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OUTLOOK

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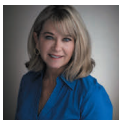
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Passport to fall fun

When the summer heat breaks you can almost hear a collective sigh from Dripping Springs. It's true we can handle the Texas summers but it's also true that when that first breeze from the north dances through the trees we welcome it with open arms.

One of the absolute best ways to celebrate the new season is to grab a passport, or two, to Dripping with Taste. The unique combination of breweries, wineries and distilleries in the area, plus the beautiful Hill Country landscape everywhere you turn is the perfect way to spend some autumn days.

You can get more details in this issue on page 19.

I always see people I know at Dripping with Taste, and end up making new friends along the way. If you see me, say hello. I look forward to it.

Thanks for joining us.

Victoria



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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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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.
- Wed. Sept. 18, 3-6pm. Hays County master gardeners fall plant sale at Dripping Springs farmers market, 160 E Mercer S.

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 (DSISD) Dripping-Springs.K12.tx.us • (DSISD Sports) Dripping-Springs.txed.net/AthleticNews
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Is stem cell therapy safe?

by Breca Tracy, PhD

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

colleagues and even his chiropractic patients’ joints.

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

Now let’s dig into the safety of stem cells even further. Our clinic works with, in our opinion, the best stem cell experts in the nation. They have documented over 35, 000 umbilical cord stem cell therapies with no major adverse reactions. Stem cell therapy

is not only safe, it’s highly regulated. The cells each have a certificate of analysis, meaning every cell is documented from the time it leaves the hospital to the time it gets to the patient in Dripping Springs. We would love to further educate you on this process, on our clinic and the therapies we offer here in Dripping Springs.

Stem cell therapy is simple. It’s off the shelf. It does not require surgery. It’s administered here in Dripping Springs by licensed physicians, physician assistants, and nurse practitioners. It does not require a significant amount of down time, and you don’t need anyone to drive you home after treatment!

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.



Unwelcome guests

by Dr. Brian Bobb, MD

It is that time of year again. School is back in session, summer travel is winding down and things are getting back to full swing in our community. As we settle back into the rhythm of life in Dripping Springs, we begin to congregate. From small gatherings in our homes to larger business, school and religious functions,

we come together. It is an exciting time to ignite new relationships and deepen those that are well established.

Unfortunately, along with the return of this busy but joyous portion of our town’s life cycle comes the return of cold and flu season. As we filter back to the edge of the Texas Hill Country from our summer travel, we often bring with us some unwelcome new friends in the form of viruses and bacteria. These guests take advantage of our gatherings to get to know new people as well. Before long, the familiar cough, congestion, body aches, fevers, runny noses, et cetera., develop reminding us of the presence of our newest acquaintance.

Luckily, most of these visitors are transient. Though inconsiderate of and disruptive to our routine, these uninvited guests typically stay a week or two and move on leaving us to straighten up the mess they leave behind in our bodies, which they treat as a local bed and breakfast.

There are important steps we can take to prevent or at least minimize the length and intensity of these surprise visits. Drink plenty

of water. Get an appropriate amount of rest. Eat a reasonable quantity of a healthy and balanced diet. Wash your hands frequently and use hand sanitizer between washing. Cover coughs and avoid sharing food and drink with others. Get your annual influenza vaccine and catch up on any vaccinations your healthcare provider recommends. Availability of the influenza vaccine may be delayed three to four weeks this year as the World Health Organization and U.S. Food and Drug Administration requested some additional time to ensure the best possible vaccination match this year.

Take these steps in coordination with any specific guidance from your healthcare provider to make the remainder of your 2019 healthy, joyous and fulfilled.

Brian Bobb, MD specializing in family medicine. Premier Family Physicians, 170 Benney Ln Ste 200, Dripping Springs, 78620, 512 858 2997. Dr. Bobb is a local resident of Dripping Springs and has been serving the community since 2008.



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Flu shots: Now is the time to be fully protected

by Jillian Blackwell

It's back-to-school time again, and that means it's time to get your annual flu shot! The Centers for Disease Control (CDC) recommends that everyone get an annual flu shot to protect themselves from influenza and help reduce the spread of the virus. Getting a flu shot will also reduce the time and severity of illness if

you do get the flu. for Children Program. Dripping Springs Pharmacy offers these reduced-cost vaccines.

Come see us this fall for your flu shot and all your health and wellness needs.

Jillian Blackwell, Pharm D is a Clinical Pharmacist at Martin's Compounding & Wellness Pharmacies with three locations in the Austin area. Contact Jillian@cpdwellness.com

you do get the flu.

All Martin's Wellness Pharmacies offer flu vaccines during our normal business hours. Our immunization-certified pharmacists can also help determine if any additional vaccines are needed. We also offer flu shot clinics to businesses, churches, and other groups at no additional charge. Just give us a call at 512-858-7935 to learn more about scheduling a flu shot clinic for your group.

Most insurances cover the flu shot at the pharmacy, including Medicare part B which covers the flu shot for \$0. A prescription for the vaccine is required for children under 7 years old. Children with Medicaid or without insurance may be eligible to receive a flu shot for the low price of \$14.85 each via the Texas Vaccines

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Reversing sun damage as summer winds down

by Marcelo Antunes, MD FACS



It's hard to believe summer officially ends soon. While long hours spent on the lake and enjoying Central Texas' many other outdoor activities were no doubt good for the soul this summer, your skin may have taken a beating. Hopefully you applied sunscreen liberally – and often – and covered up to avoid sunburn from harsh UV rays. If not, you may be facing some dark spots, fine lines, and

other signs of sun damage as your tan fades this fall. down the damaged epidermis and pave way for new growth. The BBL laser (Broadband Light) exposes skin to quick blasts of high-intensity light.

All these treatments are highly effective in reversing sun damage and can be conveniently performed in our board-certified plastic surgeons' office with minimal or no down time.

Remember though, just because summer is on its way out doesn't mean to start skimping on the sunscreen; it's still your best defense for combatting sun damage in the first place.

other signs of sun damage as your tan fades this fall.

Besides the most serious threat of skin cancer from too much sun exposure, up to 80% of signs of visible aging are also due to the sun's harmful rays.

Consider one of the following treatments that can help erase the signs of sun damage and promote regeneration of fresher, healthier skin:

1. Retinol products. Derived from Vitamin A, these are usually applied topically to the skin to encourage cell turnover and increase collagen production.

2. Chemical peels or microdermabrasion. Both treatments remove the top damaged layer of skin, and "resurface" it, so healthier skin can emerge. Sloughing off this top layer can eliminate dangerous spots that could potentially become cancerous.

Halo and BBL Laser Treatments. A laser can gently remove dark pigmentation and sun spots and helps reduce the appearance of fine lines. The Halo Laser Treatment offered by The Piazza Center uses a sophisticated tool that senses precisely how much laser light pressure and frequency a person's skin requires to break

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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Pelvic pain and treatment

by Valerie DeHulsters, PT



Pelvic pain is an issue that affects approximately 1 in 7 women age 18-50 at some point in their lives according to the International Pelvic Pain Society. Pelvic pain that lasts more than three months is considered chronic.

With chronic pain, the original cause of the pain may be gone, however new sources of pain can develop in surrounding tissues, such as muscles and connective tissues. From the demands and stresses of pregnancy and labor, to underlying issues of chronic infection and other disease, pelvic pain can be caused by a variety of reasons.

Acute and chronic pain can interfere with work, relationships and quality of life and should not be ignored. Seeking medical attention to identify a possible underlying cause for the pain would be the first step in addressing symptoms. If it is determined that pelvic floor muscle dysfunction exists, then a referral to a pelvic floor physical therapist would be the next step.

Pelvic floor PTs are trained to address hypertonicity of muscles, poor coordination of pelvic floor musculature with other muscles, as well as other weakness or postural issues that could be contributing to the pain. Pelvic pain is often a complex issue requiring a thorough history and evaluation to determine the driver of pelvic pain, after which a specialized treatment plan can be implemented.

Kegel exercises have often been regarded as the “cure” for

all pelvic issues. This exercise is named after an American gynecologist, Dr. Arnold Henry Kegel who originally invented the exercise as a non-surgical treatment for pelvic floor relaxation. Performance of repetitive pelvic floor contractions (or Kegels) might be indicated in some cases. Sometimes however, they can be contributing to the problem.

It is best to consult with a pelvic floor therapist to ensure the best treatment regimen for you.

If you have any questions regarding our women’s health program or would like to come see us, please call Kethley Physical Therapy at 512-858-5191.

Valerie has 18 years of experience and is our women’s health specialist here at Kethley Physical Therapy. Kethley Physical Therapy has two locations at both ends of Dripping Springs and they have eight physical therapists ready to help you or your athlete.



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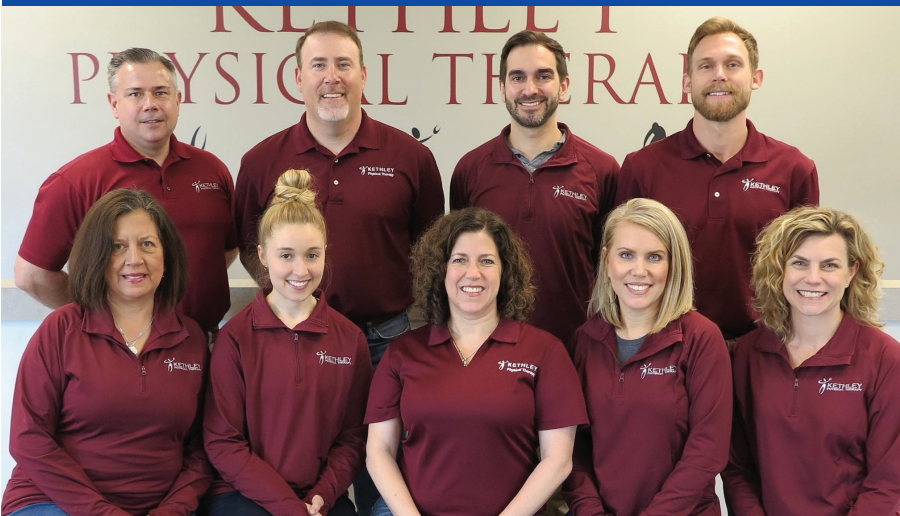
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Need help with housecleaning?

by Reverend Sara Gates

No, the title is not a metaphor for the spiritual journey, it is a literal question for you. Let me tell you about my friend Molly. For many years now Molly has been helping us with housecleaning at our home. Over the years she has become a trusted friend. Recently Molly let me

know that she has a few openings due to several of her clients moving out of state and several others being ill. It's unusual for her to have openings, so I thought I would do my best here to help her meet some great new clients. My hope is this helps a few of you, too.

I've learned a lot and been inspired by Molly. Like all good teachers, she teaches simply by the way she is and the way she lives. Every single time she comes to our home, she has a smile, an amazing attitude and a world-class work ethic. Not to mention her talent.

Molly is a very talented businesswoman and housecleaner. I am inspired seeing people at work who are deeply talented at their chosen profession. Molly is this. When it comes to housecleaning, she is thorough, meticulous and demanding. Each time she is at our home I see her cleaning something that would have never occurred to me to clean – such as cleaning the pantry doors inside and out or getting on a ladder to wipe down the kitchen cabinets.

You may be wondering if I am getting something out of this. The answer is yes. I am getting to (hopefully) help a friend. One of the verses I use in meditation is v81 of the Tao de Ching and it includes two lines that are relevant here, "In giving to others we gain more and more. In serving others we receive everything." My intention here is to give, to serve.

If you could use some help with housecleaning, send me an email at sara@reverendsara.com and I'll be glad to introduce you to Molly.

Reverend Sara Gates is an ordained interfaith minister who is inventing a 21st century ministry. Her purpose is to be a presence of peace in the world. Formerly she worked as a tech executive and CEO. www.reverendsara.com



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Omega-3s and your skin

by Karen Laine,
Para-Medical Aesthetician

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

Skin cells are short-lived with a rapid turnover rate, meaning nutrients needed to build new cells must readily be on hand. Omega-3s are a key component in the fatty membranes of skin cells. Without this special type of fat on hand, the body must build new cells with inferior fats, resulting in less than optimal skin health. As we age, getting enough Omega-3s is even more important and necessary to ensure healthy cell membranes that keep skin hydrated.

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

Any condition that ends in *itis* indicates a problem associated with inflammation. Dermatitis, psoriasis, rosacea and eczema are inflammatory conditions of the skin. If you've visited a dermatologist lately, chances are he/she probably didn't speak with you about your diet. A number of credible studies strongly correlate the Western diet with inflammatory skin conditions, acne and oily

skin, specifically, dairy, refined carbohydrates and grain foods. Along with diet changes, Omega-3s can improve these conditions by greatly reducing silent inflammation in your body. Unlike acute inflammation from surgery or injury, silent (chronic) inflammation is much more dangerous because it isn't readily apparent. If left untreated, it can lead to serious health conditions like heart disease, arthritis and possibly even some types of cancer.

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

Karen Laine is a para-medical aesthetician and makeup artist with 23 years experience. Contact her at 512-847-8052. Her office is located at 14500 Ranch Road 12, suite 20, in Wimberley.



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Taking time to seize the day

by Leslie Tourish, LPC

It really was only a small slip of paper. Every day when I worked as a photographer in this daily newspaper, I would pass the photo lab bulletin board behind the light table, and barely note its index-sized existence. A yellowed corner peeked out from behind the calendar, just above

a sign reminding everyone to clean up their own mess because the photo editor wasn't our Mom. For months I ran past it while weighted down with Nikons and tripods and studio lights on the way to my daily assignments.

On one particularly busy evening one of the other photographers had called in sick, leaving me with a brace of assignments to handle solo. I was seated at the photo desk while the city editor, features editor, and sports editor stood above me taking turns hotly justifying which one of their assignments was the more important one to send me to cover.

As their voices rose I cast a wearied eye to the bulletin board and saw that raggedy slip of paper tucked behind the month of March. Reaching up I lifted the bottom of the calendar and it revealed the paper, pocked from past tack holes. It read, "People are always saying they are killing time. This is false. Time is killing us. Seize the day."

I don't remember which editor won the right to have their photo see ink, or even my shooting the assignment. But I do remember that split-second moment of discovery amidst the hyperbole like

it was yesterday instead of several decades ago. And it stuck with me.

I once heard life was like juggling ping pong balls with the different elements of life represented: one ball for our partner, one for our children, one for work, one for housework, and, if we're lucky, one last ping pong ball for ourselves. If someone tosses you one ping pong ball to juggle, it's almost child's play. The second one takes a bit more concentration, but you're feeling confident. Now the third one comes and having to really think about your eye-to-hand coordination rather than simply enjoying the moment. When the fourth one hits the pack, you're beginning to sweat as the balls loop into more out-of-control orbits. And what about the fifth ball, the one representing you? Well, it may not even get air time.

While we may feel at times that our lives are spinning too fast, largely it is us who has set the pace. Perhaps we can learn from the Chinese who have an expression, "Hurry slowly." Take a moment to admire trees silhouetted against a brilliant sky, relax into a bubble bath instead of an efficient shower, and give someone a special memory by telling them that you care because they are special. Such warm moments are truly the essence of our fondest memories.

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

Check out the wide range of products at your farmers market

by Laurel Robertson



The Dripping Springs Farmer's Market was recognized as the #1 Farmer's Market in Texas by its shoppers. This is because of the vendor quality and wide range of products at our market each week.

The majority of products are food. In fact, our by-laws limit non-food products to less than 20% of the total. This lets us keep our focus on good, local food while

also featuring other types of locally made products. Here is what we regularly have at market:

Fruit and vegetables – Local, seasonal and organic produce is offered weekly, including fruit (apples from Texas!), vegetables and microgreens from great farmers including Apple Valley Orchard, EIEIO Farm, Engel Orchards, Hairston Creek Farms, Johnson Backyard Gardens, Millwood Farm, Onion Creek Farm and Reverse Pioneers.

Meat – Pastured, grass-fed meat is healthier because it's leaner and higher in nutrients. Local ranchers offer beef, bison, chicken, lamb and pork. Try some High Country Bison, Koen Family Farm, Mick Family Farms, Red Fence Farm and TerraPurezza.

Eggs and Honey – Pasture-raised eggs and local honey. Several vendors each week offer eggs and local honey as a staple at market.

Other food products – We have talented neighbors making and selling interesting food products including olive oil, vinegar, nuts,

salsa, vanilla extract, herbs, teas and jelly.

Bakers – Locally-baked bread, cakes, pies, Brazilian cheese bread and even keto-treats are for sale. You can enjoy sweet and savory treats while you shop or take home for later.

Ready-to-eat foods – Thai food, Indian food, kettle-corn, and rotisserie chicken are just a few of the regular offerings. You can snack while shopping or pick up dinner for later.

Personal care products – You will find soap, lotion, insect repellent, tinctures, sunscreen and more made locally.

If you want to know what products and vendors are going to be at the market each week, sign up for our weekly newsletter at farmersmarket@cityofdrippingsprings.com. Hope to see you soon. *Laurel Robertson is the Market Manager for the Dripping Springs Farmer's Market. She is a gardener herself and is building an ark garden (two of everything) of native Texas species on her 3.5 acre homestead.*



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Peeing outside the litterbox?

by Frank Shuman, DVM

One of the most common and potentially emergent problems affecting your cat are urinary issues. Urinary issues can be caused by a number of problems in the urinary tract, which includes the kidneys, ureters, bladder, and urethra. This could mean an infection, an injury,

stones, or some kind of blockage.

Here's how a cat's urinary system works: The kidneys filter waste and toxins from the blood. These waste products then become part of the urine in the kidneys. Urine leaves the kidneys through narrow tubes called ureters. These empty their contents into the bladder. Then, when a cat urinates, the bladder is emptied through a tube called the urethra.

Urinary problems can make it difficult for a cat to store or pass (eliminate) urine. Storage problems result in inappropriate leakage of urine. The causes of these storage problems include bladder muscle problems, nervous system problems, and injury to the urinary system.

Elimination problems involve a decreased ability (or an inability) to urinate. Causes include blockage by stones, crystals, mucus plugs, or growths, muscle problems, and nervous system problems. Cats with elimination problems usually try to urinate often but release only a small amount of urine or no urine at all. Cats that can't urinate potentially have a complete blockage that needs to be addressed as an emergency. If an animal is unable to urinate for 24 hours then there is a significant risk of severe, irreversible bladder

and kidney damage.

A thorough physical examination and history-taking of a cat can help us determine whether a feline has a urinary problem or some other issue. Ultrasound, radiography (X-rays), and testing of both blood and urine can help a veterinarian arrive at a diagnosis of what is causing the urinary problem.

Common signs of a urinary problems in cats include frequent urination, an inability to urinate, urinating outside the litterbox, crying when urinating, and blood in the urine. There are several effective treatments for feline urinary problems but it greatly depends upon what is the inciting cause. Treatment may include surgery, a special diet, and/or medication, depending on the cause of the problem. Diagnostics test are required to understand exactly what is causing the issue. Cats undergoing treatment need to be monitored and tested regularly.

To help ensure that a cat's urinary system is healthy, an owner must become familiar with his or her cat's eating, drinking, and litterbox habits. A change in any of the cat's habits may be a clue that something is wrong. Some ways to prevent urinary problems include keeping a fresh supply of water in a clean bowl, encouraging exercise and providing an adequate number of clean litterboxes. In multicat households it is recommended to have 1.5 litterboxes per cat. Annual exams with your veterinarian will help identify any potential problems before they become an emergency.

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.

Dripping Springs Songwriters Festival returns



The Dripping Springs Songwriters Festival will be returning again on October 18-20 of 2019, with another incredible roster of local, national and international songwriting talent.

This 6th annual event will present more than 35 showcases a day, featuring a wide variety of finely-crafted songs and the people and stories behind them.

Over 40 extremely talented songwriters, coming from four countries and five states, will play "in-the-round," Nashville-style, on six intimate stages located at The Barber Shop, Mazama Coffee Co., Acofon Brewing, The Sidecar Tasting Room, Hudson's on Mercer, and Milton's Cottage. All of which are within safe, easy walking distance of each other in the quaint Historic District of downtown Dripping Springs.

Performances run continuously on Friday and Saturday from afternoon to evening, and on Sunday the festivities include a spirited Gospel Brunch Showcase at Hudson's on Mercer, followed by the ever-popular Festival Wrap-Party at the Barber Shop. Parking is plentiful, food and drinks will be available at each venue. Admission to all the showcases is free to the public. Complimentary shuttle service between venues provided by Golf Cars of Austin.

Easily accessible and extremely well-organized, the Dripping Springs Songwriters Festival is a welcome, "industry-opposite"

change from the typical "Austin-Palooza-Music-Fest." This annual event offers people the up-close and personal chance to see and hear some very talented performers who have a deep love of the art of songwriting.

Since its inception in 2014 the Dripping Springs Songwriters Festival has been all about finely-crafted songs and the talented artists who have written them. After performing here the first year, Grammy-winning Nashville songwriter, Dean Dillon commented, "This festival could grow to be something big, you've got a great thing going here." Each year a portion of the proceeds are donated to Kids in a New Groove, a non-profit organization that provides musical instruments and mentorship to foster children in Central Texas.

You won't want to miss a single note of the 6th Annual Dripping Springs Songwriters Festival! For more information about the 2019 Dripping Springs Songwriters Festival please visit www.drippingspringsongwritersfestival.com.

Dripping Springs Songwriters Festival
October 18-20, 2019
www.drippingspringsongwritersfestival.com



Swollen joints and missing teeth?

by Ron S. White, DDS

The American Academy of Periodontology encourages rheumatoid arthritis (RA) patients not to brush off daily oral hygiene and regular visits to the dentist. Research has found that RA patients may have a greater risk of losing their teeth to periodontal disease which is a bacterial infection of the gums.

A study published in the Journal of Periodontology found that people with RA were twice as likely to have periodontal disease with moderate to severe jawbone loss. In fact, they averaged 11.6 missing teeth versus 6.7 missing teeth in the control group. The joint connection between RA and periodontal disease is due to similar pathologies; damage caused by the immune system and chronic inflammation are central to both diseases.

In RA, the immune system attacks a person's own cells inside their joints. White blood cells that are part of the normal immune system travel to the synovium (a thick layer of cells that line the joints and produces lubricating fluid) and cause inflammation.

As RA progresses, these abnormal cells invade and destroy cartilage and bone within joints. Muscles, ligaments and tendons that support and stabilize joints become weak and unable to function normally. In turn, periodontal (gum) infections inflame the supporting tissues of the teeth and destroy attachment fibers and supporting bone that hold teeth into the mouth. At this point, re-

searchers are not saying the relationship between the two diseases is causal. However, some scientists think bacterial infections may trigger the disease process in some of the estimated 2.1 million people with rheumatoid arthritis.

The straight facts: Patients with RA should continue daily brushing and flossing and regular, if not more frequent, visits for professional cleanings and exams. RA patients should be looking for signs of periodontal disease, such as red, swollen gums that bleed easily. The earlier you detect periodontal disease and treat it, the better off you are.

Tips for Oral Hygiene

Go Electric – use electric toothbrushes and floss holders

Grip It – wrap toothbrush handles with a sponge hair roll or PVC pipe to make it easier to grip

Stay Wet – talk to your dentist about ways to combat dry mouth due to medications

Pick It Out – Try water irrigators to remove food and particles and plaque between teeth

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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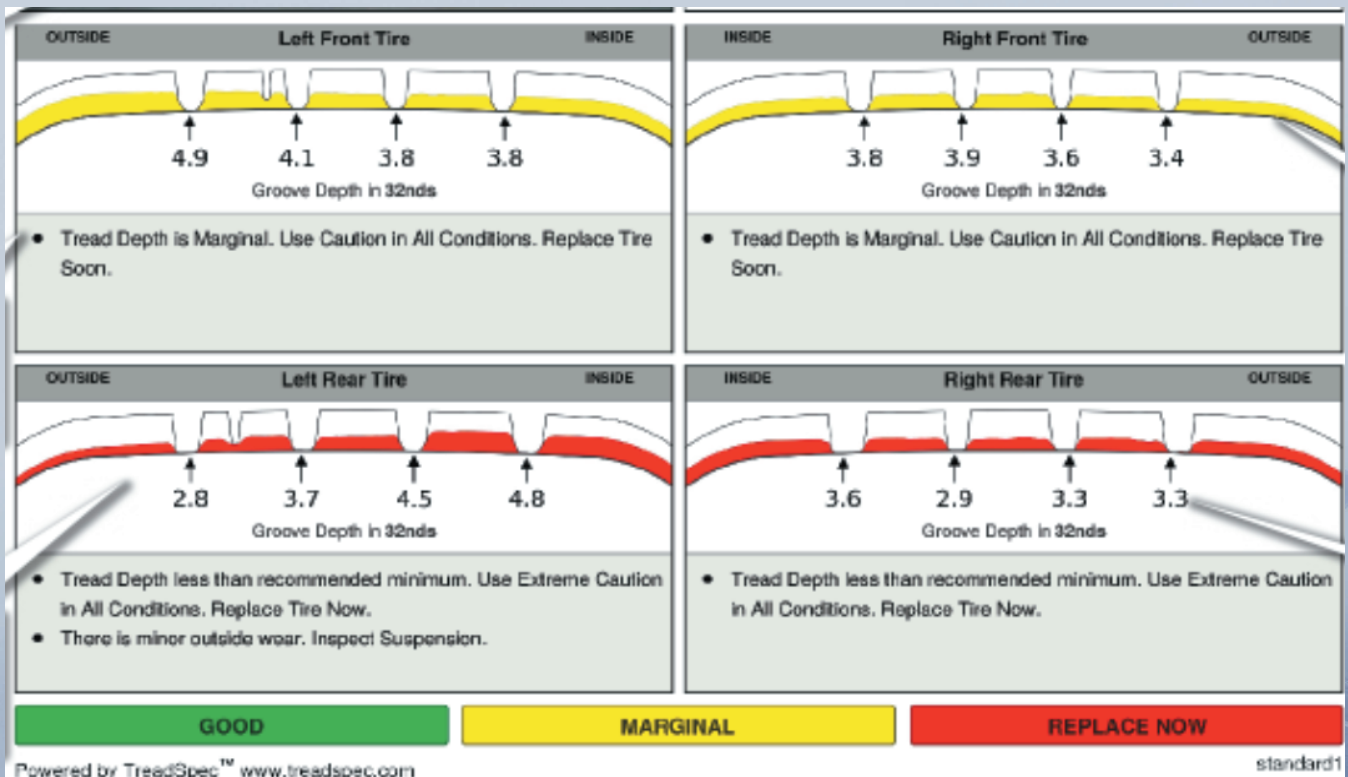
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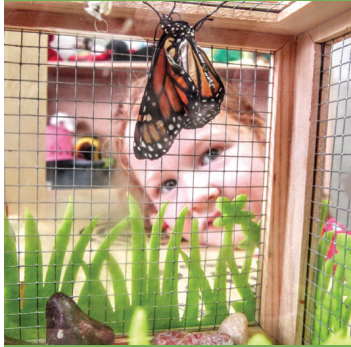
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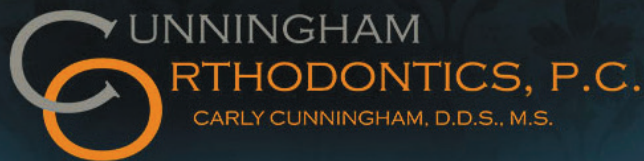
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Come be amazed by the variety and the uniqueness of all the destinations on the Dripping with Taste Trail by purchasing a Passport for \$50 for an individual, or \$90 per couple. Know that



with a couple's passport, you get one passport but you will get two tastings (one tasting per person).

Make sure to pick up the Dripping with Taste Guide-Map. The "Guide" will have everything you need to know about the Trail. It has hours of operation, a map in the middle of the guide with all of the participating venues. There is also a digital map on the Dripping with Taste website, web addresses, and a little bio on each winery, brewery and distillery.

The guide will help you determine the best plan of action to make the most of your Dripping with Taste experience. Plus, there are several ads for discounts or freebies!

The Dripping with Taste Trail and Passport is a great way to experience a new local favorite or visit a place you've never been before. To find out more information and to purchase your Dripping with Taste Passport, head online to www.drippingwithtaste.com.



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Working safe around your home

by Homer Whisenant



Just about everyone performs maintenance chores around their home. Whether it's cutting a piece of trim with a circular saw or drilling holes in various materials or getting on a ladder. Basic safety precautions that seem obvious sometimes can get overlooked or ignored, particularly if you are in a hurry.

Obviously when operating a circular saw you want to keep your fingers out of the way and give the saw enough time to cut through the material without binding the blade and risking a kickback. Safety glasses are a must particularly when cutting plywood type materials. Earplugs are a good idea, too.

A thing to watch out for when drilling through any material is to give the bit enough time to cut through the material without binding. Drilling too fast can cause the bit to bind but the drill will keep turning which can result in a wrist or hand injury.

Something that gets commonly overlooked when operating saws and drills is wearing untucked, loose-fitting shirts. The material can get caught in the blade or bit and pull your body too close, risking injury. This also applies to sanders, grinders or any high-spinning cutting tool.

That brings us to ladders. Who doesn't have a ladder in their home, whether it's a simple step-ladder or an extension ladder to clean your gutters. One of the leading causes of home injury is

falling off ladders. When using a ladder outside it has to be stable. Uneven ground, round stones and sticks can present problems. Uneven ground can be addressed by digging a small hole to get the ladder stable. When possible, it's a good idea and huge peace of mind to take a piece of rope and tie the ladder to something stable like a tree or a porch post so the ladder can't slip. When using step-ladders don't be tempted to stand on rungs that are too high, especially when reaching over your head and pulling items off shelves.

Being mindful of these basics will help keep you safe.

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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Did you know September is Animal Pain Awareness Month? Many of our pets and our equine athletes experience different types of pain. Whether pain is due to trauma, surgery, arthritis or general inflammation, there are many ways to give your pet pain relief.

Successful pain management may include proper medications as well as alternative therapies. Acupuncture and laser therapy are good options of non-invasive interventions for pain management. They have been shown to decrease inflammation and provide pain relief while also stimulating the healing of damaged tissues. Acupuncture can be used independently or in conjunction with conventional medical therapy protocols. In addition, acupuncture has been shown to be beneficial for many other conditions. If you would like to know more about integrative medicine and what we can offer for your pet or equine partner, give us a call today!



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Refinance: Adios adjustable rate mortgage

by Trey Powers

Interest rates are back to near all-time lows. Think refinance, *refinance*. Doing so can be done for many reasons, and switching from an adjustable-rate mortgage (ARM) to a fixed-rate mortgage is one of the most common. If you currently have an ARM and will live in the home longer than the initial phase of the ARM, now is

the time to refinance to a fixed rate mortgage.

One thing you can be sure of with your current ARM is that your rate will go up. It is the 'give and take' accepted when chosen as your loan type: low initial rate, but with increases over time. With a 5/1 ARM for example, at the end of five years your rate could increase between 2% and 3% depending on the margin set on your loan. Consider this: a 2.5% increase on a \$400,000 loan means \$576 more per month and over \$200,000 more paid over the life of the loan. A low, fixed rate provides stability and ultimately significant cost savings for your family.

If you choose to refinance to a fixed-rate loan, you will also have the opportunity to make additional changes to your loan at the same time. Depending on your circumstances, you may be able to further lower your monthly payments, shorten your loan term, or borrow from a portion of your available home equity.

Any time you refinance, you will be responsible for paying closing costs. These costs can be rolled into the new loan amount

meaning no cash is required at close. While loan amount increases slightly, using the scenario above, those costs could offset in less than a year.

So when was the last time you reviewed your current home mortgage? While retirement and personal investment choices are periodically reviewed for performance, many homeowners fail to do the same for the largest investment they will likely ever make. Talk to your trusted mortgage lender about what you would like to accomplish and see what is achievable for your situation.

Trey Powers is a licensed mortgage loan officer with City Bank Mortgage, a Texas-based 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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Litigation: *Video and trial prep*

by Roland Brown

In addition to the use of videos from the scenes of collisions, videos are effective in the deposition process. Before my client sits down with me to discuss her upcoming deposition, my staff provides her with a video in which I explain the process and discuss how she can best present

herself to opposing counsel who will be asking her questions under oath. The client is encouraged to watch the video multiple times in order to instill the basic “what to do’s” in the client’s mind freeing her up to concentrate during the deposition on the questions she is asked and what the proper answers are. Viewing the video also primes the client for our detailed in-person preparation session(s) in advance of the deposition.

Although it is not legally required, I typically have a video done of the depositions in addition to having the required court reporter present to record and transcribe the questions and answers. This is useful in multiple ways. First, it may keep an overly aggressive lawyer from badgering my client during the deposition knowing that I could use the video to show the judge the unfair tactics of opposing counsel. I can also review the video with my client so the client can see where she performed well and where she could improve her presentation when she testifies later at trial. Another very beneficial use of videos of depositions is in evaluating a case

for settlement and trial purposes. Getting an objective view of a case or of a particular witness is invaluable for those purposes. The use of focus groups provides something close to having a jury considering who is at fault and how much money would properly compensate my injured clients. One effective means of presenting a case, or select portions of the case, to a focus group is to edit the deposition videos of the parties so that the focus group can see and hear some of the key testimony likely to be presented at trial. The group can then help me evaluate how my client comes across to disinterested fact finders and how the other party is perceived. They can also give me a clue as to what might be a reasonable range within which to settle the case. Videos – the trial lawyer’s friend!

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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Leaving your job? What happens to your 401(k)?

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



Gavin J. Loftus

If you're in the early stages of your working life – or even in the not-so-early ones – the chances are pretty good that you will change jobs at some point. When that happens, you'll probably leave a few things behind – but will one of them be your 401(k)?

Essentially, you have four choices:

You can cash out your 401(k). It's your money, but if you take it out before you reach 59 ½, you will owe

federal income taxes, plus any applicable state and local taxes.

Also, you will likely be charged a 10% penalty for early withdrawal. Perhaps even more important, if you liquidate your 401(k) when you change jobs, you'll be reducing the amount you'll have left for retirement.

You can leave your 401(k) with your old employer. If your former employer permits it, you can leave your 401(k) intact, even after you move to a different job. This might be appealing to you if you like the investment choices in your account, but you won't be able to make any new contributions. Plus, you won't face any immediate tax consequences.

You can move the money to your new employer's 401(k). You can consolidate your old 401(k) with one offered by your new employer, if allowed. You won't take a tax hit, and you might like your new plan's investment options. And you may find it easier to

manage your funds if they're all held in one place.

You can roll your 401(k) into an IRA. You don't need the permission from any employer – old or new – to move your old 401(k) to an IRA. Your money will continue to grow on a tax-deferred basis, and an IRA offers you a virtually unlimited array of investment options – stocks, bonds, mutual funds and so on. You can make either a direct or indirect rollover. With a direct rollover, the administrator of your old 401(k) sends your money directly to the financial provider that holds your rollover IRA. No tax is withheld because you never actually take possession of the money. With an indirect rollover, you're technically withdrawing the money and moving it to the IRA provider yourself. (You've got 60 days to make this transfer.) You will face a withholding of 20% of your account's assets, but you may be able to recover most of this amount when you file your tax return. Still, for the sake of ease of movement and avoidance of all tax issues, a direct rollover may be more advantageous.

Which of these options is right for you? You'll have to consider several factors, and you'll certainly want to consult your tax professional before making any decision. But in any case, do whatever you can to preserve – and hopefully grow – your 401(k) assets. You'll need these resources to help fund the retirement lifestyle you want and deserve.

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

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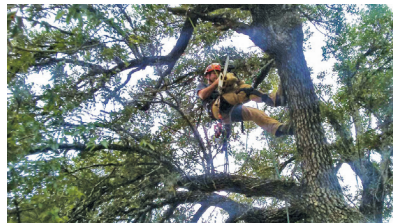
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Getting soft water doesn't
 have to be hard

by Randy Lawrence



Considering all of the different water-related products currently being advertised, deciding which technology is right for your water can be confusing for homeowners. Most are aware that a water softener is necessary, yet many will admit that these systems are a mystery to them.

A softener is considered *point of entry* treatment, meaning that all of the water entering your home is treated as it flows through the unit. Water softeners are a proven method of eliminating scale and salt-based ion exchange is the only technology that physically removes the calcium from your water. Salt-free alternatives leave hardness minerals in your water, which will continue to cause scaling and corrosion. Many current marketing campaigns for alternatives make unsubstantiated claims regarding the efficacy of these products and seek to capitalize on myths surrounding salt-based softening by using outdated facts or overstating figures. Many of these technologies are not new, but simply being re-introduced with catchy new names. What you may not know is that advances in the water treatment industry have resulted in softening systems which are far more salt-efficient and user-friendly than ever.

Water softener pricing and quality can vary greatly. There are units available from \$500 all the way up to \$5,000. The lower priced units do not include installation, which can significantly change the final cost. Then there's the question of who will make repairs when they become necessary. On the other end, the highest priced units are often so proprietary that parts and service come at a premium. The goal is to find a reliable treatment system that can last for many years without paying too much.

Unless you are a serious do-it-yourselfer, it's probably in your best interest to purchase a unit from a licensed independent dealer who can properly size and install the best unit for your home and remain available after installation to make any necessary adjustments to the equipment. A simple water analysis and a few simple questions will determine the proper softener for your home.

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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Fall into the season

by Lindley Pond

As we approach our much awaited Hill Country fall, now is a great time to think about what worked, what struggled through our hot summer, what are different ways to minimize our water usage and still have our dream space.

Removing some of our turf grasses and replacing with either mixtures of low native grasses and wildflower seeds is one way. Another, implementing large areas of native and adaptive plant beds. To add some interest, those beds can be bermed, with taller plants on the high points and lower trailing plants at front and back. Thus giving depth to an area that might otherwise be flat. If space is limited yet your kitchen is a second retreat, stock tanks raised up on limestone blocks can become herb and veggie containers without taking up too much room.

My latest favorite “mulch” other than river rock, is first cut cedar mulch. Again, thinking from a maintenance and replacement standpoint, it doesn’t fade, doesn’t wash, is less expensive than other mulches and looks completely natural. After a scorcher like this summer, installation of sun shades on tall poles or connected to your home creates a nice shady area to relax. They come in many different shapes, colors and sizes and another way to brighten otherwise flat landscaping.

Another fun thing to do is to install a butterfly garden, which should also attract hummingbirds. Giving back while at the same time creating something great to look at. The sky’s the limit!

Fall is one of the best times to plant trees and woody items. We are here to help you. Whether you need a plan, a few ideas, or the manpower to see it all come together, just let us know and we’ll be glad to help!

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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Embracing camp culture: As a grown up

by Deborah Carter Mastelotto

It's the end of summer. Kids are coming back from a mind-boggling variety of summer camps, from week-end art camps to stay-for-a-month horse riding camps and everything in between. But while I was reading the American Airlines in-flight magazine I saw an ad for a different kind of camp, a camp for grown

ups. The “Game of Thrones” camp is a role-playing camp and so authentic they only dry clean the real fur cloaks twice a year. One can only imagine the authentic smell. That article got me thinking about my own, most recent (and more pleasantly scented) grown up camp experience at Full Moon Resort in the Catskills.

It's called Music Masters Camp because the resort invites different master musicians to host week long intensive music camps. Usually about 100 Campers leave their cell phones and good internet behind for the woods and streams and their new home; tents, cabins, barns, and a communal dining hall. My particular camp, the “Three of a Perfect Pair” music camp is held in August and hosted by three musicians who have played in the legendary group King Crimson: Pat Mastelotto (my husband), Tony Levin and Adrian Belew. King Crimson is considered the godfather to a genre of tricky and difficult-to-play music called ‘Progressive,’ and it attracts a unique combination of talented musicians and brainiac fans. No, I am not a musician, nor a brainiac fan. I went with my husband. For the first couple of years of attending this camp, I maintained my role as an interested observer. But a won-

drous thing happened; I became one of them. This camp is now my camp, these Campers are now my people. It's more like being invited to join a secret society and discovering, in addition to a common interest, a love for each member. We even have our own ‘Honk.’ How did this happen? It's a simple technique, really, and it's frequently used by foreign language schools. It's called ‘immersion.’ I was immersed up to my eyeballs in camp culture. And it changed me.

How does camp culture work? Professor H. W. Scarlett once wrote, “You get a rustic setting, away from modern devices ... so you're connected to the natural world and thrown back for the first time on your own instincts. Camp stresses caring – not a phony kind of care, but a very deep caring for the group. It takes time to develop that sense of community.” That's why going every year seems to be important, and why it took a few years for camp to ‘take’ with me. You can't just observe camp; you must immerse yourself in it.

Real camps, of course, sell the dream of perfecting something; that's why you sign up. It actually does happen, but that's not the treasure you take back with you to the real world. The true value you get from the camp experience is change. As camp photographer Avraham Banks wrote, “Now I feel like an old piano that was finally tuned. For how long will I maintain the change? There are people I met that made my life better.” Me too Avi, me too.

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



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

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



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

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

Currently DSCA has about 90 students enrolled in K3-12, and once again has outgrown their leased facilities. Looking to build upon the foundation of the current school and to meet the needs of our growing community the DSCA Board

announced their Vision 2020 with a goal to build a permanent home for the academy; a campus with a 20,000 square foot school and a 5,000 square foot gymnasium. The new campus will serve 200 students. To say this undertaking is monumental is an understatement. And there can be no overstating the fact that it will call upon every one of the "ecumenical" resources that this community of faith has to offer.



Building such a campus for our community rises well above the limitations of any single denomination. Spiritual growth and church unity takes priority over any personal preference and each of us has a vital role to play. Money must be raised, land for the new campus will need to be acquired, utilities secured, facilities built, teachers hired, more and more children enrolled. Just as the first settlers learned when they founded our community, many hands will be necessary to answer God's call to do this kingdom work, and only as God provides shall we proceed. But scripture teaches in Jeremiah 29:11 "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." We can build on this foundation and now is our call to action.

Your support for the DSCA Vision 2020 is needed. Please visit our website at DSCA.Org or reach out to Becky Welborn at 512-858-9738, or Mark Lander at 512-569-6644. Get involved and bring your time, talents and gifts to bear; take your place alongside those who serve.

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



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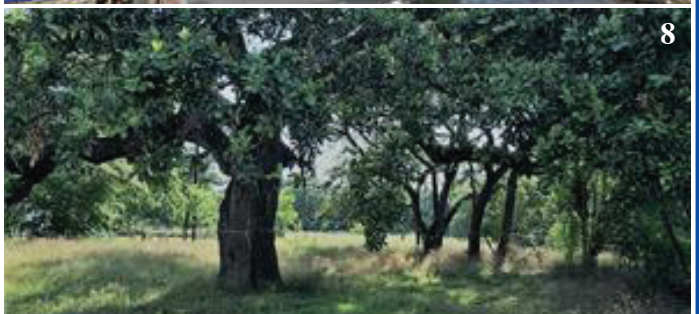
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