

*Dripping Springs*

PRST STD  
U.S. POSTAGE PAID  
PERMIT #30  
Dripping Springs, TX 78620  
ECRWSS

# OUTLOOK

Volume 17 Issue 1 • Dripping Springs, Texas • April 2020

ECRWSS EDDM  
Postal Patron

*The Gateway to Life in Dripping Springs*



**STANBERRY  
REALTORS®**

**DRIPPING SPRINGS  
512.894.3488**

**AUSTIN  
BASTROP  
CEDAR PARK**



**Scott Daves** REALTOR®  
512.415.2265 [www.scottdaves.net](http://www.scottdaves.net)



**3800 CREEK ROAD**  
DRIPPING SPRINGS, HAYS COUNTY  
6300 SF home on 39 acres, pool, pond & detached guest house! Possible uses include boutique hotel, winery & vineyard, or a palatial estate. Main home has stone flooring & 3 fireplaces; kitchen boasts built-in ovens, commercial grade stove & sub-zero refrigerator. **MLS# 7718081**



**Leslie Crider** REALTOR®  
512.626.9249 [leslie@stanberry.com](mailto:leslie@stanberry.com)



**UNDER CONTRACT**

**STUMPED BY THE NEW CONSTRUCTION PROCESS?** Call me for buyer's representation. 30-year fixed mortgage rates are lower than they have been in approx. 50 years. **IT IS BUY TIME!** This beautiful farm style home is part of the Rockin J Ranch subdivision in Blanco. Low taxes, large lots, and a golf course in a country setting with affordable prices.




**Bonnie Burkett** REALTOR®  
512.214.7502 [bonnie@stanberry.com](mailto:bonnie@stanberry.com)



**LEASED**

**5215 BELL SPRINGS ROAD #D**  
DRIPPING SPRINGS, HAYS COUNTY  
Charming 2018 build duplex available for lease, 1,560 SF, 3 bed/2.5 bath. Hardwood floor, granite countertops, plantation shutters, SS appliances, private fenced in yard with garage. Private hill country living less than 5 minutes into Dripping Springs, 25 minutes to Bee Cave, 30+ min to Austin.



**Edith Austin** REALTOR®, CNE   
512.695.0171 [edith@stanberry.com](mailto:edith@stanberry.com)



CONTACT EDITH

**NEW HOME  
CONSTRUCTION  
SPECIALIST**



**The Pope Team** REALTORS®  
512.644.0413



**GENTLEMAN'S RANCH**  
DRIPPING SPRINGS, HAYS COUNTY  
60± Acres with incredible panoramic views! 3,749 SF Owner's home, 4/4.5 farmhouse built 2019. 1,496 SF Guest Casita remodeled 2016. Pool, multipurpose barn (horse facilities/outdoor kitchen/dining/play-scape/storage), entertainment barn, re-purposed antique doors, beams, & columns. \$3,950,000



**The Pope Team** REALTORS®  
512.644.0413



**BAR TEN CREEK RANCH**  
DRIPPING SPRINGS, HAYS COUNTY  
460 Wildlife Exempt Acres with 1.6 miles of Barton Creek frontage! Main residence has 6 bedrooms & 7 bathrooms. Property also features a 3 Bedroom, 2 Bath Cottage, a 5,000 SF Equipment Barn and a 5 stall horse barn! **LEGACY RANCH.** Inquire with agents for price & more information.



**Garrett Beem** REALTOR®   
512.762.6217 [beemteamtexas@gmail.com](mailto:beemteamtexas@gmail.com)



**182 REDEMPTION AVENUE**  
DRIPPING SPRINGS, 78620  
Impeccable Custom Home in Estates of Medlin Creek Ranch. Main home features 5/5, +5,500 SF, media room, wine room, office & workout room. Guest home features 2/2, 1083 SF, full kitchen & living room. 3.45 acres w/pool, outdoor kitchen & more. Horses allowed. \$2,950,000 **MLS# 1329756**



**Garrett Beem** REALTOR®   
512.762.6217 [beemteamtexas@gmail.com](mailto:beemteamtexas@gmail.com)



**352 REDEMPTION AVENUE**  
DRIPPING SPRINGS, 78620  
Stunning 5083 SF, 5/5 Custom Home — builder's PERSONAL residence. So many incredible high end, custom features. Includes 3 tier media room and dedicated office/study. 5.45 acres with pool, full outdoor kitchen & more! Horses allowed. \$3,250,000 **MLS# 6298303**



**Odell Equipment Company**  
ROY ODELL 512-923-8608 [roygodell@gmail.com](mailto:roygodell@gmail.com)

ROADS • DRIVEWAYS  
SITE PADS • LAND CLEARING  
ON-SITE SEWAGE FACILITIES  
LICENSED INSTALLER

## What will be the new normal?

When deciding on a cover photograph for the Outlook this month the only prerequisite I had was that it bring a smile – even if only a slight one – to anyone who looked at it. The beautiful spring we are experiencing weather-wise contrasts with other challenges facing us.

This issue is dedicated to looking forward from this point and asking “what will be the new normal?” As humans, as Americans and Texans, we have weathered a lot of storms, physically and emotionally. We have drawn inspiration from generations who came before us who weathered their own storms, and created a new normal for their times. Now it is our turn. Our choices, large and small, will chart our new paths.

I am so proud and honored to bring you this magazine issue, which marks 17 years of the Dripping Springs Outlook being published. Over the years I have gotten to know many of the people who write the articles. Without exception, they are intelligent, honest, and most of all compassionate. During the two-week production time of this issue our lifestyle changed drastically. What had been routine for us abruptly ended as something radically different took its place. Each day held a sudden shift requiring us to adapt. As I reached out to a few of our writers, they responded immediately with helpful suggestions and constructive ways to move forward. A determination to make choices that benefited one and all of this community.

As I recall from my history lessons, this is what our grandfathers and grandmothers did. Each choice broke untested ground with the end result uncertain. But they did it with a spirit of not giving up and doing their best for the common good. Their efforts gave birth to eras of prosperity and innovation from those dark times.

Whatever our new normal will be, I have faith that we as a community, as a nation will make choices to support each other.

Thank you for joining us.

*Victoria*



# Dripping Springs Outlook

### *publisher*

Victoria Belue Schaefer

### *creative director*

Cyle Johnson

### *ad design*

Joey Johnson

### *cover photograph*

Kevin Schaefer

### *contact*

512-709-6935

Info@DSOutlook.com

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

It is also distributed to businesses throughout the community.

Contact us to find out how you can submit information, photos or promote your business directly to over 13,000 addresses.

*Entire contents copyright ©2020. Reproduction of any of this publication requires written permission of publisher.*

*We are not responsible for the products and services advertised or the views contained in this publication.*



© 2010, Dripping Springs Area Chamber of Commerce



**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.

CityOfDrippingSprings.com or 512-858-4725 • (Chamber) [DrippingSpringsTx.org](http://DrippingSpringsTx.org) or 512-858-4740  
 (DSISD) [Dripping-Springs.K12.tx.us](http://Dripping-Springs.K12.tx.us) • (DSISD Sports) [Dripping-Springs.txed.net/AthleticNews](http://Dripping-Springs.txed.net/AthleticNews)  
 (DS youth Sports) [DSYSA.org](http://DSYSA.org) • [DrippingSpringsTx.com](http://DrippingSpringsTx.com)

Entire contents copyright ©2019. Reproduction of any of this publication requires written permission of publisher.  
 We are not responsible for the products and services advertised or the views contained in this publication.



## Coronavirus-related tax acts

by Marlene Van Sickle

We started tax season 2020 with confidence that things would be smoother than the rocky year of 2019. We dealt with changed forms, rules and tax brackets for the 2018 returns. 2019 returns were going to be easier with a whole year to learn and minor changes to the forms. The

events of the past few weeks have thrown turmoil into all aspects of life, and our tax code is part of this.

The first change announced is that taxpayers have until July 15, 2020, to pay any tax due on 2019 returns. The due date of returns is going to be pushed to July 15 as well, but not official as of the writing of this article.

Additional provisions are still being determined. Those include the following:

Expansion of WIC and funds for local food banks as well as additional funding for lunches for children who would normally receive free or reduced cost lunches. Funding will also be provided for low-income senior food programs.

Emergency paid sick leave and family medical leave on a paid basis and protected leave, which means that jobs will be protected and time off will be partially compensated. These can be paid for small employers with tax credits against the employer's portion of Social Security taxes. This is a benefit that self-employed individuals can also use.

There will also be checks/direct deposits sent to taxpayers

meeting certain criteria. There are still details to be worked out on this as well. There will be income limits and thresholds for the payments. Those amounts are determined by what was reported on the taxpayer's 2018 tax return.


We are all trying to figure out what our new "normal" will be. Our office is working hard to complete returns and may need to file extensions for clients. We offer secure ways to transmit tax data to our office and the completed return to clients. Coronavirus has already and will continue to change the way all of us work and do business. Our office can help navigate these uncharted waters.

*Marlene Van Sickle, CPA holds a Texas CPA License and is the owner of Marlene Van Sickle, CPA, PLLC. She has worked with individuals and businesses for over 25 years, and has an office in Cedar Valley. Contact information: Marlene@VanSickleCPA.com 512-861-4429 www.VanSickleCPA.com.*

**Marlene Van Sickle**

— CPA —

AUSTIN TEXAS



**Tax and Accounting for Individuals & Businesses**

**512-745-1395**

**[www.VanSickleCPA.com](http://www.VanSickleCPA.com)**

**11183 Circle Dr, Ste D. Austin, TX 78736**

## Is life a little too overwhelming right now?

by Breca Tracy, PhD



Between working, stress, kiddos at home and the daily environment, things can be a little much right now. We wondered how we could help. Immunity boosters, B12 and Vitamin C shots, Myers Cocktail intravenous therapies might be just what you're looking for. Whether you are looking to boost your immunity during cold, flu and viral season, this may be for you!

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

Help your body begin to heal itself faster with IV therapy. IV nutrients enter your bloodstream directly and immediately, making them more "bioavailable" (ie, available for your body to absorb).

We are happy to support our community by offering IV vitamin/mineral therapies, via shots and infusions. Whether you are looking to boost your immune system, hydrate your body, or just simply decrease stress, give us a call and our team will be able to steer you in the right direction to meet your expectations.

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

High-dose IV Vitamin C has shown great anti-inflammatory activity and is a hot topic right now. Myer's Cocktail contains ingredients that have shown to improve many types of symptoms. Immune Boost adds glutathione and acetylcysteine to the Myer's cocktail for antioxidant and detoxifying properties. For more information, please contact us! We would love to further educate you on the therapies we offer here in Dripping Springs.

*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.*



## Cleansing and detoxing with activated charcoal

by Lauren Meyer

Do you want to filter your body of unwanted toxins and chemicals, lessen intestinal gas, and even whiten your teeth? Charcoal can help. I'm not talking about the charcoal on your grill out back. This charcoal is made by burning a carbon source like wood or coconut shells. It is "activated" by high temperatures, removing

all the oxygen, and changing its structure to create smaller particles with much more surface area. All of these millions of tiny pores capture, bind, and remove poisons, heavy metals, chemicals, and intestinal gases. The amount of toxins you are exposed to on a daily basis can be staggering. Not to mention the alcohol you had at the bar over the weekend, the questionable fast food, and the chemicals you used to clean your bathroom last week. These are all things that put a serious burden on your body but can be easily neutralized and removed from your body with activated charcoal.

Charcoal can perform the same method of filtration or neutralization in your body as it does in water filters where it reduces hundreds of contaminants in tap water, as long as it is taken at the right time and in the correct dose.

Take activated charcoal when you eat out at restaurants or eat junk food. Take it before and after consuming alcohol. Try charcoal

if you're feeling moody or tired. Finally, take charcoal if you are traveling on an airplane. It seems to work well for jet lag and helps control your exposure to toxic jet fuel and airborne contamination. Activated Charcoal by Integrative Therapeutics is our supplement of choice. Come to Dripping Springs Pharmacy to speak with our wellness consultants about what supplements are right for you.

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)*

**Dripping Springs Pharmacy**  
**100 Commons Rd. Ste. 1**  
**512-858-7935**  
**M-F 8am-7pm | Sat. 9am-2pm**  
**MartinsWellness.com**

Meet Geary Grissom, CNC, MH  
 Wellness Consultant  
 In Store FREE  
 Wellness Advice

## Dating in the time of Covid-19

by Crista Beck



At first it may feel like a day or two, and then the days start stacking up. Staying at home due to containing coronavirus may last for weeks, or months. Over 45% of Americans are single, and with coronavirus guidelines in place, people are now encouraged to stay home, so where does that leave dating?

Many singles who are looking for a serious relationship are saying they will just wait to date again until the coronavirus is over, but we don't know how long this will last. We have moved from being able to meet potential mates at restaurants, bars, public venues, to having to stay at home. And this is now the reality that millions of single people who are looking for love are facing.

We now need to pivot because we have never been faced with something like this before. If this was just four days, we would just pause our search for love, curl up on the couch and watch Netflix, but I don't think this is going to be that. This could last for months and we need to have some sort of strategy in place to continue meeting potential partners and a plan to get through this.

I personally work virtually with my single clients to teach them how to find love even if they need to stay at home.

Here are some tips: Keep expectations reasonable. For most people the home doesn't seem as fun and exciting as meeting out at a bar and restaurant does. Think of meeting people virtually like an episode of Love is Blind. The people on that show spent time getting to know one another, not even seeing each other. And, they

built powerful connections with one another and some even got engaged. So it's possible for you too.

Continue building connections with single people. The most cost effective way is to use dating apps. Use online dating apps to sort for potential partners and then move them to a phone call. (This is what I have my singles do anyway before they even consider meeting someone in person.)

The important thing to remember is that you want to look at this dating-from-home process more from the perspective that you are building connections over time with people, instead of looking for that instant connection "high" that a date in person can sometimes provide.

Next, if the phone call goes well, schedule a video chat/date. Perhaps you can schedule something to do together virtually.. Like a glass of wine, exercise together, or play a game, etc.

Remember, this may feel really awkward or unnatural, because we have this expectation that going out on a date must be going out in person on a highly romantic experience.

And finally, this is all about building connections with other singles, so when the coronavirus does pass, you will have a dating funnel filled with nicely vetted people that you can date in real life.

*Crista Beck is the creator of the Sure-Fire Dating Formula, a culmination of her 10 years of work as a dating coach. Featured as a dating expert on KVUE and Fox 7, check out Crista's new Tedx Talk, You're Not Too Busy for Love. Appointments can be scheduled by calling 512-686-6387 or visiting www.CristaBeck.com.*



## Physical therapy: *Is it for me?*

by Dr. Jeremy Kethley, PT, DPT

Physical therapy is described by *Wikipedia* as a health care profession primarily concerned with the remediation of impairments and disabilities and the promotion of mobility, functional ability, quality of life and movement potential through examination, evaluation, diagnosis and

physical intervention carried out by licensed physical therapists. In simple words, physical therapists get you moving. Our motto at Kethley Physical Therapy is “Keeping Dripping Springs Moving!”

When to see a PT? Anytime is the answer that I prefer, although realistically with everyone’s busy lives and schedule, it will not be until some pain is present before you seek treatment. Your body has 206 bones and more than 600 muscles, and with all its moving parts, sooner or later it will have some trouble. Pain is your body’s response to a movement dysfunction. PT’s are the best at discovering the source of the pain whether it be in your shoulder, back, knee or any of the other 360 joints in your body.

How do I see a PT? In the state of Texas, physical therapists have direct access to evaluate anyone. However, we cannot treat you unless the plan of care is signed by a medical doctor. So it is best to go see your doctor and ask to go see a physical therapist. We accept referrals from any medical doctor, dentist, surgeon, chiropractor, podiatrist, nurse practitioner, and physician assistant. Your doctor will decide whether or not further diagnostics are necessary.

What does a PT do? After a complete evaluation, a physical therapist will discuss your goals and the treatment plan. We use a combination of techniques consisting of pain reducing modalities, (electrical stimulation, kinesiotaping, ultrasound, iontophoresis, parafin, ice/heat) therapeutic exercises, neuromuscular re-education, gait training, mechanical traction, education, therapeutic activities, and/or manual therapy that may consist of joint manipulation/mobilization, soft tissue mobilization, and nerve glides. As you can see, physical therapists have a ton of resources at our fingertips to help keep you moving.

So the next time you are having foot pain from running too much, back pain from lifting wrong, or knee pain when you get up in the morning, go see your doctor and ask them for physical therapy. We can get your joints moving and help restore your prior level of function.

*Jeremy has been practicing and serving the Dripping Springs community for the past 17 years in Dripping Springs. Kethley Physical Therapy has two locations at both ends of Dripping Springs and they have eight physical therapists ready to help you or your athlete.*

# KETHLEY PHYSICAL THERAPY

*Locally owned and operated*



Proud sponsor of the Run By The Creek in November



4 Years In A Row

*Serving the Dripping Springs Communities for 18 years!*

**Now Two Locations Serving the Dripping Springs Community**

**(512) 858-5191**  
**800 West Hwy 290, Bldg B**  
**In The Arbor Center**

**www.KethleyPT.com**

**(512) 894-2194**  
**13830 Sawyer Ranch Road, Ste. 300**  
**In The Medical Tower at Sawyer Ranch**



## 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

*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.*



*For the Health and Appearance of Your Skin*

14500 RANCH ROAD 12  
Wimberley Mountain Plaza  
Suite #20  
WIMBERLEY TX 78676

*By Appointment*  
**512/847-8052**  
karenlaineskintherapy@earthlink.net

# HEATHER H. BOBB

## DDS, FICOI



# 512.858.7200

# heatherbobb.com

Invisalign Preferred Provider – Full Mouth Restorations – Cosmetic and Family Dentistry

*Thank you for a great decade, Dripping Springs!  
Looking forward to the next 10!*

Implants – Laser – Restorations

**331 Sportsplex Drive, Suite B | Dripping Springs, Texas 78620**





## The mouth: *A window to the body*

by Ron S. White, DDS

The mouth is a window into the health of the body. It can show signs of nutritional deficiencies or general infection. For example, systemic diseases – those that affect the entire body, such as diabetes, AIDS and Sjögren’s syndrome – may first become apparent because of mouth lesions or other oral problems.

The mouth is filled with countless bacteria, some linked to tooth decay and periodontal (gum) disease. Researchers have found that periodontitis (the advanced form of periodontal disease that can cause tooth loss) is linked with other health problems, such as cardiovascular disease, stroke and bacterial pneumonia.

### *Exploring possible links:*

More studies are needed, but some researchers suspect that bacteria and inflammation linked to periodontitis play a role in some systemic diseases or conditions. Likewise, diseases such as diabetes, blood cell disorders, HIV infections and AIDS can lower the body’s resistance to infection, making periodontal diseases more severe.

Several studies link chronic inflammation from periodontitis with the development of cardiovascular problems. Some evidence suggests that oral bacteria may be linked to heart disease, arterial blockages and stroke. People with diabetes often have periodontal disease. In addition, there is evidence that people with diabetes are more likely to develop and have more severe periodontitis than

those without diabetes. Some studies suggest that periodontitis can make it more difficult for people with diabetes to control their blood sugar. Although periodontitis may contribute to these health conditions, it’s important to understand that just because two conditions occur at the same time, it doesn’t necessarily mean that one condition causes the other.

### *What you can do:*

Given the potential link between periodontitis and systemic health problems, prevention may be an important step in maintaining overall health.

- Brush your teeth thoroughly twice a day.
- Clean between your teeth with floss or another type of interdental cleaner once a day.
- Use antimicrobial mouth rinse as part of your daily oral hygiene routine.
- Eat a balanced diet and limit snacks,
- Schedule regular dental checkups. Professional cleanings are the only way to remove calculus (tartar), which traps plaque bacteria along the gum line.

*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).*



4189 East Highway 290, Dripping Springs, TX  
www.RonSWhite.com

CALL TODAY FOR YOUR  
FREE CONSULTATION!

512.858.LOVE



## Venomous snakes in our area

by Frank Shuman, DVM

The weather is starting to warm up rapidly and all animals are starting to venture out and become more active. This goes especially for cold-blooded species. There are hundreds of species of snakes but only a few are actually venomous. In this area of Central Texas we

have five different species that are indigenous. These species are the Broad-banded Copperhead, Western Cottonmouth, Massasauga, Coral Snake, and Western Diamondback Rattlesnake.

The next question is how to distinguish venomous versus non-venomous snakes. The physical appearance of each snake species is variable and it can be difficult to tell what species of snake you are observing. Some general principles in distinguishing venomous snakes include a broad, triangular head with a noticeable neck, vertical pupils (non-venomous snakes have round pupils), and if you identify heat-sensing "pits" on their faces between the eye and nostril.

Please adhere to the following tips to keep your dogs safe;

- Keep your dog on leash if at all possible.
- Work with your dog to ensure he comes when called, so that if you hear or see a snake, you can get your dog away and allow the snake room and time to escape.
- Stay on established trails instead of hiking through areas where snakes can hide.

• Don't allow your dog to burrow or otherwise try to tangle with wildlife.

• Consider snake-proofing. There are many clinics that provide classes to help your dog associate snakes with danger.

• Keep heavy brush in your yard trimmed to prevent nesting areas for mice.

If your dog is bitten by a snake please seek immediate veterinary attention. Providing a picture or accurate description of the snake can help provide the appropriate treatment. At our hospital a dog is evaluated with an exam and blood-work to help determine the level of envenomation. IV fluids and administering antivenom are the core treatment but depending on the location of the bite and progression of response will determine further treatment.

There is a vaccine that provides protection against Western Diamondback envenomation that can be administered by your veterinarian but is only effective if given regularly so antibodies can be made to combat the venom. This vaccine will help to significantly decrease the severity of a rattlesnake bite. Although, a snake bite should still be treated as an emergency case even if your dog is vaccinated. Now is the best time to get vaccinated so your dog will be protected during rattlesnake season.

*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.*

## Non-surgical rhinoplasty

by Rocco C. Piazza, M.D



Non-surgical rhinoplasty, also known as liquid rhinoplasty or a liquid nose job, is a minimally invasive treatment designed to improve the overall appearance of the nose via a customized combination of injectable dermal fillers. For many of our Dripping Springs and Austin patients, this procedure can be an excellent way to change the shape of the nose without going through surgery.

As a rhinoplasty specialist and advanced injector, Dr. Antunes has extensive experience in performing non-surgical rhinoplasties. He has a profound knowledge of nasal anatomy and the way changes to the underlying structures will change the appearance. He also understands the properties of dermal fillers and appreciates the level of detail that is required for these procedures.

Why do it? The main benefit of this procedure is avoiding surgery and its downtime. Dermal fillers can be strategically placed on the nose to enhance certain areas and improve the appearance.

When looking at a nose, we are looking into contours that create highlights and shadows on the surface. By purposely placing fillers in certain areas, we can smooth out dorsal nasal humps, augment a low nasal bridge, elevate and rotate the tip of the nose and achieve a more balanced look for crooked noses

It is important to understand that non-surgical rhinoplasty works by adding, not subtracting. While we can improve the appearance

with fillers, we cannot reduce the size of the nose.

How is it done? This is done in our office under topical anesthesia with cream. The filler (I prefer to use hyaluronic acid-based fillers) is placed under the skin and gently massaged to smooth out the shape of the nose. It takes about 20 to 30 minutes and most patients can resume their routine immediately after the procedure. Swelling is typically minimal and bruising is rare.

How long do results last? The results of a non-surgical nose job are generally noticeable immediately after the procedure and can last about one to two years. As the volumizing effect of the treatment diminishes, touch-up injections can be done for maintenance.

How much does it cost? On average, the cost of a non-surgical rhinoplasty ranges from \$500 to \$1,000. The exact price of treatment for each individual will vary based on the specific filler or combination of fillers and the amount that is used. With a variety of monthly payment plans available, the cost of liquid rhinoplasty can fit virtually any budget.

If you are interested in learning more about non-surgical rhinoplasty, please contact us to request a 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).*

## Random acts of kindness

by Leslie Tourish, LPC



One summer I went to a local convenience store for a bottled water. The August sun blasted rays bathed in humidity, then radiated the heat back from the baking asphalt. Entering the store I felt waves of icy air conditioning beat back the sauna called Texas summer, and I headed toward the coolers. Grabbing my drink I turned and noticed the long line in front of the cash register – a cash resister sans the store clerk.

As I approached the counter I saw the cause of the delay: a random act of kindness. A man, twisted and bent from either a medical condition or accident, sat rigidly folded in his wheelchair at the front of the line. At the man's feet knelt the store clerk who was patiently tying the handicapped man's shoes. The clerk made direct eye contact with the man, smiling and talking with him, while tying first the dingy left shoe, and then the mismatched right shoe, scuffed-up and held together with duct tape. Almost all of the customers in line were holding cool drinks and their snacks, yet none made a single impatient gesture. We simply waited in respectful silence until the clerk gave the man's shoe one last friendly pat before standing up and going behind the counter to begin ringing up purchases.

Mother Teresa once said, "We cannot do great things on this earth. We can only do small things with great love." When I witnessed that clerk help the man tie his shoes, it transcended a small moment from mundane to profound. It is sometimes the simplest acts of kindness that create the most powerful auras of grace.

Helping others has long been known to also help the one extending the love. I've seen clients who were so profoundly depressed that the promise of a new day filled them with fresh dread. Something inwardly shifts, though, when they begin to focus less on themselves and help relieve the pain of others. The very act of creating human contact and extending compassion does more to heal the heart than many pharmaceuticals.

Psychologist Richard Carlson writes about the healing power of kindness: "There is no prescription for how to practice random kindness. It comes from the heart. ...The point is, giving is fun and it doesn't have to be expensive. Perhaps the greatest reason to practice random kindness is that it brings great contentment into your life. Each act of kindness rewards you with positive feelings and reminds you of the important aspects of life – service, kindness, and love. If we all do our own part, pretty soon we will live in a nicer world."

Random acts of kindness may involve visiting an elderly person weekly at an assisted living facility, taking a lonely child to a concert or a movie, or volunteering at an animal shelter. And perhaps giving to others may be the universal balm that continues through the generations, as observed hundreds of years ago by Chinese philosopher, Lao-tzu who 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*

## Macular degeneration

by Dr. Bryan Marshall



Age-related Macular Degeneration (AMD) is one of the leading causes of vision loss in persons age 50 and greater. It can progress slow, but also has the ability to cause drastic damage and visual loss in a short amount of time.

It is a degenerative process taking place at the macula, an area of the eye that is responsible for processing the most detailed, central part of your vision. It is also the most sensitive part of the retina. As AMD progresses, it initially causes wavy, slightly blurred central vision. As the disease worsens, it can lead to a very large blind spot in your central vision. Primary risk factors worth discussing are: 1) Smoking – doubles your risk of AMD and AMD progression, 2) Race – Caucasians are at higher risk than African-Americans or Hispanics/Latinos, 3) Family History – your genes are hard to run from and there is a strong genetic correlation with AMD.

A few important lifestyle considerations that reduce your chances of developing AMD or it's progression are smoking cessation, regular exercise, maintaining good blood pressure and cholesterol and having green leafy vegetables and fish in your diet. There are some treatments for AMD but it depends on the stage at which

the condition is diagnosed. The Age Related Eye Disease Study (AREDS) has provided doctors with a great understanding of the condition and formulated a great treatment protocol using "eye vitamins." For advanced wet-type AMD, treatment options include injectable drugs designed to decrease the swelling at the macula.

Early detection is of paramount importance in reducing the damage AMD can have on a person's vision. Routine eye exams with acuity testing, amsler grid testing and special laser macular scans can provide an accurate diagnosis.

*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.*

# CAPITAL EYE

VISION CARE AND OPTICAL

DR. BRYAN MARSHALL  
OPTOMETRIST

512-494-5350

11500 BEE CAVE RD. SUITE 100 - AUSTIN, TEXAS 78738



## April 2020 horoscope sign predictions

by Elizabeth Wehmiller

**Aries** – This is a great time to work on your future career plans whether they be desires to move up in your current company or if you feel a change is desired. You have a powerful drive and ambition during this period. It can be a good time to ask for a promotion but consider your companies' situation and sense to see if

the timing is right. Respect those around you, using balanced judgment but don't let it impede progress.

**Taurus** – Take time to meditate, however that looks for you. We are all called to different forms. Follow your gut instinct and listen to what calls to you. Your boss will seem to be more demanding both of your attention and respect. Stick to your inner knowing even if you seem to be receiving contradictions from your boss or other authority figures. Be mindful of disputes or disagreements arising with your father or boss.

**Gemini** – It's time to clean up your health. Make healthy food choices and fit exercise into your schedule. "Too busy" is not an excuse. We all make time for the things we value. Make yourself the priority. There will be feelings of being more vulnerable or you will be easily irritated or angry about things that you wouldn't otherwise give the time of day. Follow your curiosity on subjects and spend time researching and learning more about them.

**Cancer** – You and your partner will spend more time butting heads as tension and passion run higher this month. At work focus on getting tasks completed that can be completed quickly and don't spend time with those people who are slower or more hesitant as they will hold you back from getting fast results. Patience with others will be your best friend otherwise you will find yourself in conflicts and disputes that could have been avoided.

**Leo** – Your place of work will feel more aggressive with conflicts popping up more often. Take the time to get to the gym or out exercising, making sure to eat healthy. Be sure to get plenty of rest to avoid getting sick. Sickesses could involve fevers and heat. Providing top notch service and taking the initiative will help move you ahead. Make sure you stick to your budget as you have the potential to run up debts.

**Virgo** – If you have been "all work and no play" this is the perfect time to get out and have fun. Really taking the time to enjoy the fun side of life will help replenish your soul. Your competitive drive will be high so get out and push yourself even competing against yourself. You will feel you are much more in-tune and overall sharper during this time. Meditation can be beneficial although at the start you may feel higher strung but keep with it.

**Libra** – It's time to take your car in to make sure everything is in proper working condition. If you hear sounds don't procrastinate or you could find yourself with costly repairs or needing a new car. Arguments around the home will throw off the energy. Work to keep anger out of conversations taking the time to really think

about your words before saying them. Be mindful of lit candles or fires ensuring they are fully extinguished before leaving the house.

**Scorpio** – If you have been standing in the shadows, this is the time to promote yourself and your talents. Exhibit your talents in writing, music, drama, the arts or athletics. However, be sure to balance this and not go to the other extreme of monopolizing attention. Communicate with others but do so in a calm and focused manner so tempers don't flair up. Short trips can bring money and potential new opportunities.

**Sagittarius** – If you have been putting your health on the backburner there is no time like the present to set goals and decide what you want for your health. You will be more direct in the way you deliver messages to people but take care to make sure it's done in a respectful manner. Be mindful of your spending habits as the money coming in can be spent just as quickly. Make the time to sit down and eat in order to avoid digestive upsets.

**Capricorn** – Your energy is high giving you the drive and ambition to accomplish tasks and goals quickly. Take advantage of this positive energy to get items moved off your to-do list. It's important to remember that patience will get you further as will managing your temper. Take your time as you are more prone to accidents this month especially head injuries. Think through your actions briefly before acting on impulse maintaining a balanced stance.

**Aquarius** – You will find your sleep is more disturbed this month. Try to maintain healthy habits to reduce stress and compensate for less sleep. There are co-workers that are jealous of you so don't share things in confidence at work to avoid people stabbing you in the back. When you leave the house be sure all your doors are secured or that you have a security system as there is a higher risk this month. It's just about being cautious and vigilant.

**Pisces** – Opportunities will present themselves to you so don't pass them up. It is a great time to get out and socialize. Make new friends but proceed with caution in how much you share with them to start. Be cautious around the office about what is said - this includes those video calls for those working from home. Don't let yourself get caught up in any water cooler gossip as backstabbing could hurt your career. Watch out for "get rich" quick schemes as you will not be the one profiting from it.

*These are broad high-level descriptions. Curious what the true specific personal impact may be for you? Schedule your personal birth chart reading with me at [elizabethwehmiller.com/contact](http://elizabethwehmiller.com/contact) Elizabeth Wehmiller is an Astrologer, Coach and Trainer, who uses astrology with her practical knowledge of people, business and economics, to provide actionable insight and guidance.*



# The Law of Unintended Consequences

by Deborah Carter Mastelotto

I was going to call this “Isolation in the Land of Plenty,” but something changed during my self-quarantine – I started to enjoy it. This is brave to say, given the current climate of fear and panic buying, but I welcome the enforced pause in our frantic, frenetic lives. It’s as if someone pushed the ‘restart’ button on

the world—“just turn it off and turn it on again.”

I know most of you have just begun and are probably going mad, so I’m in a unique position to give you this advice because I’ve been in self-quarantine for about three weeks. My husband’s entire tour of China and Japan (China first, then Japan) was cancelled. But ever since that first piece of news from Wuhan, just one quick high-speed bullet train ride to Wuhan, I’ve kept my eye on its advance. When my husband strolled through San Francisco customs from Japan and he saw no health security measures at the airport and then told me about it when I picked him up, I knew we had to self-quarantine.

So, I tell you that this close time I’m spending with my husband is sacred and precious, and may never come again. He travels a lot, or did. I worked a lot, or did. But we have been each other’s only source of entertainment outside of the internet. He can’t get away, I can’t get away, so here we are, together. Of course I wish we had our children here, too, but that would be a different experience than this timeless, intimate day-to-day existence. It feels like

a dream, like we somehow stepped out of an action film and now we are sitting in the audience, in comfy, reclining chairs watching the rest of the movie. Parents are locked in their houses with their children and at first it feels insane, but once you snap to the fact that there is literally nowhere to go you can finally relax and stop running. As one young mother put it, “Today, I found myself very grateful. We made huge messes and watched way too much TV and didn’t get out of our pajamas until 4:00 p.m. Like just about every other parent in the world, I’ve had a difficult week, but the less I try to control our days, the more enjoyable they’re becoming.” So in this insane time, is that the silver lining?

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

big city styling in a tiny salon  
in a 100 year old farm house in  
Dripping Springs, Texas

[pinkwestsalon.com](http://pinkwestsalon.com)  
511 old fitzugh road  
512 447 2888



## SMILES

of  
DRIPPING SPRINGS

Orthodontics and Pediatric Dentistry



Across from the High School

170 Benney Ln Suite 103  
Dripping Springs Tx 78620  
[www.smilesofdrippingsprings.net](http://www.smilesofdrippingsprings.net)

### Proudly Serving the Dripping Springs area since 1996

*We know the value of your smile!*

- Comprehensive Dental Care for Children & Teens
- Orthodontic Treatment for Children, Teens & Adults
- Invisalign Available
- Complimentary Orthodontic Consultations

**CALL TODAY TO SCHEDULE**  
**(512) 894-3779**

**SMILES...it's so much more than teeth!**

**Summer is Coming!!!**

**Make sure your car can  
make it to HERE!**



**3996 E. Hwy 290  
Dripping Springs  
512.858.2796**

**10 % Off  
Labor w/  
this ad.\***

\*Sorry.  
Can not be combined with other  
offers

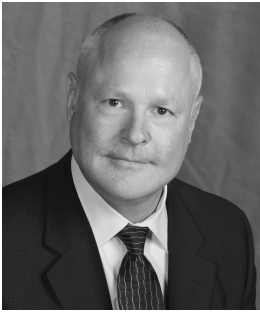
**[www.WhitlockAutoRepair.com](http://www.WhitlockAutoRepair.com)**



**LET'S BUILD  
SOMETHING  
COOL!!!!!!!**



**3996 E. HWY 290, BACK BUILDING  
DRIPPING SPRINGS  
512.964.4467  
WWW.THOROFFROADTX.COM**



Pat M. Woodman

## Time for some financial spring cleaning

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

You can apply some of the same principles of traditional spring cleaning to your financial environment. Here are a few suggestions:

- Clear your vision. Spring brings extra hours of sunshine – and to enjoy them, you'll want to clean your windows, inside and out. As an investor, you also need to take a clear-eyed view of your situation periodically. Are you on track toward achieving your goals? If not, what moves can you make to get back on the right path? You need to be honest with yourself to see if you're doing all you can to make progress toward your objectives.

- "De-clutter" your portfolio. As you go about sprucing up your house, you may find that you have a lot of clutter. Do you really need three mops? And are you holding on to those old calendars for any good reason? You'll probably feel much better about your surroundings when you de-clutter them – and the same may be true of your investment portfolio. For example, do you own several investments that are virtually identical? You might want to consider ways to diversify your holdings. While diversification can't guarantee profits or protect against losses in a declining market, it might reduce the impact of market volatility on your portfolio.

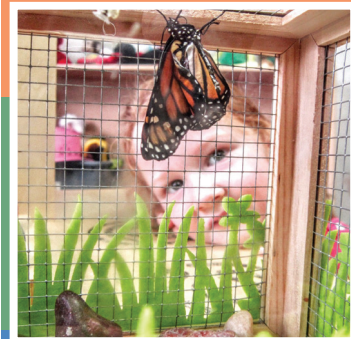
- Recharge your batteries. When you do your household spring cleaning, you may want to check the batteries on your smoke alarm, carbon monoxide detector and other devices. And as part of your financial spring cleaning, you might need to recharge your

own investment "batteries," so to speak. In other words, increase the power you're providing to your portfolio. You can do this in a few different ways. First, you can increase your contributions to your 401(k) or similar retirement plan every time your salary goes up. You can also try to "max out" on your IRA contributions each year. (For 2020, you can put in up to \$6,000 in an IRA, or \$7,000 if you're age 50 or older). Another way to increase your investment voltage is to make sure you've got adequate growth potential in your portfolio based on your goals and risk tolerance.

- Put your house in order. As part of your spring cleanup, you may want to check for damage on your roof, windows, siding and so on. But you also need to put your financial house in order, especially as it regards to protection. Do you have adequate life insurance? If not, your family could suffer if something were to happen to you. And have you thought about how you could pay for long-term care if you needed it? The average annual cost for a private room in a nursing home is about \$100,000, according to the insurance company Genworth. To retain your financial independence – and also to help protect your grown children from possibly having to deal with these costs – you may want to explore some type of long-term care insurance.

By doing some financial spring cleaning you may help brighten your future.

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



Monday-Friday  
6:30am-6:30pm

## YOUR GROWING CHILD

CHILD DEVELOPMENT & EARLY LEARNING CENTER

Infant • Toddler • Preschool • Pre-K

Kindergarten Readiness Program  
Before and After School Care

- Bright Start Early Childhood Curriculum
- Infant/Toddler Sign Language
- Spanish Lessons
- Outdoor Classroom
- Classroom Camera System for parent viewing
- On-Site Chef who prepares nutritious breakfast, lunch & snack
- Dance, Soccer, Basketball, Gymnastic & Yoga classes offered
- Before and Afterschool transportation to Elementary Schools for schoolers

100 Commons #3 • Dripping Springs, TX 78620 • [www.ygcds.com](http://www.ygcds.com) • (512) 894-4704





# All good things

by Lindley Pond

Happy April and spring to you all. We have a lot to be thankful for this year. As the temps are warming, trees budding, grasses turning green, we are thankful for the freezes that graced our areas. We might have lost a few things, but a freeze is nature's way to keep our

balances in check and ensure that fruit trees will fruit and bugs won't be near as prolific. Hard year for the cedar pollen if it gets you... so goes living in the Hill Country!

Let's be thankful that we have another glorious spring upon us with which to enjoy the fruits of our labor, be it veggies we grew in a green house or with lights or our trusty perennial goodies popping their heads out. We have the chance to see what worked and what didn't from our plan of last year. Landscaping and outdoor living is usually trial and error, hopefully more successes than failures. Moving into late spring, it's still a great time to come up with ideas that can be implemented now or with baby steps.

It's a wonderful time to install some of the bones that give us a palette to work within. Hardscapes can be bonded out and installed, giving us a master plan to work with, coming up with ideas to take advantage of in the fall. That along with going easy on the pocketbook, make things seem a little less overwhelming. With

our ever unpredictable weather, be it freezes, drought or heat, making the right choices can mean the difference between perfection and money flying out the window.

Enjoy the beautiful weather and take your time, all good things. If you need any help, we are here!

*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 are here to make things out of your reach happen. Don't hesitate to call or email. We'd love to help you design the shady spot you deserve. We've been helping folks in Central Texas for over 15 years. Give us a call for design and installation of your new "lawn." Contact us at 512-775-1629.*



**Lindley Pond**  
LANDSCAPING

P: 512.775.1629  
W: [lindleypond.com](http://lindleypond.com)  
E: [lindleypond171@gmail.com](mailto:lindleypond171@gmail.com)



*Turn a job to do  
into a job well done!*



## Specializing in Home Renovations, Bathroom Remodels, and Home Repairs/Maintenance



SCOTT KIEWLICH

SK BUILDERS

24 YEARS EXPERIENCE

LOCATED IN DRIPPING SPRINGS

[SKBuilders02@gmail.com](mailto:SKBuilders02@gmail.com)

### CARPENTRY

Drywall Repairs/Finishing  
Deck Build/Repair  
Rotted Wood Repair

### PLUMBING

Sinks/Faucets  
Disposals  
Toilets  
Leaks  
Caulking

### ELECTRICAL

Outlets/Switches  
Light Fixtures  
Ceiling Fans

### MISCELLANEOUS

Interior/Exterior Painting  
Pressure Washing  
**And More!**

**Call TODAY for a FREE Estimate!**

# 512-663-5085

Licensed



Insured



References Available

# The Piazza Center

FOR PLASTIC SURGERY & ADVANCED SKIN CARE

ROCCO C. PIAZZA, MD, FACS  
Plastic and Reconstructive Surgeon

7900 FM 1826, Health Plaza II  
Suite 206, Austin, TX 78737

O: 512.288.8200

F: 512.288.8207

www.thepiazzacenter.com



## Think about your water supply

by Randy Lawrence



With drought conditions and another Texas summer just a few months away, thoughts are turning to alternative water sources and more efficient treatment techniques. Even with forecasts predicting less than average rainfall, more homeowners are looking to the sky in hopes of preventing interruptions to their water supply.

Rainwater collection systems are designed and built into many new homes. Although it can be tricky, it is usually possible to incorporate rain collection into an existing structure. When used in conjunction with treated groundwater, the stored rainwater can ease the burden on our aquifers.

One downside to rainwater collection systems, besides a potentially limited supply, is the cost of installation. Once the system is designed by a professional, you will need gutters, downspouts, collection lines, storage tanks, a booster pump and pressure tank, as well as proper filtration and disinfection equipment. For many homeowners, their budget requires them to consider other means of conserving water. Often, this includes replacing appliances and fixtures with more water-efficient models. One of the most commonly overlooked, and misunderstood, household appliances is the water softener. It can be difficult to know whether it is operating at maximum efficiency.

There has been a flurry of advertising aimed at those who have had a traditional salt-based water softener. Many of these products have existed for years, and are simply repackaged and heavily marketed. Unfortunately, the results produced by these "alternatives" typically fall far short of the claims made by their distributors. This often leaves homeowners with no choice but to scrap their investment and start from scratch. The only proven method of removing calcium and other hardness minerals is traditional ion exchange softening, and that recent technological advances have made softeners far more efficient and user-friendly than ever.

In order to maximize the efficiency of your water treatment system, ensure that your equipment is up to date, and that the settings accurately reflect your particular water conditions. An experienced technician can test your water quality, check the condition and performance of your system and make any adjustments or upgrades which may be necessary.

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.

**EAGLE MOUNTAIN**  
— Flag & Flagpole —  
**512-847-0010**

Flags & Flagpoles • Flagpole Lighting • Patriotic Gifts • Custom Flags  
Monday - Thursday 9am - 5pm • Friday 9am - 3pm  
www.emflag.com • 333 FM 2325 • Wimberley

**ARMADILLO**  
**E-CIGS**

www.ArmadilloEcigs.com 27490 RR12 • Dripping Springs  
(512) 858-7620 11am - 7pm Mon - Sat

**SEPTIC TANK PUMPING & REPAIRS**  
Commercial & Residential

Se Habla Español

- SEPTIC PUMPING
- CLEANING
- REPAIRS

SELLMAN ENTERPRISES  
Septic Inspections & Certifications For Resale

DRIPPING SPRINGS: 858-2040 BUDA: 312-0002  
WIMBERLEY: 847-5070 AUSTIN: 445-5489  
LAKE TRAVIS: 263-3993 SAN MARCOS: 396-7070

"When you want quality, call a pro."

**PROQUALITY**  
Water Systems

RANDY LAWRENCE  
512-618-1334  
(830) 822-3533

A FULL SERVICE WATER TREATMENT COMPANY SPECIALIZING  
IN CUSTOMER SERVICE & INTEGRITY  
Certified by the Texas Commission for Environmental Quality  
Class III License # WT0002693

www.proqualitywater.com

# WIMBERLEY ARTS FEST 2020



Saturday, April 25 10 am - 6 pm

Sunday, April 26 12 pm - 5 pm

**AT WATERS POINT RESORT ON THE BLANCO RIVER**

**13401 RR12 ~ WIMBERLEY, TX**

Continuous Live Music

Classic Car Show      Food and Drinks

Outdoor Art Show with more than 100 artists

# Dripping Springs Chamber of Commerce Focus on Business:

## Hays City Store

by Tamra Tindol

Hays City Store has a long history in the community of Driftwood. It opened as a gas station back in the 80's and for decades was a gas stop and corner store for the community. In 2013, the store closed and the gas pumps removed. A modest remodel on a shoe-string budget later, and a full service restaurant and bar was (re)born!

Travis and Tamra Tindol wanted to create a place for everyone when they hatched their plans for their first restaurant. They wanted a place that offered a full bar and a bar top with televisions for sports, top-notch scratch-made Texas comfort food, good wine and fresh seafood. Hays City Store just so happens to sit right next to a grove of old beautiful oak trees so it seemed natural to create an outdoor dining space and of course a stage for live music. In 2017, the need for more space prompted the addition of The Ice House with 54 beer taps and a wood-burning pizza oven.

In the five years since opening, HCS has become a Hill Country destination for Texans from all over. There are so many things to love at HCS, from hand-battered chicken fried ribeye with cream gravy to hand-battered onion rings (side of ranch too, please).



HCS patrons are spoiled with seriously good margaritas made with fresh margarita mix and fresh fruit juice. A Margarita flight is the best way to try several at once (cucumber jalapeno, strawberry, watermelon and top shelf). HCS offers drink and appetizer discounts with Happy Hour daily from 4 to 7 and drink specials Monday through Thursday. Monday half-price wine bottles, Tuesday \$3 Pints, Wednesday \$8 Mexican Martini's and Thursday \$5 Frozens.

Some folks think you can't get good seafood in the Hill Country, but Chef Scot Loranc has years of seafood work experience under his belt and guests look forward to a new weekly entrée featuring fresh seafood and oyster night every Thursday with east coast options such as

Blue Point.

Hays City Store in Driftwood is a family-friendly destination and truly has something for everyone.

Hays City Store  
8989 FM 150 W  
Driftwood, TX 78619  
512-722-3905



**Crystal Springs Custom Pools is the builder you can trust for the construction of your dream pool.**

**5300 Hwy 290 West  
Dripping Springs, TX 78620**

**512-781-6568  
512-200-6969**

[www.crystalspringscustompools.com](http://www.crystalspringscustompools.com)  
[crystalspringscustompools@gmail.com](mailto:crystalspringscustompools@gmail.com)



## Litigation: “Men are like dirty diapers”



by Roland Brown

While sitting in the courtroom waiting to start a jury trial in a rural county, I caught a bit of the testimony in the trial ahead of mine. What I observed reminded me of one of the challenges lawyers face in presenting a client to a jury. Trials happen quickly and, as we know, you never get a second chance to make a good

first impression. A young lady, trying to regain custody of her pre-teen daughter, was wearing a revealing cocktail dress which did little to create the best image of a caring mother of a pre-teen child in the minds of the jurors. The negative impression her attire created was further reinforced when the father’s lawyer, over the objection of her lawyer, made her admit that a bumper sticker on her pickup truck parked outside read, “Men are like dirty diapers; they are full of (bleep) and they are always on your (bleep).” (If you can’t figure out the “bleeps,” you can find the “uncut” version of this article at [rolandslaw.com](http://rolandslaw.com)). Rightly or wrongly, the mother lost her bid for custody.

In one of my own trials, the defendant, an arrogant sort who had bragged to his lawyer that I’d never lay a glove on him at trial, wore an eyepopping diamond ring to trial. You can imagine that the presence of that ring flashing in the jurors’ eyes made it easier for them to award my injured client a large verdict against him and his company.

Judges and jurors look for something objective to confirm or refute the testimony presented at trial because they assume every litigant will try to put the best spin on their side of the story. Therefore, things such as certain attire, bumper stickers, jewelry, tattoos, and behavior of the parties observed by jurors in the hallway can spell the difference between winning and losing at trial. The effective trial lawyer will discuss with the client how to dress, use of appropriate language, how to react to attacks at trial, and similar things so that an otherwise winning presentation is not torpedoed by something that could be easily avoided.

*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](http://RolandsLaw.com).*



The Roland Brown  
Law Firm

512-847-2500

15577 Ranch Road 12, Suite 105 Wimberley 78676

### LITIGATOR

- Personal Injury
- Inheritance Disputes
- Property Disputes
- Other Disputes

## Homer Whisenant Construction

Serving Hill Country clients for over 30 years

Decks, Pergolas, Window Replacement/Installation,  
Home Repair, Stone Fireplaces, Stone Entrances

Creative projects welcome

512-677-1282 • [hwhise@gmail.com](mailto:hwhise@gmail.com)  
[fb.me/HomerWhisenantConstruction](http://fb.me/HomerWhisenantConstruction)

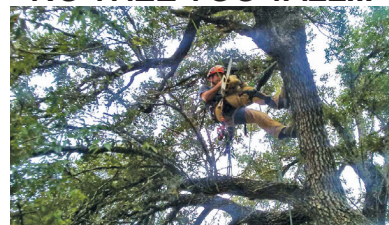
# HTC

Hillco Tree Company

Local & Insured  
Call Monte Today

(512) 739-4401

NO JOB TOO SMALL  
NO TREE TOO TALL...



## Leslie Tourish

EMDR Certified, LPC

512.695.1660

[leslie@leslietourish.com](mailto:leslie@leslietourish.com)

3975 Highway 290 East  
Dripping Springs 78620

**Edward Jones**  
MAKING SENSE OF INVESTING®

Financial Advisors

Gavin J. Loftus, CFP®  
512-894-3801

Reagan Smith  
512-894-3793

Don McGraw  
512-858-2850

Pat M. Woodman  
512-894-0665



Breca Tracy, PhD  
Director of Science

& Operations  
512.968.4425

[www.thestemcellcenterds.com](http://www.thestemcellcenterds.com)  
800 Hwy 290 W, Building F, Suite 200  
Dripping Springs, TX 78620

# Summer is for outdoor fun

by Laurel Robertson



This summer let your kids explore and learn outdoors, in the spacious Hill Country setting of Dripping Springs Ranch Park. Coyote Kids Nature Camp, a program of the City of Dripping Springs Parks and Community Services Department, will inhabit over 100 acres of the city's largest park.

Coyote Kids Nature Camp (ages 5-11) and Coyote Kids Counselors in Training (ages 12-15) is an opportunity for campers to develop lifelong skills, while exploring a variety of nature-inspired and creative activities in both indoor and outdoor settings.

Campers will be grouped in age-appropriate "packs" with activities designed to complement the varying learning levels and motor skill needs of each group. The bulk of each camp day will be spent exploring the park, with new themes each week to guide the learning, fun, and nature-exposure goals. We'll also throw in weekly games of gaga ball, capture the flag, geocaching treasure hunts, and many other fun activities.

The Ranch Park Event Center's "HQ" room will allow campers and staff to get out of the heat and come together in a main pack for guest presentations and group activities. The air-conditioned space will also accommodate other indoor pursuits and crafts.

Low camper-to-counselor ratios mean that each camper receives individual attention and gets to know other members of their pack. A wide variety of activities and learning opportunities helps campers of every learning style enjoy activities that stimulate their interests.

Swimming lessons are also part of Parks and Community Services' summer programs. Private, semi-private and group swim lessons, for beginning to advanced swimmers, will be offered weekdays at Founders Park Pool. Tiger Splash swim team, partners with the Parks program, will hold swim team practice and swim meets at the pool.

Adult water aerobics and lap swim times are scheduled during the week. The pool will be open for public swim times daily throughout the summer – full-season or day rate admission are available for individuals and families.

*Parks and Community Services is a department of the City of Dripping Springs, with a mission to foster community by preserving parks and open space, to connect people to our natural resources and cultural history, and to offer engaging programs and events. To register for camp and to register for camps, visit the city's website: [www.cityofdrippingsprings.com](http://www.cityofdrippingsprings.com), or call 512-894-2400.*



**Wednesdays**  
3 – 6pm  
Dripping Springs Ranch Park  
RR 12 across from DS Elementary  
**512 858-4725**  
f / DSFarmersMarket

## Local expertise you can trust.



Chris Porter



Donna Porter



Kerrie Donahue



Michael Ramirez



Terry Porter

### Chris Porter Insurance Agency

512-792-2244

2440 E Hwy 290, Ste E-22  
Dripping Springs, TX 78620

(behind Flores Restaurant)



**Allstate**®

You're in good hands.



**Our sod makes the neighbors  
green with envy.**



**We have Celebration Bermuda, St. Augustine and other types of sod,  
ready for fast and easy delivery.**



Nobody in the world sells more  
Real Estate than RE/MAX

Mike Cossette  
512-299-5904  
BROKER®  
OWNER

Steve Cossette  
512-299-6570  
BROKER®  
OWNER

Roxanne Cossette  
Manager of Business  
Administration

**Feeling COVID-19 Real Estate Stress?**

**We will help you Plan & Execute  
in this new market:**

**Buy • Sell • Lease • Invest • Hold • Manage**

**ACTION • EXPERIENCE • RESULTS**



**Offices in  
Dripping Springs  
Austin &  
Wimberley**



512-610-7653, Remax-Gateway.com, 13062 HWY 290 W, Austin, TX, 78737 At Stoplight across from Belterra

All offices independently owned and operated.