved of my work, and in point of fact, discouraged and disparaged it. Yet, I was who I was, and I am who I am, still. It was obvious and apparent who I was when I was four and nothing she did could make me into someone else. It's usually like that with children.

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



big city styling in a tiny salon
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Achilles pain

by Dr. Joey Przybyla, PT, DPT

As most know, the Achilles is a tendon, which is a structure in the body that connects muscle to bone. Also called the “heel cord,” it is a large tendon that specifically joins the calf muscles to the heel bone. This structure helps to transmit

low and high-level forces from the calf muscles and direct impact of activity to the inherent rubber band-like elasticity of the tendon. This allows all of us to move whether we are walking, running or jumping.

Pain located to the back of the calcaneus (heel bone) or Achilles tendon occurs often in athletes and the sedentary population alike. Up to 24% of athletes and 40-50% of runners specifically will experience Achilles pain at some point in their lives. The majority of Achilles pain is labeled tendinitis or tendinosis. While these terms may seem a bit “tomato-tomahto,” they actually have very distinct differences. The term “itis” means inflammation is present where “osis” describes a chronic issue. An accurate diagnosis is the first step and necessary one to properly treat these issues. Evaluation of a medical doctor or physical therapist will determine the cause and severity of the issue.

There are several factors that predispose a person to Achilles pain including training error, physical limitations with ankle/foot, and higher body mass to name a few. Some factors are modifiable

while others need to be taken into account but cannot be changed, such as age. Often the culprit of Achilles tendon injury in both athletes and non-athletes is a change in activity frequency or intensity. Poor flexibility, biomechanics, muscle weakness are all factors that we can modify to improve tendon health and resilience. Many of us want to wait until the pain subsides without intervention. However, many chronic tendon issues need to be properly stimulated through exercise or unloaded to completely heal. In the short term, medication or modalities such as heat and cold may alleviate symptoms allowing for modified continuation of activity. Proper management of the issue by a healthcare professional including primary care, orthopedist and/or physical therapist will ensure the quickest recovery possible letting you get back to the activities you enjoy.

Written by fellow runner and Doctor of Physical Therapy, Joey Przybyla. Kethley Physical Therapy has been providing physical therapy to the Dripping Springs and surrounding communities for over 15 years! KPT has two convenient locations and 7 licensed physical therapists to treat all your musculoskeletal needs. We are open from 7am to 6pm Monday-Friday and can be reached at 512-858-5191 or at KethleyPT.com.

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Get kissed by the sun without the damage

by Karen Laine,
Para-Medical Aesthetician



Warm weather is here and summer fashions are exposing more skin. Many of us with light skin feel a bit awkward since Coco Chanel, of designer fame, made it vogue to have a tan. Instead of damaging and prematurely aging your skin with sun exposure or tanning beds, why not try air-brush tanning?

Sunless tanning is a safe, easy way to obtain a natural looking golden glow year round without exposure to harmful UV rays. A colorless, even mist is hand applied to the skin's surface using an airbrush. Once applied, the solution immediately begins to react with the surface skin layer. Within hours, a natural looking tan begins to develop and after 12 hours the color will be fully developed.

The tanning solution has been tested and recognized as safe by the FDA. DHA is a naturally occurring sugar that reacts with the skin's proteins to form a long lasting, healthy tanned appearance.

The average full body session generally takes 20 minutes to apply and dry. An airbrush tan can last between 5-10 days depending on your skin type and activity level. The sunless tan fades naturally as your body sheds the tanned skin cells. Keep your skin well moisturized to ensure the longest lasting, most even color.

Shower, thoroughly exfoliate your skin and shave no less than 8 hours prior to your session. Make sure your skin is squeaky clean, free from lotion, deodorant and makeup. A blocking cream is applied to areas that tend to absorb with more intensity to give a more even, tanned appearance.

Wear comfortable, loose fitting, clothing to your appointment. A dark colored swim suit or undergarments will form your tan lines. You can avoid tan lines by choosing to have a complete body tan. This procedure will be handled with the utmost discretion. Air-brush tanning does not protect you from burning and damaging UV rays. The sunless tan is strictly cosmetic. Always wear appropriate sun screen when exposure to the sun is imminent.

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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Tomorrow is the busiest day of the week

by Leslie Tourish, LPC

If a dirty glass doesn't sit long in my sink before being clattered into the dishwasher, and all of my laundry has been washed, ironed or sent to the dry cleaners, and the books in my bookshelf have been dusted and put back in order according to

subject, size and jacket color, then trust me - something is wrong. And that something is usually I'm avoiding a job I believe to be big. So I'll busy myself with tasks that are small.

Someone once wrote, "No task is a long one but the task on which one dare not start. It becomes a nightmare." So, when I wasn't dusting books, I actually cracked one open entitled, "I Want to Change But I Don't Know How!" by Drs. Tom Rusk and Randy Read. They wrote, "Stand back and look at the fears that stop you from trying out a change, a change that might increase your self-respect and satisfaction in life. Chances are it's fear of rejection, failure or some other outcome that you would interpret as evidence you aren't good enough, evidence that would transform your worst fears about yourself into a hopeless certainty. You'd rather be afraid you're defective than convinced of it. So you're afraid to try a change or maybe even consider one."

A way to break our mental stalemate, according to Drs. Rusk and Read, is to not personalize the outcome, but go forward into the discomfort of our fears. "Try this reasoning," they continued. "If I try to do what would increase my self-respect despite my

fears, then I'm courageous, I'm doing the best I can right now.' That's a big change to make, but once you name the fear, once you put your finger on it, it's not nearly as frightening. It's when you are afraid to even look that fear takes over your life."

I often tell my clients that the only way to eat an elephant is one bite at a time. If you take any difficult task, break it down to smaller parts and just concentrate on what you need to do for that hour, day or week, then the overwhelming becomes difficult, but manageable. And as Drs. Rusk and Read point out, we're not the outcome of a single event, but rather the character that shines forth during the process of the journey.

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



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Dripping Springs 78620



Meat at the market

by Reverend Sara Gates

What comes to mind when you think of a farmer's market? You likely think of local, in-season produce – and you'd be right. What may not come immediately to mind is locally-raised, grass-fed meat. Each week, the Dripping Springs Farmer's Market has wonderful meat vendors (a.k.a.

ranchers) who offer meat that has been healthily and humanely raised, and that is delicious.

Grass-fed meat is healthier. First, it's much leaner than its conventional counterpart. Second, it's higher in key nutrients, including antioxidants, vitamins, and a beneficial fat called conjugated linoleic acid (CLA) that's been tied to improved immunity and reduced inflammation. Local means fresh, and more nutrients.

Here are the ranchers at our Wednesday markets:

High Country Bison provides grass-fed bison raised by Corey Harris and John Russell who live here and raise bison on their ranch in New Mexico. Ground bison, chuck roasts, steaks – they have it all. Bison is known for its many health benefits and I can personally attest that it's delicious.

Koen Family Farm & Ranch provides grass-fed beef, pork and lamb. Kyle Koen is a member of the Farmer's Market Board and is committed to raising chemical-free meat for his family and yours. All different cuts are available and the meat is delicious.

Mick Family Farms provides grass-fed lamb. They offer a vari-

ety of cuts and recipes as well. It doesn't get better than this. Stop by and meet Amy, who knows a lot about lamb.

Red Fence Farms is a new addition to our market and we are glad to welcome them. They provide locally raised, grass-fed beef. I hear great things and am looking forward to trying their products.

TerraPurezza Tina, Orion, and Karina provide pasture-raised chicken and pork. Chickens are offered whole and pork is provided in many different cuts. All of it is delicious. I've visited their farm and it's inspiring to see their integrity in humanely and wisely raising animals.

These vendors gladly share information about how their meat is raised and how to prepare it. Come by and meet them.

Reverend Sara Gates is a member of the Governing Board of the Dripping Springs Farmer's Market. Each Wednesday finds her at the market buying groceries to feed her family.



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Attack of the grass awns

by Frank Shuman, DVM



One of the most common minor emergencies we see during the summer are grass awn foreign bodies. These 'seeds' or grass awns can become lodged in pet ears, between toes, and under the skin. The most common presentation is a draining tract between the toes. However,

grass awns can also cause much more serious health problems when they enter through the mouth or nose of a dog, and migrate through the respiratory or gastrointestinal tract. Grass awns have backward-pointing barbs that prevent retrograde movement, making removal difficult, and causing them to migrate deeper with normal motion. These seeds tend to get tangled in long, furry hair coats.

Clinical signs will depend on the location of the plant material. The most common location is between the toes, which will cause redness and swelling, or even a draining tract. These patients typically present with a lameness associated with the affected paw. If untreated, an abscess will form that reoccurs despite drainage and antibiotic therapy. If the grass awn passes through the chest or abdomen, clinical signs can be vague, such as decreased performance, exercise intolerance, lethargy, fever and weight loss. Some patients will present with swelling and pain just behind the last rib, which is a common location for abscess formation. These grass seeds can also become lodged in the ear canal, and migrate to the middle or inner ear. This will cause the dog to shake their head

excessively, or even cause a head tilt.

A physical exam will help in identifying the location of a grass awn. In cases where the grass awn is suspected to have migrated through a body cavity, imaging (such as x-rays or ultrasound) may be required to locate the foreign material. The ultimate goal is successful removal of the foreign body, debridement and drainage of infected tissue, and long-term antibiotic therapy to resolve infection. This often involves surgical exploration of the affected tissue to locate and retrieve the foreign material. Pain medication and anti-inflammatory medication will be prescribed to keep the patient comfortable. In some cases, placement of a drain may be necessary until the infection has improved.

In order to prevent grass seeds from penetrating into your dog's skin, it is important to check their coats and feet for these objects regularly. If your pet is a breed with particularly furry feet or a long, shaggy coat, it can be quite beneficial to have their hair trimmed short during the summer months. By regularly examining your pet, and removing any grass seeds as soon as they are found, you will prevent migration of these grass awns and subsequent infection. It would also be helpful to keep weeds out of your pet's yard and enclosure, as well as avoiding grassy fields and roadsides. If any signs are noticed have your pet evaluated to prevent severe complications.

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.

Digital eye strain and the effect of blue light on your eye health

by Dr. Bryan Marshall



In today's world, extended periods of computer or tablet work are common place. In fact, a Nielsen Company audience report showed that in the U.S., the average person spends more than 10 hours a day on a computer or mobile screen. *Wow!*

I get asked all the time about its effect on your eyes and it's obvious that younger individuals are spending more time on handhelds than I did as a

child. A friend described this new species as glow-faced hunched-backs. But is it really damaging to your eyes? New studies show the answer is yes.

First, we need to consider the accommodative demand on the eyes. That is to discuss what happens to the eyes when asked to focus on something at arms length for extended periods of time. The muscle in the eye has to flex to pull the lens into shape, and like other muscles, it can get fatigued. For this, I always recommend taking breaks and looking up for one minute every 15 minutes. This gives the lens and muscle time to recover.

The next area of concern is centered around blue light. Blue light is part of the visible spectrum that makes up white light which is emitted from the sun. It is the higher energy portion of the spectrum right next to ultra-violet light. This wavelength causes digital eye strain and can cause oxidative damage and early retinal degen-

eration that is non-reversible. The highest emitters of blue light are the sun, LED lights, flat screen LED TVs, computer monitors, smart phones and tablets. An NEI-funded study showed that children's eyes absorb more blue light than adults from digital device screens.

How do we protect against it? Limit screen time, use special filters to absorb blue light and get computer glasses from your optometrist with anti-reflective coatings. At your next appointment, ask your doctor about your options to limit accommodative stress and block these damaging light waves.

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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Slather on that sunscreen

by Marcelo Antunes, MD FACS

By now we've all heard about the importance of using sunscreen. The cumulative effects of sun exposure can rear its ugly head years later in the form of premature aging or worse, skin cancer. We see quite a bit of skin damage at The Piazza Center and sadly, so much of it is preventable.

The good news is that we have more options now than ever when it comes to choosing a sunscreen. But do you know which one is most effective in protecting your skin from harmful UVA and UVB rays?

Here are some top tips for sunscreen use during these hot, summer months (and year round):

- Use a sunscreen that provides both UVA and UVB protection. This will protect your skin from ultraviolet-B rays, which cause sunburns and skin damage, as well as ultraviolet -A (UVA) rays that put you at risk for skin cancer. The sunscreen should also contain zinc oxide or titanium dioxide. These are the vital ingredients that provide the protection.
- Choose one that is SPF 30 (with zinc oxide or titanium dioxide) or higher, although higher does not always equal better. SPF (Sun Protection Factor) in your sunscreen absorbs and reflects the sun's rays so they do not burn or damage your skin.
- Slather on that sunscreen 30 minutes before you head outside

and apply it liberally. Most people don't use enough. You should use one ounce of sunscreen to every part of your body that's exposed to the sun. Don't forget your ears, feet and back of the neck.

• Ignore the product claims for 'All Day Protection.' Sunscreen wears off after a couple of hours so be diligent about reapplying every 60 to 90 minutes.

• Don't depend on sunscreen alone. Give your skin some added protection with an SPF 30 lip balm, a hat with a wide brim, sunglasses with UV protection and even sun protective clothing.

Trust me, your skin will thank you.

If you do suffer from skin damage or premature aging, fortunately, there are treatments available to help reverse it such as resurfacing laser treatments, chemical peels and other skin care treatments. Please call us at 512-288-8200 to schedule a consultation.

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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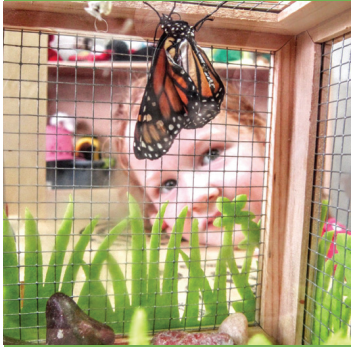
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The big deal about gum disease

by Ron S. White, DDS

Periodontitis means "inflammation around the tooth." It is a serious gum infection that damages the soft tissue and bone that supports the tooth. With this gum disease, the alveolar bone around the teeth is slowly and progressively lost. Microorganisms, such as bacteria, stick to the surface of the tooth and multiply.

An overactive immune system reacts with gum inflammation.

Untreated gum disease will eventually result in tooth loss, and may increase the risk of stroke, heart attack and other health problems. In most cases, periodontitis is preventable. It is usually caused by poor dental hygiene.

Here's how gum disease develops and why professional cleanings are important:

1. Dental plaque forms on teeth. This is a pale-yellow biofilm that develops naturally on teeth. It is formed by bacteria that try to attach themselves to the tooth's smooth surface.

2. Brushing teeth gets rid of plaque, but it soon builds up; within a day or so.

3. If it is not removed, within two or three days it hardens into tartar. Tartar is much harder to remove than plaque. Another name for tartar is calculus. Getting rid of tartar requires a professional; you cannot do it yourself.

4. Plaque can gradually and progressively damage teeth and surrounding tissue. At first, the patient may develop gingivitis, inflammation of the gum around the base of the teeth. Even though

the gums are irritated and bothersome, the teeth are not loose. There is no irreversible damage to bone or surrounding tissue.

5. Persistent gingivitis can result in pockets developing between the teeth and gums. These pockets fill up with bacteria.

6. Bacterial toxins and our immune system's response to infection start destroying the bone and connective tissue that hold teeth in place. Eventually the teeth start becoming loose, and can even fall out

Complications from Gum Disease:

The most common complication from periodontitis is the loss of teeth. However, patients with periodontitis are also at a higher risk of having respiratory problems, stroke, coronary artery disease, and low birth weight babies. Periodontitis can make it harder for patients with diabetes to control blood sugar. In addition, post-menopausal women with periodontal disease are more likely to develop breast cancer, according to research published in Cancer Epidemiology, Biomarkers & Prevention. Those with a history of smoking are particularly affected.

Gum disease is preventable by brushing, flossing and visiting your local friendly dentist at least twice a year. It is imperative that you get gum disease treated if you have it. It may not only save your teeth, but ultimately save your life!

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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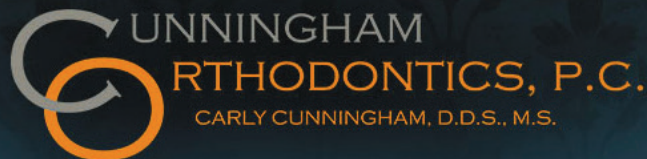
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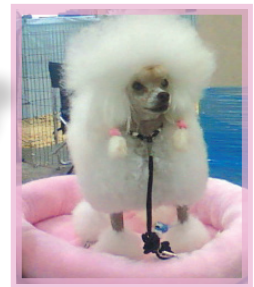
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Five important decisions that will totally transform your dating life

by Crista Beck

Between attracting the wrong kind of dating partners, unreliable first dates, the ever-looming fear of rejection and the unexpected disappearance of men with whom you thought things were going so well, it's safe to say that dating is a bit of

something new each day. Action creates momentum.

Smile at strangers. You are missing out on opportunities to connect if you are keeping yourself closed. Make eye contact and smile.

Watch less TV. Get out of the house. Period. You are not going to find your future husband sitting on the couch!

Remember that we get what we settle for, so be willing to take some risks. Making these new decisions in your love life will evoke a brilliant aliveness in you. So, if you want to find love, then you have to do something you have never done before..

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.

a struggle.

All of this is only exasperated by the fact that you feel there is very little that you can do to get past the first few dates. There is no chemistry, you have no idea what turned them off or you are confused why they never called back. At best, you are left with a handful of dates that maybe could have turned into something, if you're lucky.

If you have the desire to find and meet a quality man, it's time to make the decisions that will help you attract, approach and talk with potential dating partners. If you are ready to take your love life to the next level, it time to make these certain decisions.. immediately!

Release scarcity as your main way of thinking. There are plenty of men out there, but if you believe that there are not, then you will have exactly what you believe.

Forgive the unforgiven. Quality men can pick up on your resentment and see that you are carrying your past on your back. Let that baggage go.

Commit to taking the actions that terrify you. Get out there. Try

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Credit scores: *Your financial report card*

by *Trey Powers*

Think back to your school days and 6-week report card. The purpose was to quantify, for you and your parents, your academic performance for that period. The scores on your credit report are just the same. But rather than getting money for A's and being grounded for F's, credit scores are used by lenders to determine whether

you qualify for a loan, and if so, at what interest rate. While this is general knowledge to most adults, the details on how a credit bureau arrives at their score is mostly a mystery.

Scores are generated by algorithms unique to each bureau (Equifax, Experian and TransUnion) using information from your credit reports and summarizing your borrowing history. You should have three scores, one from each of the credit bureaus. Mortgage scores range from 300 to 850 and are made up of components including payment history, current debts, length of credit, types of credit and new credit. I'll touch on those and provide tips for each.

Payment History is very simple, friends. Pay your bills and pay them on time! This accounts for 35% of your score. Current Debt relates to how much you owe and whether you are maxed out. It accounts for 30% of the score. This is most important for credit cards. Use that available credit to build the score, but do not charge too much. Using over 30% of your available credit limit will hurt you. Using a low percentage and paying it each month will help

you. Length of Credit accounts for 15%. If you have used a particular card for years and trade for one with better rewards, rather than close the old one, keep it open and use it here and there. Types of Credit accounts for 10%. Do you have a healthy mix of different types of debt? The bureaus like to see you utilizing different types of credit (credit cards, auto loan, mortgage, etc). New Credit accounts for 10%. Each time a creditor "pulls your credit" you take a slight hit on your score.

Finally, like extra credit to build your school grade, take the time to research this topic further. Every point counts!

Trey Powers is a licensed mortgage loan officer with City Bank Mortgage, a Texas-owned lender. He was voted 2017, 2018 and 2019 Best Mortgage Lender in Dripping Springs. Trey lives, works and volunteers right here in DS. Contact: 512-203-5869 & trey@treypowers.com. Visit TreyPowers.com

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The Dripping Springs Chamber of Commerce Focus on Business: Michele Ryon – Keller Williams Realty

Michele Ryon spent most of her life as a military dependent. Her husband retired 10 years ago and they started their new life in Dripping Springs. She has extensive first-hand knowledge of what's involved in relocating and moving. She started her real estate career in 2011 with Keller Williams Realty as part of the Steele Action Team and works as a residential agent for homes, farms and land.

She is very active in the local real estate market. She stays informed of the inventory, both listings and pocket listings, by going on property tours. This helps her find the perfect house for her buyer clients as well as share her market knowledge with her seller clients. She's a Master Certified Negotiator, Accredited Buyers Representative and Military Relocation Professional. She was awarded runner-up for Best Realtor in 2019. Michele's top priority is providing great customer service and she strives to make buying or selling a home a stress-free and enjoyable experience.

She is a member of the Dripping Springs Chamber of Commerce so she's in tune with what is happening in and around



Dripping Springs, as well as working closely with local business owners. She was a member of Leadership Dripping Springs class of 2017 and continues to be part the LDS Steering committee. She's also a member of the Chamber Economic Development and Membership committees. She was named Best Civic Volunteer of 2019 for Dripping Springs.

She has worked in the fitness industry for 25 years as a group fitness instructor and personal trainer. She continues to teach group fitness

classes and brings her energy and people skills to her real estate transactions. Michele has been married for 32 years and has three adult children as well as three dogs and two cats. She enjoys wine tasting at the Texas wineries, dancing at the local dance halls, volunteering for the BBQ Austin Cook-off and Dance, and cooking and fund raising for the Dripping Springs Cook-off Club. She's also the membership chair for the club and was named Best Volunteer of 2016 for her work with the organization.

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A Travis County jury returned a nice verdict for one of my clients this week with an interesting side-light. Some of you likely watch the TV series *Bull* about a jury consultant which, I'm told, is modeled after Dr. Phil. I view the show as interesting, a bit inconsistent in plot quality, not reflective of the actual role of jury consultants in real trials

as I've experience it, and it has flakey courtroom stuff. That being said, I tend to enjoy watching it anyway.

Back to my current trial though; I did not utilize a jury consultant, so my assistant, my client, a very bright young lady, and I had to be our own *consultants*. One of the more interesting elements in the trial was a juror whom I had asked the court to disqualify for bias! During the jury selection process, I asked, "Who on the panel would be unable to consider awarding damages for mental anguish under any circumstances?" and this gentleman raised his hand indicating that he could not do so. Based upon that response, I requested the court to *strike him for cause* i.e. remove him from the panel as a prospective juror because his answer indicated he could not consider a key element in our case.

The defendant's attorney asked to have him examined separately from the other jurors and tried to *rehabilitate him* by asking him

if the court instructed him that he had to consider that element of damages, would he *follow the court's instruction*. This is obviously a catch-22 for the panel member – stick to his beliefs and offend the judge or obey the judge and surrender his beliefs. Panel members, standing in front of a judge, almost universally say they will obey the judge, which predictably, this gentleman did.

In a somewhat unusual twist though, as we observed him responding to these questions, we decided he might well be a good juror for us and I withdrew the challenge. Guess who became our presiding juror (foreperson)?! Yep, that guy. And he did a good job resulting in a fine verdict for my deserving client.

"It goes to show you never can tell!" - Chuck Berry

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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Estate plans can help you answer questions about the future

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



Don McGraw

If you have a family, you can probably benefit from estate planning. And you may well find that a comprehensive estate plan can help you answer some questions you may find unsettling – or even worrisome.

What will happen to my children? With luck, you (and your co-parent, if you have one) will be alive and well at least until your children reach the age of majority (either 18 or 21,

depending on where you live). Nonetheless, you don't want to take any chances, so, as part of your estate plans, you may want to name a guardian to take care of your children if you are not around. You also might want to name a conservator, or "guardian of the estate," to manage any assets your minor children might inherit.

Will there be a fight over my assets? Without a solid estate plan in place, your assets could be subject to the time-consuming, expensive – and very public – probate process. During probate, your relatives and creditors can gain access to your records, and possibly even challenge your will. But with proper planning, you can maintain your privacy. As one possible element of an estate plan, a living trust allows your property to avoid probate and pass quickly to the beneficiaries you've named.

Who will oversee my finances and my living situation if I become incapacitated? You can build various forms of protection

into your estate planning, such as a durable power of attorney, which allows you to designate someone to manage your financial affairs if you become physically or mentally incapacitated. You could also create a medical power of attorney, which allows someone to handle health care decisions on your behalf if you become unable to do so yourself.

Will I shortchange my family if I leave significant assets to charities? Unless you have unlimited resources, you'll have to make some choices about charitable gifts and money for your family. But as part of your estate plans, you do have some appealing options. You could establish a charitable lead trust, which provides financial support to your chosen charities for a period of time, with the remaining assets eventually going to your family members. A charitable remainder trust can provide a stream of income for your family members for the term of the trust, before the remaining assets are transferred to one or more charitable organizations.

Careful estate planning can help you answer many of the questions that may be worrying you. Certain aspects of estate planning, especially those related to living trusts and charitable trusts, can be complex. Consult your estate-planning attorney or qualified tax advisor about your situation.

Don McGraw, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-858-2850. Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice.

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Microbiological safety of your water

by Randy Lawrence



The subject of water quality is widely discussed and certainly becomes a topic of interest to new Hill Country residents who may have relocated from a more urban setting and find themselves faced with water problems.

Paramount among these issues is ensuring that your water supply is free of bacterial contamination and therefore safe to drink. The most common type of

bacteria found in untreated household water supplies is *coliform*. Ingesting this type of bacteria typically causes varying levels of stomach upset and intestinal issues.

If you pay a water bill each month, you can typically rest assured that the water is being disinfected with chlorine, or *chlora-mines*, before being distributed to your neighborhood. However, if your household water is supplied by a rain water system, or a privately owned well on your property, it is very important to be aware of the microbiological safety of your water. Without outside interference, it is fairly uncommon for water pumped directly from a conventional water well to be contaminated with bacteria. Examples of outside sources of contamination can include animal enclosures or septic drain fields in close proximity to the well-head. One common cause for bacterial contamination in household supplies is often a large storage tank which is filled by the well or by a rain water collection system. As beneficial as these storage tanks are, this water is unavoidably exposed to the possibility of contamination, making it necessary to consider adding a disinfection step to your home water treatment system.

Compared with the maintenance hassles associated with adding chemicals to your water, ultraviolet disinfection is a much more user friendly method of sterilizing your water supply. These wall mounted units are most effectively placed as the last step of treatment in your system. This way the water is already filtered or treated for minerals before entering the UV unit, which helps to minimize ongoing maintenance. It is important to note that UV bulbs should be changed once per year to maintain maximum effectiveness. Contact a licensed water treatment specialist if you have any concerns about the quality of your water supply.

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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First time is a charm

by Lindley Pond

By now, I'm sure we are all deep in the throes of summer and its inevitable heat. I'm writing this article in the first week of June, so haven't a clue what we will experience in July. May proved to be unusually wet and it's nice to see the greenery as well as to know our water tables are up. We'd gotten so used to our severe drought

situation that our *fixes* for drainage – new hardscaping and usage of some products – seem to have been done in vain. I witnessed this at my own home.

Since we can no longer swear to hot, dry summers or super cold winters, it's not a bad time to think about the *what if's*. This approach could save not only dollars, but the headache of redoing what we were sure was going to work. Careful planning for all our outdoor wants can not only give us the desired results, but protect them. There are many simple things to implement before more permanent things such as patios, walkways, and a seating area are installed. Area drains, swales to redirect water, berms to maintain the water's movement, positive drainage away from homes, as well as slight crowning on hardscaping surfaces will help water not pool and move it away from areas it doesn't need to be.

Normally, I'm not a fan of planting in July unless your schedule allows for much TLC to get things established. If you must, try to

keep things small as our ground has already heated up, putting undue stress on plants' root systems. Take time now to use what you have seen with the water to come up with a plan that can be implemented as the war chest allows, keeping in mind that sometimes the pot of gold has to wait for the essentials to be put in place.

All worth it at the end of the project that was done only *once*. Happy July! Give us a call if you need some help, we'd love to make the project perfect.

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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Summer plant health care tips

by Steven Austin



Summer is the traditional time to prune spring flowering trees and shrubs to help maintain size and shape of plants. Major pruning performed before flower buds set in late summer will enhance next year's bloom. Light pruning also should be done on broadleaf evergreens, conifers and plants used as hedges to maintain size and appearance.

As weather turns hot and dry, pay close attention to water requirements of plants. Woody plants benefit from infrequent but deep watering once plants are established. New transplants and plants grown in confined spaces will require more frequent irrigation when regular rainfall does not occur.

Pests that are traditionally active in summer include spider mites, Japanese beetles, insect scale crawlers, lacebugs and webworms. Powdery mildew begins to become severe as weather turns warm and humid. Deer browse becomes a major concern especially on annuals and perennials. Repellents that are used to deter browse must be applied more frequently to protect new growth.

Have plants inspected for early symptoms of poor health. Trees affected by early stages of stress could display premature fall color in late summer, partial defoliation and symptoms of moisture stress.

Provide supplemental irrigation each week or more often on newly planted trees, shrubs and older plants stressed with insect or disease problems when rainfall is lacking in summer.

Prune flowering trees and shrubs such as dogwood, azaleas, rhododendron and forsythia. Once flower buds begin to form in late summer, judicious pruning reduces the bloom somewhat but should not impact the display significantly.

Inspect for pests that commonly arrive during hot, dry weather and apply treatments as needed.

Assess canopies for dead branches and structural weaknesses that can be pruned later in winter.

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.



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Over the past several months I have had the pleasure and honor of writing about some of the men and women within our community who exemplify what it means to be a servant leader. Each and every one was reluctant to be interviewed. Christian men and women are like that; never seeking praise for themselves and always directing our adoration to the

One who created them. But there is another commonality, another river coursing through their lives (aside from the humility) which unites them. They share a hope for the future which bears a closer examination.

Forgive the history lesson for a moment but it is in history that we find ourselves. Only the fool thinks that these days are unique or that our lives are so very different from those who came before us. Consider the life of John the Apostle; one of the quick-tempered “Sons of Thunder” who followed Christ. From the moment his eyes were opened to the Truth of God until the day he closed them for the last time on this earth, John was a faithful servant whom God gave the gift of hope.

The Apostle John was never a perfect servant nor a perfect man, but a faithful one nonetheless. In his later years, banished to a mostly deserted island of Patmos John continued to write, to teach and to shepherd the church. For some context, at that point in history the Romans had destroyed the temple in Jerusalem, Christians were being persecuted to the point of death, driven underground and John was banished to an island of criminals and enemies of the state. John’s crime was preaching the Gospel of Jesus Christ. John was in his 90’s, living in a cave, sleeping on the ground each night. He was the last living Apostle of the original 12 disciples.

Despite his circumstances, and his age, God continued to use John, continued the process of molding him, shaping his mind and heart for the purpose of serving and saving others. Throughout history, God has always worked through ordinary men and women to accomplish His plans. On Patmos, God revealed to John the vision we now call the Book of Revelation and in doing so showed John a vision of God’s completed purpose to restore His creation. John was witness to a vast sea of people too numerous to count, each having been fully restored from sin to righteousness in the sight of their creator. You see, a feeble old man, banished by the government to live (or die) in a cave on a remote island still served with a purpose. I think if it were possible for John to do so, he might have sent us each a postcard from Patmos, which might have gone something like this:

Dripping Springs Outlook



Brothers and sisters, trust me, I know life is hard. Sometimes we think that as we grow older that things should get easier, but that is not the case. The people you serve lead messy lives and can be so very hard to love. They can be very demanding of your time and of your patience. Nothing seems to make sense and the world appears to grow more confusing. While it would be so very easy to give up, or give in and follow the crowd, or to retreat into retirement thinking that you have done your share, I say to you, take heart. God did not send His Son to condemn, but to forgive.

I can tell you, first hand, that your obedience and sacrifice yields unimaginable results in the future; a future so incredible that I struggle even to put into words which you will understand. So serve with courage, with hope and with faith. And just maybe, if you are lucky, I will see you on the island!

So if you have ever wondered why Christians hold such hope for the future I would invite you to get involved in serving in our community. Take a baby step this week and find a church, and get plugged in. Bring your time, your talents and your gifts and take your place alongside those whose serve. Don’t forget to send us a post card along the way.

Mark Lander has worked in commercial real estate since 1984 and he is the owner of TMG Commercial and Pointer West Properties. Having grown up in Austin he and his wife Lisa have made Dripping Springs their home for the past 20 years. Mark serves as an Elder at the Hill Country Bible Church of Dripping Springs. You can reach Mark at 512-569-6644 or MLander@austin.rr.com.



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