

# *Dripping Springs*

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# OUTLOOK

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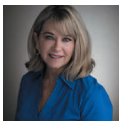
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# Happy place



October is one of my most favorite months of the year. I can just breathe it in and dream about all October has to offer from football, cooler weather, pumpkin spice, good music and ghosts and goblins.

If you know me then you know music is my vibe, my happy place. It just gets in my soul and makes me a happy girl. Lucky for me Dripping Springs is host to one of the best songwriters festivals around. The sixth annual Dripping

Springs Songwriters Festival features 40 plus singer/songwriters from four countries and 13 states. Performing at six different venues along Mercer Street and Old Fitzhugh on October 18-20 and all performances are *free*.

I have been fortunate to be a host home for lodging and made a lot of good friends from this event. One singer/songwriter even sang at my son's wedding. Come out, listen to some good music, support our local venues and artists. Be sure to say *hi* and introduce yourself when we pass. I'll be the girl in the boots with a smile, tapping my toes.

Cheers y'all!

*Carol*



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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 3rd Thur. 7pm, Family Support Group for family members, parents, adult children, and partners of individuals living with a mental health condition. Meets in Room 1.
- 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.
- Tues. Oct. 1-32, Dripping With Taste Trail & Passport. See pg.8.
- Fri. Oct. 18-20, Dripping Springs Songwriters Festival. See pg. 20.

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# What are stem cells?

by Breca Tracy, PhD

Stem cells have the remarkable potential to develop into many different cell types in the body during early life and growth. In addition, in many tissues they serve as a sort of internal repair system, dividing essentially without limit to replenish other cells as long as the person

or animal is still alive. When a stem cell divides, each new cell has the potential either to remain a stem cell or become another type of cell with a more specialized function, such as a muscle cell, a red blood cell or a brain cell.

Mesenchymal stem cells are specialized cells that are able to receive signals from the other cells in your body. Stem cells then seek out inflammation and degeneration and go to that location to begin repairing tissue. Stem cells have been shown to help repair muscle, bone, cartilage and tendons. Research has indicated that stem cells can benefit a wide variety of health complications and may assist in individuals living stronger, healthier lives.

Stem cells have been around for over a century. The term stem cell was used as early as 1866. In 1909, Alexander Maximow lectured at the Berlin Hematological Society on a theory that all blood cells originate from the same cell.. a stem cell. The first bone marrow transplant occurred in 1968 using stem cells. In 1978, stem

cells were discovered in human umbilical cord blood. After this, the world of regenerative medicine began to take shape. Stem cells have the capacity to replace bone, cartilage, heart, tissue, muscle and more, showing much promise for disease states.

For more information, please contact us and we would love to further educate you on our clinic and the therapies we offer here in Dripping Springs.

*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.*

# Medicare 2020 Annual Enrollment

by Tom Diehl



On October 15, Medicare’s Annual Enrollment Period (AEP) will begin for coverage effective on January 1, 2020. This enrollment period continues through December 7, 2019. If you are currently insured by Medicare Parts A and B, you can choose additional coverage during this time period. (You can apply for your initial Original Medicare

Parts A and B coverage beginning three months before the month you turn 65.)

Original Medicare usually covers about 80% of one’s medical expenses, but there is no yearly limit/cap on your “out-of-pocket” bills, and monthly prescriptions are not covered! Many people add more coverage by choosing either a Medicare Advantage Plan (MAPD), or a Medicare Supplement and a Part D Rx drug plan. These are offered by insurance agencies and are not available through the government.

You do not need to do anything if you are satisfied with your current coverage. If your insurer modifies your 2019 plan slightly, you can decide whether you will accept the plan with those changes for 2020, or you can enroll in a different health plan altogether. This option also applies if your existing Prescription Drug Plan experiences changes in cost/coverage or if a new medication is not in your plan’s formulary.

Remember that not all doctors or medical facilities are enrolled in Medicare or accept Medicare patients, although most do. When enrolling for a Medicare Advantage Plan, your agent should confirm whether your doctors will be in your plans network. Likewise, it is important to verify how coverage will apply to all prescription drugs that a Medicare beneficiary takes. Your agent should also review the *Summary of Benefits* for whatever MAPD the applicant prefers. There is no charge to have a licensed, Medicare-Certified insurance agent provide their experience in helping you during open enrollment!

*Tom has been a licensed independent insurance agent in Dripping Springs since 2003. There are no fees for his assistance in finding the best plans for his client’s specific situation and free quotes can be generated the same day. Contact Tom@AustinHealthPlans.com or call 512-535-3556.*

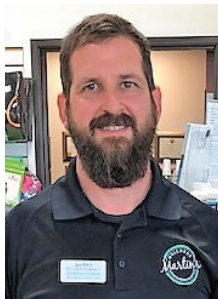


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## Put the fire out

by Edwin Dossman



It is estimated that up to 30% of the American population regularly suffers with symptoms of acid reflux which is a result of acidosis of the stomach and intestinal tract. We create this condition in our systems in many ways through wrong food choices or combinations which cause fermentation and putrefaction.

Eating too much acid forming food also creates heart burn. This is especially prevalent in heavy meat eaters where hydrochloric acid is over produced in the stomach. Many people lack sufficient pancreatic enzymes which causes poor digestion and can also contribute to the creation of heartburn and gas. Poor production of sodium bicarbonate from the pancreas, as well as poor bile flow or production from the liver/gallbladder, also cause acid reflux.

As you can see, there are many contributing factors in the creation of the acid reflux condition and most of the symptoms we experience can be handled with the changing of our diet. We might be shocked to discover that more than 90% of our consumption is acidic in nature. Our systems like to be balanced 80% alkaline forming to 20% acid forming foods. We have copies of an acid/alkaline food chart at our Dripping Springs Pharmacy and Lamar Plaza Drugstore in South Austin if you would like a reference for

this information. When our systems are at the proper pH, everything cools off, calms down and heals up.

The changing of our diets is a process and a practice so it is important especially in the case of an acute condition of acid reflux to have something on hand to put that fire out. One of our favorite products for that amongst the wellness staff is DGL Plus by Pure Encapsulations. This is a simple but powerful formula and has been reported to work almost immediately, using some of the most effective antacid herbs on the planet.

*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.*



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## Cosmetic procedure confusion

by Rocco C. Piazza, M.D



If you are on the fence about that special enhancement procedure you've been considering because of misconceptions surrounding cosmetic procedures – don't be. There's a sizeable gap between these *myths* and reality.

Here are three common misconceptions that often come with the most questions:

### 1) Procedure confusion.

- Liposuction versus tummy tuck: Liposuction eliminates fat cells from stubborn areas unresponsive to diet and exercise such as hips, thighs and stomach. While a tummy tuck also gets rid of fat from the stomach, the main goal is repairing muscle separation to flatten the tummy, removing excess or stretched out skin, typically following pregnancy or dramatic weight loss.

- Breast augmentation versus breast lift: Breast augmentation increases the size and shape of the breast. A breast lift improves positioning on the chest and corrects drooping breasts – common after pregnancy and as women age. A lift does not alter the size of the breast but it does improve the shape.

- Botox injections vs. other dermal fillers: Both Botox and dermal fillers are administered via injections to smooth wrinkles and fine lines. Botox is generally used to relax muscles where more pronounced wrinkles and lines occur – forehead, eyes and frown lines. Dermal fillers are best suited to tiny, finer lines but additionally plump up collagen in areas like cheeks, and restore or enhance volume in the lips.

2) Plastic surgery is just for women. Today, men care about their appearance equally and want to look and feel their best also in professional and personal settings. In fact, the American Society of Plastic Surgeons reported that more than 1.3 million cosmetic procedures were performed on men alone in 2018.

3) All plastic surgeons are the same, holding the same certifications and credentials. Be certain that no matter what type of enhancement you're going for, you are consulting with a board-certified plastic surgeon – accredited by the American Society of Plastic Surgeons, American Society for Aesthetic Plastic Surgery or American Academy of Facial Plastic & Reconstructive Surgery.

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



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# Movement vital signs

by Dr. Jeremy Kethley, PT, DPT

Most people think of heart rate and blood pressure when they think of vital signs. It is common to use numbers to quantify health and risk of disease. The American Heart Association encourages people to “know their numbers” referring to blood pressure, blood cholesterol,

blood glucose and weight. However, research is now showing the importance of moving properly for health. Let’s take a look at some numbers you can use to quantify your movement health.

Walking speed has been called *the sixth vital sign* in medical literature recently. It is easy to measure and takes into account strength, balance, coordination, confidence, cardiovascular fitness, tolerance to activity and many other factors. It has also shown to be predictive of future hospitalizations, functional decline and overall mortality. Normal walking speed is considered to be 1.2 or 1.4 meters per second or 2.5 to 3.1 miles per hour.

Push-ups are popular to build strength, but a recent study found that they can show us a lot about your heart. Research found that men who could do 40 or more consecutive push-ups were at a 96% lower risk for cardiovascular disease than men who could do less than 10. The push-up test was also more useful in predicting future cardiovascular disease than aerobic capacity measured on a treadmill. Another study found the stronger your grip strength is, the less likely you are to suffer from cardiovascular disease, respiratory disease, COPD and cancer. Grip strength <26kg for men and

<16kg for women showed that there was a high correlation with an increase in disease.

Another study of over 2,000 people concluded that if you need more than one hand to get up and down from the floor, that you were two to five times more likely to die in the next seven years versus someone than can do it with one hand or no hands at all.

Moving well is important to overall health and longer life. These quick tests give you a snapshot of how you’re doing. If you have trouble with any of them, consider seeing Kethley Physical Therapy to discuss. As of September 1, 2019, you can go see a physical therapist without a referral from a physician. We would love to help you and *keep Dripping Springs moving!*

*Jeremy has been practicing and serving the Dripping Springs community for the past 17 years in Dripping Springs. 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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# Stress and inflammatory skin conditions

by Karen Laine, Para-Medical Aesthetician

Do you find skin conditions such as acne, rosacea, psoriasis or eczema flare prior to a big event, following traumatic life circumstances or other stressful times? Inflammatory skin disorders are exacerbated by the body's inability to deal with the physiological response of stress

and the *fight or flight* response. The body reacts to stressors whether physical, mental or emotional in basically the same manner. The body isn't capable of recognizing the type of stress it's up against.

When the stress system is triggered, it produces many physical changes. It reacts by cutting off circulation to the digestive tract and diverts blood flow to the large muscles in order to fight or flee. During times of stress, the gut is unable to process and absorb nutrients properly nor expel waste through normal channels, thus inflammation occurs. Additionally, blood pressure, heart rate and muscle tension increase with the release of stress chemicals some of which are physically damaging to your body. The most sensitive cells make up the *hypothalamus*, a part of the brain controlling all of your hormone activity and immune system. Over time the hypothalamus struggles to manage things properly leading to adrenal burnout, thyroid problems, weight and mood problems and many types of chronic illnesses.

The key to managing these skin conditions and the well-being of your entire body is to deal with these reactions through both diet

and stress management.

• Reduce or eliminate inflammatory foods. *Tran-fats, dairy and grain foods are known to aggravate the digestive system and contribute to many health issues.*

• Get sleep. *This is your body's repair and restore time. Employ natural supplements such as melatonin for help with sleep. Avoid stimulating behavior before bedtime, i.e. TV, computers, etc. – lower the lights.*

• Find support and talk about it. *Enlist the aid of a counselor or therapist. Seek natural methods and supplements for stress, depression and anxiety.*

• Employ relaxation techniques. *Try deep breathing, yoga, visualization, biofeedback, journaling or meditation.*

• Get some exercise. *This helps eliminate stress-induced chemicals and toxins from your body through sweat and improved circulation and release of feel good chemicals called endorphins in your brain. Shower with lukewarm water soon after to remove irritants from skin.*

• Do something you enjoy. *Try sports, reading, hobbies, a change of pace to distract your mind.*

*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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# To love others, love yourself

by Leslie Tourish, LPC

There are times when caring too much for someone can simply be unhealthy. In healthy caring, or *attachment*, we like people, are concerned about their problems and wish the best for them. It's in the over-attachment that we damage ourselves. Examples of over-attachment

include emotional dependence on people, *reactionary* responses to others' behaviors, obsessive or controlling tendencies toward others or excessive worry and preoccupation with another person.

Dr. Wayne Dyer wrote in his book *Your Erroneous Zones*, "If you believe that feeling bad or worrying long enough will change a fact, then you are residing on another planet with a different reality system." The irony of becoming wrapped up into the behaviors of others is that it creates so much confusion within ourselves that we're unable to focus on our own problems. By attaching ourselves so strongly with the goal of changing another person to our will or way of thinking, we become detached from ourselves and lose an essential part of our personal power.

Melody Beattie in her book *Codependent No More* explains about detachment, "First, let's discuss what detachment isn't. Detachment is not a cold, hostile withdrawal; a resigned, despairing acceptance of anything life and people throw our way; a robotic walk through life oblivious to, and totally unaffected by people and problems; a Pollyanna-like ignorant bliss; a shirking of our true responsibilities to ourselves and others; a severing of our relation-

ships.. Ideally, detachment is releasing, or detaching from, a person or problem in love. We mentally, emotionally and sometimes physically disengage ourselves from unhealthy (and frequently painful) entanglements with another person's life and responsibilities, and from problems we cannot solve.."

Dr. Chopra also writes of the Law of Detachment as the sixth spiritual law of success. "... In order to acquire anything in the physical universe, you have to relinquish your attachment to it. This doesn't mean you give up the intention to create your desire. You don't give up the intention, and you don't give up the desire. You give up your attachment to the result.

This is a very powerful thing to do," he continues, "The moment you relinquish your attachment to the result, combining one-pointed intention with detachment at the same time, you will have that which your desire. Anything you want can be acquired through detachment, because detachment is based on the unquestioning belief in the power of your true self."

Simply put, let people be who they are. When we attempt to change others we're disrespecting ourselves because we're engaging in control for our own needs of comfort and security. And when we attempt to control others we're not respecting them for their natural right to simply be. Our highest level of love may be respecting their true nature, along with our own.

Leslie Tourish, LPC, is a Dripping Springs psychotherapist in private practice; [LeslieTourish.com](http://LeslieTourish.com) or [DSPpsychotherapy.org](http://DSPpsychotherapy.org). 512-695-1660

# Find fun and community at your farmer's market

by Teresa Strube



The Dripping Springs Farmer's Market is one of my churches. It's a place where I get to experience community with like-minded people. Each week as I shop, I take a moment to realize how much we all have in common. We all eat. We all like to eat tasty food. And we all want food that is good for us. When I have to miss the market, I feel like I have missed church – missed a really special event.

There is so much that I love about our market. I love to talk to the people who are providing food and services. I love to see the kids. I love to see people greet each other. I love to see people having the pleasure of tasting wine at Texas Hill Country Vineyards' booth. I love to smell the popcorn! I love to see the ice cream guy making his creations. I love to taste the Indian food, Thai Food and the Science Fair munchies. And of course I love to buy the fresh, seasonal produce and pastured meat for the week ahead.

Another great feature is the amazing music provided by local musicians. In the midst of a busy, schedule-driven week, slowing down for one or two songs while sitting at a picnic table or in a rocking chair is good for body and soul. All of this amounts to fun and community.

There is always so much sharing going on at our market that I feel everything is right with the world. This is what community

feels like. In our most recent customer survey, we found that one of the top reasons shoppers come to the market is to experience community. It's a great feeling being out in the open air, meeting friends and neighbors and contributing to the community as a buy-local shopper. This is not something that can be experienced in a grocery store.

I hope you'll come to the market soon. If you see me, please stop and say hi.

Teresa Strube is a member of the Governing Board of the Dripping Springs Farmer's Market. She loves and helps care for elders as companion and assistant. It's not only her job but her passion.



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# Safe car travel with your pet

by Frank Shuman, DVM

For a lot of people that take vacations with the family, it really means the whole family, including pets. But traveling can be highly stressful, both for you and your pets. If you're planning to take a trip with pets in tow, I have some tips to help ensure a safe and comfortable

journey for everyone.

Remember, no matter where you're headed or how you plan to get there, make sure your pet is microchipped for identification and wears a collar and tag imprinted with your name, phone number and any relevant contact information.

Traveling with a pet by car involves more than just loading the animal in the back seat and motoring off, especially if you will be driving long distances or plan to be away for a long time.

Prepare your pet for a long trip. Get your pet geared up by taking them on a series of short drives first, gradually lengthening time spent in the car. If you're traveling across state lines, bring along your pet's rabies vaccination record. While this generally isn't a problem, some states require this proof at certain interstate crossings.

Keep your pets safe and secure in a well-ventilated crate or carrier. The crate should be large enough for your pet to stand, sit, lie

down and turn around in. Secure your pet's crate so it will not slide or shift in the event of an abrupt stop. If you decide to forgo the crate, don't allow your pet to ride with his head outside the window and always keep him in the back seat in a harness attached to a seat buckle.

Prepare a pet-friendly travel kit. Bring food, a bowl, leash, a waste scoop, plastic bags, grooming supplies, medication and first-aid and any travel documents. Pack a favorite toy or pillow to give your pet a sense of familiarity. Be sure to pack plenty of water, and avoid feeding your pet in a moving vehicle. Your pet's travel-feeding schedule should start with a light meal three to four hours prior to departure and always opt for bottled water. Drinking water from an area he or she isn't used to could result in stomach discomfort.

Never leave your animal alone in a parked vehicle. On a hot day, even with the windows open, a parked automobile can become a furnace in no time, and heatstroke can develop. In cold weather, a car can act as a refrigerator, holding in the cold and causing the animal to freeze to death. If you have any further questions don't hesitate to give us a call at Dripping Springs Animal Hospital.

*Frank Shuman IV is the Medical Director at Drippings Springs Animal Hospital, serving the area for over 30+ years. Located at 1520 E. HWY 290. He can be reached at 512-858-4787.*



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# Don't let sugar haunt you this Halloween *by Ron S. White, DDS*

Helpful hints to avoid the haunting!

1) Avoid snacking on candy and drinking sugary beverages throughout the day. The plaque on your teeth contains bacteria that feeds on sugar and releases acid that attacks teeth. Continual sipping and snacking subjects your teeth to continuous acid attacks which could

lead to the breakdown of tooth enamel which eventually leads to cavities.

2) Instead of snacking and sipping all day, I recommend eating candy and drinking sugary beverages with meals. Saliva production increases during a meal, rinsing food particles from the mouth and neutralizing plaque acid which helps prevent tooth decay.

3) Beware of candies like gummies and taffy, which stick to your teeth longer than something like chocolate, which easily washes away with saliva or by rinsing. Remember that hard sugary candies remain in the mouth longer, giving bacteria more time to create acid that weakens tooth enamel.

The ADA offers the following tips to help reduce tooth decay and still enjoy Halloween:

1) Get those juices flowing. Consider chewing ADA accepted sugarless gum after meals. Certain sugarless gums have earned the ADA Seal of Acceptance for scientifically proving that chewing the gum for 20 minutes after meals helped prevent tooth decay.

2) Go with the flow. Drinking optimally fluoridated water has been shown to reduce cavities from 20-40%.

3) Take three. Floss once a day, brush for two minutes twice a day with a fluoridated toothpaste and eat three healthy meals a day.

4) Check out those vitamins. Eating calcium-rich foods such as cheese, leafy greens and almonds are good for the teeth. Protein-rich foods such as meat, eggs and fish are good sources of phosphorus. Both of these minerals can help rebuild tooth enamel and bone.

Final tip – *Don't fear the dentist*. Putting off regular visits to the dentist can be costly and harmful to your overall health. By visiting the dentist twice a year for exams and professional cleanings, we can catch areas of concern early and avoid costly procedures.

*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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[Learn more at AustinYMCA.org](https://www.austinyymca.org)

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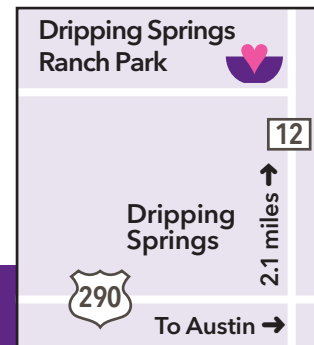
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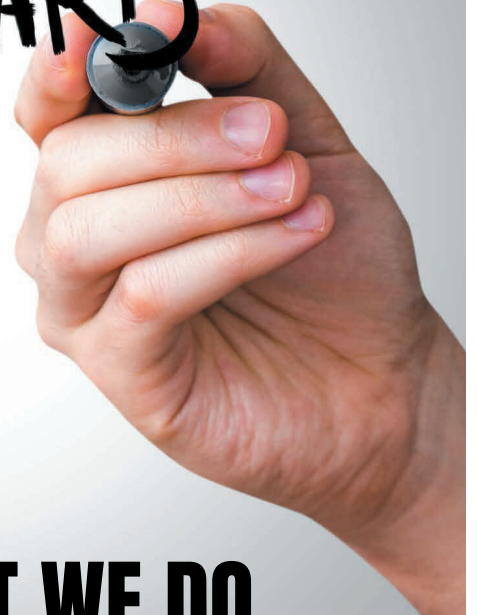
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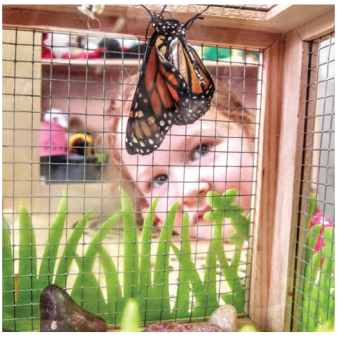
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# College application tips

by Allison Schmidt, MPH

For many high school seniors, fall can be a stressful time as college deadlines loom just around the corner. While the college application process may seem daunting, following these tips will help ensure that everything goes as smoothly and successfully as possible.

Demonstrate interest. Colleges are very concerned with *yield*, which is the percent of admitted students who decide to enroll. To protect their yield, with all things being equal between two applicants, they are more likely to admit a student who has shown demonstrated interest through campus visits and communication. If you accomplish something amazing after your application has been submitted, send an email to your admissions counselor to update them on your recent accomplishments.

Establish your hook. Decide how you want to position yourself to colleges and make sure your entire application authentically and honestly supports that position. Known as a hook, your application should tell the story of what makes you unique and how you can contribute once on campus.

Start early. College applications are not meant to be completed in just one sitting. A compelling application will require a great deal of thought and preparation, so make sure to give yourself plenty of time. You are allowed as many edits as you want before pressing that submit button. Complete a rough draft with no pressure or worrying about it being perfect, then put it aside for a week

and tackle it again with a fresh eye. Repeat the process as much as needed until you feel your application effectively tells your story.

Proofread, proofread, proofread. Select one trusted person to carefully proofread and edit your application. It is essential that your essay is written in your own voice with your own words. When too many people are editing, your personality can get lost in the shuffle, and admission counselors do not get a true sense of who you are.

Stay organized. Create a spreadsheet to track important application requirements and deadlines. Once your application has been submitted, make sure to check your account regularly for notification of missing items. Best of luck! You've got this!

Allison Schmidt owns Hill Country College Consulting, which provides college application support and guidance. You can contact her at (512) 593-1676 or [allison@hccollegeconsulting.com](mailto:allison@hccollegeconsulting.com) for assistance with the college application process.

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Wow. Here we are again; ready to pull off our sixth annual Dripping Springs Songwriters Festival. It seems like only yesterday that we rolled out the banners for our first year's event. We aimed for the sky and crossed our fingers that people would show up to our little town of Dripping Springs as we took a stab at stealing some of that magic musical mojo

from our big-sister city to the east. But even considering the success that we've had over the years, Austin can still rest easy. We'll never be a *mega-giga-palooza-fest*. We don't want to be. We're proud and happy to be an honest, roots-level, three-days-of-killer-songwriter-showcases event, where audiences have the opportunity to hear some great songs sung by some very talented people from all across Texas, the US and, this year, coming from as far away as Belgium, Spain and the Netherlands.

Back in the fall of 2013, when Laurie, Dave and I first started kicking around the idea for the Dripping Springs Songwriters Festival, we agreed on one fundamental aspect – the song and the songwriter will always come first – big names are not important. We're still strongly committed to our first intentions. Sure, we've had some huge Grammy-nominated songwriters perform here in

the past, but it's always been our featured songwriters, some who have traveled from as far away as Ireland and Australia, who remain the life-blood of the festival. Their inspiring music, voices and songwriting styles may be diverse, but all our songwriters share one enthusiastic commonality – first-rate, quality songwriting. And *that* is the essence of what our festival brings to Dripping Springs. We believe we've captured that essence in each of our past five years, and we're excited to do it again in 2019 on the weekend of October 18-20.

Trust us, you'll want to be there to be part of it and you won't want to miss a single note. As always, admission is free at each of our six venues. For more info, songwriter roster, venue stages and performance schedules visit [DrippingSpringsSongwritersFestival.com](http://DrippingSpringsSongwritersFestival.com).



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## Mortgage rates versus Fed rate

by Trey Powers

Midway through September, the Fed cut short-term interest rates, the second cut in three months. We were already riding all-time interest rate lows in August and many expected this latest cut to drop them either further. But that did not happen.

One of the greatest potential sources of confusion for prospective mortgage borrowers is the relationship between the Fed and mortgage rates. While the Fed's policy changes absolutely have an impact on various interest rates (including mortgages), a drop in the Fed's policy rate does not result in lower mortgage rates. Likewise when the Fed raises short-term rates, mortgage rates do not necessarily increase.

The main reason for confusion is the huge difference from an investment standpoint between a rate the shortest-term transactions (the Fed rate applies to loans that last for one day or less) and a rate that remains in effect for up to 30 years in the case of mortgages. In addition, the Fed meets only eight times a year while mortgage rates fluctuate daily based in investor reaction to numerous economic indicators. What does this mean for you as a homeowner with a mortgage? Don't gamble for lower rates when it might be time to refinance now. Forget the tossed around notion *only refinance when you can lower your rate by 1%*. Over the last six weeks, I have seen multiple scenarios where a half or three-

quarters drop absolutely justified a refinance.

Are you currently in an FHA loan? Do you pay mortgage insurance? Are you considering getting cash from the equity in your home? Are you considering lowering from a 30 year mortgage to shorter term? If any of these pertain to you, now is the time to at least consult with a mortgage profession to see what different scenarios would look like. It doesn't require an application. It doesn't require gathering 10 pounds of personal documents. It's a five minute phone call – quick and free. One of the joys of a lender is to talk with a homeowner and end the conversation with, *you're in a great spot – don't change a thing.*

*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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# Beautifying homes since 1970

by David Williamson

I have been in the flooring business since 1970, and have beautified *thousands* of homes and businesses in that time. Now I am looking forward to beautifying homes and businesses in the Hill Country. I am a native Austinite, born in Austin, Texas and a alumnus of Crockett High School. My father Ray Williamson,

tion I will always make recommendations for what will work best. I also give you a comparison to an array of other choices and tell you what is exemplary to other options, to help make the best decision for your home or business flooring needs.

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who was born in Driftwood, Texas in 1929, owned American Floors on South Congress.

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I am very customer service oriented. I am present and available to the client from the estimate all the way through to the completion of the installation. With 40 plus years of experience in the flooring industry, I am very knowledgeable. Based on my evalua-

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You walk into the lawyer's office and ask if she'll take your case. She answers your question with questions of her own to determine if you actually have a case. So what is a *case*?

The law helps govern our interactions with other people and it may provide a remedy when something untoward happens. What the lawyer

needs to determine is whether there is a legal remedy for your situation. In *legal-speak*, the question is whether you have a *cause of action*. It could be phrased as *would my cause make a court take action*.

There must be a series of facts which, if proven, authorizes the court to provide a remedy. Those facts are the *elements* of your cause of action. Here is where the issue of proof becomes important. In the trial of a case, your lawyer might put on evidence of a wide variety of things, but your lawyer *must* put on evidence of each fact which forms the basis of your cause of action, or as you refer to it, your case. In other words, there must be proof of each element or your case fails. For example, if your case involves a simple car wreck, then the lawyer wants to determine first – was the other driver negligent, second, did that negligence contribute to the wreck and third, did the wreck cause your injuries. Those are

the three required elements.

Sometimes the proof is simple, but not always. I recall a case in which my client was in two wrecks within a period of weeks, each of which caused injury to her back. Because the second collision occurred before the full extent of the first injury was known, it became a challenge to prove what injuries were caused by the second collision. Fortunately, with the help of a fine physical medicine specialist, I was able to explain to the insurance company how we would do that. The case then settled for the policy limits. One of the more difficult things lawyers have to do is to tell someone who is dealing with a difficult situation that they don't have a case because there is no proof of one of the essential elements of the cause of action.

*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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## Be creative when withdrawing from retirement accounts

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



Reagan Smith

Like many people, you may spend decades putting money into your IRA and your 401(k) or similar employer-sponsored retirement plan. But eventually you will want to take this money out – if you must start withdrawing some of it. How can you make the best use of these funds?

When you turn 70 and a half, you need to start withdrawals – called required minimum distributions, or RMDs – from your traditional IRA

and your 401(k) or similar employer-sponsored retirement plan, such as a 457(b) or 403(b). (A Roth IRA is not subject to these rules; you can essentially keep your account intact for as long as you like.) Here, then, is the question: What should you do with the RMDs? If you need the entire amount to help support your lifestyle, there's no issue – you take the money and use it. But what if you don't need it all? Keeping in mind that the withdrawals are generally fully taxable at your personal income tax rate, are there some particularly smart ways in which you can use the money to help your family or, possibly, a charitable organization? Here are a few suggestions.. Help your grown children with their retirement accounts. Your grown children may not always be able to afford to *max out* on their IRAs. You might want to help them with any excess funds from your own retirement accounts. You can give

\$15,000 per year, per recipient, without incurring any gift taxes – an amount far higher than the current annual IRA contribution limit of \$6,000 (or \$7,000 for individuals 50 or older).

Help your grandchildren pay for college. You might want to contribute to an investment specifically designed to build assets for college. A financial professional can help you choose which investments might be most appropriate. Of course, if your grandchildren are already in college, you are free to simply write a check to the school to help cover tuition and other expenses.

Help support a charitable organization. Due to recent changes in tax laws, many individuals now claim a standard deduction, rather than itemizing. As a result, there's less of an incentive, from a tax standpoint, for people to contribute to charitable organizations. But if you'd still like to support a charitable group and gain potential tax benefits, you might want to consider moving some, or all, of your required distributions from your IRA to a charity. You can transfer up to \$100,000 from your IRA in this type of qualified charitable distribution, thus meeting your RMD requirements without adding to your taxable income. Furthermore, this move might keep you in a lower tax bracket. (Before making this transfer, though, you will need to consult with your tax advisor.) Your RMDs can contribute greatly to your retirement income, but, as we've seen, they can do even more than that – so use them wisely. *Reagan Smith, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. She can be reached at 512-894-3793.*

# Low flow problems

by Randy Lawrence



Thanks to technological advances, water softeners have certainly become more reliable than ever before. However, even with significant improvements, there are still issues that may arise which technology cannot alert us to. One problem that can happen over time is a break-

down of the resin inside the softener unit. It's important to be able to recognize the symptoms of this issue in order to keep a small problem from turning into a big one.

All water softeners are designed around a quantity of small plastic-looking beads called *ion exchange resin*. When viewed under magnification, these resin beads resemble a ball of yarn. Along the *yarn* are exchange sites which allow the resin to complete the job of removing hardness minerals from the water. If you were to hold these resin beads between your thumb and forefinger, you would find that they resemble tiny ball bearings and are very firm to the touch. However, there is one variable which can significantly shorten the life of this critical component – chlorine.

On non-chlorinated water, this resin can last more than twenty years. On city water, resin life can be reduced to ten years or less. Once the chlorine takes its toll, the resin beads begin to expand and soften. As this process advances, the degraded beads will begin to take on a Vaseline-like consistency and will start to impede the flow of water through the softener. Since it is a slow process, it can be difficult to notice the changes in water flow into your home. You may notice that you can no longer run multiple faucets without a significant pressure drop or that the flow rate slows while running only a single outlet.

If left unchecked, this problem can lead to physical damage inside the water softener and occasionally can lead to a release of resin beads into your home's plumbing system. At this point, the best bet is to bypass your water softener. If this solves the pressure issue in the house then it is time to call your water treatment professional for replacement of the resin bed.

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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# What to do in your garden right now

by Lindley Pond



By the time you read this article, hopefully our temperatures have dropped and the wrath of our summer's heat is all but a memory. Even as I write this article, I find that my garden, my soil, my fruit trees need a little tweaking. Now's the time to make those changes. First on the list, as always, make a plan. It may have necessities and of course it will have the *in a perfect world* items.

Start *small* and start *smart*. Enriching your soil with organic compost, leaves, bone meal and a good tilling is key for any garden whether it be in your landscaping or for your belly. Take a good look at your water source for any and all planted areas. If you are using regular spray irrigation, see about switching to drip. Not a hard fix and this can be done even if you have an irrigation controller. These use far less water and deliver the water where the plant needs it the most.

If you have a *garden* now is the time to be thinking about planting seeds or seedlings for your fall and winter harvest. If you are more inclined to a *landscape* now is the time to plant woody plants and trees. Think about hot spots in your scenery and plant a native tree that will soon enough provide shade for people, plants and pets.

Installing rain gutters with either rain barrels for water collection or a full on rainwater collection system is something you may

want to save for. Mulching in preparation for winter will help retain moisture and give your beds a fresh look.

If it's lawn you are looking to lessen, think of all the options you have – patio, decking, butterfly gardens, bird sanctuaries – the sky is the limit. Don't get overwhelmed. Taking one step of the planning at a time will allow things to fall in place naturally.

Starting with a list is the best way not to spin your wheels or waste your money. Happy fall.

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# We can be heroes

by Deborah Carter Mastelotto



"We can be heroes, just for one day."  
– David Bowie

It's human to search for heroes. They should easy to spot because they stand out from the masses – a real person (or a fictional character) who, in the face of danger, fights to save us. Sometimes they exhibit other-worldly courage or strength, but often they began as deeply flawed, normal humans, like us.

So many of our politicians are bought by wealthy special interest groups, so we no longer expect heroic acts from them. We once claimed sports figures as heroes but currently their bloated salaries and selfish, childish behaviors make most of them bad examples. Lately, we've turned to fictional characters to get our hero rush. I believe that's the reason for this surge in giant blockbuster superhero movies – they allow us to escape from a hero-less reality and live in a fantasy world where superheroes fight for us, at least for a couple hours. But I have a new hero, a 16-year-old girl with Aspergers from Sweden – Greta Thunberg.

In August of 2018, she sat in front of the Swedish Parliament building every Friday striking from school and holding a handmade sign. Every Friday. What was she demanding? Immediate climate action from world leaders – for all of us. What began with a small girl who refused to stand down against apparently insurmountable odds, grew into a world-wide protest phenomenon.

Just one year later on Friday, September 18, 2019, millions

joined her in small towns and large cities all over the planet in a unified Global Climate Strike, mostly led by other young people. She became their hero, too.

As CNN wrote, "She may be the most reluctant activist in modern times.. something about her raw honesty around a message of blunt-force fear turned this girl from invisible to global."

Never feel you are too young/old/poor/uneducated/dyslexic/busy or any of the myriad reasons we give ourselves to retreat from even the smallest acts of heroism in our day-to-day lives. She is our mirror. If she can help us, when she doesn't even know us, can't we help those we know and care about? Can't we become heroes to someone? Greta said, "Sometimes, under the right circumstances, being different is a superpower."

So no matter who or what we are, we can all be heroes, even just for one day.

*Deborah Carter Mastelotto is a pathological entrepreneur, a minor student of quantum physics, unapologetic observer of human nature and undefatigable advice-giver. [pinkchronicity.com](http://pinkchronicity.com).*



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Several years ago, I was sitting in a pew at the Dripping Springs United Methodist Church waiting for the sermon to begin. The choir was finished and the hymnals were put away, the announcements had been read and the congregation sat in quiet anticipation, awaiting our pastor's arrival. A few nervous moments passed and then a voice came over

the sound system saying.. "The work is out here." Still, with no pastor at the lectern the voice repeated.. "The work is out here." Almost in unison the congregation turned their heads toward the windows that lined our sanctuary. There he was, our pastor on the other side of the glass, standing on the lawn with a microphone beginning a sermon about what it means to be a true servant leader.

Years later, I now worship and rejuvenate myself each Sunday at the Hill Country Bible Church of Dripping Springs. The surroundings may be different, stacking chairs instead of pews; even the music has changed over time from the traditional to the more contemporary. But with the passing of time one truth has remained (and I pray always will) in this little Hill Country town we call home. It is the truth that many of our grace-covered and God-filled neighbors make Dripping Springs their mission field, seven days a week. Let me illustrate.

We call them Real Life Groups, some churches call them *small groups*. It is the small gatherings of people within the church, coming together for a more intimate fellowship, where the soul of a church is displayed. The men and women who come together in the Real Life Group I attend each Monday evening are a study in authentic discipleship, what servant leadership looks like. Going about their lives serving and giving on a daily basis and not simply coming together on Sunday, they truly live their lives (as Christians) between each Sunday.

Two or three of the women in our group are skilled nurses, one specializing in hospice care. One couple sponsors orphans in the Philippines while taking the homeless under their roof in hopes of helping them get back on their feet. Another couple provides jobs for fair-trade farmers in South America while opening their home here as foster parents. One man serves as a Hospice Chaplain and mentors at-risk boys at a local facility. In fact, more than a couple of men in our group mentor at-risk youth and provide Bible studies out in the community. Other members use their time and talents

to lead in worship, some lift up the needs of our community in weekday prayer groups or serve in non-profit organizations teaching our children to live Godly lives.

Lest you think that I am boasting or making a comparison of churches let me state the obvious. Most every Christian church will have a similar story and similar examples of servant leaders. The point is not to boast but to illuminate and gently nudge you to examine your own story. Being a Christian is a 24/7/365 endeavor. Having eyes and ears to identify those around you in need, the courage to invest in each other's lives and the determination to invite others into the Kingdom all happens in the life we live between Sundays. Hebrews 10:24-25 puts it plainly.. "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

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So where do you fit into this community of faith? Have you plugged into a small group yet? Does your worship and service to others extend beyond of the doors of your own church or own home? Are you stirring up one another or do you need some stirring yourself? Take a first step, find a church, join a small group and look to use your time and talents to serve. Remember, the work is out here, in your own community. Now go and live a Life Between Sundays.

*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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