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OUTLOOK

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Postal Patron



*The Gateway to Life in Dripping Springs*



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## The time is right

Early spring is such a glorious time but you have to pay close attention. Every day, almost every hour in March brings something new to our outdoor landscape. New blades of bright green grass pop up from the earth by the minute. Fat flower buds on wisteria vines burst into full bloom overnight. And we begin to see dangling chrysalis transform into beautiful butterflies and take flight.



This is life waking from its winter's sleep and being born into the caressing arms of the warming sunshine. Everything feels new, fresh and full of expectation, ready to grow to reach its greatest potential. It reminds me that we, no matter our age, experience renewal at this time of year too. We have reawakened from our hibernation venturing out into the inviting warmth.

And if we are consciously aware, we can make choices that rejuvenate us physically, mentally and spiritually. Maybe we decide to recommit to a passion we felt long ago. Something worth rekindling. Something worth the time and effort because it resonates with who we truly are. Or perhaps we've discovered a new, exciting aspect that we intuitively feel needs to be explored. Now is the time to start. The energy surrounding us as growth surges forth propels us forward.

Of course we can launch a new project or reclaim one any time. Early spring just makes it easier, and more fun. Because we have caught the wave of renewal. We can feel the movement under our feet and smell it in the air. We see it change moment to moment and hear it unfolding if we're paying attention.

I hope you enjoy all that this season can offer. Thank you for joining us.

*Victoria*

# Dripping Springs Outlook

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**Pedal Ranch Publications**

## CALENDAR of EVENTS

- Every 2nd Sun. at 2pm, Children of the Confederacy, Magnolia Rangers Chapter #927. For more information call 512-858-1085.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit [DrippingSpringsRotary.org](http://DrippingSpringsRotary.org).
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512-858-7825 or [DSCL.org](http://DSCL.org) for info. No exercise on library holidays.
- Every Mon. 3pm. Christ centered anxiety/depression support group. Presbyterian Church 26650 RR12. Contact Marsha Young at 512-739-5109 or [myoungcollection@yahoo.com](mailto:myoungcollection@yahoo.com).
- Every 1st Mon. DS Ag Boosters meet in Ag Building behind DS Middle School at 7pm. Visit [DSAgBoosters.org](http://DSAgBoosters.org) for updates.
- Every 1st & 3rd Mon. 6:30pm, Lions Club meets at Dripping Springs Ranch Park located at 1042 Ranch Road 12. Across from the DS Elementary School. For information call Sharon Goss at 512-923-8630 or email [dslionsclub@gmail.com](mailto:dslionsclub@gmail.com).
- Every 2nd Mon. G.O.D.S. Moms. Free Childcare. Contact Joanne Thomas at 512-894-0581 for more details.
- Every 2nd Mon. Dripping Springs 4-H Club meets at 6:30pm at the Ag Booster Building (located behind DS middle school).
- Every 3rd Mon. Eastern Star meets at Rambo Lodge at 7:30pm. Call Kathy Clark for more info, 512-858-7004.
- Every 3rd Mon. 7pm. Hill Country Centering Prayer Community meets at a local residence. Call Myra at 512-496-1531 or Sharon at 512-413-3248.
- Every 4th Mon. 7pm. Gen. Ben McCulloch 2435 Daughters of the Confederacy meets at Veteran's Hall, Dripping Springs. Call 512-858-7177.
- Every Tues. 6:30pm Toastmasters of Dripping Springs meet at Pioneer Bank, 100 Creek Rd. Visitors welcome. For more info visit [DSToastmasters.com](http://DSToastmasters.com).
- Every Tues. 5:30pm Al Anon meeting is being held at the Dripping Springs Presbyterian Church, 26650 Ranch Road 12. It is a general discussion meeting. Childcare provided.
- Every Tues. 6pm Nar Anon Family Group at Friendship Creekside Fellowship 14455 Fm 1826. Nar Anon is a 12-step program for family and friends of drug addicts. We share our experience, strength and hope.
- Every 2nd Tues. Bluebonnet Auxiliary meets at 2pm at Hill Country Care Nursing and Rehab Center, 1505 W. 290. Call Janice Ruyle, 512-264-2538 for more information. Volunteers needed. The Bluebonnet Aux provides entertainment and special events for the residents of HCC.
- Every 2nd, 3rd and 4th Tues. 7pm, DS Boy Scout Troop 101 meets at the DS United Methodist Church. Call Tim Short at 512-743-2537.
- Every 4th Tue. Artists Alliance of the Hill Country meet alternating between The Barn on 4000 Bell Springs Road in Dripping Springs and Artists studios. For more information visit [ArtistsAllianceHC.com](http://ArtistsAllianceHC.com).
- Every Wed. - Sat. Noon-3pm, Dr. Pound Pioneer Farmstead and Museum is open for tours. Call 512-858-2030.
- Every Wed. Farmer's market at the Triangle, 3-6pm. For more info contact [CityofDrippingSprings.com](http://CityofDrippingSprings.com) or 512-858-4725.
- Every Wed. at 8:30am. The Hill Country Christian Business Networking Alliance meets at El Rey. For more info visit Hill Country Christian Business Networking Alliance (HCCBNA) on Facebook.
- Every Wed. 5-6pm. Christ Centered Prayer, meditation and class. McArthur Hall Meeting Room #1, St. Stephen's Episcopal Church 6000 FM 3237. For more info call 512-847-9956
- Every 3rd Wed. Dripping Springs Cook-Off club meetings in the VFW hall in Dripping Springs. For more information call Michele Ryon 512-299-7455.
- Every 1st Thur. 7pm Vince F. Taylor American Legion Post 290 of Dripping Springs invites all eligible veterans to 101 Old Fitzhugh Rd. For information call 512-858-5637.
- Every 1st Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, [DSCL.org](http://DSCL.org), 512-858-7825. Newcomers welcome. Email [AdultServices@dscl.org](mailto:AdultServices@dscl.org) for details.
- Every 1st Thur. Apr.-Dec. *First Thursday Dripping Springs*, merchants extend their hours until later in the evening and have a variety of specials which might include one-day sales, special activities, food, music and art. For more info visit [FirstThursdayDrippingSprings.org](http://FirstThursdayDrippingSprings.org).
- Every 3rd Thur. at 7pm, Thirsty Thursday is co-sponsored by the City of Dripping Springs and New Life Lutheran Church at City Hall, 511 W. Mercer St. Area poets, musicians, songwriters and storytellers share work. For details call 512-858-2024.
- Every 3rd Thur. 7pm, DS VFW Post 2933 invites all eligible veterans with foreign service to 101 Old Fitzhugh Rd. Call 858-5637.
- Every 3rd Thur. 7pm, Family Support Group for family members, parents, adult children, and partners of individuals living with a mental health condition. Meets at St. Martin de Porres Catholic Church, Room 1. Contact [info@namicentraltx.org](mailto: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](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.
- Mon. Mar 2, Texas Independence Day
- Thurs. Mar 19. Spring Equinox. First day of spring.
- Thurs. March 19, Susan Gibson at Wimberley United Methodist Church. 512-847-3109

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## Spring luck

by Dr. Lara Dudek

Longer days and warmer temperatures? Ahhh! It must be spring! Budding trees, green grass, wildflowers and animal babies are signs that the season brings a fresh start everywhere. Spring is a time of growth and renewal and with that many people start getting outside or

begin landscaping projects. Sometimes all of this productivity can be tough on our eyes and make us feel like our spring luck has run out.

Seasonal allergies are rampant as tree pollen fills the air. It seems like we just finished cedar season and now we move on to oak, elm and a number of other tree pollens that drive our eyes crazy. If you suffer from red itchy eyes, you might try a few over-the-counter tips before heading to your local eye professional or allergist. Artificial tears (not 'get the red out' drops) are a great way to rinse away irritants. These can be used up to four times per day and can wash away the pollen your eye is reacting to. You can also try oral antihistamines and even some over-the-counter anti-allergy drops. Caution to those using nasal steroid sprays: they work very well to control allergies but they can complicate eye conditions like glaucoma and raise the eye pressure to unsafe levels in some patients. Cool compresses or chilling the artificial tears can bring additional relief.

Yardwork such as tree trimming, weed whipping, lawn mowing, even hammering nails can cause particles to fly and hit the

eye in a person not wearing eye protection. The severity of injury can range from simple irritation to corneal abrasion and superficial foreign body or serious intraocular foreign body. Wearing eye protection like safety glasses *over* the eyes (not on top of your head) are key to keeping these objects away. If injury should happen, professional eye care should be sought.

Hopefully the spring time brings good fortune to most of us. For those of us who suffer from allergies or are unlucky with eye injuries, your local eye professional can help sway the odds in your favor.

*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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## Having a hard time sleeping?

by Lauren Meyer

We all need a good night's sleep, and when we don't get enough, we feel tired, cranky, sluggish and less productive. Sleep is really quite an active period for your body. During this seven or eight hour period, your nervous system and organs do a lot of important processing, strength-

ening, and restoration. So, what's really happening behind the scenes while our body resets at night?

When you sleep, your brain catalogues your experiences for the day, moving memories from short-term to long term storage. Sleep also triggers the release of hormones regulating mood, energy, and focus during the day. Chemicals that strengthen your immune system start to circulate through your blood. Levels of growth hormones go up, and cortisol, a "stress hormone," goes down. It has also been discovered that a lack of sleep can dysregulate levels of the hormones that control hunger (leptin and ghrelin), causing weight gain. Therefore, lack of sleep has the potential to make you stressed and overweight. Sleep is important!

One of our Wellness Consultant's favorite sleep supplements is Sleep Better by Oregon's Wild Harvest. This company is family-owned and operated. They are certified organic and biodynamic farmers committed to sustainable practices and regenerative ag-

riculture. The sleep formula is safe and all herbal. Skullcap, valerian, ashwagandha, passionflower, and hops can help your body manage stress and lull you off into a deeper, more restful sleep.

Come in to Dripping Springs Pharmacy and speak with our highly educated wellness staff about which sleep supplement may be right for you.

Sleep well!

*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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## CoolSculpting: Relax and lose the fat

by Rocco C. Piazza, M.D



How bad can it be to relax comfortably in a private treatment room, quietly reading or catching up on work, while your unwanted flabby areas are chilled, then seem to melt away? (Not too bad.) In a nutshell, that is our CoolSculpting experience at The Piazza Center.

CoolSculpting is a body contouring treatment that freezes fat cells at a specific cool temperature. Once that occurs,

your body will naturally eliminate them permanently. It is a non-surgical, FDA-approved procedure offering a more 'sculpted' silhouette for stubborn areas that remain unaffected, even with diet and exercise.

CoolSculpting is best and most commonly requested for troublesome spots like the bra-line, abdomen (belly fat, muffin top), flabby arms, flanks (spare tire, love handles), inner Thighs (creating that longed for inner thigh gap), outer Thighs (saddle bags), and double chin.

How does CoolSculpting work? It is performed in our office and it does not require any anesthesia. We first apply a cool gel pad to the skin over the specified areas of fat cells. We follow that with gentle, suction movements with the CoolSculpting device. The treatment is pain-free and only lasts about an hour.

You may feel some slight and temporary numbness at the treatment site afterwards. But you can easily return to work and regular physical activity immediately. There is little to no downtime with

this procedure. I ran a half marathon two days after my treatment a few years ago!

How is CoolSculpting different from liposuction? Unlike liposuction CoolSculpting is a non-invasive procedure for eliminating fat with zero downtime. It is for both men and women who want quicker results for small, targeted areas. Because it is an efficient, in-office treatment with no recovery time, CoolSculpting is often favored by those with busy schedules.

Liposuction may be better for those patients wanting to address several, larger areas of fat cells. With liposuction, small, strategically placed, surgical incisions are made in the skin through which the fat cells are suctioned out.

No matter what treatment feels right to you, CoolSculpting or another, in achieving your desired, enhancement goals, make sure you are working with a medical professional who is board-certified by The American Board of Plastic Surgery or the American Society of Aesthetic Plastic Surgery. Experience and compassion are both key in the physician you select to help you become your best and most confident self. To learn more about CoolSculpting, please contact us online or call to request a personal consultation.

*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).*

# Pelvic pain and treatment

by Valerie DeHulsters, PT



Pelvic pain is an issue that affects approximately one in seven women age 18-50 at some point in their lives according to the International Pelvic Pain Society. Pelvic pain that lasts more than three months is considered chronic.

With chronic pain, the original cause of the pain may be gone, however new sources of pain can develop in surrounding tissues, such as muscles and connective tissues. From the demands and stresses of pregnancy and labor, to underlying issues of chronic infection and other disease, pelvic pain can be caused by a variety of reasons.

Acute and chronic pain can interfere with work, relationships and quality of life and should not be ignored. Seeking medical attention to identify a possible underlying cause for the pain would be the first step in addressing symptoms. If it is determined that pelvic floor muscle dysfunction exists, then a referral to a pelvic floor physical therapist would be the next step.

Pelvic floor PTs are trained to address hypertonicity of muscles, poor coordination of pelvic floor musculature with other muscles, as well as other weakness or postural issues that could be contributing to the pain. Pelvic pain is often a complex issue requiring a thorough history and evaluation to determine the driver of pelvic pain, after which a specialized treatment plan can be implemented.

Kegel exercises have often been regarded as the “cure” for

all pelvic issues. This exercise is named after an American gynecologist, Dr. Arnold Henry Kegel who originally invented the exercise as a non-surgical treatment for pelvic floor relaxation. Performance of repetitive pelvic floor contractions (or Kegels) might be indicated in some cases. Sometimes however, they can be contributing to the problem.

It is best to consult with a pelvic floor therapist to ensure the best treatment regimen for you.

If you have any questions regarding our women’s health program or would like to come see us, please call Kethley Physical Therapy at 512-858-5191.

*Valerie has 18 years of experience and is our women’s health specialist here at Kethley Physical Therapy. Kethley Physical Therapy has two locations at both ends of Dripping Springs and they have eight physical therapists ready to help you or your athlete.*



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## What is collagen and why is it important in skin care? *Part 1*

by Karen Laine,  
Para-Medical Aesthetician

Collagen is the most abundant protein in our bodies, making up 75% of our skin. It supports the appearance of smooth, youthful skin and provides structure and strength for our bones, muscles and tendons. It's essentially the *glue* that helps hold our bodies together.

Our body naturally produces the collagen it needs but production gradually begins to slow as we age. Women produce less collagen than men and this collagen is lost at a rate of about 1% per year. This means that a woman has naturally lost almost half of the collagen from her skin by the age of 50!

Collagen is also greatly affected by environmental stresses such as sun exposure, nutrition, skin damage and exposure to toxins such as pollutants, cigarette smoke and recreational drugs. With decreased collagen, the skin loses its natural elasticity and firmness. This is when fine lines, wrinkles and sagging appear. Maintaining the amount of collagen is the key to beautiful skin.

Increasing collagen levels can firm your skin, increase smoothness and help your skin cells renew and repair normally. Not only will your skin (full body!) benefit from collagen's strengthening powers but your hair, nails and teeth will also thank you for the extra TLC. The protein in collagen works as a building block, keeping them strong and healthy. With collagen loss, we also experience stiffness in our tendons and ligaments and swollen joints. Ingesting collagen is the equivalent of greasing a creaky door

hinge. Collagen will help your joints move more easily and reduce pain.

Supplementing collagen for your skin is best achieved in a specific form called *hydrolyzed collagen*, comprised of small amino acids, also referred to as *collagen peptides*. Unlike the gelatin form of collagen in Jello, collagen peptides are absorbed quickly by the body and stimulate the body's own natural collagen production. In clinical studies, this bio-available form of collagen has been shown to significantly reduce wrinkle volume, increase elasticity and skin hydration levels. Due to the absorption ability of hydrolyzed collagen, significant increases in fibroblasts leading to increased density of the skin. In other words, hydrolyzed collagen is the secret to youthful skin.

*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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## How to get rid of your dental anxiety

by Ron S. White, DDS

If you are apprehensive about scheduling and keeping your dental appointments, you are not alone! An estimated three-fourths of Americans suffer from some degree of dental anxiety or fear. However, you don't have to be a white-knuckled patient anymore.

No matter how long it's been since your dental visit, you have absolutely no reason to feel embarrassed or ashamed. In fact, you should be proud of yourself for choosing to work through your dental anxiety. Many folks who have avoided treatment are not aware of how progressive dentistry has become, especially in the past five to ten years. The practice of dentistry today bears little resemblance to dentistry of the past.

*Recommended Plan for Reducing Anxiety: Go Slow!*

Request a "Get Acquainted Visit" (appointment #1): Meet the dental team, have an office tour, learn about payment options, insurance filing before the dentist even looks in your mouth!

Request a "Comprehensive Oral Exam" next (appointment #2): Meet the dentist, spend some time talking about your past dental experiences and your current anxieties. Allow the dentist to take x-rays, photos and give you an intra-oral tour of your mouth. You will be able to see everything he/she sees and understand what needs to be done to restore your smile.

Request a "Treatment Planning Appointment" (appointment #3): This appointment will allow you to meet with the dentist and his or her treatment coordinator to discuss all of the options that

are available. You can schedule out each phase of your treatment and incorporate it into your monthly budget.

If necessary, request to be orally-sedated during each dental procedure. (This requires someone to drive you to and from the appointment.)

Honestly, with advanced dental techniques and equipment in the dental field today, there is no reason anyone should suffer from dental fear. As you begin to restore your healthy smile, your fears will fade away with each visit, and you may actually look forward to coming to the dentist! Imagine being able to smile openly, laugh freely, eat your favorite foods and have close-up conversations again – with complete confidence.

*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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## One and done heartworm prevention by Frank Shuman, DVM

Heartworm disease is a serious and potentially fatal disease in pets in the United States and many other parts of the world. It is caused by foot-long worms that live in the heart, lungs and associated blood vessels of affected pets, causing severe lung disease, heart failure

and damage to other organs in the body. Heartworm disease affects dogs, cats and ferrets, but heartworms also live in other mammal species, including wolves, coyotes, foxes, sea lions and—in rare instances—humans. Because wild species such as foxes and coyotes live in proximity to many urban areas, they are considered important carriers of the disease.

Heartworms can be easily prevented with medication that focuses on eliminating the immature (larval) stages of the heartworm parasite. This includes the infective heartworm larvae deposited by the mosquito as well as the following larval stage that develops inside the animal. Unfortunately, in as little as 51 days, heartworm larvae can molt into a juvenile/immature adult stage, which cannot be effectively eliminated by preventives. Because heartworms must be eliminated before they reach this adult stage, it is extremely important that heartworm preventives be administered strictly on schedule. Administering prevention late can allow immature larvae to molt into the adult stage, which is poorly prevented.

Heartworms can now be prevented for a whole year with just one shot. Proheart 12 is an injectable medication that has been

out for almost a year now. There are multiple good options for heartworm prevention that can keep your dog safe from contracting heartworms. Most current medications are given as an oral or topical medication every month. For some people this can be challenging to remember or even difficult to administer to your pet. With consistent on-time monthly administration your pet will be safe but missing a dose here or there causes lapses in prevention and can leave your pet exposed. This is why Proheart 12 is a great option because one injection gives you a full year of protection and can even be given at your annual visit with your veterinarian.

*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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## Why do we care about eye pressure? by Dr. Bryan Marshall

I do acknowledge that optometrists have given a mild form of PTSD to a number of patients from the dreaded “puff test.” I’ll also admit that I myself do not relish that necessary test and why we at Capital Eye use one of two alternate methods to check the Intraocular Pressure (IOP).

The first is called an iCare tonometer and the other is our more conventional Goldmann applanation tonometer. Both offer great reliability and are tolerated very well. But why do we measure the pressure in your eye? Eye pressure is an important and delicate finding that needs to be kept in a safe range. Too high and you’re at risk for developing or worsening glaucoma (progressive optic nerve damage that causes blindness). I can’t think of one time I’ve seen eye pressure that is too low on a routine exam. I do however see elevated IOP nearly every day.

Sometimes the increase in pressure is caused from systemic medications you may be taking, other times it’s from trauma. But more often than not, it’s simply from an imbalance in the homeostatic system that maintains safe IOP. We have production of fluid into the eye from the ciliary body and have drainage of that fluid from the trabecular meshwork. Some people produce too much fluid; others have pigment or debris that can block the drainage.

When someone has elevated eye pressure we diagnose that as Ocular Hypertension. There are a few other considerations when someone has elevated IOP but your doctor may elect to use medication eye drops to lower the eye pressure to a safe range to prevent or slow glaucomatous progression. Elevated IOP has no symptoms you can feel unless it is very high, in which case you could have headaches, a red eye and nausea. For most, the only way to know if your eye pressure is in a safe range is by a routine examination with an eye care professional. See your doc to make sure you are protected from the consequences of chronic elevated eye pressure.

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

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## Cruelty comes from weakness

by Leslie Tourish, LPC



The little, dark head popped up just as the wheels of my car came within inches of crushing it as I drove along the country road. “What the...?” I swerved quickly to my left and glanced into my rearview mirror in time to see the tiny figure tumble backwards in a somersault of surprise

and fright. Out of the tall grass two small puppies walked uncertainly along the road. Their image disappeared from my rearview window as I rounded the corner. For the next fifty yards I began The Debate: Do I keep on going and make the appointment, where people were waiting and I was already late? Or do I stop and investigate the pups? Sighing deeply, I braked, turned around, and retraced my steps.

Parking my car across the road from the two puppies, I found them hiding in the tall grasses of the bar ditch, huddled together for comfort. As I picked one up and determined he was about six-weeks-old, a car slowed down and an elderly man yelled, “Hey! You’re not dumping those dogs, are you?”

Surprised, and wondering if my dress, hose and heels were the usual attire of dog-dumpers, I said, “No, I just saw them. I stopped to see if they’re okay and figure out what was going on with them.”

Throwing his car into gear, the man drove off as he called back over the crunching gravel under his tires, “Oh no, they’ve been dumped. They’re yours now!”

Crouching in the tall grass of the bar ditch, clutching the two scared, hungry castaways with potential mange, they stared up at me with their bluish-brown puppy eyes.

As I type this last sentence the two pups snooze at my feet, full of dog food. I hope these past three days of warm beds and lots of hugs will erase from their memories images of their owners dumping them along a stretch of country road, populated only by ranchland and speeding traffic. But I haven’t forgotten. What kind of person could do this? What does one tell oneself to justify such an action?

Dr. M. Scott Peck explores cruelty and lack of guilt in his book, *The Road Less Traveled and Beyond*. He states, “I have written that guilt although often viewed as a ‘downer’ is in many ways a blessing. Having a genuine awareness of one’s own shortcomings is what I call a sense of personal sin. It is not pleasant to be aware of oneself as a naturally lazy, ignorant, self-centered being that rather routinely betrays its Creator, its fellow creatures, and even its own best interests. Yet this unpleasant sense of personal failure and inadequacy is, paradoxically, the greatest blessing a human being can possess. Unpleasant though it may be, the gift of appropriate guilt is precisely what keeps our sins from getting out of hand. It is our most effective safeguard against our own proclivity for evil.”

Centuries ago, Chinese philosopher Lao-tzu recognized the importance of caring when he wrote, “Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.”

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

## What is our Secret? The cat is out of the bag, Secret Radiofrequency (RF) energy in Dripping Springs

by Breca Tracy, PhD



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*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.*

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# Forest bathing

by Deborah Carter Mastelotto

*“Of all the paths you take in life, be sure some of them are dirt.”~ John Muir*  
‘Nature-deficit disorder.’ It’s a new term for an old malady. Didn’t our grandmothers tell us to “go outside and get some fresh air”? As humans we belong in nature, of course. What is new is the that human beings (especially children)

are spending more and more time in an artificial civilization, constructed to hold us safely away from nature. Artificial air, artificial light, and less and less time outdoors in nature. Researchers now believe this results in a plethora of physical and emotional health and behavioral problems, or ‘Nature-deficit disorder.’

The more dependent on technology our society becomes, the less we get of nature, and the more we need it. But we are all busy people, especially those of us who live and work in the city, so we need to know a magic number, the perfect amount of time to spend in nature, to counteract the negative effects of an artificially constructed civilization. The answer is two hours a week. Anything less showed no appreciable benefit. A study of 20,000 people at the University of Exeter found that people who spent at least two hours a week (they didn’t need to be consecutive) in safe green spaces walking, exercising, jogging, hiking, or just sitting, felt better health and psychological well-being than those who didn’t.

Now we’re starting to see businesses all over the world incorporating nature into their work campuses. Therapists in Japan are

even prescribing ‘forest bathing’ (a phrase coined by Dr. Qing Li) to their patients as an antidote to depression. Time in nature can heal our stress, lower our blood pressure, enhance our immune system function, increase our self-esteem, reduce depression, anxiety, and confusion, fights fatigue and increases energy and vitality, increases production of NK cells which destroy cancer and bacterial infections in the body, increases sense of intuition and improves our mood. Researchers found that being in nature reduced feelings of isolation and promoted calm. The key to effective forest bathing is: Be mindful of the present moment. It’s easy to get started. Go to a forest (or woods). Walk slowly and mindfully. Breathe deeply. Open your mind and body to your senses. What sights and sounds are you experiencing? Absorb these sensations and simply be aware of them. Two hours a week—that’s it.

*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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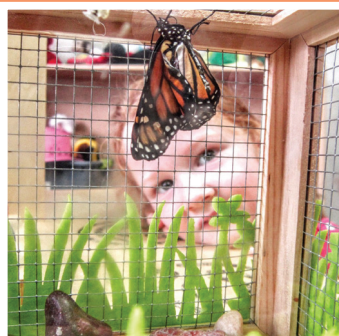
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## March madness outside

by Lindley Pond



Welcome to March in Central Texas! It's been a whirlwind of a "winter" to say the least. Absolutely beautiful days then cold, then, well you've lived it, you don't need me to reiterate it.

What to do in the month of March is a crazy guess at this point. My suggestions would be a couple of things to hopefully kick off a wonderful spring.

It's a great time to aerate and feed your lawns, if you still have one. Feeding the soil, or what we call soil here, is a great start. If you've got the bug to do something different, it's a perfect time to set the wheels in motion for bigger things, things that require less water and less maintenance.

Trough gardening, for those just now trying their hands at veggies and herbs, is an amazingly easy way to get started and truly takes little effort and a whole lot less watering, not to mention almost zero weeds. Planning a butterfly, bird, and bee habitat can also be very rewarding.

Picking out a special place for each and imagining how it all comes together is both fun and, in the end, something to watch grow and be proud of for years to come. There's still time to be thinking about planting woody shrubs, trees or coming up with great ideas for an outdoor comfort space.

The sky's the limit with what you can do. Sometimes, we can't see the forest and all it has to offer, for the trees, or lack there of, standing in our way.

If you need any help at all kick starting your ideas and dreams, we are here to help. Give us a ring! For now, let's see whether Punxsutawney Phil was right! Bye now, Lindley

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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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# What's the difference between short and long-term investing?

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



Don McGraw

Throughout life you'll have many financial goals. You don't need to achieve them all at the same time. But when you have a mix of short- and long-term goals, you will need to pursue different investment strategies simultaneously.

Short-term goals may depend somewhat on your stage in life. When you're starting out with a career, beginning to raise a family, you

may have a goal of saving money for a down payment on a home. Later on you may decide you want to travel the world for a year.

Know about how much money you'll need, and when you'll need it, then choose the appropriate investments:

- **Low risk:** Above all else, you want the right amount of money to be there when it's time to use it. So, you'll need low-risk, high-stability investments. You won't see much in the way of growth from these types of investments, but you also won't be sweating every single market downturn in fear of not reaching your goal.

- **Liquidity:** You won't want to worry about trying to find a market for your investment when it's time to sell it and then use the proceeds for your short-term goal. That's why you need to pick short-term vehicles that are highly liquid.

What kinds of investments meet these criteria? You have quite

a choice, including mutual funds consisting of short-term corporate or government bonds, certificates of deposit, cash management accounts, money market accounts, and U.S. Treasury securities.

Moving on to longer-term goals, the situation can be quite different. For instance, you're saving and investing for a retirement that may be three or four decades away. For this goal, you have one overriding motivation: to end up with as much money as possible. Since you have so many years until you need this money, you may be able to take on more risk than you could with the investments you counted on for your short-term needs. Pay attention to your individual risk tolerance. There's a big difference, in terms of risk capacity, between investing for the long term versus the short term.

When saving for a goal such as retirement you may need to rely primarily on your IRA and your 401(k) or similar employer-sponsored retirement plan. Within these accounts you'll need a reasonable percentage of growth-oriented investments such as stocks and stock-based mutual funds. Stocks can be volatile but you get far greater growth potential than you would with any of the short-term investments named above. The longer you hold stocks or stock-based investments, the more the price volatility tends to even out. (Keep in mind, though, that there are no guarantees of profit.)

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



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## Litigation: ...until you ask



by Roland Brown

Recently I drove to an auto body repair shop to take photos of my client's wrecked car. Although the extent of damage to a vehicle does not always correlate to how seriously the wreck injured the occupants, insurance companies put a lot of stock in the vehicle damage when evaluating settlement demands.

What was interesting was the reaction of the body shop employees who said they'd never seen an attorney come to take pictures. Although I usually rely upon photos taken by insurance adjusters, the body shop itself, or an investigator that I may send to take the photos, I was reminded that when I take the time to get out of the office and personally view the scene of a wreck or visit with potential witnesses face to face, I often experience a eureka moment that changes the entire complexion of my client's case. Like a bank teller who, through years of experience, may quickly spot a counterfeit bill, I have learned to look for details that might otherwise go overlooked. Of course, a good trial lawyer knows that there are certain events, such as an eighteen-wheeler wreck or a fatal collision, that should generally be investigated by a professional investigator with specific knowledge and experience in investigating such events. Even then though, whenever possible, the lawyer should also view the scene, immediately when possible. In addition to the benefit of seeing the scene through the eyes of the person who will be using the data to prepare the case for negotiations and trial, I find that, like an actor studying for a role by researching the person being portrayed, I can tell the client's story much more effectively when I've been to the scene, personally talked to the witnesses, and most importantly, spent meaningful time with my client getting to know more than just what the injuries are.

The value of "doing it yourself" as a lawyer was recently brought home by a visit with a witness one evening. I was expecting some useful information from the witness about my client's injuries, but I was surprised to learn that this witness had information about the negligent conduct of the defendant that will be invaluable when that case goes to trial. You never know until you ask.

*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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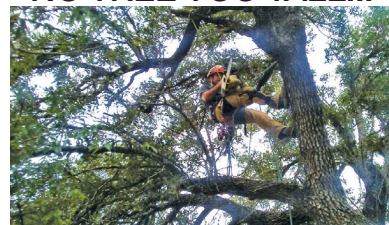
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DRIPPING SPRINGS

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# New spring vendors at the Farmers Market

by Laurel Robertson



Have you noticed all the growing signs of spring? Mountain Laurel and wisteria are blooming around town, and tender spring vegetables and new vendors are showing up at the Farmers Market. This month, we welcome a fresh flush of produce and products you're sure to enjoy!

Freshly brewed specialty coffees, locally grown gourmet mushrooms, smoked artisan cheeses, home-baked flaky croissants and pastries, and craft-brewed kombucha on tap are our most recent arrivals. (By the time you're reading this, we'll undoubtedly have added even more new products!) Keeping up with our market growth in the spring is like watching the grandkids grow – so fast!

March is the beginning of the market year, and we're sending out a call for local farmers and gardeners, ranchers, specialty food producers, natural body care makers, and regional craftspeople to round out our market mix. Potential vendors can apply for market membership by completing an application form, paying a yearly membership fee, and following the market rules set by our governing Board of Directors.

Did you realize that every product in our market is grown or made by the vendors themselves here in Central Texas? Our Market Rules require that all vendors produce what they sell, within 150 miles of Dripping Springs (or, in some cases, within the state of Texas), and comply with all state and local health department rules. It takes a lot of time and diligence on our part to make sure all those requirements are met – but that's part of our commitment

to our shoppers and we take it very seriously.

If you, or anyone you know, is interested in finding out more about selling their wares in our market, visit [www.cityofdripping-springs.com](http://www.cityofdripping-springs.com) and follow the Farmers Market tabs to download a copy of our New Vendor Application. Market Rules and Regulations are also posted on the website. For more information, call our market manager at 512-858-4725, or visit our Wednesday afternoon market to get answers to any questions or explore ideas about being a vendor in our award-winning market.

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



## Wednesdays

**3 – 6pm**  
Dripping Springs Ranch Park  
RR 12 across from DS Elementary

**512 858-4725**

 / DSFarmersMarket 



# Visit the Farmers Market at Our Winter Home!

## Every Wednesday in March from 3-6pm at the Ranch Park Event Center!

*Indoors/Covered Pavilion • Plenty of Parking  
Nice Restrooms • Seating/Picnic Tables • Music Stage  
Same Wonderful Products!*



1042 Event Center Drive  
RR 12 – Across from  
Dripping Springs Elementary





Under Contract in One Day | Over Asking Price

## Dripping Springs Market Report

Sales Data for November, December and January for Dripping Springs ISD area.

154

Sales

\$520,000

Median Sales Price

\$195

Median Sales Price per sqft

49

Median days on market

Maximize the value of your home. With my expertise and Compass Concierge, I can help you sell your home faster and for a higher price. From painting to staging, the Concierge program helps transform your home with zero upfront costs and no interest.

Contact me today for an expert analysis of your home or to learn more about how Compass Concierge can help get you top dollar!



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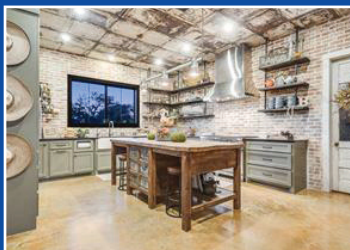


**001 Red Hawk Rd.**  
**Wimberley, TX 78676**  
**Single Lot 25.16 Acres**  
**\$18,479 per Acre**  
**\$465,000**

Hilltop land, excellent long hill country views & nice oak trees. Part of the Red Hawk subdivision, RESIDENTIAL ONLY, NO HOA. Old homestead foundation on site was part of the famous Moody family ranch.

**2400 Hwy 290 W.**  
**Dripping Springs, TX 78620**  
**\$995,000**

Commercial 4+ Acres property has beautiful oak trees. Gentle slope to the east. 412' of HWY 290 frontage. Curb cut ready to go. Will be on west side of property. 2.2 Miles east of Dripping Springs. Located between Deep Eddy and Flores. Great location for restaurant and strip center.



**17500 RR 12 Wimberley, TX 78676**  
**4 Beds, 4.0 Total Baths, 3,980 SqFt,**  
**Built in 2016 5.98 Acres**  
**\$1,399,000**

Magnolia meets Hill Country Wimberley jewel Chef's kitchen complete with a 48" Wolf range and built in fridge is complimented by an AMAZING pantry! Each bedroom has its own private full bath and walk-in closets. Separate private office. 600sq ft+/- bunkhouse and par 3 golf course are the perfect entertaining addition to the backyard heated pool oasis!