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# OUTLOOK

Volume 16 Issue 10 • Dripping Springs, Texas • January 2020

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## Step into a new decade

It dawned on me that children born in the year 2000 have graduated from high school by now. The 1990s for them are something to study in history books with no first-hand experience of it. They have gone from being babies and through their teen years into becoming young adults since the new millennium began.

That was startling for me to think about because the whole Y2K thing seemed like just a couple of years ago in my mind. Then I realized I sounded like the old people I used to be amused at, so stuck in a different age, not keeping up with modern times.

Never wanting to feel out of touch with the current moment, I am contemplating 2020, the new decade upon us. How will it be different from the last? My first thought is that technology will surely astound me with capabilities and gadgets that I never imagined but can't live without. Along that same line I believe artificial intelligence will become even more a part of our every day lives. As a child I used to watch Rosie, the robot, on one of my favorite cartoons, The Jetsons. Some configuration of Rosie, sleeker and smarter, could be headed for my house in the coming years. I think more things, that I haven't even dreamed of yet, will be flying through the air delivering laundry detergent and lasagna to me.

It is head-spinning as I think where we will all be in ten years when the next decade rolls around. Yet despite what our incredible brains conjure to make our lives easier, more efficient and happen faster, I am content with the fact that as humans we will maintain our unique and ageless quality of expressing ourselves and our contemporary times through art. We are the only species with this capability and from it comes our perceptions, diverse and intimate, of the world around us. They will be the glimpses that future generations will have of these times that we are beginning now.

I feel ready to step into this new decade with an assured nod to that which abides from our past while looking toward the exciting new future.

Best wishes for a happy, healthy and prosperous new year. Thank you for joining us.



# Dripping Springs Outlook

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*The Dripping Springs Outlook*, a subsidiary of Pedal Ranch Publications, is mailed monthly to all street addresses serviced by the Dripping Springs Post Office in 78620, plus selected routes in 78737.

It is also distributed to businesses throughout the community.

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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](http://DrippingSpringsRotary.org).
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512-858-7825 or [DSCL.org](http://DSCL.org) for info. No exercise on library holidays.
- Every Mon. 3pm. Christ centered anxiety/depression support group. Presbyterian Church 26650 RR12. Contact Marsha Young at 512-739-5109 or [myoungcollection@yahoo.com](mailto:myoungcollection@yahoo.com).
- Every 1st Mon. DS Ag Boosters meet in Ag Building behind DS Middle School at 7pm. Visit [DSAgBoosters.org](http://DSAgBoosters.org) for updates.
- Every 1st & 3rd Mon. 6:30pm, Lions Club meets at Dripping Springs Ranch Park located at 1042 Ranch Road 12. Across from the DS Elementary School. For information call Sharon Goss at 512-923-8630 or email [dslionsclub@gmail.com](mailto:dslionsclub@gmail.com).
- Every 2nd Mon. G.O.D.S. Moms. Free Childcare. Contact Joanne Thomas at 512-894-0581 for more details.
- Every 2nd Mon. Dripping Springs 4-H Club meets at 6:30pm at the Ag Booster Building (located behind DS middle school).
- Every 3rd Mon. Eastern Star meets at Rambo Lodge at 7:30pm. Call Kathy Clark for more info, 512-858-7004.
- Every 3rd Mon. 7pm. Hill Country Centering Prayer Community meets at a local residence. Call Myra at 512-496-1531 or Sharon at 512-413-3248.
- Every 4th Mon. 7pm. Gen. Ben McCulloch 2435 Daughters of the Confederacy meets at Veteran's Hall, Dripping Springs. Call 512-858-7177.
- Every Tues. 6:30pm Toastmasters of Dripping Springs meet at Pioneer Bank, 100 Creek Rd. Visitors welcome. For more info visit [DSToastmasters.com](http://DSToastmasters.com).
- Every Tues. 5:30pm Al Anon meeting is being held at the Dripping Springs Presbyterian Church, 26650 Ranch Road 12. It is a general discussion meeting. Childcare provided.
- Every Tues. 6pm Nar Anon Family Group at Friendship Creekside Fellowship 14455 Fm 1826. Nar Anon is a 12-step program for family and friends of drug addicts. We share our experience, strength and hope.
- Every 2nd Tues. Bluebonnet Auxiliary meets at 2pm at Hill Country Care Nursing and Rehab Center, 1505 W. 290. Call Janice Ruyle, 512-264-2538 for more information. Volunteers needed. The Bluebonnet Aux provides entertainment and special events for the residents of HCC.
- Every 2nd, 3rd and 4th Tues. 7pm, DS Boy Scout Troop 101 meets at the DS United Methodist Church. Call Tim Short at 512-743-2537.
- Every 4th Tue. Artists Alliance of the Hill Country meet alternating between The Barn on 4000 Bell Springs Road in Dripping Springs and Artists studios. For more information visit [ArtistsAllianceHC.com](http://ArtistsAllianceHC.com).
- Every Wed. - Sat. Noon-3pm, Dr. Pound Pioneer Farmstead and Museum is open for tours. Call 512-858-2030.
- Every Wed. Farmer's market at the Triangle, 3-6pm. For more info contact [CityofDrippingSprings.com](http://CityofDrippingSprings.com) or 512-858-4725.
- Every Wed. at 8:30am. The Hill Country Christian Business Networking Alliance meets at El Rey. For more info visit Hill Country Christian Business Networking Alliance (HCCBNA) on Facebook.
- Every Wed. 5-6pm. Christ Centered Prayer, meditation and class. McArthur Hall Meeting Room #1, St. Stephen's Episcopal Church 6000 FM 3237. For more info call 512-847-9956
- Every 3rd Wed. Dripping Springs Cook-Off club meetings in the VFW hall in Dripping Springs. For more information call Michele Ryon 512-299-7455.
- Every 1st Thur. 7pm Vince F. Taylor American Legion Post 290 of Dripping Springs invites all eligible veterans to 101 Old Fitzhugh Rd. For information call 512-858-5637.
- Every 1st Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, [DSCL.org](http://DSCL.org), 512-858-7825. Newcomers welcome. Email [AdultServices@dscl.org](mailto:AdultServices@dscl.org) for details.
- Every 1st Thur. Apr.-Dec. *First Thursday Dripping Springs*, merchants extend their hours until later in the evening and have a variety of specials which might include one-day sales, special activities, food, music and art. For more info visit [FirstThursdayDrippingSprings.org](http://FirstThursdayDrippingSprings.org).
- Every 3rd Thur. at 7pm, Thirsty Thursday is co-sponsored by the City of Dripping Springs and New Life Lutheran Church at City Hall, 511 W. Mercer St. Area poets, musicians, songwriters and storytellers share work. For details call 512-858-2024.
- Every 3rd Thur. 7pm, DS VFW Post 2933 invites all eligible veterans with foreign service to 101 Old Fitzhugh Rd. Call 858-5637.
- Every 3rd Thur. 7pm, Family Support Group for family members, parents, adult children, and partners of individuals living with a mental health condition. Meets in Room 1.
- Every 4th Thur. 6pm, Photographers of Dripping Springs meets at the Holy Spirit Episcopal Church, 301 Hays Country Acres. Visit [Photographersofds.us](http://Photographersofds.us) or on Facebook.
- Every 2nd Fri. Mothers of Preschoolers (MOPS) group meets at 9am at the Episcopal Church of the Holy Spirit (301 Hays Country Acres at Hwy 290W). Childcare available. For information call 512 858-4924 or email [DrippingSpringsMOPS@gmail.com](mailto:DrippingSpringsMOPS@gmail.com).
- Every 1st Sat. On or after the full moon, 7:30pm, Rambo Masonic Lodge 426 meets. Dinner at 6:30pm. Call 512-858-7177.
- Wed. Jan 1. New Year's Day



# SMILE! New year, new you!

by Dr. Lara Dudek

The new year brings an opportunity to consider what changes are to be made in a person's life. New year's resolutions are popular to make. We pursue diets, exercise and personal growth, but rarely do these plans actually change your life.

Safe and economical, laser vision correction has been cited as one of the top five things that have life changing impact. Reduced hassles, increased safety and decreased anxiety are among the many benefits of these procedures.

Most people have heard of LASIK (LASer In situ Keratomil- isis) which reshapes the cornea to make images focus exactly on the retina. LASIK has been very successful and has dramatically changed the lives of millions of people to reduce or eliminate the need for glasses or contact lenses. This procedure generally involves two lasers, one femtosecond laser to create a thin flap of cornea tissue and a second excimer laser to perform the reshaping in-between the two layers.

A new procedure called SMILE (Small Incision Lenticule Ex- traction) is similar to LASIK but has some distinct advantages for those who are candidates for this procedure. Unlike LASIK that uses two lasers to reshape the cornea, SMILE uses a single femto- second laser to create a contact lens shaped lenticule which repre- sents excess cornea tissue. This lenticule is then gently removed to reshape the cornea and make images focus precisely on the retina. The vision recovery is similar to LASIK however, because there

is no corneal flap, there are no flap associated complications. Be- cause the corneal nerves which live in the more superficial layers of the cornea are spared, corneal sensation is less affected and dry eye is decreased.

People with healthy eyes who are nearsighted (myopic) with some mild to moderate amounts of astigmatism are candidates for correction with SMILE. For those who are far-sighted or hyper- opic, LASIK remains a fantastic procedure to correct vision.

Who performs SMILE? Heart of Texas Eye Institute is the only practice trained and qualified to perform SMILE in Central Texas.

*Dr. Lara Dudek is a Board Certified Ophthalmologist who spe- cializes in Cataract and Refractive Surgery. She is an active member of the American Academy of Ophthalmology and Refrac- tive Surgery Alliance. She co-owns Heart of Texas Eye Institute with Dr. Lisa McIntire. Contact her at 512-213-2200.*



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## Five supplements that everyone needs to live healthy

by Lauren Meyer

There are five supplements that are your lifeline when it comes to feeling better, having more energy, and giving you that little extra support to prevent you from getting the cold that everyone seems to get this time of the year. Many years of living a normal life can slowly build up a pile of deficiencies and inflammation, eventually leading to the train wreck that is disease. One way to prevent this from happening is to take the right supplements for your body.

The perfect foundation in any supplement regiment is usually a multivitamin, omega-3, a probiotic, magnesium, and vitamin D. These are the absolute basics for a healthy start along with a diet full of greens, fruits, and vegetables.

Our Wellness Consultants suggest ONE Multivitamin by Pure Encapsulations because, true to its word, it only requires that you take *one* capsule to meet the requirements

Ultimate Omega by Nordic Naturals is our favorite choice for an omega. Your joints will thank you as well.

Our go-to probiotics is OrthoBiotic by OrthoMolecular. Taking it preventatively as well as after an antibiotic regiment will help get your gut back on track.

Magnesium is involved in hundreds of biochemical reactions in your body including: energy creation, muscle movement, gene formation, and nervous system regulation. Our personal choice is

Magnesium Glycinate by Pure Encapsulations.

Vitamin D by Pure Encapsulations is your sunshine vitamin. Most people know that vitamin D plays an important role in regulating calcium and therefore, bone density. What most people don't know is that vitamin D deficiency has been implicated in cancer, heart disease, Hashimoto's, and Crohn's disease.

Keep your energy and well-being onboard with these five essentials every day and feel the difference in your step.

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)*

## A refreshed you for the new decade

by Rocco C. Piazza, M.D



Considering a *new you* for the new year? Twenty-twenty can be the year for revealing a refreshed "you." Many women (and men) I talk with consider cosmetic surgery procedures because they want to look and feel better about themselves. This can increase our sense of self-confidence and can have the ability to help us reach certain goals we are working to achieve in our lives. We often

make resolutions to break bad habits, diet to lose weight, commit to a regular exercise routine to promote healthy living. At my office, we believe that beautiful results are enhanced by leading a healthy lifestyle. We would like to help you fulfill your New Years' resolution by helping enhance "you."

The top five cosmetic procedures are breast augmentation, liposuction, tummy tuck, nose reshaping, and eyelid surgery. Breast augmentation can help give you desired volume or restore lost volume to the breasts particularly after pregnancy. Liposuction is a great contouring technique that can sculpt areas of your body that have been resistant to diet and exercise and a tummy tuck can significantly flatten the abdomen giving you your shape back. Combine a breast enhancement procedure with a tummy tuck in and the results can be quite powerful and give you your body back. Simple things like frown lines, crow's feet and even smile lines can also

disappear with non-surgical options including Dysport®, Botox® Cosmetic or a filler like Juvederm® or Restylane® giving you a refreshed look with almost no downtime.

I agree that plastic surgery is not the only solution, but it can make a positive impact on how you feel about yourself. Most importantly, having realistic expectations is the key to achieving a successful and rewarding result. From my experience, the positive emotional impact can be exponentially greater than the actual physical changes. Regardless, I wish you much happiness and peace in the new year!

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



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# Smart phones and text neck

by Dr. Jeremy Kethley, PT, DPT

The holidays have come and gone. The presents are all unwrapped and now the new phone accounts are open and your teenager is frantically looking at YouTube, Google, Facebook, or Instagram. Chances are that you probably haven't given much thought to how your

neck and back are faring in the era of the smart phone, but studies show that you most certainly should. It's practically a reflex these days to pull out our smart phones when we're standing in line, sitting at the airport or riding the subway. And while it's great that we rarely need to venture beyond our pockets for entertainment, our bodies are beginning to retaliate—and mourn the pre-texting days.

So, what exactly are these contemporary conveniences doing to our bodies? A surgeon-led study that published in Surgical Technology International assessed what impact surgeons' head and neck posture during surgery—a posture similar to that of smart-phone texters—has on their cervical spines. With each degree that our heads flex forward (as we stare at a screen below eye level), the strain on our spines dramatically increases. When an adult head (that weighs 10 to 12 pounds in the neutral position) tilts forward at 30 degrees, the weight seen by the spine climbs to a staggering 40 pounds, according to the study.

How pervasive of a problem is this? According to the study, the average person spends 14 to 28 hours each week with their

heads tilted over a laptop, smart phone or similar device. Over the course of a year, that adds up to 700 to 1400 hours of strain and stress on our spines. As a result, the number of people dealing with headaches, achy necks and shoulders and other associated pain has skyrocketed. Trained to address postural changes and functional declines, the physical therapists at Kethley Physical Therapy are well-versed in treating this modern-day phenomenon, widely known as "text neck."

Over time, this type of poor posture can have a cumulative effect, leading to spine degeneration, pinched nerves and muscle strains. Scheduling an appointment with a physical therapist can help people learn how to interact with their devices without harming their spines. The PT will prescribe an at-home program that includes strategies and exercises that focus on preserving the spine and preventing long-term damage. Exercise is an important part of taking care of our spines as we age, but what we do when we're not in motion matters, too. So next time you pick up your smart phone or curl up with your e-reader, do a quick check of your head and neck posture. Your body will thank you for years to come.

*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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## Dehydration and accelerated aging

by Karen Laine,  
Para-Medical Aesthetician

Our bodies have the miraculous ability to renew themselves. Every organ, every system is made up of a collection of cells, the basic units of life. Each cell is a *capsule* created by our body utilizing nutrients to form the cell membrane and the water or *life force*, inside the cell.

Skin is the largest organ of the human body. Normal skin, comprised of a collection of cells, is designed to shed its dead surface at the end of their 28-day life span. At a rate based upon your metabolism, younger cells from the deeper basal layers of the epidermis replace what is shed. However, this cycle of renewal and replacement is disrupted when skin experiences damage and dehydration resulting in premature aging. When dead skin cells accumulate on the skin surface, the horny layer becomes thick with lifeless buildup, and that's when problems begin. Skin looks dull, fine-lined, often discolored and congested. Nourishing and protective treatment products cannot penetrate through the buildup. New cells are not moving upward through the epidermal layers. This roof-like surface is weakened and no longer functions as a protective barrier. Sensitivity develops as deeper layers are no longer protected against harsh environment and ingredients that come in contact with the skin.

Accelerants to dehydration and aging are poor nutrition, lack of sleep, stress, exposure to UV rays, smoking, pollution and exposure to harsh chemicals.

If you think of your skin layers like a sponge; a wet sponge is more functional than a dry sponge. A wet sponge, like hydrated, healthy skin, is thicker, more plump, elastic, flexible and smoother than a thinned, inflexible, often rough surfaced dry sponge. Water is allowed to evaporate away from the deeper, support layers of cells. When skin is dehydrated, the sebaceous glands go into overdrive, secreting too much oil in an attempt at providing nature's protective barrier or sebum to help hold the water in the skin. Premature aging can be avoided and is reversible through proper nutrition, choosing the correct products for your skin and following the guidance of a properly trained, experienced skin care professional.

*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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Looking forward to the next 10!*

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# New Year's Eve fortune

by Leslie Tourish, LPC

The large wicker basket floated from hand-to-hand in the crowded party as the ten-second count wound down to the new year. People, happy and laughing underneath their brightly-colored hats, hugged and kissed each other as fireworks were set off in the backyard upon the strike of

midnight. Finally the basket made it to where I was standing with my friends. Inside were hundreds of Chinese fortune cookies. My hand trailed over several of the golden-colored folded novelties until, sensing a good vibe from one, I snagged it. Cracking open the cookie the paper-slip of a fortune emerged and read, "Grand adventures await those who are willing to turn the corner."

I know the exact wording of that New Year's Eve fortune because it sits, framed, in my office so I can be reminded of that wisdom and challenge given to me a year ago. There is such power in that belief: grand adventures are all around us, but it is up to us to see them as such, then do something to make them come to life.

Within us lies the need to reflect. People have created celebrations marking our twelve month passage of time as far back as England's Stonehenge. So often we're so busy in the doing of our lives, that to stop and reflect upon our lives falls by the wayside. Yet this is as important as the mundane, but necessary, activities such as paying bills, mowing lawns, and checking our kid's homework. The new year reminds us that all of the days, weeks, and months have accumulated into a space of time where significant

living took place. Perhaps now is the time for us to ask ourselves what goals we accomplished, where our energies are being directed, and are we involved with people, places or things that bring us joy? Or do they drain us and bring pain?

New Year's Eve could be our mental spring cleaning, if we so chose. While it may be uncomfortable, there is power in slowing down and looking honestly at the past year in order to create a more powerful, healthy, and serene this year. Our flaws are only as detrimental to our well being as the power of our denial of them. Be aware of potential mind-blindness and work to find new ways of being.

If you're estranged from a once loving relationship, ask yourself what is your part in that power play and how can you open up lines of communication? If you're stuck in a dead end job, ask yourself what keeps you from taking risks and creating work that embraces your true potential? And if you're not feeling loved, loving or lovable, ask yourself what walls have you built of the hard bricks of past hurts, resentments, or fears?

Horace Rutledge, wrote, "When you look at the world in a narrow way, how narrow it seems! When you look at it in a mean way, how mean it is! When you look at it selfishly, how selfish it is! But when you look at it in a broad, generous, friendly spirit, what wonderful people you find in it."

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

## Dripping Springs Chamber of Commerce Kicking off a new decade – Welcome to 2020

We are excited about programming initiatives that will inform, educate and help individuals and businesses in our thriving community throughout the year. We will kick off January with a State of the City presentation at our Chamber luncheon. Mayor Todd Purcell will introduce members of the city's staff who will update us on the latest information to come out of City Hall.

On February 6, at Dripping Springs Ranch Park, we will hold our annual Star Awards – Celebrating Excellence in Business and Community. We invite you to join us as we honor leaders in Dripping Springs. This year's categories include: Business of the Year, Non-Profit of the Year, Up & Coming Business, Customer Service Excellence, Business Person of the Year and Educator of the Year. We will also honor individuals in the Ed Sims/Hometown Hero and the Heritage Award categories. Cocktails and heavy hors d'oeuvres will be served, so join us for a fun evening of networking and camaraderie. Ticket and sponsorship information is available on our website.

Every summer, the DS Chamber partners with DSISD and the Texas Workforce Commission to offer teacher "externships" to high school educators. This shadowing experience gives teachers valuable information on current workplace practices, requirements, tools, trends, skills and opportunities. Externships provide

a great opportunity for teachers to enhance teaching practices and programs by incorporating industry relevance and allowing them to help students at DSHS better prepare for the future.

Leadership Dripping Springs Class 5 will start in September and run concurrent with the school year. This dynamic program provides a hands-on, interactive experience where leaders gain a deeper knowledge and understanding of our community challenges and opportunities. Class participants build a network of colleagues and associates within their class and other Leadership alumni. To date, more than 50 leaders have graduated from the first four classes in Dripping Springs!

As our town grows and the face of commerce changes with technology, we'd like to remind you how important it is to shop small all year long. For every \$1 spent at a small business, more than \$.67 stays in our community. By keeping it local, you are helping provide jobs and support families in our community. Shop. Eat. Enjoy. LOCAL. For more information about Chamber membership or any of the above programs or initiatives, please visit our website, DrippingSpringsTX.org. We are looking forward to an exciting 2020, and wish everyone a happy, healthy and prosperous new year!





# “Hospital culture”

by Frank Shuman, DVM

We all want the best medical care for our pets and we don't want to pay an arm and a leg for it. The cost of human medical care, as everyone knows, is skyrocketing. Recent research in human medicine has found that in the United States high medical costs don't necessarily improve the quality of care. This paper attributed the cost of medical care to what he called the pervading “culture” of the hospital. So what is meant by “hospital culture”?

Good medical care is proactive. Early diagnosis and treatment is the most effective and cost efficient way to treat disease. But here's where the issue arises. Early diagnosis often requires doing lab work and other diagnostics before a disease or condition becomes clinically evident. At the same time, doing unnecessary testing is one significant way costs increase without improvement of outcome.

Good medical care also embraces the best and often newest technology, which, you guessed it, is usually more expensive. As a hospital manager and a doctor I routinely consider the financial viability of new equipment that could improve the quality of care we offer. A particular diagnostic or treatment modality must be clearly good medicine first and pay for itself second. If either is lacking I don't sleep well.

So here's where I think the “culture” part comes in. The realities of running a small business are undeniable. What is less

clear is what motivates a veterinarian and his or her staff. Medical practice, no matter what species is involved, is an “art.” Running tests that are most likely to provide salient information is a skill based on good historical information, good physical exams and good clinical judgment and usually results in good care at the lowest cost. Recommending treatment that is most likely to result in a good outcome at the least cost involves similar skills. Let's not forget that sometimes illness is mysterious. We're not dealing with a truck. We're dealing with an incredibly intricate and not fully understood biologic system.

So what is your veterinary clinic motivated by? Use your instincts and pick the one that practices good medicine and tries to keep costs reasonable.

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



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# What is regenerative healing? What is regenerative medicine?

by Breca Tracy, PhD



Regenerative healing could be described as restoration and healing by natural supplementation. Regenerative medicine products can assist the body in healing itself, when otherwise it is unable to do so on its own. Current estimates indicate that approximately one in three Americans could potentially benefit from regenerative medicine.

The regenerative field holds the promise of rebuilding, recreating and repairing damaged tissues and organs in the body by replacing damaged tissue or by stimulating the body's own repair mechanisms to heal tissues or organs. Regenerative medicine refers to a group of biomedical approaches to clinical therapies that may involve the use of natural products derived from umbilical cord blood, amniotic tissue, and/or directly from mesenchymal stem cells, to name a few.

REGENERATE, PLLC in Dripping Springs' mission is to help as many people as possible in our community, surrounding communities, and around the world. We do this by working with market leading innovators and science-based biologics manufacturers. We offer a robust line of biologic products and supplements to activate cellular and genetic behavior. REGENERATE has partnered with leaders in the industry to expand and apply the science of cutting edge biologic technologies.

At REGENERATE, our goal is to provide our community and patients access to the best innovative technologies and regenerative biologic products available. Natural healing is important to us, and now alongside scientific advancements, we are able to help the body heal naturally by supplementing the body with healing tools and mechanisms it once had.

Regenerative medicine is often defined as the process of replacing, re-activating, or "regenerating" human cells, tissues or organs to restore or establish normal function. A group of biomedical approaches to clinical therapies may involve the use of stem cells, cell signaling molecules, platelet-rich plasma and/ or peptides. Examples include cell therapies, immunomodulation therapy, and tissue engineering. We encourage you to come learn more about regenerative medicine and regenerative therapies.

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

*We have a very unique team of experts here in Dripping Springs. Come see us, call us, or email us! Dr. Breca Tracy currently serves as Director of Science & Operations at the Stem Cell Center Dripping Springs. Breca has resided in Dripping since 2007 after obtaining her Ph.D. in Biochemistry & Molecular Biology from the University of Oklahoma Health Sciences Center. 512-368-4548, 800 Hwy 290 W, Building F, Suite 200.*

## Can I really get all my teeth fixed in one day? *by Ron S. White, DDS*



Lots of folks have lots of questions about how “teeth in a day” work so I thought I’d give you an idea of how that certain process is done and explain why it is so costly.

First of all, this process is not really done in one day. Having said that, there is a “day” when most of the dental work happens, but before that “day” happens,

x-rays, digital scans, photographs and teeth impressions are taken. With these records, there is a lot of prep work that must take place before the big day. On that day, typically your unhealthy teeth are removed and new implants and a denture or bridge is put in their place. Just a few years back we did this type of procedure all the time...but without the implants. This was called an immediate denture and the dentist and dental lab made the denture before removing your teeth then on the day of surgery would remove the teeth and place the denture in...immediately.

Now with the advancement of implants, that same type of denture/bridge can be secured to implants the same day. This by far is the superior way to wear a bridge or denture. Implants provide a permanent anchor for your new bridge or denture. No more days of denture paste and loose teeth! However, your case isn’t done yet. Your mouth has lots of healing to do which also requires several adjustments to the bridge/denture. Good news is that you have your new teeth in your mouth that are snugly secured in place with

permanent dental implants during the whole process. After the healing is complete, a new denture/bridge is fabricated specifically for your new smile. During the process, you can “design” your smile specifying the shape, color and length of your new teeth.

Is it worth it? Only you can answer that question. We always go over fees associated with all the projected work and let you decide to do everything in one day or space out treatment over time. The technology is proven and the process works. If you think you are at that point in your dental health, we’d be happy to take a look and give you our opinion.

*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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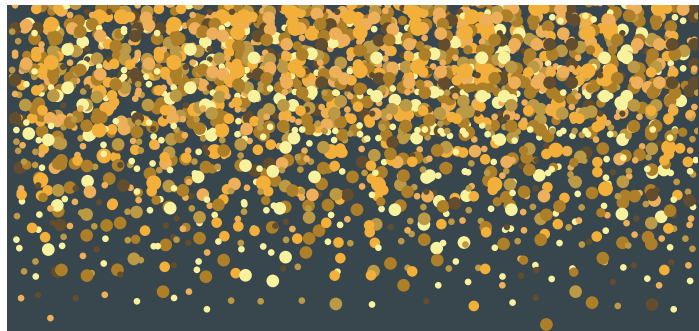
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# Stay connected to your child while you're working

by Christy Vickrey

Technology plays a significant role in all aspects our lives today and this will only increase in the future. We are able to connect with our friends and relatives with ease by our cell phones, emails, Facebook, and Skype accounts. Things are progressing so fast that many of us look to our children to help explain how it all works. Many parents use cell phones as a way to track their teen's activities and whereabouts. But now there are ways that parents can stay connected with the youngest of children through web cameras in preschools and childcare centers.

Cameras in private preschools have been around for quite some time and are gaining popularity as parents realize the benefits that come from their use. With the integration of IP-based camera systems parents have the ability to have remote access to live video feeds of their children during the day. The reputable companies that host this service ensure that the data is secure and encrypted so that only the parents who are given access codes can view the online images.

The ability to observe their children engaged in educational activities and to see the interactions among their child and his/her friends is a real asset in the eyes of many parents. Staying connected by being able to visit anytime is one of the many benefits of cameras in the classrooms. There are advantages to the program as well which include enhanced training opportunities for staff and the ability to look back and review any incident that may have occurred during the day.

The ability to observe their children engaged in educational activities and to see the interactions among their child and his/her friends is a real asset in the eyes of many parents. Staying connected by being able to visit anytime is one of the many benefits of cameras in the classrooms. There are advantages to the program as well which include enhanced training opportunities for staff and the ability to look back and review any incident that may have occurred during the day.

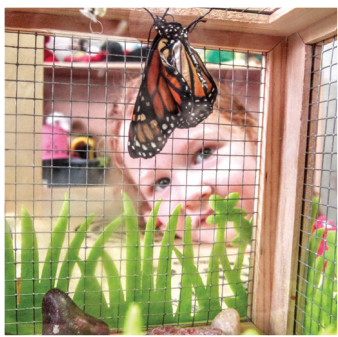
There is peace of mind when centers truly embrace their open door policy and allow families access to their child's day at school. Often, at the end of the school day children report that they "had a good day" but little more is shared. Parents can now discuss specific events with their children such as games they played or creative art projects that took place. The highest quality early childhood programs welcome parental involvement and feedback and web cameras are just another way that we are able to stay connected with the use of technology.

*Christy Vickrey, owner of Your Growing Child (YGC) has her degree in Early Childhood Education with over 20 years experience working with young children and their families. YGC provides preschool, pre-k, and childcare for families in Dripping Springs. At YGC, families are now able to login and view their children online during the school day. Please stop by for a tour of the school or call 512-894-4704 or email [ourgrowingchild.ds@gmail.com](mailto:ourgrowingchild.ds@gmail.com).*



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# Self-fulfilling resolutions

by Lindley Pond

Happy new year, everyone! Hoping this finds everyone doing well and starting 2020 off with flying colors. I'm choosing to look at the whole *New Year's resolution* thing a little differently... by focusing on our home, our safe haven, place of refuge from all the outside pressures, maybe we don't have to worry about possible failure

when it comes to diet, bad habits and the like.

As with the resolutions, we can start by looking at what's not working in our space. Enjoying our outside world is key to our health and happiness, why not make it something wonderful. By coming up with some ideas about your lifestyle, as a start, you can more easily see if you would really enjoy that fire pit. Do you really love all that grass and the watering it requires or could you do away with some of it and utilize the space for either native evergreen and perennial plantings or maybe even your own veggie and herb area? Are there areas that have mechanical stuff, AC, electricity or where you stash stuff so it's hidden? Why not remove any sod and go with either a mulched area or a river rock area over weed block.

Little things will make a huge difference and lend room for more free time to enjoy your space. Know you want to change up your outdoor space but aren't sure what to do? Home and garden

magazines can be a great source of ideas and inspiration. Looking at pictures of beautiful spaces outside might give you the perfect idea of what you need to create your own paradise. You can also drive around neighborhoods and see what others have done that might work for you too.

Now is a great time to begin making plans.

If you are stuck and need a gentle nudge, give us a call. We'd love to help! Happy, healthy 2020 to all.

*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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# Which water filter is right for you?



by Randy Lawrence

If you ever consider buying a filter for drinking water, it will quickly become apparent that there is a wide range of pricing and technologies to choose from. It can be difficult to determine which type of filter is appropriate for your water supply. Learning about different levels of filtration that are available can help you make an informed choice.

Often referred to as *taste and odor filtration*, the most common type of water filter is *activated carbon*. Its primary use is to remove chlorine from the water, which can certainly improve taste and odor. Filters that utilize carbon include refrigerator filters, faucet attachments and filtration pitchers. It is important to note that some of these filters don't appear to live up to the claims made by their manufacturers. Independent testing results that show this are readily available online. There are types of carbon which can remove lead and other heavy metals, but the majority of store bought filters will have little effect on these and other contaminants. While a carbon filter alone may not give you the quality of water you would like, they are often used as part of a larger filtration system.

One example of this is reverse osmosis, often referred to as *RO*, which is a more comprehensive method of filtering drinking water, accomplishing a much greater level of filtration than a simple inline or pitcher filter. An RO unit commonly consists of two or three stages of pre-filtration, often including sediment and carbon filters, before forcing the water through a semi-permeable membrane which removes fluoride, lead and other heavy metals. This membrane will reduce the dissolved solids content of your water by 90-95%, producing high quality drinking water which is stored in a small pressure tank under the sink. The water is forced through a final *polishing* filter before being dispensed through a separate drinking water faucet installed at your sink. A licensed Water Treatment Specialist can explain the quality concerns that may be specific to your home's water supply and help you to determine which type of filtration system will best fit your needs.

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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## Litigation: *Interesting trial strategy*

by Roland Brown

I am sitting with other prospective jurors in a courtroom. I handed my information sheet to the young lady at the door and chose a seat. Most of my fellow panel members are looking around the spacious, well-designed courtroom or are looking at their electronic devices ("screens" as the young people refer to them).

A bailiff enters and places yellow legal pads on the judge's bench and where the court reporter is seated beside the bench. He then instructs everyone to remove their hats and to silence their electronic devices.

Now lawyers are filtering in. One young lawyer who is sitting alone at a counsel table smiles as his eyes scan the sea of faces arrayed in front of him. He tilts his head at times to see panel members seated towards the back. I appreciate the attention he pays to his preliminary assessment of the folks, twelve of whom will soon decide his client's fate. I have already deduced that it will be a criminal case having seen a prosecutor I know in the courtroom. Two more lawyers join the young man at the counsel table and suddenly I am wondering whether he may not be a lawyer, but rather, the defendant himself. That leads me to consider whether his appearance alone at the counsel table may have been a strategic ploy by the defense team. I think about the pros and cons of such a ploy. On the one hand, his pleasant demeanor was clearly

displayed to the panel members before their thinking could be colored by the announcement which came later that he was accused of murder. On the other hand, I have always wanted the jury to see my client with me from the beginning as an extension of me and vice versa believing that it tends to connect the client with the jurors who will hopefully identify with me as a responsible person. Ultimately, I think the ploy, if it was that, worked pretty well. It would have been more effective though had the defense attorneys interacted with the young man more during the next hour or so as the judge was excusing various jurors and generally getting ready for the voir dire examination of the panel to begin. Trial is theater and non-verbal communication is critical in both. Oh, I didn't get chosen for the jury!

*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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## Protect yourself against long-term care costs

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



Gavin J. Loftus

If you ever needed some type of long-term care, such as a stay in a nursing home, would you be financially prepared? To answer this question, you may want to evaluate two variables: your likelihood of needing long-term care and the cost of such care. Consider the following:

Someone turning age 65 today has an almost 70% chance of eventually needing some type of long-term care, according to the U.S. Department of Health and Human Services. The average cost for a private room in a nursing home is about \$100,000 per year, while a home health aide costs about \$50,000 per year, according to Genworth, an insurance company.

If you needed several years of long-term care, the expense could seriously erode your savings and investments. And Medicare typically pays only a small percentage of long-term care costs. You may want to evaluate some options for meeting these expenses:

You could "self-insure" against long-term care expenses by designating some of your investment portfolio for this purpose. However, as the above numbers suggest, you'd likely have to put away a lot of money before you felt you were truly protected.

When you purchase long-term care insurance, you are essentially transferring the risk of paying for long-term care from yourself to an insurance company. Some policies pay long-term care

costs for a set number of years, while others cover you for life. You can also choose optional features, such as benefits that increase with inflation. Most long-term care policies have a waiting period between 0 and 90 days, or longer, before benefits kick in. Shop around for a policy that offers the combination of features you think best meet your needs. Also, you'll want an insurer that has demonstrated strength and stability, as measured by independent rating agencies. Long-term care premiums get more expensive as you get older, so don't wait too long to compare policies.

A "hybrid" policy, such as life insurance with a long-term care/chronic illness rider, combines long-term care benefits with those offered by a traditional life insurance policy. If you were to buy a hybrid policy and you never needed long-term care, your policy would pay a death benefit to the beneficiary you've named. If you ever do need long-term care, your policy will pay benefits toward those expenses. And the amount of money available for long-term care can exceed the death benefit significantly. Hybrid policies can vary greatly in several ways, so you'll need to do some research.

You may decide you're willing to take the chance of never needing any type of long-term care. But if you think that's a risk you'd rather not take, then explore all your coverage options carefully. There's no one right answer for everyone – but there's almost certainly one for you.

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



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