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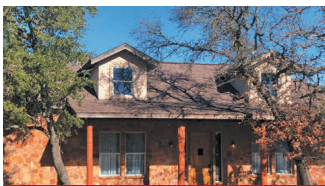


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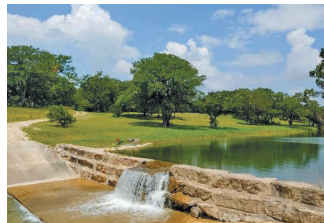
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Love isn't blind

We have all heard the phrase, "Love is blind." Its origins are unknown to me but I understand its point. Sometimes we simply can't comprehend why someone is in love with someone or something. While it may not make sense to anyone else, when you are in love with a person, a place or a thing, it makes perfect sense to you. And that's all that matters.

Scientists who have done research on this broad topic claim that pheromones, chemicals we and other animals generate and secret, attract other members of the same species. This process was probably necessary for us when the human race was just getting started. We may have had trouble sorting out who was a friend or foe, and this fine tuning was genetically developed by our bodies over time to help us. With this chemical working at its optimal level, we knew who we could get close to and who we should avoid.

This biochemical reaction still happens in us today but many of us are so out of tune with the foundational aspects of our elemental – and marvelous – selves that we either ignore the response or don't understand it. This is especially true when we observe others responding to their attractions. We judge by our own standards ignoring the preferences unique to each individual.

I believe that we are attracted to certain people, places and things for very specific reasons. Imagine how beneficial it would be if we all were able to reconnect with that true nature of ours. I think that when people live in a place they absolutely love – I'm looking at you Dripping Springs – they are unconsciously responding and following through on that biochemical impulse. When a person is unhappy either with where they live, who they live with or what they are doing, that they are not following their instinct.

We celebrate Valentine's Day this month, and with that as inspiration, I say love isn't blind. We may just need to check up on our sight to what our heart, and pheromones, know is true.

Thank you for joining us.

Victoria



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CALENDAR of EVENTS

- Every 2nd Sun. at 2pm, Children of the Confederacy, Magnolia Rangers Chapter #927. For more information call 512-858-1085.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit DrippingSpringsRotary.org.
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512-858-7825 or DSCL.org for info. No exercise on library holidays.
- Every Mon. 3pm. Christ centered anxiety/depression support group. Presbyterian Church 26650 RR12. Contact Marsha Young at 512-739-5109 or myoungcollection@yahoo.com.
- Every 1st Mon. DS Ag Boosters meet in Ag Building behind DS Middle School at 7pm. Visit DSAgBoosters.org for updates.
- Every 1st & 3rd Mon. 6:30pm, Lions Club meets at Dripping Springs Ranch Park located at 1042 Ranch Road 12. Across from the DS Elementary School. For information call Sharon Goss at 512-923-8630 or email dslionsclub@gmail.com.
- Every 2nd Mon. G.O.D.S. Moms. Free Childcare. Contact Joanne Thomas at 512-894-0581 for more details.
- Every 2nd Mon. Dripping Springs 4-H Club meets at 6:30pm at the Ag Booster Building (located behind DS middle school).
- Every 3rd Mon. Eastern Star meets at Rambo Lodge at 7:30pm. Call Kathy Clark for more info, 512-858-7004.
- Every 3rd Mon. 7pm. Hill Country Centering Prayer Community meets at a local residence. Call Myra at 512-496-1531 or Sharon at 512-413-3248.
- Every 4th Mon. 7pm. Gen. Ben McCulloch 2435 Daughters of the Confederacy meets at Veteran's Hall, Dripping Springs. Call 512-858-7177.
- Every Tues. 6:30pm Toastmasters of Dripping Springs meet at Pioneer Bank, 100 Creek Rd. Visitors welcome. For more info visit DSToastmasters.com.
- Every Tues. 5:30pm Al Anon meeting is being held at the Dripping Springs Presbyterian Church, 26650 Ranch Road 12. It is a general discussion meeting. Childcare provided.
- Every Tues. 6pm Nar Anon Family Group at Friendship Creekside Fellowship 14455 Fm 1826. Nar Anon is a 12-step program for family and friends of drug addicts. We share our experience, strength and hope.
- Every 2nd Tues. Bluebonnet Auxiliary meets at 2pm at Hill Country Care Nursing and Rehab Center, 1505 W. 290. Call Janice Ruyle, 512-264-2538 for more information. Volunteers needed. The Bluebonnet Aux provides entertainment and special events for the residents of HCC.
- Every 2nd, 3rd and 4th Tues. 7pm, DS Boy Scout Troop 101 meets at the DS United Methodist Church. Call Tim Short at 512-743-2537.
- Every 4th Tue. Artists Alliance of the Hill Country meet alternating between The Barn on 4000 Bell Springs Road in Dripping Springs and Artists studios. For more information visit ArtistsAllianceHC.com.
- Every Wed. - Sat. Noon-3pm, Dr. Pound Pioneer Farmstead and Museum is open for tours. Call 512-858-2030.
- Every Wed. Farmer's market at the Triangle, 3-6pm. For more info contact CityofDrippingSprings.com or 512-858-4725.
- Every Wed. at 8:30am. The Hill Country Christian Business Networking Alliance meets at El Rey. For more info visit Hill Country Christian Business Networking Alliance (HCCBNA) on Facebook.
- Every Wed. 5-6pm. Christ Centered Prayer, meditation and class. McArthur Hall Meeting Room #1, St. Stephen's Episcopal Church 6000 FM 3237. For more info call 512-847-9956
- Every 3rd Wed. Dripping Springs Cook-Off club meetings in the VFW hall in Dripping Springs. For more information call Michele Ryon 512-299-7455.
- Every 1st Thur. 7pm Vince F. Taylor American Legion Post 290 of Dripping Springs invites all eligible veterans to 101 Old Fitzhugh Rd. For information call 512-858-5637.
- Every 1st Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, DSCL.org, 512-858-7825. Newcomers welcome. Email AdultServices@dscl.org for details.
- Every 1st Thur. Apr.-Dec. *First Thursday Dripping Springs*, merchants extend their hours until later in the evening and have a variety of specials which might include one-day sales, special activities, food, music and art. For more info visit FirstThursdayDrippingSprings.org.
- Every 3rd Thur. at 7pm, Thirsty Thursday is co-sponsored by the City of Dripping Springs and New Life Lutheran Church at City Hall, 511 W. Mercer St. Area poets, musicians, songwriters and storytellers share work. For details call 512-858-2024.
- Every 3rd Thur. 7pm, DS VFW Post 2933 invites all eligible veterans with foreign service to 101 Old Fitzhugh Rd. Call 858-5637.
- Every 3rd Thur. 7pm, Family Support Group for family members, parents, adult children, and partners of individuals living with a mental health condition. Meets at St. Martin de Porres Catholic Church, Room 1. Contact info@namicentraltx.org for more information.
- 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.
- Fri. Feb. 14, Valentine's Day
- Sat. Feb. 29 & Sun. Mar. 1. Robotics Competition at Dripping Springs High School, competition gym.

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Contact lenses: *They love me... They love me not*

by Dr. Lara Dudek

Contact lenses are a popular option for vision correction and offer a safe way of correcting vision without glasses. They are prescribed to millions of patients every year and are generally worn without difficulty - until they aren't. Hassles and hazards of contact lenses leave people

searching for other vision correction solutions.

Central Texas allergies are a constant complaint for contact lens wearers. Irritation, itching and increased mucus production make it difficult to tolerate contact lenses during high pollen and mold count seasons. Eye rubbing when wearing contact lenses can result in corneal abrasions which can create vision threatening scarring.

Corneal ulcers are an ongoing risk in the setting of contact lenses. Microorganisms get trapped underneath the contact lenses and invade the corneal tissue creating a sore or ulcer into the surface layers of the eye. These infections can result in scarring, pain, permanent vision loss, and even loss of the eye. Contact lens wearers who sleep in their lenses or wear them beyond the manufacturer recommendations increase the risk of contact related infections.

As we age, dry eye and contact lens intolerance are increasingly problematic. Travel in airplanes and to high altitudes worsen the symptoms of dry eye and contact lens intolerance. Avoiding contact lenses, lubrication, medication and punctal plugs (small silicone devices that can be inserted into the tear ducts) are ways to combat chronic dry eye.

The best option to get the vision freedom of contact lenses without the ongoing risk or hassles of contact lenses is vision correction surgery (e.g., LASIK, SMILE, Refractive Lens Exchange). The risk of damage to the eye from a lifetime of contact lens wear is higher than the risk of damage from vision correction surgery. People who invest in vision correction surgery generally spend less over time than people who continue to need glasses or contact lenses to see clearly. Discuss your options with your vision correction specialist to 'love' your vision without the hassles and hazards of contact lenses.

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



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Seasonal allergies getting you down?

by Lauren Meyer

There are a lot of options to help with allergies, but not all are effective, and some may cause unwanted side effects. If you are looking to go the more natural route, then I would suggest you try some formulations that not only help allergies, but also boost your immune system, act as

an anti-inflammatory, and calm your body's over-active response to non-threatening allergens such as mold, pollen, and cedar.

One of our Wellness Consultant's favorite formulas is AllerDX by Plantiva. This herbal formula has done tremendous wonders for those who suffer during allergy season with that runny nose, itchy eyes and throat, and head-achy fatigue. One thing I like about this formula is the fact that it works in a matter of twenty minutes. It can calm sensitivity, improve nasal passage airflow, and clear up the eyes quickly. It is non-drowsy and contains no stimulants, so it is very safe to take at any time of the day or night. As a Chinese herbal formula, it works to strengthen adrenal and kidney health and detoxify and calm over-active liver function. Take AllerDX throughout the allergy season to give yourself a breath of fresh outdoor air without the consequences!

Another one of our most popular supplements for all types of allergies is a well-known product called Natural D-Hist by OrthoMolecular. Its combination of quercetin, stinging nettles, bromelain, NAC, and vitamin C is designed to combat elevated his-

tamine levels, boost immunity, and break up mucus production allowing for more airflow in your lungs and nasal passages. This product will not dry out your eyes and mouth like other antihistamines and is perfect for daytime support because it is non-drowsy. D-Hist also comes in a chewable formula to safely and naturally keep your kids clear through the season. Between these two products, you will surely find one that works for you. The most powerful remedies against allergies are a clean diet, healing your gut, and getting adequate sleep, but supplements are here to help us along the way. Stay healthy!

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

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Clearing up cosmetic procedure confusion

by Rocco C. Piazza, M.D



I often talk to patients at The Piazza Center who are on the fence about that special enhancement procedure they've been considering because of misconceptions surrounding cosmetic procedures. And there's definitely a sizeable gap between these 'myths' and reality. Here are three common misconceptions about cosmetic procedures that I often address.

1) *Procedure confusion - Liposuction vs. Tummy Tuck:* Liposuction eliminates fat cells from stubborn areas unresponsive to diet and exercise such as hips, thighs, and stomach. While a tummy tuck also gets rid of fat from the stomach, the main goal is repairing muscle separation (recurs diastasis) which flattens the tummy, removing excess, or stretched out, skin typically following pregnancy or dramatic weight loss.

Breast Augmentation vs. Breast Lift: Breast augmentation increases the size and shape of the breast. A breast lift improves positioning on the chest and corrects drooping, common after pregnancy and as women age. It does not alter the size of the breast, but it does improve the shape significantly.

Botox Injections vs. Dermal Fillers: Both Botox and dermal fillers are administered via injections to smooth wrinkles and fine lines. Botox is generally used to relax muscles where more pronounced wrinkles and lines occur—forehead, eyes, and frown

lines. Dermal fillers are best suited to tiny, finer lines but additionally plump up collagen in areas like cheeks and restore or enhance volume of the lips.

2) *Plastic surgery is just for women.* Today, men care about their appearance equally and want to look and feel their best also in professional and personal settings. In fact, the American Society of Plastic Surgeons reported that more than 1.3 million cosmetic procedures were performed on men alone in 2018. We've created our BBH Loyalty Program for men to encourage treatment consistency each month. It includes a monthly HydraFacial™, brow shape, quarterly BOTOX® Cosmetic (40 units) or Dysport® (120 units) treatment, 20% off all skin care products and special upgrades and promotions.

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

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



The role of physical therapy in cancer recovery

by Madison Lamaster, SPT

When a person is recovering from cancer, physical therapy might not be people’s first thought. Cancer rehabilitation is a growing area in the medical field due to the increase in cancer survivorship because of the advances in medicine.

With these advances more and more people are beating cancer, but there are side effects of chemotherapy, radiation and other medical interventions. Patients can experience physical limitations such as decreased activity tolerance, muscle weakness and pain. Research has shown that specific doses of exercise could improve common cancer-related health outcomes. This is where a physical therapist and the therapy they offer becomes important in recovery.

Physical therapists are functional movement experts, especially when the movement involves changes in normal movement patterns. They are committed to promoting health and wellness through preventing further decline and the development of certain conditions. A physical therapist will assess the patient’s impairments to create an individualized treatment plan that will aid in the recovery process to return to patient’s normal function.

Cancer rehabilitation is meant to provide a way for the patient to cope with the side effects of treatment and help improve overall function. Cancer survivors are encouraged to participate in regular physical activity to reduce cancer-related fatigue to increase their ability to do activities of daily living. Physical activity is shown

to help decrease the risk of cancer reoccurrence, development of heart disease, and helping individuals live a longer healthier life. Physical therapy treatment sessions for cancer recovery can include manual techniques, aerobic and strength exercises to improve their quality of life. Manual techniques can be used to ease muscle pain, improve range of motion or aid in the prevention of lymphedema. Aerobic exercises are helpful to boost energy, improve overall mood and activity tolerance. Strength exercises are beneficial for better body mechanics, bone health and improve mobility. The exercise programs are designed with the patient’s impairments in mind and will slowly progress to improve quality of life and in turn help create a new lifestyle for these cancer survivors.

If you are a cancer survivor or currently undergoing cancer treatment and have questions about cancer rehabilitation or would like to seek physical therapy treatment, talk to your oncologist or physician for a referral to physical therapy. If you have any questions or concerns about this topic, please give us a call at Kethley Physical Therapy.

Madison Lamaster is a physical therapy student at Texas Tech University. We thank her for her time and extra effort for our Dripping Springs Community. Serving Dripping Springs for 20 years! 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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The 411 on chemical peels

by Karen Laine,
Para-Medical Aesthetician

If you want more flawless, youthful skin with fewer fine lines and wrinkles, you're describing results you can get with chemical peels. Here's a more in-depth look at what they are, the results you can expect, and whether this skin care treatment is suitable for your complexion.

What is a chemical peel? This treatment breaks down the uppermost dead and dehydrated layers of skin to create a firmer, more youthful appearance with fewer wrinkles and a more even skin tone. There are a variety of chemical peel options, which is why you might have seen diverse chemical peel reviews saying different things about recovery time, maintenance, and overall results.

Light chemical peel: *Many people with minor skin issues choose a light chemical peel.* It improves texture, clarity and skin tone while reducing wrinkles. It's subtle at first, but with repeated treatments, the results are more apparent. No recovery period is necessary for light chemical peels, but it's best to protect this new, undamaged skin layer with sunblock to preserve the results.

Medium chemical peel: *After a single medium chemical peel, the skin is noticeably smoother and younger looking.* Patients might need a bit of time to heal after the procedure. It's wise to avoid sun exposure for several months after the peel so the color of skin doesn't change. Use a pigment suppressive home care product pre and post peel. The use of sunblock is highly recommended.

Deep chemical peel: *Extremely dramatic results occur with deep chemical peels, however, you can expect healing time to be necessary.* Your doctor might also recommend that you keep your face protected from the sun permanently to avoid changes in skin color. Again, pre and post peel treatment with a pigment suppressive home care product will be required in addition to mandatory sunblock use.

Before you schedule any type of chemical peel, your skin should be professionally evaluated and the skin care treatment customized according to your specific needs. The goal is to determine the chemical peel that will provide maximum results with minimal down time.

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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National Children's Dental Health Month

by Ron S. White, DDS



Every February we celebrate National Children's Dental Health Month. This provides our office the opportunity to talk to children about the importance of their oral health. Here are some tips to help you with your little ones:

AGES 3 TO 7

1. *Show, Don't Tell*

Floss once a day, and brush and rinse twice a day, every day. Share the experience with your child. When leading by example, kids are likely to imitate behavior and make oral hygiene feel less like a "kid thing."

2. *Make Oral Care Fun*

Turn flossing into a funny-face contest, or make brushing a "Simon says" game by calling out different parts of the mouth. Try rinsing with mouthwash as a family and see who can go the longest without laughing.

3. *Reward Healthy Behavior*

Offer rewards for achieving brushing, flossing, and rinsing goals. Post a calendar in the bathroom and reward kids with a gold star for each day of great oral care. At the end of each month, praise kids for a job well done.

AGES 8 TO 10

1. *Provide Proof*

Visual cues serve as powerful motivation for kids. Post pictures of great smiles of favorite role models in the bathroom. Use a children's mouthwash that attracts the particles that brushing can leave

behind, giving kids reason to believe that rinsing works—the proof is in the sink.

2. *Let Kids Decide*

Give kids the freedom to make decisions. Let them choose their favorite toothbrush, a cool toothpaste, and type of floss. Then keep the bathroom stocked.

3. *Clean to the Beat*

Brushing, flossing, and rinsing are all rhythmic activities. Play music to help kids enjoy oral care routines. On average, brushing should last two minutes and rinsing 60 seconds. Together these activities last the length of a typical song.

AGES 11 TO 12

1. *Embrace the Power of the Brush*

At this age, kids become increasingly aware and often self-conscious of appearances. Remind kids about the power of a healthy smile to build their confidence.

2. *Recruit Others*

Enlist older siblings and other family members to encourage proper oral hygiene. Another voice for good care can be influential and make a powerful impact on kids' behavior.

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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Socializing your pet

by Frank Shuman, DVM

Socialization is getting puppies and kittens used to people, other animals, and experiences that they will encounter frequently in their adult lives. More than just conforming to dog and cat norms, it's learning to accept everything around them. Socialization is especially important for orphans because they received little if any interaction with their mother and family.

Breed, health, and personality also play a factor in the way a pet behaves with others, even if properly socialized. Socialization is not necessarily about teaching them to want these interactions, but more about teaching them how to handle themselves and communicate appropriately within their environments.

Developmentally, the best time for socialization is between 3-14 weeks of age in puppies and 3-9 weeks in kittens. During this period growth, they form relationships and attachments easily. During this key socialization period, any experiences that occur will have long-lasting effects on a puppy's or kitten's future learning and interactions with others. Unfortunately, that means negative experiences will also have lasting effects.

Put your pet in situations that they may experience as an adult, such as car rides, being in a carrier, toys, grooming procedures, meeting other animals, meeting new people, and trips to the veterinarian. Introduce your puppy or kitten to new people, animals, and things in a non-threatening manner, which means it's not scary

to the kitten or puppy. If your pet reacts with fear, you likely need to scale back the interaction to the level the puppy or kitten is comfortable. This could mean letting them watch instead of play, distracting them with treats, or moving them farther away from whatever they are afraid of until they become comfortable.

Gently touch, hold or restrain, and physically interact with your pet every day. Puppies and kittens need to interact with non-family members (including children) so they get used to meeting and being around new people when they are adults. Restraining them means holding them in place gently and in a non-threatening manner so they can get used to being held and to promote calm demeanors for veterinary check-ups or grooming.

Spending time with healthy, fully vaccinated animals should be safe for your puppy or kitten. You can arrange play dates with animals you know are vaccinated. However, try to avoid exposing your pet to an unvaccinated animal, such as at the dog park.

Socializing puppies and kittens early within the socialization developmental period has been shown to decrease fear, aggression, and anxiety of new people, animals, or situations. Pets not properly socialized often have an increased sensitivity to new experiences. These methods can also be used with adult pets but typically take more time and patience to socialize.

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.

Cord blood and regenerative medicine

by Breca Tracy, PhD



Did you know cord blood stem cells are being explored in several applications including Type 1 diabetes to determine if the cells can slow the loss of insulin production in children; cardiovascular repair to observe whether cells selectively migrate to injured cardiac tissue, improve function and blood flow at the site of injury and improve overall heart function; and central nervous system applications

to assess whether cells migrate to the area of brain injury alleviating mobility related symptoms, and repair damaged brain tissue (such as that experienced with cerebral palsy). Cord blood stem cells likely will be an important resource as medicine advances toward harnessing the body's own cells for treatment. Because a person's own (autologous) stem cells can be infused back into that individual without being rejected by the body's immune system, autologous cord blood stem cells have become an increasingly important focus of regenerative medicine research.

Regenerative medicine has made its way into clinical practice with the use of materials that are able to assist in the healing process by releasing growth factors and cytokines back into the damaged tissue (e.g., (chronic) wound healing). As additional applications are researched, the fields of regenerative medicine and cellular therapies will continue to merge and expand, potentially

treating many disease conditions and improving health for a variety of diseases and health conditions (AABB Center for Cellular Therapies).

Thank you for taking the time to read about clinical studies in the regenerative medical field. Here in Dripping Springs, we are also doing some amazing things! Did you know blood from the umbilical cord of a healthy mother, who has given birth to a healthy baby, can be utilized to help other people? A mother can choose to save her cord blood and bank it, or she can donate the material and prevent it from being medical waste. In Dripping Springs we utilize cord blood for wellness purposes. Let's replenish the body with what it one naturally had, and arm our internal natural healing mechanisms. As we age, our capability to heal ourselves can diminish. This often is related to a decrease cellular bioactivity.

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.



It's not the event: *It's the view*

by Leslie Tourish, LPC

Aristotle wrote, "Happiness depends upon ourselves," and gets to the heart of the human condition. Happiness's source does not come from things, people, or activities but rather our perceptions of things, people and activities. We possess the choice of how we view them.

We all have in our head an endless inner-voice scanning our reality and giving us a report based often on habitual thoughts. Often without our being aware of it, it sends us automatic thoughts, honed from years of practice. If our outlook is generally negative, it can sound like, "I'm no good. I never do anything right. When people get to know the real me, they'll leave and I'll be all alone. How terrible!" And so on. This is not based on reality, but what we have told ourselves about ourselves. Irrational thinking says, "I could never stand to be alone." But rational thinking says no physically healthy person has ever died just from being alone.

Examples of common irrational ideas:

- It is an absolute necessity for me to have love and approval from my peers, family and friends. Reality-based thinking tells us that it's impossible to please all people at all times. Even those who basically like and approve of you will be occasionally turned off by some of your behaviors and qualities.

- I must be unfailingly competent and almost perfect in all I undertake. Reality-based thinking tells us that such unrelenting standards are impossible to uphold, and in actuality lead to pro-

crastination, frustration and failure.

- It is easier to avoid than to face life's difficulties and responsibilities. When we avoid certain activities or people, generally we're ducking responsibilities and often making it harder on ourselves. Growth comes from working through a tough problem and learning from experience. Neurosis comes from avoidance of pain.

- The past has a lot to do with determining the present. Because you were once strongly affected by something, does not mean that you must continue the habits you formed to cope with the original situation. Your present and future are not determined by the past.

- You are helpless and have no control over what you experience or feel. This belief is at the heart of much depression and anxiety. The truth is we not only exercise considerable control over interpersonal situations, but also control how we interpret and emotionally respond to each life event.

- Your worth as a person depends on how much you achieve and produce. Real worth is based on our capacity to be fully alive and feeling everything it means to be human.

Our brain will believe whatever we tell ourselves. A key to peace of mind is to reduce negative noise and replace it with more realistic, positive views. Ask yourself: Is it illogical, distorted, based on fearful or angry perceptions? If the answer is yes, then let the negative self-talk go to allow space for happiness to happen.

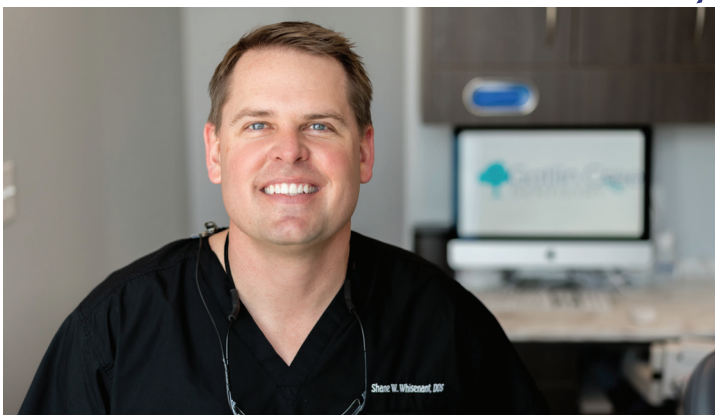
Leslie Tourish, LPC, is a Dripping Springs psychotherapist in private practice; LeslieTourish.com or DSPpsychotherapy.org. 512-695-1660



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Life as a cake

by Deborah Carter Mastelotto



I know lots of folks who are experiencing extreme change in their lives right now. Whether moving house, starting a new business direction or completely altering a long-standing family dynamic, to an outside observer these changes might look erratic and a little, well, messy. But, when I have an opportunity, I like to tell these stressed folks that I liken this state of affairs to "Cake Batter." It's like this: Lets say you love cake but have never seen it made from scratch and know nothing about baking. Watching the process just might shock you. "Wait," you'd say, "You're breaking the eggs! Oh, you're putting all that dry stuff in with the wet stuff! That's just a bowl of goop. It looks nothing like cake." You would not think it possible that a mess like that could possibly become the cake you loved, and in a way you'd be right. You could put that bowl of batter in the fridge and not do anything to it, just let it sit there for a month and it would never turn into a cake on its own. For the batter to turn into a cake you must first pour it into a pan, stick the pan in the oven and turn up the heat. And wait. The heat is the important part. The temperature needs to get pretty hot in that oven for any significant change to occur in the batter and change is what you want. So you have to wait. You have to have faith. You have to believe in your recipe and trust your own personal baking process and intuition. There's no speeding this part up. Watching it through the window won't make

it bake any faster, no matter how much of a hurry you may be in. After some time in the oven the cakes may look done, but then you stick a toothpick into the center and . . . nope. Three more minutes of heat. Or five. Or ten. It takes as long as it takes to complete the magical alchemy of transforming a gloopy, inedible wet mess into something sweet, solid and delicious.

Well, life changes are just like that. You must be willing to combine disparate elements, take risks, break eggs. Then you have to heat things up and allow enough time for the cake to bake completely. And have faith. The secret is, don't give up before your cake is done.

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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Farmers market moves to it's new winter home *by Laurel Robertson*

They made us an offer we couldn't refuse! For the months of February and March, the Farmers Market will be moving indoors at the Ranch Park Event Center on RR 12, just across from Dripping Springs Elementary.

After weathering so many winters outdoors in the frequent cold and wet, we're thrilled to be under a roof and protected on three sides in their spacious Vendor Hall. There's ample room for all our vendors, a stage for our weekly musicians, indoor restrooms, picnic tables, and plenty of customer parking right in front. Can we get a hallelujah?

Besides the (temporary) change in location, we're planning additional special events for market including cooking demos, tastings, healthy living tips and seasonal promotions. The Ranch Park's kitchen facilities and other amenities will be a huge asset for those.

As always, our vendors will bring the freshest and healthiest homegrown produce, grassfed and pasture-raised meats and eggs, freshly baked breads and homemade pies, regional honeys, hand-crafted jellies and jams, natural soaps and personal care products, delicious snacks and treats, one-of-a-kind crafts, and more. The offerings change with the weather, so you need to come regularly to see what's in season.

Another way to keep up with what's happening at the Farmers Market is to subscribe to our weekly e-newsletter, delivered to your Inbox in time for Wednesday markets. You'll find brief reads

about our vendors, updates on what's in season, a list of all the vendors attending market that week, and the name of that week's market musician. To sign up for the newsletter, go to www.thecityofdrippingsprings.com and click on the "Farmers Market" tab. Then scroll down to the newsletter sign-up form. Or, come by the Info Booth at market any Wednesday and sign up in person.

We hope everyone will come visit us at our new temporary home at Dripping Springs Ranch Park from January 29 through March 25. We can't wait to show you around!

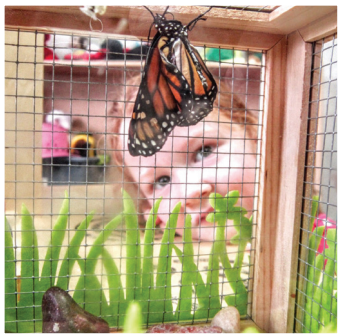
The Dripping Springs Farmers Market is owned and operated by the City of Dripping Springs and held every Wednesday from 3-6pm. For the months of February and March, find us in the Dripping Springs Ranch Park Event Center, 1042 Event Center Drive (on RR 12, just across from DS Elementary). Contact us at 512-858-4725 or farmersmarket@cityofdrippingsprings.com. Like us on Facebook (Dripping Springs Farmers Market – Official).



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Time to make a plan

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

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.

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



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Well water storage systems

by Randy Lawrence



During times of drought, there is a great deal of concern with the possibility of wells going dry in the area. Many people are forced to take action when they no longer have a constant supply of water to their home. Some have to replace well pumps, only to find that the old pump failed due to low water conditions.

Others must drill new wells in order to access a larger supply of water. In most cases, these repairs are unexpected, and time-consuming. During severe drought, many well service companies are overwhelmed with calls, causing some families to endure days without a supply of fresh water. A water storage tank would be helpful to many of these homeowners.

The benefits of a properly installed storage tank are numerous. These tanks are normally installed near the well so that the well pump sends the water directly into the storage tank. This removes much of the back pressure from your well pump so that the workload on the pump is greatly reduced. The water can be sprayed into the top of the storage tank, eliminating odors which may be present. The water is then re-pressurized by an external pump which can maintain higher pressure, and is much less costly to repair or replace than a submersible pump. Protection systems are also available for both pumps to ensure longevity.

Even on existing storage tanks, an early warning system, such as a light or alarm, can be installed to activate when the water in the tank drops to a certain level, indicating the need to check your well for problems. This buys you the time you need to contact a professional. Should you happen to run out of water before the well is operational, there are water delivery services which can bring you a supply of water to replenish your storage tank, thereby maintaining your day-to-day routine while you await repairs. For homes in remote areas, stored water is also a valuable asset for firefighters.

Now is an ideal time to consider adding a storage tank to your well. Then you will be prepared before another Texas summer takes its toll on your well.

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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Hays County is fortunate to have three new judges at the Court at Law and District Court levels as of January 2nd. To all of our fine judges, my sentiment is “you be the judge.” I want each of them to do their job which involves viewing each matter objectively. On the other hand, as a trial lawyer, I want to pick my side and advocate aggressively for my

client’s position.

It helps to understand how difficult the role of a judge is. A judge is expected to be objective and generally dispassionate regarding each case. Often the judge has no control over the types of cases he or she must consider. Many of those cases may be of types the judge never encountered as a practicing lawyer, and in some instances, may involve areas of the law the judge did not even have the opportunity to study in law school. Most non-federal trial court judges do not have briefing clerks to research the law or draft documents for them, so they must either rely upon briefs submitted by the lawyers in the case, or they must find time in their hectic schedules to do research themselves. The judge’s time must be allocated to a wide variety of responsibilities including conducting hearings on motions, bench trials (a trial to the court sitting without a jury), empaneling juries and presiding over jury

trials, issuing or denying temporary restraining orders and other ex parte orders, reviewing motions and briefs submitted by lawyers, reviewing and signing judgments and other orders as well as numerous other responsibilities.

You and your lawyer want a busy judge to see your case from your perspective and to make timely rulings favorable to you. This requires a combination of passion, persistence and patience coupled with good legal briefing and the ability to distill a case to its essence so that it is easily digestible by a busy judge. If your lawyer, your advocate, is consistently getting good results at the courthouse, it is likely that he or she has a good understanding of the role and needs of the trial judge.

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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Financial protection can be a great Valentine’s Day gift

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



Reagan Smith

On Valentine's Day, you can give your spouse a traditional gift such as flowers. But once you've done that, why not think about something that can provide longer-lasting benefits for your loved one? Specifically, think about ways to provide a lifetime of financial protection. You can do this in several ways, including:

Protection while you're alive: As you know, it's usually necessary for

both partners or spouses to work to maintain a household – so if your income were to disappear, even temporarily, it could present a big problem. Your current employer could offer disability income insurance as an employee benefit, but it might not be enough for your needs, so you may want to consider purchasing your own policy. Keep in mind that disability coverage typically only lasts for a few years and probably won't completely replace your income. Consequently, it's a good idea to build up your financial resources in other ways, so contribute as much as you can afford to your 401(k) and IRA during your working years. If you do become disabled, it may be possible for you to tap into these funds without incurring a tax penalty, though regular taxes may still be due.

Protection if you need care: If you were ever to need some type of long-term care, such as an extended stay in a nursing home or the services of a home health care worker, you might find the costs

to be considerable – and possibly a severe burden on your spouse or partner. 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. And Medicare typically pays only a small percentage of these expenses. To protect your spouse or partner – not to mention your grown children – from possibly having to deal with these costs, consider purchasing long-term care insurance. Or you could purchase a "hybrid" policy that combines long-term care benefits with those offered by a traditional life insurance policy. So, if you never needed long-term care, your policy would pay a death benefit to your spouse or partner or another beneficiary you've named.

Protection when you're gone: If you were to pass away, would your spouse or partner have the financial resources to continue the same lifestyle, pay the mortgage or, if you have children, provide for their education? If the answer is no, then you need to maintain adequate life insurance. How much is enough? There's no one right answer for everyone. You might hear that you need a death benefit that's worth seven or eight times your annual income, but the actual amount should be based on a variety of factors – your age, size of family, current income, spouse or partner's income, and so on. A financial professional can help you determine the appropriate amount of coverage.

Reagan Smith, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. She can be reached at 512-894-3793.



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Planting new trees: *Timing and technique*



by Steven Austin

You may know that fall and winter are great times to plant trees in Texas. But you might not realize that what your tree looks like out of the pot and how it's planted can make all the difference in its survival. The following steps will increase your tree's chances of thriving:

Inspect the root system. Roots may have circled their pots during the growing process. These can girdle and eventually kill the tree. Loosen and spread out the roots. If some circling roots have become woody, they may need to be cut (not torn).

Locate the root flare, the place where roots begin to spread at the stem base. If too much soil was added to the growing pot at the nursery, roots may have grown up over the root flare, and the root flare should not be buried.

Dig a hole three to five times the diameter of the root ball and not too deep. A narrow hole encourages root circling and inhibits good establishment. Since roots begin establishment within the top foot of soil, planting too deep will deprive roots of adequate oxygen. Positioning the root flare slightly above the soil line will encourage better root health.

Apply a two- to four-inch layer of wood-chip mulch to the drip line away from the trunk. This will help moderate temperatures, retain moisture, improve soil quality, and discourage lawnmower and weed-whacker damage of the trunk and surface roots. Do not build the mulch around the stem "volcano" fashion.

Stake trees only if necessary. Trees need movement to develop girth, taper, and healthy roots. A description for proper staking, and other tips on tree care may be found at www.treesaregood.org.

Monitor moisture needs. Moisture deprivation is a common reason for young-tree death. A generous watering delivered quickly won't have time to saturate the root ball. A slow watering with a soaker hose (or similar method) will ensure more effective moisture delivery. Avoid the urge to overwater.

Following these steps and planting now will give your tree a head start as it takes root in its new home.

A Wimberley resident, Steven Austin is a member of the Texas Chapter of the International Society of Arboriculture and is an ISA Board Certified Master Arborist and ISA Tree Worker/Climber Specialist. His expertise includes integrated pest management of trees and shrubs and state-of-the-art organic treatments. He holds a commercial pesticide license with the Texas Department of Agriculture and is Texas Oak Wilt Certified by the Texas Forest Service. Steven is an Arborist Representative for Bartlett Tree Experts. Call 512-392-1089 or toll-free at 800-443-8733.



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Dripping Springs Chamber of Commerce Focus on business:

Dripping Springs ISD Community Services

by Lucy Hansen

For twenty years the DSISD Community Services Department has worked diligently to meet the needs of our community. Recognizing the advantages of lifelong learning, Community Services links our community and schools, while enhancing quality of life. We offer a variety of enrichment classes, after-school programs, and camps. Opportunities reach beyond the traditional school day for the purpose of offering academic, recreation, health, social service, and some classes just for fun.

Providing quality school age care is an integral part of Community Services. Kids Club, after-school program for DSISD students in grades Pre-k through 5 is held at each elementary school. Club CRASH, Cool Reading and Study Hall, held at both DSISD middle schools, is our before-school program. Supervision of students starting at 6:45 am enables parents to drop-off early. Camp Venture, summer camp program is open to all incoming students in kindergarten through sixth grade. Participants are not required to live in Dripping Springs nor be enrolled in DSISD to attend Camp Venture.

Community Services is a collaboration between individuals, groups, businesses, and the District. We offer a variety of opportunities appealing to people of all ages with a wide range of



interests to enjoy learning. Adult education classes are held in the fall and spring through evening and weekend course offerings. Kids College, after-school enrichment classes for grades K-5, are held one day per week, 3:15-4:30 pm, Monday through Friday on each elementary campus. Classes are currently enrolling! Home school and private school students are welcome to register.

Our outstanding staff is committed to delivering high-quality programs in a professional manner. We encourage community members to share ideas and resources with us to help better meet the needs of our community. We are always seeking course suggestions and instructors for possible future class offerings. Visit us at www.dsisdtx.us/CS to check out all that Community Services provides. We are located in the Dripping Springs ISD Administration Building at 510 West Mercer Street Dripping Springs, TX 78620. Please email us at community.ed@dsisdtx.us or call 512-858-3021. We look forward to hearing from you!

Lucy Hansen

Director of Community Services

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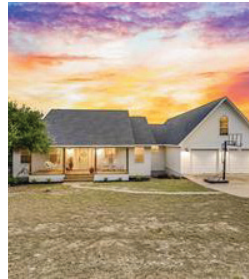
2 bedrooms, 2 baths
1255 Sq. Ft. \$424,900



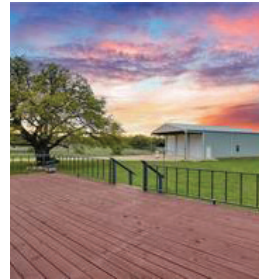
4 bedrooms, 4.5.5 baths
4198 Sq. Ft. \$1,365,000



4 bedrooms, 3.5 baths,
3980 Sq. Ft. \$1,399,000



5 bedrooms, 3 baths,
2811 Sq. Ft. \$574,900



3 bedrooms 2 baths,
2226 Sq. Ft. \$494,990



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