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OUTLOOK

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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 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 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.
- Sun. Nov. 3. 22nd Annual Empty Bowl Project. Visit Helping-hands-DrippingSprings.com.
- Thurs. Nov. 28, Thanksgiving.
- Sat. Nov. 30, Shop Small Saturday. See pg. 12.
- Sat. Dec. 7, 15th Annual Christmas on Mercer Street. See pg. 13.

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 (DSISD) Dripping-Springs.K12.tx.us • (DSISD Sports) Dripping-Springs.txed.net/AthleticNews
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Feast of all ain'ts

I grew up celebrating Thanksgiving in a solidly middle class 1960's way in Texas; right down to the canned cranberry sauce my mother would pop out onto the clear glass dish which seemed to be used only for that purpose once a year. It was a distinct marker of happy times. Family gathered around the dining room table – extended to its maximum length – and praised the giant turkey worthy to be the centerpiece. We would eat and talk, leave the table then return to eat and talk some more. Board games and walks around the neighborhood would serve to pique our appetites a bit more and so we would make another pass at the food, now moved to the kitchen. Fond memories for me.



Many years later I married a wonderful man who came from the land of ice and snow – also known as Minnesota. Somehow he talked me into going there for Thanksgiving. Minus five was the reading on the temperature gauge as we arrived at his sister's house. While I loathe frigid weather, I was looking forward to the feast. So it was with a combination of shock and horror that we were lead to the garage of their house where I saw Italian food from a local restaurant being pulled from shopping bags. If my jaw didn't physically drop, it most assuredly did in my later mental recollection.

This wasn't Thanksgiving. There wasn't a turkey, or cranberries, or even a table – except for a pool table – and we were in a garage. Albeit an exceptionally clean and large one outfitted with a gigantic television, sofa and club chairs.

Family members began to gather. A group too large to fit around one table. The catered food was unveiled on the spotless workshop counter and the smell of tasty sausage and tomato sauce, garlic bread and fresh green salad with vinaigrette began to waft subtly through the warmly lit space. We filled our plates, ate and talked, filled our plates some more and watched football on the giant screen. Afterward we played the dollar game standing around the pool table and laughed as a family does when it is thankful for being together. I remember looking around at the scene at some moment and thinking what a wonderful family I have. I don't even mind the ice and snow now.

I hope you make some great memories this Thanksgiving, whether you're treading on familiar turf or breaking new ground. Thank you for joining us.

Victoria



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Macular degeneration and your eyesight

by Lauren Meyer

As we age, the loss of eyesight is a common issue. It occurs when the small central portion of the retina, known as the macula, deteriorates. Age-related macular degeneration (AMD) is the leading cause of vision loss in people over the age of 60. Early signs of AMD may be blurred

vision, glare sensitivity, and decreased night vision. Fortunately, there are ways that we can prevent the progression of vision loss or even help repair some of the damage in the eyes caused by free radicals.

Nutritional interventions can make a marked difference in vision enhancement and the prevention of degeneration. Important nutrients for eye health are vitamin A, C, and E, zinc, omega-3 fatty acids, beta-carotene, lutein, and zeaxanthin. Foods that are high in lutein and zeaxanthin are spinach, broccoli, and kale. Non-vegetarian sources of lutein and zeaxanthin include egg yolks. Foods high in antioxidants also help eye health and prevent free radical damage in the eyes. Berries, apples, and green tea are high in antioxidants and great for not only your eyesight but fighting inflammation as well.

Macular degeneration is increasingly recognized as a disease of middle-aged and older adults who may have difficulty achiev-

ing basic nutrition. Start acting now and you may be pleasantly surprised by the accompanying side effects of increased energy, reduced pain, and mental clarity. Eating healthy and exercise can be supplemented with extra doses of antioxidants and omega-3 fatty acids to prevent loss of eyesight. Macula PF by Jarrow and Mega EPA/DHA by Life Extension are our recommended formulas for fighting inflammation and maintaining eye health.

Best in Health!

Lauren has an M.S. in Human Nutrition and is a CNS (Certified Nutrition Specialist); she serves as a Wellness Consultant at two Martin's Wellness Pharmacies, (Dripping Springs Pharmacy in Dripping Springs and Lamar Plaza Drug Store in South Austin)



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Post-breast augmentation bra shopping tips

by Rocco C. Piazza, M.D

An overwhelming majority of our breast augmentation patients gain a powerful sense of confidence from the procedure. With that newfound self-assurance, many women update their wardrobes and revel in the way they now fill out their clothes, such as workout gear and swimsuits.

That newly shaped figure also presents an opportunity to shop for sexier and more fashionable bras. Before making a beeline for the lingerie store, however, it's important that women with new implants understand the ins and outs of bra shopping after breast augmentation. To help you plan for post-breast enhancement bra shopping, I've compiled some tips that I believe all breast augmentation patients should know.

Use these tips as a guideline and, most importantly, enjoy your new curves.

Be Patient

Wearing a supportive sports bra during the recovery helps your breasts settle properly and is an essential part of the healing process. During the initial month or two after surgery, you can expect some residual swelling. That swelling makes it virtually impossible to determine your new bra size. Wait at least six weeks before even thinking about buying new bras.

Get a Professional Fitting

Many women, whether they have breast implants or not, wear ill-fitting bras. Determining your bra size shouldn't be guesswork, especially after undergoing breast augmentation surgery. A professional fitter has the expertise to identify the ideal bra size for

you. A professional fitter can also provide recommendations about styles that highlight your body's new shape.

Hold Off a Bit on Luxury Bras

Even after you've healed and the residual swelling is gone, your breasts continue changing as the implants settle into their final position. Buying a nice bra or two is fine, but don't splurge on anything really expensive until about three to six months have passed.

Be Adventurous

Once it's time to celebrate your new breasts, don't settle for the same old, same old. Explore the types of bras you've always avoided in the past. Try different styles and appreciate the feel of bras that fit just right.

Donate Your Old Bras

Bras can be expensive, and not everyone can afford to buy quality items. Several organizations accept lightly-used bras so that other women can wear them. Start by looking for a nonprofit group, or check out The Bra Recyclers. The Bra Recyclers has donated nearly two million gently used bras to more than 100 local, national, and international organizations.

The decision to get breast implants is exciting, and it's important to choose a board-certified plastic surgeon with a reputation for excellent results. If you're considering getting breast implants, contact us online to request a consultation or give us a call at 512-288-8200.

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.



Movement vital signs

by Madison Ruffin, SPT

Direct access to physical therapy services has come to Texas! So, what is direct access and what does this mean for you the patient? With the current direct access legislative changes, effective September 1, 2019, anyone is able to consult physical therapy services for up to 10

business days or up to 15 business days without having to get a doctor’s referral/prescription, depending on the education level of the physical therapist.

Current law requires that for a physical therapist to provide an evaluation and continue with treatment for 10 days without a physician’s referral, they must at least have a current license of physical therapy in the state of Texas and either have received a doctorate level of education in physical therapy or completed 30 hours of CCU coursework in the subject of differential diagnosis.

In order to receive 15 days of treatment, the physical therapist must have completed continued education in either a fellowship program or a residency. Furthermore, physical therapists must have been practicing with a license for at least one year. These requirements ensure that the physical therapist performing the evaluation and treatment is a qualified health professional and has the necessary experience, knowledge, and skill set to determine if the issue you are coming in for can be treated with physical therapy, or if it is an issue that requires medical attention or treatment prior to receiving physical therapy.

Physical therapists are trained to screen for signs of conditions that require medical attention, commonly referred to as “red flags.” While physical therapists are equipped to treat many conditions ranging from musculoskeletal origin to neurogenic, or even vestibular in nature, some conditions should be consulted with a physician prior to treatment. Your physical therapist can compile your symptoms in order to determine what the most appropriate course of action is to address your pain, symptoms, or other problems. Some examples of conditions appropriate for physical therapy services are Tennis elbow, neck pain, Carpal Tunnel, muscle strains, and joint pain. Ultimately, this change helps to cut the cost and time to receive treatment.

So, if you’re having pain or symptoms that could be addressed with physical therapy, come see your local physical therapists at Kethley Physical Therapy at one of two locations in Dripping Springs! Our goal remains to Keep Dripping Springs Moving!

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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What is Functional Wellness Coaching and Consultation clinic?

What is FWCC clinic and why do you need it? At Functional Wellness Coaching and Consultation clinic we practice functional medicine which is a deeper dive into a patient's health history which is more of a patient centered approach in addressing the whole person and not just isolated symptoms. As a functional medicine practitioner I have specific training that will help me to consider multiple factors affecting your health. How is that different from traditional medical practice? When patients schedule an appointment for this type of evaluation they are bringing to this appointment their own unique history of environmental exposures, their genetic make-up as well as their epi-genetics (your external environment).

In using the functional medicine framework we start by understanding the origins, prevention and treatment of complex chronic disease by using evidence-based medicine to give you the best treatment plan possible. In functional medicine the patient is a partner and works collaboratively with our providers to create an integrative treatment plan that will guide them to optimal wellness. You need not be ill to schedule an appointment. You may just want to up level your overall health and learn how to intervene to avoid long term chronic illness.



*Gabria A. Cathcart FNP-C
Board Certified Nurse Practitioner*

With the integration of best medical practices and an integrative and science-based approach functional medicine helps our patients to uncover nutritional deficiencies, infection, hormone imbalance, gut dysbiosis (imbalance), unrecognized toxicities and unrecognized inflammation/inflammatory foods that are affecting your overall well being. In looking at a more comprehensive picture through the functional medicine lens we are looking at larger functions such as ridding your body of toxins, digestion/absorption issues, inflammatory responses, hormone regulation, physiological structural integrity as well as the psychological and spiritual balance.

In keeping with conventional medical care and in functional medicine, prevention is the key. In looking at the whole person and the

body as a symphony in perfect harmony we can expand the tool kit to better serve our patients to help you to restore your function. How can we help you today?

Gabria Cathcart, FNP is a board certified Family Nurse Practitioner through the American Academy of Nurse Practitioners (AANP) who graduated from Baylor University; she has been in the medical field for 18 years. Prior to establishing FWCC she has worked in the Central Texas area for the last several years.



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Thanksgiving every day

by Leslie Tourish, LPC

I thank Thee, Lord, for blessings, big and small;

For spring's warm glow and song-bird's welcome call;

For autumn's hue and winter's white snow shawl.

I thank Thee for the harvest rich with

grain;

For tall trees and the quiet shadowed lane;
For rushing stream, for birds that love to fly;
My country's land, the mountains and the plain.

I thank Thee for each sunset in the sky.

For sleepy nights, the bed in which I lie;
A life of truth and peace; a woman's hand,
Her hand in mine until the day I die.

I thank Thee, Lord for all these things above;
But most of all I thank Thee for Thy Love.

This prayer of Thanksgiving was written by Ralph Gaither while he was held captive as a POW in North Vietnam. Within this poem lives his personal world of wonder, love, gratitude and the grace of forgiveness. It seems inconceivable on the surface that a person being held as prisoner of war could find anything for which to be thankful. But perhaps it is the very absence of life's more joyous qualities that gave him an appreciation of truer gifts.

As we gear up into the holiday season, many of us can already

feel the insistent hum of energy to hurry, shop, decorate, wrap and to out-do what was done the year before. In the doing we sometimes lose the scope of the big picture: to be grateful for each moment opening up before us. We all carry within us the choice of exactly how happy or miserable we're going to be. I've known people who were monetarily wealthy and surrounded by amazing creature comforts. Yet they appeared to be restless and scanning the horizon for the next big thing to fill the void. To be grateful for what you have, to be grateful for this exact moment in which you are alive, is the most golden gift of allowing happiness to shine from the inside, out.

When I was a little girl, I remember walking with my grandmother along a path down her family farm back pasture. Wind, insistent and biting, wove through the dried branches and bramble, shaking the dead grasses and leaves until they rattled. Our faces were burnished from the cold as we watched the sun set behind the russets and browns of the West Texas horizon. Turning to me, Grandma said, "I've never been rich, but I'm grateful for all that I have, and that's enough." On that day she taught me the importance of celebrating Thanksgiving. Every day.

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

Blessings abound at our Farmers Market

by Laurel Robertson



When the Farmers Market counts its blessings this year, top of our list is the Dripping Springs community. For ten years now, you've supported our growing market, and this year (for the second year in a row), you voted us the #1 farmers market in Texas and the Southwest.

We're grateful for your vote of confidence and are committed to bringing you even more locally grown foods and handmade goods.

If you've never been to our market before, November is a great time to come check it out! Cool, crisp autumn afternoons are the perfect weather to stroll the grassy Triangle Park, taking in the bounty of this region's fall harvest. You'll find plump winter squashes, crisp dark greens, robust red beets, fresh herbs, grassfed meats (beef, lamb, pork, bison, chicken), fragrant pies and breads, rich cakes and cookies (even gluten-free ones!), bright jellies and sauces, ripe pecans, and hearty local wines. This Thanksgiving, thank our farmers and ranchers – and promote local food security - by including their products in your holiday spread.

It's unlikely we'll see a White Christmas here in Dripping Springs – but it's quite possible to celebrate a green one by shopping at your farmers market. During the holidays, we host an increased number of arts and crafts vendors who offer exceptional selections of unique, handmade gifts. Locally made specialty foods also make great presents or hostess gifts, especially for those committed to reducing clutter in their lives.

During December, Triangle Park will be decorated with the city's giant 40-foot Christmas Tree, and the stately oaks will twinkle with holiday lights. At each Wednesday market, there will be live music, good food to eat, and friends to meet and greet in the heart of Dripping Springs. Let the kids and dogs play outdoors in the cool weather, while you get some holiday shopping checked off your list. Our market goes on even during inclement weather - so grab your woolen muffler and come join us!

The Dripping Springs Farmers Market is owned and operated by the City of Dripping Springs and held every Wednesday from 3-6pm at the Triangle (Hwy 290 and RR 12). This year, we will be closed on Christmas Day and New Year's Day. Contact us at 512-858-4725 or farmersmarket@cityofdrippingssprings.com. Like us on Facebook (Dripping Springs Farmers Market – Official).



Wednesdays
3 – 6pm
The Triangle
(Hwy 290 ↗ RR12 ↗ Mercer)
512 858-4725

 / DSFarmersMarket 



What is cancer?

by Frank Shuman, DVM

A scary term no matter what species you might be is cancer. Unfortunately many different types of cancers afflict our furry companions. My goal is to provide a little information on what cancer is and typical steps for diagnosing and treating. Cancer is caused by un-

controlled and purposeless growth of cells in the body. Cancer can arise from any tissue in the body so there are many types of cancer. Cancers that can spread to other places in the body are called malignant and cancers that don't metastasize are called benign. Tumor is a general term for cancer whether it is benign ("good cancer") or malignant ("bad cancer").

The first task for the veterinarian is to determine the extent of the tumor which is a process called tumor staging. Staging information is vital for several reasons including determination of your pet's prognosis and formulation of a plan for treatment. To gather information that can help to determine the extent of the cancer, your veterinarian will need to evaluate your pet by several methods. These usually include blood tests, urinalysis, radiographs, tissue aspirate (a sample taken with a fine needle) and biopsy. It is important to note that medicine is not an exact science and despite these staging procedures, it is still possible to fail to recognize small sites of tumor or the presence of tumor in organs that are difficult to study. Once the tumor staging has been completed,

your veterinarian will better be able to discuss treatment options for your pet.

There are several types of therapy used to treat cancer in dogs and cats. These include surgery, chemotherapy, radiation therapy, and immunotherapy. For some tumors, treatment will consist of a single type of therapy, while combination therapy may be recommended for other types of cancer or for animals with a more advanced stage of disease. More advanced cancers can be referred to an oncologist for more specialized treatments. In this area there are a couple of specialty hospitals that are capable of offering more advanced treatment options.

Treating animals with cancer is not appropriate for every pet or pet owner. It takes a strong commitment on the part of the owner and greatly depends on the type and staging of a cancer. At times palliative care is the best option for a pet and its family. Palliative care focuses on managing a pet's quality of life and keeping them as comfortable as possible. With cancer diagnosis and treatment there isn't a one size fits all and a tailored plan is necessary for each case. We always understand that this is a stressful point in your pet's life as well as your own so don't be afraid to ask questions.

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.



Have you ever considered nutritional intravenous therapies?

by Breca Tracy, PhD

"Between work and the family, I barely have time to take care of myself. IV Therapy gives me the energy to tackle every day." Does this sound familiar?

Whether you are looking to boost your immunity before cold and flu season, or detox and prepare for the holidays, this may be for you!

Intravenous (IV) Therapy can be used as a treatment method to deliver nutrients, such as vitamins or minerals, directly into the bloodstream. This is typically through a vein in the arm. By injecting substances directly into the bloodstream, you eliminate alteration of the nutrients, which may occur from the actions of digestive enzymes. The amount of nutrients in the blood can reach higher therapeutic levels much faster than what is possible when absorption takes place through the gastrointestinal system. For example, few people realize when you swallow a pill or a multi-vitamin, the body's natural absorption process can render up to 85% of that vitamin useless.

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Education is one of our core values at REGENERATE. Please give us a call or drop us a line online, and we would be happy to educate you on what is most beneficial for your needs. Better absorb and utilize essential nutrients, with IV therapy!

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Mind the gap with dental implants

by Ron S. White, DDS

If you are self-conscious because you have missing teeth, wear dentures that are uncomfortable or don't want to have good tooth structure removed to make a bridge, then dental implants are your answer.

Dental implants are a popular and effective way to replace missing teeth and are designed to blend in with your other teeth. They are an excellent long-term option for restoring your smile. In fact, the development and use of implants is one of the biggest advances in dentistry in the past 40 years. Dental implants are made up of titanium and other materials that are compatible with the human body. They are posts that are surgically placed in the upper or lower jaw, where they function as a sturdy anchor for replacement teeth.

There are generally three phases to getting an implant.

First, the dentist surgically places the implant into the jawbone.

Next, the bone around the implant heals in a process called osseointegration. What makes an implant so strong is that the bone actually grows around it and holds it in place. Osseointegration means "combines with the bone," and takes time. Some patients might need to wait until the implant is completely integrated, up to several months, before replacement teeth can be attached to the implant.

Finally, it's time for the placement of the artificial tooth/teeth. For a single tooth implant, a dental crown is customized for you. The crown will be based on size, shape, color and fit, and will be designed to blend in with your other teeth. If you are replacing more than a single tooth, custom-made bridges or dentures will be made to fit your mouth and your implants. (Note: The replacement teeth usually take some time to make. In the meantime, your dentist may give you a temporary crown, bridge or denture to help you eat and speak normally until the permanent replacement is ready.)

Another amazing function of implants is their use with dentures. In this case, implants are used to anchor a patient's existing denture with little modification. The denture simply snaps into place and is much more stable.

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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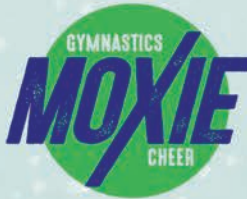
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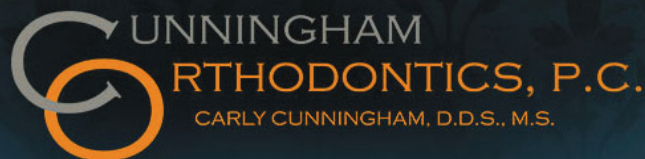
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Stress and inflammatory skin conditions

by Karen Laine, Para-Medical Aesthetician

Have you found that 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 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.

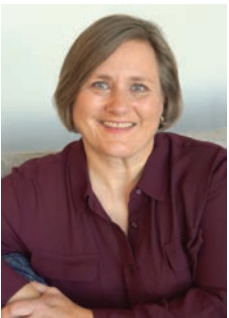
- Find support and talk about it. Enlist the aid of a counselor or therapist. Seek natural methods and supplements for stress, depression and anxiety.

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

- Get some exercise. 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.



Tips for writing a compelling college application essay

by Allison Schmidt, MPH

The college essay helps your application come to life and is one of the few ways admission counselors can get a glimpse into your personality and how you think. Colleges also use essays to differentiate between applicants with similar grades, test scores, achievements and extracurricular activities. Knowing

this, students often feel tremendous pressure for their essay to be perfect. Yet colleges are not looking for perfection. They simply want to get to know you better. Instead of viewing the essay as a burden, view it as an opportunity to introduce yourself and tell a story that's important to you. Following these tips can help you get started:

Brainstorm and Let Your First Draft Flow: Write your first draft with the sole purpose of getting your thoughts down on paper without worrying about it being perfect. There will be time later for tweaking and editing, but for now, the first step is to simply write down uninhibited one or two of the most important things you want to say.

Show Passion: Write about something that excites you instead of what you think the admission counselor wants to hear. What are your special traits, characteristics, or passions? Don't stress over having a huge life changing event to share. Some of

the best essays are simple and genuine stories from life's smaller moments.

Don't Recount. Reflect: A common mistake is for applicants to simply describe an event or something that is important to them. Colleges are more interested in how something made you feel, what you learned from the experience, and/or how it changed you.

Avoid Redundancy: Your essay should provide another dimension to yourself not addressed anywhere else in your application. For instance, do not write about how much you love soccer if soccer is clearly described in your activity section.

Write How You Talk: Avoid being too stuffy or formal. Write in your own voice to create an image of who you are and what kind of person they can expect to arrive on campus once admitted.

Grab Their Attention: An admission counselor can read 50-100 essays per day with just a few minutes to review each application. Consequently, they have to quickly assess each essay to determine if it's worth a deeper look. Craft an opening paragraph that commands attention. Consider opening with an interesting quote, question, or bold statement.

Finally, don't forget to carefully proofread. Good luck!

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 for assistance with the college application process.

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Dripping Springs Chamber of Commerce Focus on Business *Where is Home?*

by Steve Siegwalt

Home is where the heart is so I'm told. Home is where your Rump rests, I've heard. Home is where most want to be at the end of a long day of life.

Everyone has ideas of what home represents and what it means to them at their very core. And when two become one in holy matrimony, the two become one with, in many instances, two very different ideas of what "Home" is supposed to look or feel like and where it's supposed to be located!

With many couples having two different careers the location of their home becomes a question of who gets the longer commute?

Our entire job as advisors in this most challenging endeavor is to be knowledgeable professionals, mediator/negotiator and in many occasions, counselor.

The process can be quite emotional and here are some things to think about when moving towards "moving."

First of all, is the need really necessary? Moving can be a traumatic experience for a family and not for the faint of heart. So if there's a job transfer, growing family, additional family members



such as elderly parents moving in, these are really solid reasons to move.

Looking to sell and take advantage of market appreciation may not always be a good enough reason. Especially if you are the ones who made this home worth the value with your own sweat equity. I have seen a few instances where there is seller remorse, even with a big fat payday.

I personally feel change is good yet it can be a strain.

In the end though, home is where you make it so don't be afraid of moving, yet it's imperative you respect the process.

We have thought long and hard about selling our own place, since it's a lot to take care of and both of my "cheap laborers" are now on their own. We ask ourselves all the important questions such as, "what will life be away from here?" So even the professionals deal with the reality of "what and where is Home?"

Steve Siegwalt is a realtor with Realty Austin. Contact him at 512-745-5880 cell or stevesiegwalt@gmail.com or stevesiegwalt@realtyaustin.com.



Time to review your mortgage

by Trey Powers

“How are your 401K and IRA doing?” Asked that question, most will have an answer, right? That or another investment vehicle is often the anchor of our retirement plans. We know where we are because we want to know whether we will be working until we’re 100 or if 65 will find us on a beach or golf course.

The truth is your home is likely the largest investment you will make in your life. As such, a periodic review of where you are and where you’re going is financially prudent. Far too often homeowners accept their current monthly mortgage amount as “it is what it is.” However, you owe yourself a review.

After rising for a couple of years, interest rates are again at near historic lows. Regarding refinance, forget the misguided adage, “if you can get 1% lower rate.” There are several scenarios where a refi is in order even if your rate would not drop that full one percent.

Do you pay private mortgage insurance (PMI) as part of your monthly payment? If so, it is important to keep an eye on your loan balance versus the value of your home. When you have built up 20% equity in your property you can drop that insurance, saving hundreds of dollars each month. PMI is a scenario where you are paying for insurance to protect the lender. Get out of it if you can! If you have lived in Dripping Springs for a few years, I bet a nickel

rising home values have you over that 20% threshold.

Likewise, if you have an FHA mortgage you will be paying mortgage insurance for the life of the loan regardless of your percentage equity. Get out of it! A refinance to a conventional loan may accomplish that.

Other scenarios worth a look are: combining your first and second mortgages; dropping from a 30-year loan to a 15-year loan; ditching an adjustable rate mortgage; or cashing-out your equity.

If any of these scenarios describe your current home loan, contact a trusted local mortgage lender now. It’s free and it’s painless!

Trey Powers is a mortgage consultant 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 him at 512-203-5869 and trey@treypowers.com. Visit TreyPowers.com

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Enjoy a stone entrance

by Homer Whisenant

Look around the Hill Country and you will see many homes with stone entrances of different sizes, shapes and materials. There is nothing wrong with a simple gate or an ungated driveway entrance. For those of us who like the privacy and security of a gate, a stone entrance can enhance and personalize

of prefabricated gates to choose from. There are also custom gate builders in the area that can build just about any design you can imagine. Automatic gate openers are not only convenient but are also very reliable when properly installed, as long as they come from a quality manufacturer.

Whether large or small, brick, stone or stucco, if I can help you with the design and building of your stone entrance, please contact me.

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.

your home. More elaborate entrances can consist of columns, wing walls and planters for native plants as well as design options for lighting.

It is important to consider a properly proportioned entrance that compliments both the surrounding landscape and the driveway approach to your home. Of course there are many types of stone to choose from, differing sizes, colors and shapes. Limestone and sandstone are the more popular choices here in the Hill Country. Also, brick and stucco are often used in the construction of an entrance. A tasteful mixing of materials makes a beautiful entrance as well.

The first step in the construction of an entrance is a properly sized and properly laid foundation to support the weight of the entrance. The foundation must withstand the weight, which can be quite heavy, and also must withstand the shifting of the surrounding soil. A good foundation insures the longevity of your entrance.

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Litigation: *Your lawyer matters*

by Roland Brown

On my way to the office this week I listened to a successful journalist describing how her immigrant father was arrested many years ago and, at the recommendation of a court appointed lawyer, pleaded guilty to the charges despite her father's belief that he was not, in fact, guilty.

The "rest of the story," as relayed by his daughter, who holds an advanced degree from Harvard University, was a cautionary tale for all of us.

As a result of the guilty plea, her father became subject to deportation from his beloved adopted homeland. Fortunately, other lawyers took up his cause and found obscure legal means to prevent his being deported. Near the end of the saga, the judge who had sentenced him based solely upon his guilty plea told him that he should never have pleaded guilty in the first place. It appears that the lawyer who represented the gentleman in the criminal proceeding either failed to adequately investigate and evaluate the charges against his client or failed to advise his client properly. On the flip side, some creative, diligent and probably passionate advocates prevented the first lawyer's apparent failures from being compounded by this husband, father and hard-working individual being deported for conviction of a crime he should never have been convicted of.

There are dedicated, capable lawyers and there are lawyers who may not put forth their best efforts or who are not genuinely committed to their clients' causes. How do you then go about selecting the right lawyer? There is no magic formula but consider these points. Do you have friends who have used a lawyer they liked and trusted? Have you used a lawyer for something such as a real estate purchase or to prepare a will and found that lawyer to be to your liking? Even if that lawyer doesn't handle your type of case, you might get a referral. Review websites with a critical eye, including the lawyer's website, AVVO, Martindale-Hubbell or similar sites for reviews and information. Check for any public disciplinary record on the State Bar of Texas website. Make certain that you feel confident and comfortable once you meet the prospective lawyer. *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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Share your bounty with family

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



Don McGraw

As you gather with your loved ones this year, perhaps you can think of ways to share not only your dinner, but also your financial bounty.

Make appropriate gifts. If you have young children, you may want to get them started with a savings account to help them develop positive financial habits. You could even make it a Thanksgiving tradition to measure how their accounts have

grown from year to year. You can go further by starting an education savings vehicle such as a 529 plan. This account can provide valuable tax benefits and gives you total control of the money until your children are ready for college or trade school. Other education-funding options also are available, such as a custodial account, commonly known as an UGMA or UTMA. You could also contribute to a 529 plan for your grandchildren.

Develop – and communicate – your estate plans. While you may want to be as generous as possible to your loved ones during your lifetime, you may desire to leave something behind as part of your legacy. And that means you will need to develop a comprehensive estate plan. Such a plan will allow you to express your wishes about where you want your assets to go, who will take care of your children if something happens to you, how you want to be treated should you become incapacitated, and other im-

portant issues. Your estate plan will need to include the appropriate documents and arrangements – last will and testament, living trust, power of attorney, health care directive, and so on. To create such a plan, you may need to work with a team of professionals, including your financial, tax and legal advisors. And it's essential that you communicate the existence and details of your estate plan to your loved ones. By doing so, you can help them know what to expect and what's expected of them to help avoid unpleasant surprises and familial squabbles when it's time to settle your estate.

Sharing some of what you have with charitable or community organizations will also help fulfill the spirit of Thanksgiving. And you can make it a family affair by asking your loved ones which groups they would like to support. Not only will you be helping a worthy cause, but you'll also be teaching your children about the value of money – in this case, the ability to use money you've saved to help make a positive contribution to society.

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

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Smelly water?

by Randy Lawrence



One major water quality issue shared by many of us is water which emits a rotten egg odor caused by hydrogen sulfide gas. This problem is unique to homes whose water source is a private well, as municipal and community water supplies are required to treat the water at the source. In the past, getting rid of rotten egg odor has been inconvenient and expensive, but recent advances have

made eliminating it a much easier task to accomplish.

One common method of treating well water for hydrogen sulfide was to inject chlorine directly into the water as it is pumped from the ground. These chlorine systems can often be maintenance intensive and prone to breakdown. It is also difficult to maintain a consistent level of chlorine without constant monitoring. Additionally the homeowner is responsible for proper dilution rates so as to avoid exposure to high levels of this caustic chemical.

Another way of removing odor is to use a well water storage tank, allowing the release of the gases. This is an effective way to remove the gas without harmful chemicals, but it typically requires a large amount of space, as well as a separate pump to re-pressurize the water. Unfortunately, storing water in a tank subjects it to possible bacterial contamination from outside sources. Ultraviolet disinfection and filtration are usually recommended when water is stored in a holding tank. There are benefits to this type of system, but the need for extra equipment can be cost prohibitive for many.

Many people aren't aware that reliable, user-friendly equipment has been developed which will aerate and filter your water inside a sealed, pressurized tank. This tank takes up very little space and can be used alone or as pre-treatment for a water softener. The result is water that is completely free of hydrogen sulfide, iron and any sediment that may come from your well, without the need for chemicals or maintenance by the homeowner. Contact your favorite licensed water treatment specialist to discuss details on how to make your water smell better!

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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Time to start the ball rolling

by Lindley Pond

Happy November to all of you!

Too many days of triple digit highs left many of our gardens, whether vegetable or landscaped areas, needing more shade and a lot more water. We were all scratching our heads, wondering what to do. Keeping all of this in mind, the up side is it allowed us to rethink our spaces.

Fall is a great time to address issues concerning hardscapes as well as some easy-to-install drip irrigation for those perennial and evergreen areas. It's also a good time to look into plunking down some hard earned money on shade trees which accomplish a few things – providing shade, home to birds and allowing for areas that aren't beaten to death by the sun's rays are just a few. Changing out plants that are too needy to those more native and adaptive to our area also can give you the same look you strive for without breaking the bank when it comes to maintenance as well as water.

I like to think of our climate as having mostly two seasons. Maybe you only need weeding and cutting back twice a year. This helps save money to be used on other outdoor things. Patios, dry creeks and fire pits allow us to remove some of that grass and still create a usable space. All of those things can be tucked into a drainage plan that no one knows has been addressed but you! In assessing what worked and what didn't, it's also a time to check

on yourself. Do you want to spend more time doing maintenance or are you more content to enjoy your space? By starting with a plan, or list, we can figure out what will and won't work for you. It's a great time to start the ball rolling and budget what you need and want where.

We only do one project at a time, so we can focus on you and your wants. We are here if you want to visit about what makes your outdoor space enjoyable to you. Happy fall to you all. In the words of the Dalai Lama – there are only two days in the year that nothing can be done. One is called yesterday and the other is tomorrow, so today is the right day to love, believe, do and mostly live! *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've been helping folks in Central Texas for over 15 years. Give us a call for design and installation of your new "lawn" at 512-775-1629.*

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Our sixth sense

by Deborah Carter Mastelotto

Recently I came across an interesting article on Time.com, "The U.S. Military Believes People Have a Sixth Sense" and I just had to laugh. I remembered all the times I've had interesting discussions about a 'sixth sense,' something I believe everyone is born with. Our 'sixth sense' is intuition, a noun, defined as "a

(supposed) intuitive faculty giving awareness not explicable in terms of normal perception. Similar: instinct, intuition, intuitive-ness, clairvoyance. But, many people refuse to accept the notion that there might be another, inherent way for we humans to collect information using something outside of the five senses we were limited to in school: Sight, taste, touch, hearing, and smell. Every chart I found, decorated with happy, smiling faces of children, showed only these five senses, no other options. Science has already proven those charts to be woefully out of date and inaccurate anyway, because we now know we have more senses than Aristotle's five. We can add: Sense of pain, Sense of balance, temperature differences, sense of direction, and sense of time. We humans use our senses to help us survive, like many animals.

Spiders can measure prey and predators just by sensing them, Comb Jellyfish can sense direction without eyes, and pigeons use what scientists think is magnetoreception to get around. How millions of salmon are able to pinpoint the exact rivers and streams they were born in and travel thousands of miles to spawn there, has puzzled scientists for years and remains a scientific mystery.

These guys obviously use a sixth or even seventh sense to help them survive. Could we be trained to use our sixth sense? The U.S. military thinks so. Field reports during battles often documented a 'sixth sense' or 'Spidey sense' that alerted certain soldiers to an impending attack or I.E.D. The Pentagon wanted to figure out a way to maximize this 'sixth sense' for operational use. Because of the stigma of ESP, they changed what they called it. "Under the Perceptual Training Systems and Tools banner, extrasensory perception has a new name in the modern era: 'Sensemaking.'" It's not hocus-pocus if the military is using it, so why are we as a culture so adverse to acknowledging it? Why are we holding on to an out-dated and inaccurate chart? And why are we still teaching it to our children? I, for one, am all about maximizing my 'Spidey-sense' or 'sense-making.' Who knows? It just may save the lives of a few of my favorite humans..

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

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No, not the title to a Beatles tune on their 1969 album “Let It Be.” (How old are you anyway?) I, Me, Mine came up during a Wednesday afternoon Bible study at The Burke Center. Scripture teaches that God created each one of us, male and female, in His own image. I asked the boys what they saw when they looked into the mirror. You see, we live in an age when it has become increasingly difficult to see one another, (and even ourselves), as the image bearers of God. How we see ourselves determines how we see the world. Those boys at The Burke are living proof that self-centered behavior damages lives and destroys our culture. The pioneers who founded Dripping Springs faced the same truth in their day. Armed with scripture they set out to change their world by placing spiritual growth and church unity as a priority over their personal preferences. How does a Bible study with some boys and the founding of our city intersect with our time? Glad you asked....

From the moment God liberated Israel from bondage, generation after generation repeated a pattern rebellion and repentance. Turning from God, back to worthless idols, the book of Kings reads like a spiritual roller-coaster. (One wonders how each generation could have forgotten the blessings received by their fore-fathers, plunging head-long back into a selfish, spiritual poverty). Every culture looks into the mirror and then sows the seeds of the generations which follow. That was true in the founding of our city.

In the early 1850’s three families set out from Mississippi in covered wagons, later founding what we now call Dripping Springs. For some context – the U.S. Census Bureau in 1850 recorded just 23 million citizens in America, the very first national Womens’ Rights Convention was held, and the State of Texas was just five years old. Our nation was rapidly transitioning away from an agrarian society due to an industrial revolution, and the passing of the “Compromise of 1850” proceeded the inevitable civil war.

Those three families were witness to a rapidly changing culture, facing a new frontier with nothing but their faith in God as a guide. With little more than a dog-run for the

first church, and an itinerant Methodist preacher, they made the wilderness a home. Later, in the early 1880’s, the local Christian community came together and built the Dripping Springs Academy. It was an ecumenical effort which crossed the “religious” boundaries of personal preferences. They built an Academy for the spiritual growth and education of their shared Christian community, a community founded on faith.



Philippians 2:3 teaches us that we are to put others before ourselves. Put another way, spiritual growth and “church” unity takes priority over personal preferences. Like our founders, the unity we seek is for the universal Christian church where spiritual growth is derived solely from the truth of God’s word. We now have an opportunity to continue the work our founders began by actively engaging in the future of the Dripping Springs Christian Academy.

Currently, DSCA operates out of multiple temporary facilities with an enrollment of 97 kids from grades K-12, who represent more than 30 different Christian churches from in and around our community. Now is a time and our calling to build a permanent home for DSCA thinking first about spiritual growth and unity as a community in Christ. Yes, history teaches, but eternity beckons. Let’s join together and take a good look into that mirror, seeing first and always God’s own creation, then going out to do His good works.

If you are interested in learning more about DSCA and their Vision 2020, please visit our website at DSCA.Org or reach out to Becky Welborn at 512-858-9738, or Mark Lander at 512-569-6644.

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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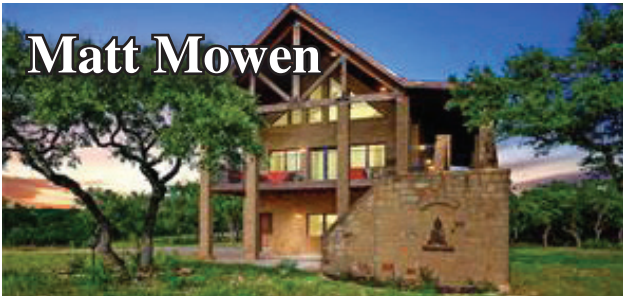
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