

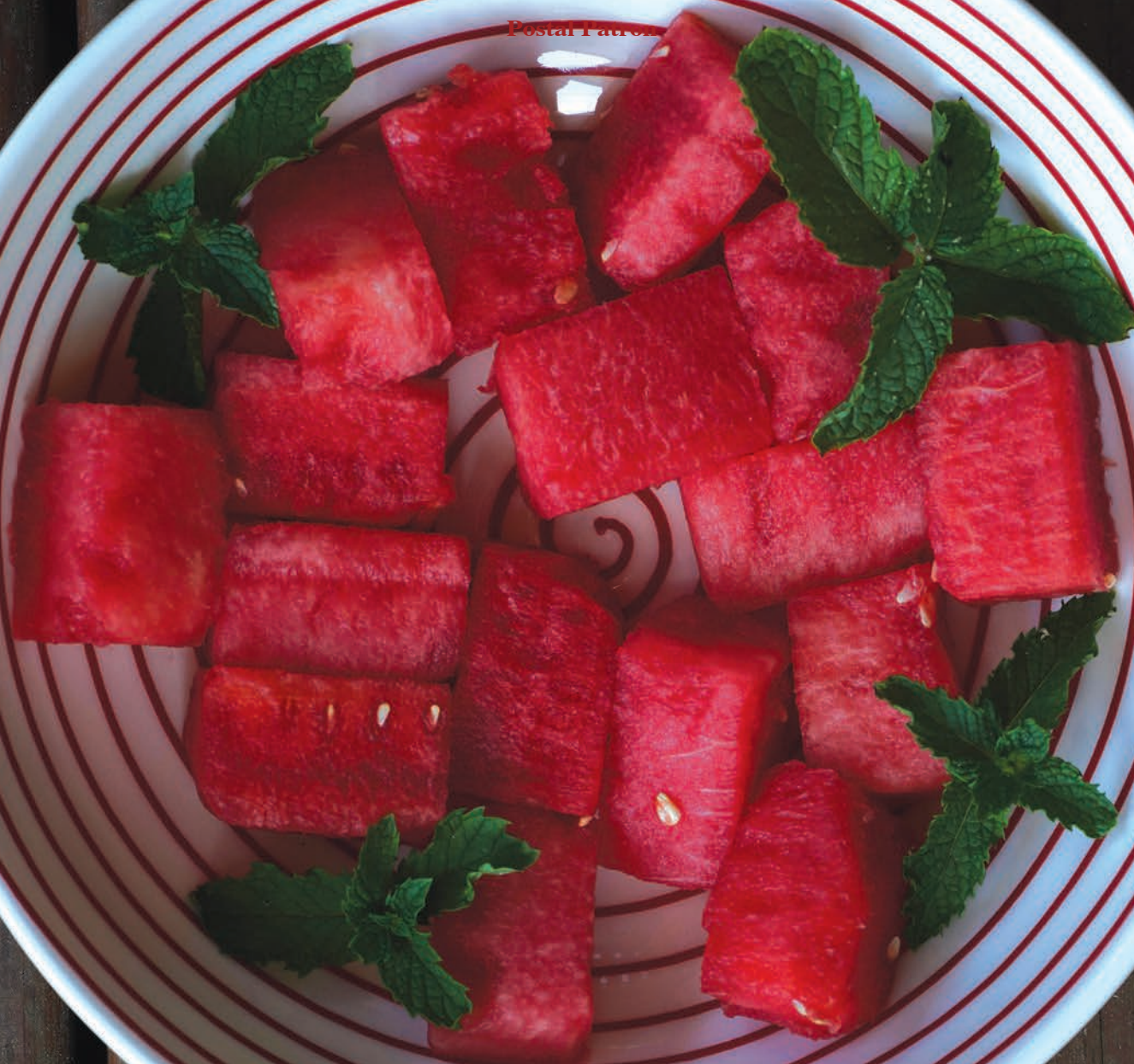
# *Dripping Springs*

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# OUTLOOK

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Postal Patron



*The Gateway to Life in Dripping Springs*





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# Accepting the contrast

The hottest part of summer in Texas is a challenge for me, I'll admit it. Even though I grew up here and as a child didn't seem to notice it as much as I ran from swimming to playing with my friends outdoors as a daily summer time practice, now I tend to hide inside as much as possible during these August days.



I have a dear friend, on the other hand, who prefers to eat lunch outside, shade or not, at this time. He tells me the heat energizes him; it makes him feel strong and healthy. There was no possible way for me to understand his rationale and quite bluntly, I never tried in all the years I've known him.

Recently someone shared the concept of contrast with me. Of course I'm aware of contrast in physical terms - hot versus cold, black versus white, etc. The thought here in pared down terms is that to know, and appreciate, one in depth you make the choice either consciously or unconsciously to know the other. Furthermore, we choose contrast in all aspects of our lives whether in relationships, jobs or our health. While I feel I've only begun to scratch the surface of how this potentially impacts us on an individual level as well as from a social and global perspective, I immediately recognize that contrast is essential to us as we've evolved.

Accepting the contrast is a wise choice. Whether it's a friend's preference for heat, or a religious view that differs from our own or a physical appearance that is somehow in contrast to ours, it doesn't mean that it's wrong or inferior. It is only different. If we can remove the fear, or at least cause it to subside enough to take a closer look, we initiate a willingness to understand, even on a small scale, what we're looking at that someone else considers precious. This action also allows us to appreciate what we embrace on an even deeper level while opening our hearts and minds to the elegant universal design of contrast.

Thank you for joining us.

*Victoria*



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Dripping Springs Outlook

# Dripping Springs Outlook

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Contact us to find out how you can submit information, photos or promote your business directly to over 13,000 addresses.

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**Pedal Ranch Publications**

## CALENDAR of EVENTS

- Every 2nd Sun. at 2pm, Children of the Confederacy, Magnolia Rangers Chapter #927. For more information call 512-858-1085.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit [DrippingSpringsRotary.org](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.
- Tue. Aug 20, First day of school.

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# Have you ever found anything to relieve joint pain permanently, outside of surgery? Our patients have.

by Breca Tracy, PhD



Last month we educated you on one of our favorite joint products, SurForce®, the most concentrated amniotic membrane allograft on the market. It provides a protective cushion that both supports damaged joints, cartilage, tendons, ligaments, and other soft tissues. It also provides a natural, immune evasive barrier to cushion and support damaged tissues.

Previously we talked about our passion to serve our community by providing natural therapies. This month we would like for you to hear how these have changed lives here in the Hill Country.

“I’ve been an athlete until I was 45 years old. I played all kinds of sports; baseball, football, basketball, soccer, track, golf, tennis, etc. My knees starting hurting when I was 35. I knew knee surgery was a 6-month ordeal at best. Having no desire to go through this anytime soon, I took to alternative approaches. Although certain methods were helpful, they did not do the trick. I lived in pain most of the time. I know Breca Tracy personally and she began to explain what the Stem Cell Center does; she spurred my interest. I found out the program could take up to six months to fully realize the benefits. I was, to say the least, pleasantly surprised at no pain from the injections. From the time I received my injections, I have

had no pain in my knees and I play golf four to five times a week. The twisting motion with a golf swing does not give me any pain at all. I was instructed to not over use my knees for the first six weeks and I have been playing golf for over two months now and still no pain! I would encourage anyone with joint pain to look at the Stem Cell Center in Dripping Springs for a possible alternative method for surgery.” J. Epley

“My neck had hurt for as long as I can remember. I have a high tolerance for pain and ignored it for a long time. It had gotten to where I wished I could take my neck off my shoulders. I had tried various natural approaches, but nothing helped long term. It’s been a year since I had this therapy and I have no neck pain whatsoever, other than tension/stress. On a scale of 1-10 (10 = worst), I went from 10 to 0 pain. I am more than happy at the results!” J. Montgomery

We have a very unique team of experts here in Dripping Springs. Come see us, call us, or email us!

*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. 512-368-4548, 800 Hwy 290 W, Building F, Suite 200.*

## Reclaiming mercy

by Reverend Sara Gates



Growing up Presbyterian, I often heard the word “mercy” yet didn’t understand it. Moving into adolescence and early adulthood the word became repugnant as it reminded me that I felt something was inherently wrong with me, that God needed to take pity on me because of my wrongness. I didn’t need or want reminding. So I let

mercy go.

In my early thirties a gifted teacher named Linda Orsak taught me the unconditional love of God. She wanted people to stop suffering due to wrong beliefs about God. I not only learned about the unconditional love of God, I started to experience it. I started to get a hint that maybe there wasn’t anything so wrong with me after all. If God could love me no matter what, well, that changed things.

Yet I still didn’t welcome mercy. Though I used the 23rd Psalm in meditation, I changed “surely your goodness and mercy will follow me...” to “...goodness and love.” Such was my discomfort with mercy.

A few years back, I came to understand where the word “mercy” comes from and what it means. The Etruscan root of mercy is “merc” as in merchant or commerce. It’s all about exchange. In the case of mercy it’s about Divine exchange. Jesus’ beatitude “Blessed are the merciful, for they will receive mercy,” is a teaching about Divine exchange. Exchange is the very nature of God,

the very nature of life.

Science is deepening my understanding of mercy. The Heisenberg Principle (the observer of an experiment changes the outcome) illustrates the power of energy exchange. Neuroscience shows that mirror neurons in the brain exchange feelings with others. Physics teaches that the entire universe is made up of the same energy and this energy communicates. We communicate out with our very being and draw in what we are giving out. Mercy.

I now understand that I am responsible for what I am giving out and must contemplate its impact on others. This responsibility speaks to my (and your) inherent rightness. With this, I have reclaimed mercy.

*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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## CBD oil plus adrenal support: *Anxiety relief*

by Edwin Dossman

Decades of research shows that your endocrine system is primarily responsible for managing homeostasis: your body's natural condition of balance. Everything from your temperature, blood sugar levels, pain sensation, sleeping, inflammation responses, and anxiety levels need

to be actively regulated within a narrow range of error to ensure optimal health. When endocrine cells are weakened either through genetics, toxicity, or poor lifestyle choices the balance of the body can be offset in dramatic ways.

It is well known in the world of natural health the connection between the strength of the adrenal glands and one's ability to adapt to the many stresses of modern life. Anxiety is a problem suffered by millions and it can be debilitating to an individual keeping the sufferer from experiencing life to the fullest. The symptoms of anxiety one experiences can be directly linked to adrenal insufficiency.

CBD oil in its ever-gaining popularity is used by many for relieving the symptoms of anxiety. It has proven itself very effective in a large part due to CBD's ability to stabilize the endocrine system. With chronic anxiety it is a safe assumption that the adrenal glands could be in a chronic state in need of a little more TLC than just CBD oil can offer.

This can be successfully done using CBD oil in tandem with an

endocrine gland strengthening formula. One of our most popular adrenal support products is Adaptogen- R3 by Premier Research Labs; it not only supports the adrenal glands, but also includes herbs for the pituitary gland and hypothalamus which have commanding roles in overall endocrine health.

Come by Martin's Wellness at Dripping Springs Pharmacy and visit with our experienced Wellness Consultants for valuable tips for getting the most out of your Wellness program.

Best in Health,

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



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## CoolSculpting: *How does it work?*

by Rocco C. Piazza, M.D

How bad can it be to relax comfortably in a private treatment room – quietly reading or catching up on work – while your unwanted flabby areas are chilled, then seemingly melt away?

(Not too bad – especially considering this August heat!)

In a nutshell, that is what CoolSculpting involves.

CoolSculpting is a body contouring treatment that freezes fat cells at a certain temperature. Once that occurs, your body will naturally eliminate them permanently.

It is a non-surgical, FDA-approved procedure offering a more toned and 'sculpted' silhouette for stubborn areas that remain unaffected, even with diet and exercise.

CoolSculpting is most commonly requested for these troublesome spots:

- Bra-line fat
- Abdomen (belly fat, love handles, muffin top)
- Flabby arms
- Flanks (spare tire)
- Thighs (saddle bags)
- Double chin

How does CoolSculpting work?

CoolSculpting is performed in the office and it does not require

any anesthesia. A cool gel pad is first applied to the skin over specified areas of fat cells followed by a gentle, suction movement of the CoolSculpting device. The treatment lasts about an hour.

You may feel some slight and temporary numbness at the treatment site afterwards. You can return to work and regular physical activity immediately.

How is CoolSculpting different from liposuction?

Liposuction may be better for those patients wanting to address several, larger areas of fat cells. With liposuction, small surgical incisions are made in the skin through which the fat cells are suctioned out.

Unlike liposuction, CoolSculpting is for both men and women who want quicker results for small, targeted areas without surgery. Because it is an efficient, in-office treatment with no recovery time, CoolSculpting is often more favored by those with busy schedules.

No matter the treatment, make sure you are working with a medical professional who is board-certified by The American Board of Plastic Surgery or a member of the American Society of Plastic Surgeon when considering body contouring.

*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).*





# Vertigo

by David Strong, PT, DPT

Dizziness, nausea, or the feeling of a spinning room experienced when sitting up from lying down, for more than 30 seconds, is known as vertigo. BPPV (Benign Paroxysmal Positional Vertigo) is the most common form of this condition. Symptoms are brought on by changes in the position of your

head, especially quick head movements. BPPV is an easily treatable form of vertigo that is caused by illness, dehydration, trauma, migraines, and lying on your back for extended periods of time.

Vertigo is a disorder of the fluid filled spaces of the inner ear. The inner ear has three loop-shaped structures that are covered in tiny hair-like projections that form a platform. Vestibular function is achieved when small crystals (otoconia) rest on these platforms (otoliths) and transmit information to the brain about head position in space. The entire system acts as a level to tell your brain where your head is positioned at any given time.

BPPV occurs when these crystals fall off of the platform and are displaced into the canals and loops. Information about head position is incorrect because crystals are floating in fluid in the wrong position. Dizziness occurs after going from lying down and raising the head quickly because the crystals are floating in the wrong canal to transmit accurate data.

A physical therapist can perform a few simple tests to find out where the crystals are misplaced. The tests include laying you down and rolling you on your side while looking for directional twitching in the eye (nystagmus). Your PT can decide what treatment is best based on the direction of the eye movements. Once your PT determines the location of the crystals they will have you perform rolling movements in a specific order that places the crystals back in the correct position on the platforms.

If you have dizziness or nausea that occurs when you stand up quickly from lying down please contact us at Kethley Physical Therapy. We can schedule an appointment to have you evaluated and treated so you can get back to everything you love to do.

*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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## Are you seeing spots?

*by Karen Laine,  
Para-Medical Aesthetician*



If you're prone to discoloration, brown spots, age spots or sun spots (hyper-pigmentation) you've probably noticed they become more visible during the summer. While hyper-pigmentation can be challenging, both to prevent and fade, these tips can definitely help achieve more evenly-toned skin.

Wear sunscreen – applied generously and often. The number one cause of premature skin aging is sun damage and exposing your skin to the sun can bring out sun spots. How generously sun block is applied, then re-applied, when outdoors is more important than the SPF number. If lotion type SPF doesn't suit your needs, try the new mineral powder sunscreens which go on dry and last for hours.

Exfoliate gently. Once discoloration appears, it is beneficial to use exfoliating products such scrubs and mild acids (glycolic, lactic and/or salicylic). When regularly used, these exfoliants help break apart and lift pigmented cells to lessen their appearance.

Use a skin lightener/pigment suppressor. In addition to exfoliating, use of a skin lightener helps prevent/fade brown spots by suppressing melanin cell activity. Many skin lighteners contain the ingredient *hydroquinone* which is very effective or choose a slower, more natural approach utilizing a type of vitamin C, kojic acid, licorice root, etc.

Limit exposure heat/sun. Not only direct UV rays but heat can stimulate melanin activity, resulting in brown spots. Unfortunately, no matter how diligent you are about sunscreen and staying in the shade, you still may not be able to avoid pigment formation. Keep skin as cool as possible and use a pigment suppressor.

Eat a diet rich in antioxidants. Research finds a diet rich in fruits and vegetables containing vitamins A, C and E can increase internal SPF significantly against sunburn and DNA damage.

Get monthly facials. Professional facials give your skin increased results far beyond your home care products. Many tend to neglect their skin in the summer and come back in the fall to seek skin repair. Anti-oxidant facials are a great way to prevent damage. Go easy on chemical peels or laser, as those are best reserved for cooler months.

*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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## Self-esteem powers motivation

by Leslie Tourish, LPC

Jobs and marriages have a way of permeating major aspects of our lives. And if one isn't working, then the other is sure to be affected. If you've ever been in a job that you've loved, then you know how energizing the atmosphere can be, and how the hours slip by like minutes. And for

those of us who have been in toxic job situations, then the days on the calendar begin to look like bars on cages - endless.

Jobs are like marriages in that they are very much driven by our interest in the relationship. Establishing job satisfaction requires a good fit between our skills and interests, and the tasks and company's "personality." Therefore, a manager or management team that can motivate its employees to do their personal best is an investment, is worth its weight in blue chip stocks.

Nathaniel Branden, Ph.D., discusses this issue in his book, *The Six Pillars of Self-Esteem*. He states that in organizations which empower their employees, "... people feel safe: secure that they will not be ridiculed, demeaned, humiliated, or punished for openness and honesty or for admitting 'I made a mistake' or for saying 'I don't know, but I'll find out.' People feel challenged: given assignments that excite, inspire, and test and stretch their abilities. People feel recognized: acknowledged for individual talents and achievements and rewarded monetarily and nonmonetarily for extraordinary contributions. People receive constructive feedback: they hear how to improve performance in non-demeaning ways that stress positives rather than negatives and that build on their

strengths." Dr. Branden suggests, "When you talk with your people, be present to the experience: make eye contact, listen actively, offer appropriate feedback, give the speaker the experience of being heard. Regardless of who you are speaking to, maintain a tone of respect; do not permit yourself a condescending, superior, sarcastic, or blaming tone. Keep encounters regarding work task-centered, not ego-centered: never permit a dispute to deteriorate into a conflict of personalities; the focus needs to be on reality: 'What is the situation?' 'What does the work require?' 'What needs to be done?' Praise in public and correct in private; acknowledge achievements in the hearing of as many people as possible while letting a person absorb corrections in the safety of privacy. When the behavior of someone creates a problem, ask him or her to propose a solution; whenever possible, avoid handing down solutions but give the problem to the responsible party, thereby encouraging self-responsibility, self-assertiveness, and intensified awareness."

And his final suggestion is the golden rule of business: "Set a standard of personal integrity: keep your promises, honor your commitments, deal with everyone fairly (not just insiders, but suppliers and customers as well), and acknowledge and support this behavior in others; give your people the pride of working for a moral company."

*Leslie Tourish, LPC, is a Dripping Springs psychotherapist in private practice; LeslieTourish.com or DSPsychotherapy.org. 512-695-1660*



## Farmers Market seeks new board members

by Claudia Oney

The Dripping Springs Farmers Market (DSFM) is seeking two new Board members for its governing board. I got involved with the Board five years ago as part of a longtime interest and commitment to locally grown, organic food. The DSFM inspires people, myself included, to be more

involved with the food they eat. Let me share first, why I am committed to shopping at our market and second, qualities we are seeking in new Board members.

Shopping at the DSFM is fun. I always run into friends and neighbors, including the farmers, ranchers, bakers and other vendors who have become friends. I enjoy hearing great music, sipping a glass of wine and visiting with neighbors who also love shopping at the DSFM.

Also, I come for the amazing food. I live on a small farm and produce most of my own vegetables, along with honey, eggs and beef. I shop at the DSFM to buy chicken, pork and vegetables I don't grow at home. At DSFM the food is fresh, organic and delicious. The influx of local, organic meat producers over the last several years has brought wonderful additions - each week we have beef, bison, chicken, lamb and pork.

Finally, and importantly, the food at DSFM is juried, meaning the governing Board screens all vendors, which is a big help to customers. This required screening process assures shoppers they

are buying from local farmers, bakers and artisans that have been inspected to determine they are producing their goods themselves.

The DSFM is governed by a volunteer Board of Directors. We are seeking two new Board members. To see if you are a good fit, consider these questions:

1. Are you committed to eating local and organic food?
2. Are you committed to eating in a simpler, cleaner way? Are you willing to break out of the mold of so-called food convenience?
3. Are you looking for a way to give back in your community?
4. Are you good at working with and collaborating with others?

If this sounds like you, please email us at [farmersmarket@cityofdrippingsprings.com](mailto:farmersmarket@cityofdrippingsprings.com). We'd like to hear from you.

*Claudia Oney is a member of the DSFM governing board, a volunteer firefighter, and a master gardener. She practices tai chi and qigong. Before retiring to Dripping Springs she was an attorney in Chicago.*



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## Pet dental care

by Frank Shuman, DVM

Out of all the members of one's family, the chances are it will not be difficult to guess who has the worst dental hygiene: the pets. They do not brush their teeth, nor do they floss, and this goes on for years. Without care, plaque accumulates and slowly eats away at the gums and bone around the tooth. This is called periodontal disease. Over 85% of pets have periodontal disease by age three. Signs that it is time for a professional cleaning of your dog or cat's teeth are swollen red gums and yellowish to brown tartar buildup especially to the molars and fangs.

A "dental" for your pet includes the same care your own dentist would perform for a routine cleaning, including removal of all tarter, polishing and fluoride treatment. The notable difference is that our veterinary patients must be briefly anesthetized to get the job done well. At Dripping Springs Animal Hospital we thoroughly examine each patient before anesthesia and recommend pre-anesthetic blood tests to recognize problems before anesthesia. We use extremely safe isoflurane gas anesthesia and sophisticated monitoring during the procedure for every patient. Dental x-rays will be taken to assess the extent of dental disease and recommend extractions or other therapies when indicated. Patients receiving

routine dentals will go home the same day with fresh breath and a much healthier mouth.

The next question you make ask is, what can I do at home to prevent periodontal disease. Home dental care will significantly lengthen the time between necessary cleanings with your veterinarian. Unfortunately it won't completely replace the need for anesthetic dental cleanings. Studies in animals have shown that brushing three times a week was adequate to maintain healthy teeth and gums but daily brushing was needed to control existing gingivitis. Animal toothpastes come in pet-preferred flavors and are meant to be swallowed and are typically available through your veterinarian or pet supply store. Dental wipes and rinses can be used with some pets that won't tolerate brushing. There are also dental treats and diets that can help but brushing is the gold standard for at home dental care.

Good dental care can add up to two years to your pet's life and make them a better companion as well. If you've not considered it before, ask your veterinarian to discuss this important care for your four-legged family members.

*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.*

## Diabetic Eye Disease

by Dr. Bryan Marshall



Diabetic Eye Disease is a group of conditions that include diabetic retinopathy, diabetic macular edema, cataracts and glaucoma. Combined, these conditions are the primary cause of blindness in individuals between the ages 20 to 74.

Periods of elevated blood sugar can lead to all of the above conditions. There are two types of diabetes, Type 1 and Type 2, and both types are at risk for diabetic eye changes. Risk increases

with the duration a person has diabetes.

Diabetic retinopathy is directly related to a person's blood sugar levels and leads to damage of the small, sensitive retinal blood vessels in the back of your eye. This leads to bleeding in the retinal layers causing distorted and compromised vision. In more severe stages, abnormal blood vessels proliferate in the retina and leak at a greater rate and cause scarring and loss of retinal cells and about half of all diabetics will go on to develop some stage of retinopathy.

Diabetic macular edema is a situation where we have a build-up of fluid in the most sensitive part of the retina. This condition is the most common cause of vision loss among persons with diabetic retinopathy. About half of all individuals with diabetic retinopathy will go on to develop macular edema. We've talked about cataracts in previous articles. It's a condition where a person's natural lens becomes cloudy and difficult to see through. Adults with diabetes

are two to five times more likely than those without to develop cataracts and those with diabetes develop cataracts at a younger age.

Statistics and research show that some types of glaucoma, aka the Silent Thief of Vision, are associated with elevated eye pressure, which can lead to glaucomatous nerve damage. Diabetes also doubles your risk of developing glaucoma. It is obvious that diabetes can cause serious and permanent damage to your eyes and vision. It is very important to control your blood sugar and work with your endocrinologist to develop a diabetic management strategy, and have, at least, yearly eye exams to check for diabetic eye changes and catch them before any serious consequences arise.

*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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## Protect your smile: *Wear a mouth guard*

by Ron S. White, DDS

Mouth guards are coverings worn over teeth, and often used to protect teeth from injury from teeth grinding and during sports.

Mouth guards should be used by anyone – both children and adults – who play contact sports such as football, boxing, soccer, ice hockey, basketball, lacrosse, and field hockey. However, even those participating in noncontact sports (for example, gymnastics) and any recreational activity (for example, skateboarding, mountain biking) that might pose a risk of injury to the mouth would benefit from wearing a protective mouth guard.

Adults and children who grind their teeth at night should have a nocturnal bite plate or bite splint made to prevent tooth damage.

There are three types of mouth guards:

1. Stock mouth protectors are preformed and come ready to wear. They are inexpensive and can be bought at most sporting good stores and department stores. However, little can be done to adjust their fit.

2. Boil and bite mouth protectors also can be bought at many sporting goods stores and may offer a better fit than stock mouth protectors. The "boil and bite" mouth guard is made from thermo-plastic material. It is placed in hot water to soften, then placed in the mouth and shaped around the teeth using finger and tongue pressure.

3. Custom-fitted mouth protectors are individually designed and made in a dental office or a professional laboratory based on your dentist's instructions. First, your dentist will make an impression of your teeth and a mouth guard is then molded over the model using a special material. Due to the use of the special material and because of the extra time and work involved, this custom-made mouth guard is more expensive than the other types, but it provides the most comfort and best fit and protection.

Why use a mouth guard when playing sports? Because accidents can happen during any physical activity, the advantage of using a mouth guard is that it can help limit the risk of mouth-related injuries to your lips, tongue, and soft tissues of your mouth. Mouth guards also help you avoid chipped or broken teeth, nerve damage to a tooth or even tooth loss.

*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).*

**Wishing everyone a fantastic school year**

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Dr. Rachael Eckert Green, BVMS MRCVS DAVBP cVMA, grew up in Michigan and began her love of horses at a young age. She grew up competing on the Hunter/Jumper circuit both locally and regionally with the USEF and continued riding into her college years, giving racing thoroughbreds a second chance at a career in the Hunter ring.

She received her Bachelor's degree in Classical Archeology from the University of Michigan as well as a second degree in Biology from Eastern Michigan University. She concluded her veterinary education in 2014 at the University of Edinburgh in Scotland.

It was during her time in Scotland that she became interested in equine dentistry. She then came to Texas to complete an equine internship followed by an extensive residency program in Equine Practice (ABVP) at Texas A&M University.

During her time at A&M, she cultivated her love of equine dentistry and developed advanced dentistry skills ranging from routine oral examinations and tooth floating to complex surgical tooth extractions.

She and her husband, Alec, are excited to offer mobile veterinary services and bring their professional interests, including equine dentistry, veterinary acupuncture, geriatric medicine and preventative care with them to the Greater Austin area and develop relationships with the horse community here. In addition, she hopes to give back to the global equine community by volunteering to provide veterinary assistance to working horses and donkeys in South America. In her time off, she loves to travel, run, hike, ride her ex-racehorse gelding Sam and spoil her rescued pony, Stella.



**Rachael E.E. Green**  
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# Getting ready to build a deck

by Homer Whisenant

With fall on its way, now is a good time to plan improvements for your outdoor living space. We are fortunate to live in a place with many beautiful fall days and a custom-made deck or patio is a great way to enjoy outdoor living with your family and friends.

When planning a deck or patio project, several design and material choices need to be made. Traditional wood decks are very popular, and are my favorite material for decks. Synthetic and aluminum deck products are also available. Make your selection based on what fits best with your existing home design and your maintenance concerns.

Like most things, each material has its pros and cons. Wood decks require more maintenance and will need to be cleaned and sealed every few years to protect the wood and keep it looking good. Synthetics can require more framing due to their weight, adding to the cost. Synthetics have a tendency to be hot on sunny days, and this is a concern with some woods as well. This is something to consider if planning a deck around a swimming pool since bare feet and legs come into contact with these surfaces.

For some, a flagstone or brick patio will be the answer. With many size, shape and color options to choose from, you can easily find the right material to make your outdoor living space ideal.

A roof over your deck or patio helps keep the space cool. Even

an open top, such as a pergola, will cool down a space and provide some shade.

With the internet, you can find more information on available products than ever before. It's important to find an experienced contractor, one you easily communicate with and enjoy working with. They will be a great help with design and building.

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

*Homer Whisenant is the owner of Homer Whisenant Construction, and has been serving Hill Country clients for over 30 years. Homer knows that when homes get better, lives get better and he enjoys helping clients make both of those happen. Please call us at 512-677-1282 for a design consultation and quote. We would like to help you on your next project.*

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## Falling interest rates: *Don't miss the boat*

by *Trey Powers*

One year ago, mortgage interest rates had risen to around five percent and financial experts were predicting a doom and gloom 2019 with coming rates as high as six percent. Really, Experts? We just ended July with mortgage rates at or below four percent. Hallelujah! So where are rates headed now? Let's forget about guessing

(which it is) and focus on what today means for you.

If you have purchased a home or perhaps gotten a cash-out refinance over the last two years, this is for you. Rates are lower than what you locked at that time.

We often hear you should consider a refinance if you can reduce your rate by one percent or more. That is sometimes a faulty rule of thumb. Don't discount, for example, what a three quarters percent drop might do for you. On a 30-year, \$400,000 loan, the difference between 4.0% and 4.75% is \$202 a month. That's money in the bank. Further, if that \$202 were paid each month as extra principal on a new loan, you would knock five years off your loan and save \$54,000 in interest.

Another interesting thing to think about with a refinance in late summer or early fall is what happens to your escrow account and how it could mean immediate cash to you. When we close a loan, both closing costs and escrow prepaids/reserves are rolled into the loan. It costs nothing out of pocket to refinance – no cash is needed

to close. You will then get a cash refund from the holder of your current escrow account. How much cash? The balance of your current escrow account will be listed on your mortgage statement. Would that be helpful with Christmas coming up? It's a means to reap cash from your mortgage without doing a true cash out refinance, which has less favorable rates than a regular refinance. While this would never be the primary reason to refinance, it does sweeten the pot for some.

The question of whether or not you should to take a cursory look at a refinance is easy. You should! It's quick, it's painless and it's free. Contact your local, trusted mortgage lender today.

*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: *Donate school supplies to help DSISD students in need*



Founded in 1941, and in Dripping Springs since 2009, Broadway Bank has a strong history of community involvement. In partnership with H-E-B and DSISD, we invite you to support our Annual School Supply Drive, benefitting Dripping Springs Helping Hands. The drive will be held on Saturday, August 11th from 11am-5pm, and Sunday, August 12th from 12pm-3pm at H-E-B, 598 E.

US Highway 290, in Dripping Springs.

Dripping Springs Helping Hands has received requests for school supplies from over 300 at-risk children in DSISD this year. The Annual School Supply Drive alleviates the stress of back-to-school expenses and allows students to focus on school with the tools they need on their first day back to class.

Broadway Bankers, faculty and staff from DSISD, and volunteers from Dripping Springs Helping Hands welcome you to stop by the School Supply Drive and purchase a pre-assembled bag of school supplies. Monetary donations may be made prior to the event at Broadway Bank at 320 E. US Highway 290, Dripping Springs or at the event.

If new school supplies have you excited about learning, why not

make time to learn how Broadway Bank can help meet your financial goals? In addition to our fantastic rates on checking, savings and certificates of deposit, Broadway Bank offers a free financial education resource, mPOWER, accessible from your computer or smart phone. To learn more about topics ranging from checking basics to retirement planning, visit <https://broadway.bank/mPOWER>, or stop by the financial center. We welcome the opportunity to serve you!

*Glenn Wash is the Financial Center Manager at the Dripping Springs Branch of Broadway Bank, a member of FDIC. Contact Glenn at [gwash@broadway.bank](mailto:gwash@broadway.bank), or by phone at 512-858-1039.*



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The realm of litigation has been transformed by technology. One of the more useful tools in the trial lawyer's toolbox is video. From the time I begin investigating the scene of a collision through the trial of the case itself, video often finds its way into the process. Video taken at the scene of a collision can establish a great deal that may be otherwise lost

with the passage of time. Perhaps the most useful scene video I ever used was taken by my client on the night of the incident immediately after he was discharged from the hospital with a broken leg. Tom had his partner, Linda, drive him back through the construction zone where an improperly staged detour had created a night-time optical illusion that directed Tom and his motorcycle into a curbed median sending him airborne. Tom videoed the detour with its orange and white barrels as they drove through it. When the jurors saw the video, they easily understood why Tom, following what the human eye saw as the continuous line of barrels, hit the curb instead of being directed safely on to the temporary lane of travel. Another time, an investigating officer, following his investigation of a wreck in which the truck, driving at high speed, rammed the back of my client's car, had the foresight to get back in his patrol vehicle with its dashcam on and retraced the route of

the vehicles, effectively providing me with a virtual "real-time" view of what the driver of the truck should have been paying attention to. Again, the jury was able to appreciate just how needless the collision, which seriously injured a father and daughter, was. On another occasion, I videoed the approach to an intersection at which my client's young wife was killed by a careless truck-driver. In that instance, I added a voice-over of what the truckdriver had been heard saying on his CB radio as he approached the intersection. His exact words were, "the lights yellow, but I think I can beat it"! That case settled when I inserted the video clip with the voice-over into a video settlement demand. Useful stuff indeed!

*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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## How does Social Security fit into your retirement income strategy?

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



Pat M. Woodman

While Social Security benefits, by themselves, probably aren't enough to enable you to retire comfortably, they can be a key part of your overall retirement income strategy – if you use them wisely.

To help you make decisions about this, answer these questions:

When should I start taking my benefits? You can take Social Security once you reach 62, but if you wait until your full retirement age,

which will probably be between 66 and 67, you'll get much bigger monthly checks, and if you wait until 70, you'll get the biggest possible payments. Before deciding when to begin receiving your benefits, you'll need to weigh a few factors, including your estimated longevity and your other sources of income.

How should I consider potential spousal benefits? If you are married, or if you're divorced but were married for at least 10 years, you could receive up to half of your spouse's full retirement benefit (offset by your own benefit, and reduced if you claim early). If you outlive your spouse, you could claim survivor benefits, which can provide either your own benefits or 100% of your deceased spouse's, whichever is larger.

How much can I earn without reducing my Social Security benefits? If you are younger than your full retirement age and you are receiving Social Security, the Social Security Administration will

withhold \$1 from your benefits for each \$2 you earn over a certain threshold (which, in 2019, is \$17,640). For the year you reach your full retirement age, your benefits could be withheld by \$1 for every \$3 you earn over \$46,920. Once you reach full retirement age, you can earn as much as you want without it being withheld, although your benefits could still be taxed, depending on your income.

Contribute as much as you can afford to your IRA and your 401(k) or similar employer-sponsored retirement plan. You may want to consult with a financial professional, who can look at your entire retirement income picture.

Keep in mind that your decisions about Social Security filing strategies should always be based on your specific needs and health considerations. For more information, visit the Social Security Administration website at [socialsecurity.gov](http://socialsecurity.gov).

One final word: You may have concerns about the stability of Social Security. While no one can predict the future, many potential solutions exist to put the program on more solid footing.

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

*This information is believed to be reliable, but investors should rely on information from the Social Security Administration before making a decision on when to take Social Security benefits. It is general information and not meant to cover all scenarios. Your situation may be different, so be sure to discuss this with the Social Security Administration prior to taking benefits.*

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

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**Buyer beware**

by Randy Lawrence



It seems like everywhere we turn today there is land being cleared for construction of a new neighborhood. If you've ever moved into a new development, you know that there is constantly someone ringing your doorbell and attempting to sell you something for your new home. Unfortunately, the water

treatment industry is full of companies who choose to employ this door-to-door tactic. Here are some things you should know before you open the door.

There is a very good chance that the "water specialist" who comes to your house is not actually a licensed Water Treatment Specialist. Some companies choose to ignore the fact that the Texas Commission for Environmental Quality regulates our industry and requires some level of licensing in order to test water for the purpose of making treatment recommendations. The salesman who comes to your home is simply there to convince you to say yes and open your wallet. If you're not aware of your options, it can be tempting to let that happen.

Many neighborhoods have taken to posting No Soliciting signs at the entrances. In some of these cases, certain companies have struck a mutually beneficial deal with the homebuilder to allow them to place advertising on the softener loop and at the kitchen sink. This often contains misleading wording which indicates that the home is set up for their specific equipment and that damage will occur if you don't choose their system. This is absolutely not the case. This often leads to homeowners paying far more for the system than necessary since they are unaware that there were other choices.

The water softener loop in a new home is capable of accepting any brand of water softener. Don't be fooled by high pressure sales tactics or misleading literature. A licensed professional can perform a couple of simple tests to determine exactly what size system would best fit your needs. A quick search of TCEQ's occupational licensing database, as well as a review of the company's Better Business Bureau standing will let you know whether you're dealing with a legitimate, reputable dealer.

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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# Make a plan

by Lindley Pond



Remind me again why I've lived in Texas my whole life? Just kidding, it's a wonderful state with so much to offer with one major drawback – August weather. By now we are all pretty over the heat and lack of any substantial rain and are ready for fall to set in. All this heat doesn't mean no outside planning for future enjoyment.

Summer is a great time for checking out what worked and what didn't.

Maybe some plants needed too much water, maybe next year you need shade cloth over part of the veggies but not all, *maybe, maybe*. Trial and error isn't a bad thing as long as you didn't end up throwing good money away because you had great ideas but no real plan. This is an expensive route.

Planning and good cost estimates for each project inside the big picture is a worry-free way to go. Thinking about things like *Where does the sun hit and is hottest? Where is there a drainage issue? Where do I need screening?* Just a few things that make placement of all your outdoor wants much easier to attain and don't have you cooking burgers on your new patio with the sun beating down on your neck. Or putting a water feature under a bunch of trees forgetting that this means more maintenance.

Little things that we are happy to help with. Give us a call if you need some help. I'm praying for a little break in the heat and a little rain, so until next time – remember to keep hydrated and don't over do it!

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

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# Thirteen pieces of advice for my favorite thirteen-year old on her birthday

by Deborah Carter Mastelotto



1. Forgive people. Even if they're wrong. Even if you're wronged. Even if they don't ask for forgiveness. Let it all go. Holding onto a grudge is poison to your soul. 2. "Eat food, not too much, mostly green." 3. Keep your passport current. Travel is the best education, and a current passport means you're always prepared for a spontaneous trip. 4. Spend

a little time with nature every day. Take off your shoes and walk barefoot in the grass, dig in the dirt with your hands, plant a pot of flowers for your balcony, sit under a tree with a book, open a window and listen to the rain. Civilization causes stress. Nature is the antidote. 5. People will tell you to narrow your focus and concentrate on one thing. Don't listen to them. Follow your muse in whatever direction it takes you, even if just for a short time. Make art, make music, dance, do things just for fun. You'll be a better, happier person for it. 6. Learn to cook a few cheap, decent meals. Feeding yourself will be a lifetime occupation. 7. Don't be afraid to say "no" and mean it. It's not necessary or healthy to be agreeable all the time. Stand up for yourself. Set boundaries. Walk (or run) away if something feels unsafe or makes you uncomfortable. 8. Take photos and actually have them printed. You'll be glad later when you and your college friends find a box of old photos in a closet and stay up all night giggling over them. 9. Never visit anyone's home empty-handed. Always bring a gift, even if it's just

freshly picked flowers. 10. Learn to listen. So few people really listen to anyone else. Undivided attention is the greatest gift you can give someone. Put down your phone and listen, eye to eye. 11. Happiness is a choice. 12. Learn to ask for what you want. It's sometimes easier for girls to complain about something they don't want, than to say exactly what they do want. Be clear about what you want; you're more likely to get it. 13. Say your "thank you's". Gratitude takes you further in this life than any other single thing. Say "thank you" often, not only when someone does something nice for you, but first thing in the morning, out loud, and often throughout the day. If you're having a difficult time, stop and say a few "thank you's" and mean them. Watch how things change for the better.

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

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# Faith in action: A game of match-up?

by Mark Lander



At the risk of sounding like someone's grandfather, back in the day we had toys and games which developed our minds. I recall a simple game involving a deck of cards, where those cards were spread out face down and the object was to turn over a pair of cards that matched. We called the game "concentration" and some folks called it "match-up." At each

turn the player could turn over only two cards at a time and by paying close attention to what other players revealed, and remembering those cards, one could match pairs of cards and win the game. It was a simple life lesson on paying attention, a lesson which can still serve us now as adults. Let me illustrate what I mean.

Renee Harper is a "hugger," and not in just the physical sense. She greets you with a warm smile and an embrace while asking about how you are doing. Do not mistake her gregarious nature for a casual pleasantry; Renee is turning over cards. You see Renee works with other servant leaders in our community to help those in need, through an organization called Project Connect. Like the game of concentration, there are folks in our community who have needs, and there are people and organizations here locally who have time, talents and gifts. Bringing the two together is much more than a game though, it is a ministry.



Renee Harper

What makes Renee and those like her unique is that she understands that before she can match up a need to a solution she must first identify the need, and then invest her time to dive into another person's life. While there is value in writing a check or donating to a charity, it is the personal interaction, the investment we make in each other's lives where real help, real healing, and lasting change occurs.

Some folks are the hands, others are the feet, and Renee tries to be the eyes and ears. Reluctant to be interviewed Renee downplays her role as simply one of being a messenger. "I just get the word out about a need and allow folks to respond." But there is something more important here to consider, another card to turn over.

"I don't recall a time when I was not a Christian. I've been one all my life, but I have not always served." But several years ago, while living in Del Rio, a refugee family was



literally dumped into her community with nothing but the clothes they were wearing. Now her faith required action. Realizing that one person could not possibly deal with the needs of the family for finding food, shelter, clothing, employment, education, etc. Renee turned to social media and enlisted the help of others in her community. Where some folks use social media to promote themselves or tear down others, "I try to use social media for good, to help people," Renee relates.

While it might be tempting to use her ministry at Project Connect as a platform to "evangelize" or promote her church (Life Austin), like all servant leaders Renee realizes that it is in what she does, the love she demonstrates, and not what she says, that impacts the hearts of those she serves. It is not uncommon for the "why" question to come up, "why would you help someone you don't know," or "why are you helping me?" That is the opening Renee uses to share her faith story; not the "why" but the "whom" we are really serving as Christians. Matthew 25: 35-40 explains so clearly that when we feed the hungry, take in a stranger, clothe the naked, visit the sick or those in prison, at that moment we are truly serving our God. What you do for "the least of these my brothers" so you did to God.

So if you have ever thought about serving the needs right here in our own community I would invite you to get involved. Take a baby-step this week and reach out to meet someone like Renee, or check out Project Connect at [www.projectconnectds.org](http://www.projectconnectds.org) Bring your time, your talents and your gifts (or a deck of playing cards) and take your place alongside those whose serve. But be warned, Renee is a hugger.

*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](mailto:MLander@austin.rr.com).*





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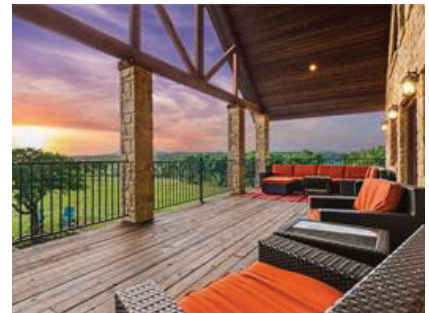


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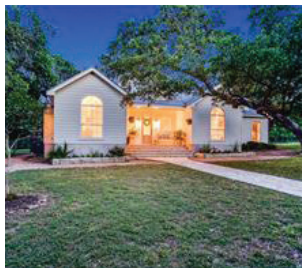
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