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OUTLOOK

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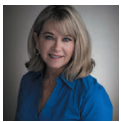
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Celebrate the season

A favorite book during the holiday season for my children when they were young was "How the Grinch Stole Christmas!" by Dr. Seuss. One passage in particular was poignant for all of us. Even though the Grinch had made off with all the presents, decorations and food (right down to the roast beast) in Whoville, he witnessed something astonishing. "And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more."



I always worked to maintain this principle as the 'true north' of Christmas for my kids. Each year presents lay under the sparkling tree on Christmas morning yet the foundation of why we were celebrating was never lost on them. I'm proud of that.

Merry Christmas and Happy Holidays from all of us at the Dripping Springs Outlook. For 16 years we have been honored to bring articles and information about local businesses to you.

Dripping Springs is a vibrant city filled with a true sense of community. A perfect example are the Dripping Springs High School High Steppers who bring their A game to every event!

We look forward to serving you in the new year! Thank you for joining us.

Victoria



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It is also distributed to businesses throughout the community.

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.
- 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.
- Sat. Dec. 7, 15th Annual Christmas on Mercer Street. See pg. 19.
- Sat. Dec 14, 11-4pm. Bed & Breakfast Christmas Tour, see ad pg. 5.
- Thurs. Dec. 19, 9:30am-5pm. Holiday Cookie Bake. See ad pg.13.
- Wed. Dec. 25, Christmas

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The Zoo B & B 🌲 10701 B, Rawhide Trail, Austin 78737



Tickets available at Hill Country Senior Center, Facebook, Dripping Springs Visitors Center and at participating B & B's.

All ticket proceeds benefit the Hill Country Senior Center

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The Hill Country Senior Activity Center was established as a 501-C3 in 1976. We provide a welcoming community, where seniors can gather and enjoy fellowship and good food. We know that socialization and contributing through volunteering promotes physical, emotional and spiritual well-being.

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25 Million in the US have been diagnosed with osteoporosis

by Edwin Dossman

Are you one of the 25 million? When bones lose density they are called “porous,” thus the name osteoporosis, meaning “porous bones.” When bone mass is lost, the bones are weakened and become more susceptible to fracture. It is a widespread problem affecting both men and women with potentially devastating consequences. Like most other degenerative conditions, osteoporosis is extremely rare among cultures that eat high alkaline traditional plant-based diets.

The human body replaces about 20% of its bone mass every year, but with osteoporosis more bone is lost than is replaced. If you eat a diet in calcium depleting foods, such as red meat, pasteurized milk, refined sugar, white flour, soft drinks, and caffeine, as well as a diet low in fresh fruits, and vegetables and don’t get enough exercise, it’s pretty much guaranteed that there will be bone mass problems.

Besides bone loss lack of bone gain creates osteoporosis. Adequate absorption of vitamins and minerals are necessary in the formation of new bone. As you might expect, calcium is a big player in this process. It is usable calcium that forms bones; isolated forms of calcium (citrate, carbonate, lactate, etc.) are not ideal

choices. Good sources of bioavailable calcium are found in leafy green vegetables, and many types of fruit. Our Wellness Consultants recommend a product by Premier Research Labs: Coral Legend Plus; this is a plant-based source of natural calcium, supplying the necessary co-factors to ensure proper absorption occurs.

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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Facial fillers 2.0

by Marcelo Antunes, MD FACS



If you’re looking for a little something extra to gently enhance your looks this holiday season, consider an aesthetic treatment with facial fillers. Facial fillers were once intended to plump up just the cheeks and lips, but today’s fillers are more sophisticated and multi-purposed helping better define other areas of the face, including ear lobes,

nose, eyebrows, and chin.

We’ve all seen women with long, sagging ear lobes due to too-often worn, too-heavy chandelier earrings that stretch the skin south. Am I right?

Injectable dermal fillers, such as Juvederm and Restylane, can treat ear lobes to strengthen tissue and provide better support just in time for those blingy holiday baubles.

Another great area on the face for fillers is the nose. The shape of the nose was once only altered via traditional surgery known as rhinoplasty, but now ‘liquid’ rhinoplasty is on the rise. Fillers can be injected beneath the skin of the nose then gently massaged into place softening the appearance of any harsh angles.

Fillers can also add volume to the eyebrow area for more dramatic framing around the eyes or to smooth out a too-strong brow line. Hyaluronic acid gel fillers typically work best here.

Rounding out the newest spots for facial filler enhancement is the chin. A well-proportioned chin should anchor and balance the whole face. If having lip enhancement, it’s a good idea also to consider slightly filling in the chin to match your newly plumped up

pucker.

The effects of non-surgical filler enhancements can last about one to two years, so they are perfect to ‘try on’ without making a permanent commitment. They are also quick, in-office procedures with immediate results and zero downtime for recovery and healing.

As always with any medical or enhancement procedure, make sure you are working with a physician you trust and who is board-certified.

Dr Marcelo Antunes is an award winning, fellowship trained Facial Plastic & Reconstructive Surgeon. He is a double-board certified surgeon by the American Board of Facial Plastic & Reconstructive Surgery and the American Board of Otolaryngology-Head and Neck Surgery and an active member of the American Academy of Facial Plastic & Reconstructive Surgery, American Academy of Otolaryngology-Head and Neck Surgery and the American College of Surgeons. Piazza Center is located at 7900 FM 1826, Health Plaza II Suite 206, Austin TX 78737. He can be reached at 512-288-8200.



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Back pain treatments

by Dr. Jeremy Kethley, PT, DPT

Chances are you or someone you know has had back pain. Each year fifteen percent of the population has their first episode of back pain, and over the course of our lives, eighty percent of us will have back pain. Even though back pain is common, the medical community

does a poor job managing it. Stories of chronic pain, opioid use, multiple surgeries, and a lifetime of disability are far too common.

Let's look at some of the common treatments for low back pain and see how they stack up against physical therapy:

1. *Medication:* Low back pain is the number one reason for opioid prescription in the US, however in 2016, the CDC recommended against the use of opioids for back pain in favor of "non-drug treatments like physical therapy."

2. *Imaging:* Research has *never* demonstrated a link between imaging and symptoms. As we age, degenerative changes on imaging is common. Ninety percent of people age 50 to 55 have disc degeneration when imaged, whether they have symptoms or not. In 2015, a study that looked at 1,211 MRI scans of people with no pain found that 87.6% had a disc herniation.

3. *Surgery:* The US has sky-high rates for back surgeries - forty percent higher than any other country and five times higher than the UK. Surgical outcomes are terrible! A worker's comp study looked at people who had spinal fusions. The surgical group had a

one in four chance of a repeat surgery, a one in three chance of a major complication, and a one in three chance of never returning to work again.

4. *Physical Therapy:* Current clinical practice guidelines support manual therapy and exercise. Research proves that early PT leads to better outcomes with lower costs, and decreases the risk of surgery, unnecessary imaging, and use of opioids. A study of 122,723 people with low back pain who started PT within 14 days found that it decreased the cost to treat back pain by sixty percent. Unfortunately, only two percent of people with back pain start with physical therapy, and only seven percent get to PT within 90 days. Despite the data showing that physical therapy is the most effective, safest, and lowest cost option to treat low back pain, most people take far too long to get there. Almost every state has direct access, meaning that you can go directly to a physical therapist without a doctor's referral. If you see your doctor for back pain, and physical therapy isn't one of the first treatment options, ask for it!

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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Aestheticians and dermatologists: *Similarities and differences*

by Karen Laine, Para-Medical Aesthetician



Are you curious what sets aestheticians apart from dermatologists? Both understand and address skin conditions and are experts on the science of skin. Dermatologists are medical doctors with specialized training and experience in skin, hair, and nail conditions. Aestheticians, on the other hand, are trained, licensed skin care professionals.

Both aestheticians and dermatologists analyze skin conditions, suggest approaches and products for addressing concerns, and perform treatments to promote and maintain healthy skin.

Aestheticians and dermatologist perform a variety of non-invasive procedures. Common concerns include signs of aging and sun damage, acne, rosacea, and overly dry/oily skin. These conditions can be identified and remedied by either an aesthetician or a dermatologist. When meeting a client for the first time, an aesthetician will conduct a skin analysis, which identifies positive attributes about skin types and conditions, areas in need of improvement, and suggestions for treatments, products, and skin care regimens.

Aestheticians perform a range of skin treatments including facials, extractions, chemical exfoliation (peels), and microdermabrasion. Treatments are tailored to a client's skin type and condition. Dry patches, age spots, dull skin, and clogged pores each require a different approach. A dermatologist can also provide

these treatments.

Only dermatologists can perform medical treatments and write prescriptions. A dermatologist must perform biopsies, and any type of surgical removal. Dermatologists perform skin cancer and mole checks and can prescribe medications for skin diseases.

Aestheticians focus more on holistic well-being. Most dermatologists work in a clinical setting set up for medical procedures rather than relaxation. In contrast, most aestheticians create soothing environments that promote tranquility. Although a generalization, many dermatologists will look for clinical or pharmaceutical strategies, whereas most aestheticians will focus on holistic wellness and how lifestyle, nutrition, skin care routines and products, affect the skin's appearance. Aestheticians may be more knowledgeable about skin care trends, the mind-body connection, holistic health, and organic skin care products. Dermatologists may also be current on these topics, but their focus is likely to be on the clinical presentation of skin conditions.

Skincare provider choices are personal. Just as every person's skin is unique, so is their approach to maintaining healthy skin. Considerations include the extent of treatment or care that is needed, the range of desired strategies for healthy skin, the type of products recommended, and the environment in which skin care is provided.

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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Giving from the heart

by Leslie Tourish, LPC

Christmas is a season for giving, receiving and becoming aware of where our lives are full and where there are needs unmet. No other holiday carries such traditions, memories and practices as golden ornaments nestled into the Christmas tree, kitchens filled with delicate spices from

family recipes, holiday cards that outnumber bills in the mailbox. It's the season for joy, ancient carols sung from memory and hopes as delicate as pearl-colored soap bubbles. It's the season of Christmas.

Perhaps the greatest gift we can give ourselves during this special time of year is the gift of being satisfied with what we already have. Often our dissatisfaction comes from what we wished we had, what we believe we deserve, and what we see others possessing but we lack. Many of us have empty places in our hearts where our unspoken wishes clamor loudly to be fulfilled. We listen to that insistent need and often ignore the rich treasures that surround us in their usual, mundane trappings. To be truly satisfied with our lives exactly as they are is one of life's most difficult lessons with the richest rewards.

Let's face it, our wants often outweigh our haves, which can lead to dissatisfaction. Suppose we were able to fulfill that desire for a new car, house, job or relationship. Is that where it ends?

Happily ever after? No. Usually new problems crop up and the car would be perfect if only it had a better sound system, the job had better benefits, and your spouse would stop that annoying habit of constant channel-surfing.

Satisfaction, one of many roads to happiness, can be found through acceptance. That includes enjoying the music from the car's stereo, feeling the joy of doing a job well at work, and loving your spouse because they can look at your high school photographs and think you're beautiful despite the hairstyle.

Accepting my life exactly as it is - and being grateful for what is in front of me now - has an amazing ability to quiet that killjoy "I want" voice in my head. Whenever you find yourself growing dissatisfied with an aspect of your life, ask yourself if this is a bona fide need or a more surface want? If it's a real need, then have you formed a plan and are you actively engaged in achieving your goal? Accept that you are a work in progress.

And if it's a want? Then look at your perspective and see if perhaps a negative emotion such as anger or fear is the fuel. Let acceptance of your life today be the healing balm and experience the joy that is rarely matched by material goods.

Christmas begins with all of us in a giving, gentle heart. *Leslie Tourish, LPC, is a Dripping Springs psychotherapist in private practice; LeslieTourish.com or DSPsychotherapy.org. 512-695-1660*



Children's eye exams

by Dr. Bryan Marshall

One of the more frequent questions I get asked is, "When should my children have their first eye exam?" The official answer to that is six months of age, three years of age and again at five or six years of age. Then, school-aged children should have their eyes checked each year. A vision screening at the pediatrician, while a wonderful idea and service, is generally not adequate to properly evaluate your child's vision and ocular health.

During these examinations, children are evaluated on their visual acuity, both distance and near, have their eye movement and teaming abilities assessed and the health of the eye is determined to rule out any significant concerns. For children to be successful in school and learning they must have good vision, good eye movement and accurate focusing skills. Visual screenings often can catch children who are near-sighted (can't see far) but those that have minor to moderate far-sightedness can easily pass these screenings and left untreated can lead to significant visual problems that make learning and reading difficult and uncomfortable.

Does your child struggle with attention when reading or doing near work? A newly published study finds that preschool and kindergartners are at risk of missing out on the building blocks of learning because of untreated farsightedness alone, which can precipitate a lack of attention and discomfort while reading. Persons with dyslexia, while not a vision problem, often have some

visual problems. It is not uncommon for persons to be mislabeled as dyslexic or attention-deficient due to under diagnosis of correctable vision problems.

Another common condition is called Amblyopia (or lazy eye). It can develop in a number of ways, most often from undiagnosed strabismus (misalignment of eyes), astigmatism or a large difference between fellow eyes' prescription. It alters the brain's ability to "learn how to see" and can affect a person's vision for life if not caught very early. While the myopic (near-sighted) child will often be identified through school and pediatric screening, the most severe and problematic vision problems can only be identified through proper, early examination with an eyecare professional.

Dr. Bryan Marshall is the owner/optometrist of Capital Eye Vision Care and Optical. He is married and has two young children and lives in Austin Texas. If not in the office, you can find him outside either camping, hiking or on his bicycle at a local race.

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Oh no, diarrhea

by Frank Shuman, DVM

Diarrhea is one of the most common problems that brings both cats and dogs to the vet. Loose stools aren't any fun for your pet and having to clean up the resulting messes and get up in the middle of the night to let your pet out to relieve themselves isn't very much fun for you

either. So, what can you do and how can you best help your pet when their stools aren't exactly right? Of course, the answer depends on what else is going on with your pet and what the likely cause of their diarrhea is. If your pet is otherwise acting normally, doesn't have any other symptoms, up to date on their vaccines, aren't very young or old, don't have any significant pre-existing medical conditions then trying 24 hours of conservative management can be safe.

If your pet has had concurrent soft to water stools, then instituting a few measures usually does the trick. Maintaining good hydration with plenty of fresh water and refraining from heavy activity is a good start. Feed them a highly digestible, low-fat diet (bland diet). A good example is boiled chicken breast with no seasoning and boiled white rice in a 1:1 ratio and feed in small, frequent meals throughout the day. Then chicken breast can be replaced with cottage cheese or boiled low-fat ground turkey or beef.

Adding probiotics may help. You can try regular, unflavored,

probiotic-rich yogurt, or you can pick up an animal-formulated probiotic with your vet.

You really must always be very careful giving any over-the-counter human medications to your pets! For one, they can be toxic to your pets — especially Kaopectate and Pepto Bismol in cats. But also, depending on the cause of your pet's diarrhea, these medications may do more harm than good. Always check with your veterinarian prior to giving your pets any OTC medications for their diarrhea.

If your pet's energy level is lower than it normally is, they're vomiting, or have a significant pre-existing medical condition that would make them less able to deal with the effects of dehydration, then you shouldn't let their diarrhea go on any longer than two episodes before visiting your veterinarian. Dehydration, electrolyte and acid/base imbalances, and a whole host of other complications of diarrhea can set in quickly. Waiting too long will only prolong your pet's suffering, and it will likely make diagnostics and treatment more expensive too. Hopefully your pet's illness resolves quickly but if not always remember to bring a stool sample when you go to the vet.

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.

What is Regenerative Medicine? How can you benefit from it?

by Breca Tracy, PhD



Regenerative medicine is the wave of the future of medicine. It provides a natural alternative to an array of standardized medical care, including surgery. Think of regenerative medicine as a way to restore the body's natural capabilities needed to complete it's daily functions. How can you benefit from regenerative medicine? Common areas for regenerative medicine restoration are joints. Many people suffer

from joint degeneration, whether your discomfort stems from normal wear and tear (age), injuries, or an increase in weight. Regenerative therapies have the capability to restore soft tissue in joint spaces, such as cartilage, ligaments, and tendons. If you have been told you need a joint replacement, but do not want to undergo surgery, regenerative medicine might be your answer. The goal of this type of therapy for joints is to rebuild and restore the soft tissue components needed to provide daily function of joints, and also to provide a cushion (i.e., the joint space) between the bones to alleviate bone-on-bone discomfort.

Let's take a minute to talk about degeneration and regeneration. Degeneration is deterioration, physically or mentally. A solution to degeneration is regeneration. Regeneration is to build, grow, repair or create new tissue. Regenerative therapies are a natural way for your body to benefit from a natural restoration process. Regenerative medicine and therapies seek out degeneration and are effective in reducing inflammation. Cellular components and cell signaling

can be anti-inflammatory, and can contribute to reduction in inflammation upon administration. 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.

Give the gift of health this holiday season. Help your loved ones become educated on therapies that could help increase their quality of life, and yours. Come in for a consultation and free education on us! We look forward to seeing you soon.

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.



Breca Tracy, PhD
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Give the gift of a beautiful smile

by Ron S. White, DDS



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Crowns, also known as caps, cover a tooth to restore it to its normal shape and appearance. Due to their cost, they are used in cases where other procedures will not be effective. Crowns have the longest life expectancy of all cosmetic restorations, but are the most time-consuming.

Veneers

Veneers are thin pieces of porcelain or plastic placed over the front teeth to change the color or shape of your teeth. Veneers are used on teeth with uneven surfaces or are chipped, discolored, oddly shaped, unevenly spaced or crooked. Little or no anesthesia is needed. Veneers are used to treat some of the same problems as bonding. Veneers have a longer life expectancy and color stability than bonding.

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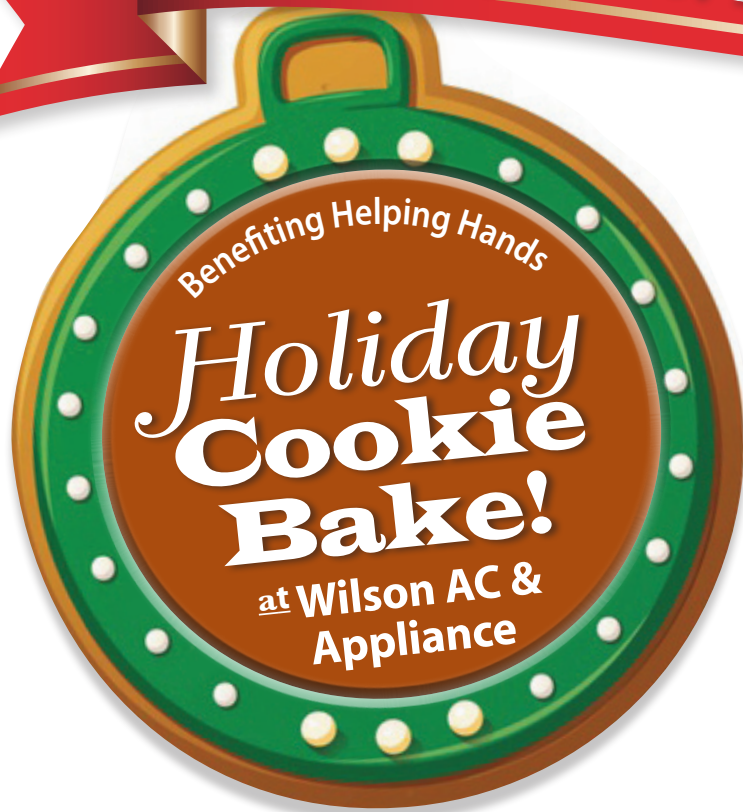


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Thursday, Dec. 19, 9:30am – 5pm



Wilson AC & Appliance Holiday Cookie Bake honors Jerry Lou Dodson, mother of Gay Lynn Wilson, whose love of baking created a tradition for her family. We hope you can take part in this annual event by donating to Helping Hands, and have some homemade cookies for the holidays, just as Mrs. Dodson would have wanted.



Starting at 9:30 am, you can bring a big batch (or two, three) of your favorite cookie dough to donate. Stay to help us bake.



Volunteers will bake the cookies in Wilson's gourmet kitchens and package them in beautiful boxes.



By noon, cookies are boxed and available for the public. Make a donation to Helping Hands, and they are yours to enjoy!



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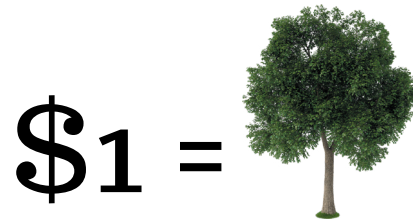


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In memory of Charley 01/18/19 to 10/28/19

Thank you to our wonderful community of Dripping Springs and the surrounding Hill Country Area for your heartfelt support during our search for 'Charley'. We felt the need to be sure everyone knew how grateful we are for your time you spent helping us look for her, and the prayers that were given during this difficult time. Most of you know she was found deceased and we had a huge void in our hearts, but her memory will live on for many of us who Love our Fur Babies like our own children.

The silver lining... We became aware of how many dogs, young & old, that are in desperate need of loving homes. Because of this we have adopted a White German Shepherd Puppy from The German Shepherd Rescue, we named her Charley's Angel and call her Angel. She is approximately 5 months old and was found on a country road between Buda and San Marcos and was skinny as a bone. We are slowly getting her weight back on.

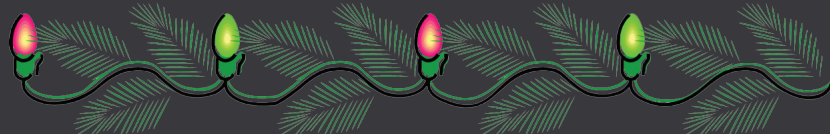
To all of you looking to buy a puppy for yourself or your family this Holiday season, please consider carefully a rescue dog. Visit your local shelter or rescue to find a dog that needs a forever home. Rescue dogs are so grateful, and you will save a life. And there are rescues for all breeds and mixes.

Much love to our Community for your support.

Happy Holidays!

Teresa Duffin & Gary Steele

Remember to donate blankets and towels to your local Shelters and Rescue Centers this Holiday Season.





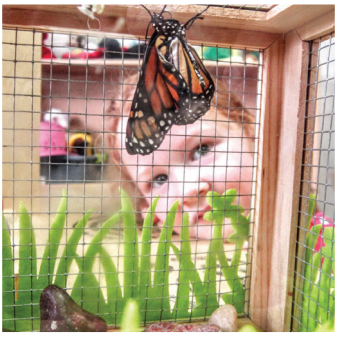
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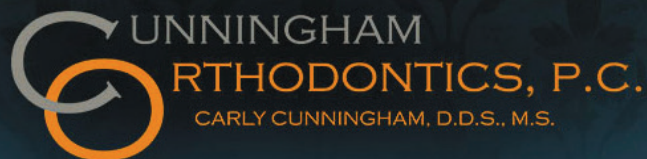
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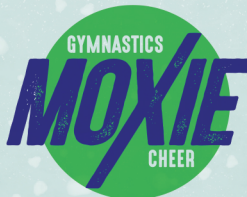
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Merry Christmas
from
The Dripping Springs Outlook

New home construction financing



by Trey Powers

Buying a home is exciting. Building your dream home even more so! If building a home is in the cards at some point, let's talk.

The builder you choose will dictate your financing options. With a neighborhood-type production builder, the transaction works the same as a purchase – preapproval, sign a contract and put down earnest money. Upon completion, the home is purchased from the builder, the same as buying an existing home. These builders are typically affiliated with a mortgage lender and offer incentives to use them. Do your due diligence – comparing their terms to another mortgage company. If it appears you are leaning towards an *outside* lender, they may offer you much more.

Building a custom home is a different game. In this case, you work with a bank to secure a construction loan that pays for the project as you go, like a line of credit used along the way as different stages of construction are completed. Termed an *interim construction* loan, it is interest-only with the monthly payment calculated on the amount utilized to that point. Upon completion, the interim loan is refinanced into a traditional mortgage. Thus you have two closings and two rounds of closing costs. Additionally, while you know the interest rate of the construction loan up front, you can only guess the prevailing rate when time to refinance. With rates trending up, this can be dicey.

Some banks offer an additional product – a *one time close* (OTC). In this case, the interest rate on the construction loan is the same interest rate locked-in for the permanent loan – usually fixed for five or seven years. However, nothing prevents changing your mind and refinancing into a traditional, permanent fixed rate mortgage. The OTC becomes insurance of sorts, hedging against rising interest rates. With a OTC, you also save significantly on closing costs.

Advice? Make sure you know and understand all your loan options, the terms of each and that your lender has all available tools in the bag. *Oh*, and put your water heater downstairs.

Advice? Make sure you know and understand all your loan options, the terms of each and that your lender has all available tools in the bag. *Oh*, and put your water heater downstairs.

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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Getting ready

by Homer Whisenant

With the inevitable change of seasons once again upon us, here are a few hints, tips and reminders to prepare your home for cold weather. A good starting point is to carefully inspect the caulk around all of your windows and doors. Do not overlook weather stripping. Apply fresh caulk where needed. This is an easy and economical task to keep the cold winds and moisture out.

Now would be a good time to wrap those exposed pipes with insulation before a serious cold snap hits and the pipe insulation can't be found on the shelves anymore. Be sure to use duct tape to secure these.

Heaters, furnaces and fireplaces should be inspected to make sure they are both safe and efficient. A carbon monoxide detector (or fresh batteries in the one you have in place) is also a good idea.

If you happen to have an older window on the windy side of your house, caulking may not seem to help. You can cut and fit a sheet of clear plastic, once again using your trusty duct tape, to secure in place. This will cut down on the cold breezes affecting your warm home until you can get that window replaced.

When it comes to caring for your outdoor plants, beds and shrubs, rely on Lindley Pond's expert advice.

To touch on a subject I covered in an earlier article, pay special attention to safety when stringing your Christmas lights. Secure those ladders properly and don't over reach to stay safe.

Be sure to have a safe and enjoyable winter by keeping your domicile safe and warm.

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

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Dee Marsh and Dana Mihaly started their careers the same way, hundreds of miles from each other, in broadcasting, marketing and public relations. Juggling all the responsibilities of family, their professional passions were often on the back burner. They learned to translate creative talents into part-time marketing and consulting work, and volunteering at the local PTA, where they met.



They have covered some ground in the past 30 years: marketing director, substitute teacher, television show producer, ad agency exec, college relations director, retail sales, property manager and self-storage specialist at LockTite Storage – where they discovered their career dreams aligned. And now, Marsh + Mihaly Marketing Group is officially launched.

According to Marsh, “Our story is not unique. Our needs are often sidelined by those of our loved ones. But now, with our experience -- successes and failures -- we are more determined than ever to dedicate ourselves to business owners and entrepreneurs who have traveled similar journeys.”

Marsh + Mihaly Marketing features affordable marketing services for small to mid-size local businesses. Specializing in the

“local company launch,” they offer both traditional and digital marketing solutions for virtually every business sector. “We know your audience because we *are* your audience,” said Mihaly. “We live here, raise our families here, and have developed a sense of community here. And, we know what it takes to succeed here.”

To learn more about the Marsh + Mihaly, contact them for a free 30-minute consultation or meet them on Mercer Street, Saturday December 7 from 10

a.m. until 5pm! They will host a booth at Christmas on Mercer and collect donations of new pajamas for Foster Village.

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Litigation: *Who are all these people?*

by Roland Brown

There are occasions when I walk into a courtroom and wonder, “who are all these folks?” You may have had the same feeling. We are all familiar with typical courtroom layouts. Entering from the “back” or side of the courtroom we find seating for the general public including

people waiting for their case to be called, the “bar,” which is a low partition separating those seats from the remainder of the courtroom where the attorneys, litigants, jury, judge and court staff operate, counsel tables, the jury box, the witness box, and the “bench” which may include areas for the court reporter, a clerk, a bailiff and sometimes other personnel. In federal courtrooms, probate courtrooms, and some others, there may be a table or space for the court’s briefing clerk or attorney.

The next question that is likely to come up is “what does each of these people do and how are they dependent upon one another?” We are familiar with the basic roles of the judge. The role of the court reporter, who records virtually everything that is said in the courtroom, is covered in other articles I’ve published (and can be reviewed on Roland’s Blog at www.rolandslaw.com). In addition to those two, there is almost always a bailiff present who is often a uniformed officer. The bailiff essentially keeps order in the courtroom. This includes summoning witnesses who may be waiting outside the courtroom to testify, making certain that the courtroom

does not become noisy, sometimes reminding forgetful folks like me to remove their hats, and escorting the jurors if they must move from the courtroom to a jury deliberation room. The district or county clerk or one of their deputy clerks may be present to accept the filing of documents and sometimes to assist with arranging settings for future hearing. The judge’s coordinator may also be in the courtroom to assist with settings or other details, and for courts having the luxury of a briefing clerk or attorney, that individual may be present to consult with the litigants and the court on legal issues. One of the most important lessons that a lawyer learns is to respect and, if at all possible, to make friends with all of these important participants in the judicial process.

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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Year-end: Time for some New Year’s financial resolutions

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



Pat M. Woodman

What kinds of financial resolutions might you make? Here are a few suggestions:

Increase your retirement plan contributions. One of the best financial moves you can make is to take full advantage of your 401(k) or similar employer-sponsored retirement plan. If you contribute pre-tax dollars to your plan, the more you put in, the lower your taxable income will be for the year, and your earnings can

grow on a tax-deferred basis. So, if your salary goes up in 2020, increase the amount you put into to your plan. Most people don’t come close to reaching the annual contribution limit, which, in 2019, was \$19,000, or \$25,000 for those 50 or older. You might not reach these levels, either, but it’s certainly worthwhile to invest as much as you can possibly afford.

Use “found” money wisely. During the course of the next year, you may well receive some money outside your normal paychecks, such as a bonus or a tax refund. It can be tempting to spend this money, but you may help yourself in the long run by investing it. You could use it to help fund your IRA for the year or to fill a gap in another investment account.

Don’t overreact to market downturns. You’ve probably heard stories about people who lamented not getting in “on the ground

floor” of what is now a mega-company. But a far more common investment mistake is overreacting to temporary market downturns by selling investments at the wrong time (when their prices are down) and staying out of the market until things calm down (and possibly missing the next rally). The financial markets always fluctuate, but if you can resolve to stay invested and follow a consistent, long-term strategy, you can avoid making some costly errors.

Be financially prepared for the unexpected. Even if you’re diligent about saving and investing for your long-term goals, you can encounter obstacles along the way. And one of these roadblocks could come in the form of large, unexpected expenses, such as the sudden need for a new car or some costly medical bills. If you aren’t prepared for these costs, you might have to dip in to your long-term investments to pay for them. To prevent this from happening, you may want to keep sufficient cash, or cash equivalents, in your investment accounts. Or you might want to maintain a completely separate account as an emergency fund, with the money kept in low-risk, liquid vehicles. If possible, try to maintain at least six months’ worth of living expenses in this account.

It will take some effort but following these resolutions could help you move closer to your financial goals in 2020 – and beyond.

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

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

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Simplicity is not too much to ask

by Randy Lawrence



Depending upon the quality of your water supply, water treatment systems can range in size from compact units designed to be tucked away in a small closet to multiple pieces of equipment requiring a large area. Often a system will have been modified over time with

plumbing repairs and the addition or replacement of equipment. In many cases, these modifications are done in a way which makes the installer's job as easy as possible. Simply connecting a brand new softener to an existing maze of old pipe or running unsupported pipes at odd angles to connect a new piece of equipment are examples of shortcuts which demonstrate a lack of concern for the finished product. The result is a pieced together system which makes access for service difficult, and typically takes up far more space than necessary.

While the operation of the equipment and the product water quality are the most pressing concerns, it is almost as important that the system be simple and streamlined to eliminate problems when the need arises for maintenance or service. When discussing the work to be performed, you should address any concerns you may have about the current system and clarify the scope of work to be done. If a piece of equipment is to be replaced, ask how the new connections will be made. Also, be sure to ask what will happen to the old unit. Many times, the equipment will be simply left in the immediate area for the homeowner to dispose of. Obviously, it affects the equipment dealer's bottom line to perform work beyond a simple *cut and paste* installation, but it's reasonable to expect your water system to be carefully planned and installed in a user-friendly and space efficient manner.

It usually takes a little more time, and a few additional fittings, but when the technician puts forth the extra effort to simplify the system, it can make a world of difference. If you're concerned about the treatment equipment you currently have, a trained and licensed professional can suggest ways to improve the layout, performance and overall efficiency of your system.

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 December 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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Are you happy to see me?

by Deborah Carter Mastelotto

For various reasons this last year, I've spent a lot of time in the front office of Dripping Springs Middle School. Teachers, parents, and children come and go, and it's interesting for me to notice how these folks greet one another. The woman behind the desk (I still don't remember her name) always has a smile on her face and seems to be genuinely glad to see me every week, though I know it can't be true. For my part, I make that poor woman jump through three hoops before, finally, my guy, the reason I'm in the office of the DS middle school in the first place, pops his shaggy head through the office door twenty minutes before the rest of the school lets out. He's happy to be out of school early, and it shows. I'm happy to see him and I make sure I show it—big smile, big affectionate greeting, making sure our eyes meet and he sees mine light up. He smiles at me too and we're off. He immediately starts telling me about his day before we even climb into my car, about the haptic gloves in the library, or the new code he's learning, or the plans he has for a future career with his 7th grade best friend. I listen with rapt attention. I ask sincere and thoughtful questions—this is the favorite part of my week. Early in my teenage years I was made acutely aware of the importance of greetings.

I had a boyfriend in high school who dropped by my 6th period office occupations class once a week. He'd tap on the window to let me know he was here and I beamed at him, happy to see him. I let my happiness show. Later he told me, that moment, the moment

when I saw him and smiled obviously happy to see him, was the favorite part of his day. A moment. One moment, one smile. Later when I found myself married to a man who travels frequently, I make a special effort to pick him up at the airport myself, parking close in and waiting for him at the foot of the escalators. The moment when I spot him among all those exiting travelers is the best part of my day. If you really want to get happy, go early to the airport and watch the arrivals, and the joy generated by that first sighting, those first smiles, those kinds of huge happy-to-see-you grins on others. But I have seen arguments started, arms tugged, questions asked and barely answered, and I wonder how much sweeter the beginnings of an interaction can be if it begins with an obvious, "I'm really happy to see you."

It just may be the best part of someone's 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.



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In January of 2019 I purposed myself to write a series of 12 articles which illustrate what servant leadership looks like in our community. Beginning with our founding in the early 1850's and up through our current day I have used real people as examples from whom we can learn. With this December article I come to the conclusion of the series and in this final article I want to share with you a glimpse of our future servant leaders. But first some perspective....

In December we Christians celebrate the birth of the only perfect servant leader to walk the face of this earth. Emmanuel, God the Son, came to earth in the lowliest state imaginable for the sole purpose of carrying out his Father's will. Through this one act of God's mercy we are no longer condemned to spiritual bondage; all of creation was given the promise of redemption. Mankind's true purpose was once again restored – to demonstrate the glory of our creator. So it is interesting that, in an encounter with God's messenger to herald the birth of Jesus, the angel spoke first these words "Do not be afraid." (Matthew 1:20). Why would such a wonderful event bring fear? It might help answer that question to consider the path of a future servant leader, Emily McCann.



Emily McCann

Emily attends the Dripping Springs Christian Academy where she will be a graduating senior in the spring of 2020. Bright, articulate and poised Emily is the kind of student you expect will achieve great success in college and in life. But the world's view of success is not one Emily aspires to. A "classical

Christian education" focuses on grammar, logic and rhetoric and Emily exemplifies the work being done at DSCA. But it is the purpose of DSCA, training up Ambassadors, which Emily more particularly embodies. A self-described "control freak" success will be measured by her willingness to let go of her fears, and let God be in the driver's seat. Perhaps this is why the angel spoke "Fear not" to Joseph – God was calling Joseph into action, and action requires faith and courage.

"World Race" is a program I had never heard of before meeting Emily. In a nutshell, students take a "gap year" between high school and college to go on world-wide mission work and discern for themselves the specific calling God

is placing on their lives. That she was made to give God glory, (her true purpose) is not at question for Emily; only the way in which her gifts might be used for that purpose. While some young adults plan for careers, wealth and material success, Emily considers how ending poverty in one area of the world might stop the practice of parents selling their children, eliminating just one of the many causes to human trafficking. Pretty heady stuff for a high school senior.

Emily understands that she does not quite fit the mold of the typical teenager. Her classmates liken themselves to the residents of the Island of Misfit Toys, each sharing a purpose that the secular world finds of little value. But Emily describes her outlook on life with a different focus. "This (earthly) life is temporary and cannot be compared to the glory of eternity. We cannot look to the fruits we produce, only God can change the world through us. Our work will involve our love and compassion for the lost, combined with sharing the uncompromising truth of God's word."



Step back just a bit and you can see the evidence of servant leadership displayed in the parents who raised Emily, unafraid to allow God to be at the center of their home life. Servant leaders taught her in church, pouring the truth of scripture into Emily. And now, in her final high school year at the Dripping Springs Christian Academy, trained to become an Ambassador to the world, Emily it seems understands that Purpose is both a noun and a verb. Her turn as a servant leader is just beginning.

If you would like to learn more about World Race and Emily's mission trip please visit her blog at <https://emilymc-cann.theworldrace.org>

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 and has joined the DSCA Board as their Director of Development.



**THIS HOLIDAY,
PUT A ROCK ON IT.**



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