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ECRWS

*Dripping Springs*

# OUTLOOK

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Postal Patron

*The Gateway to Life in Dripping Springs*



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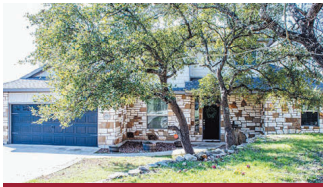
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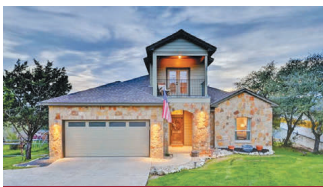


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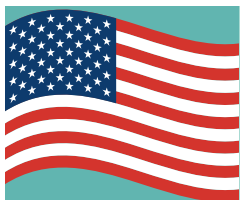


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# Adapt vs. Evolve

We've had a head-spinning number of changes in our lives over the past month. Most revolve around one of the newest terms in our lexicon, social distancing. Staying at home for borderline introverts like me has been easy, (writing isn't a group activity) but for others like my husband it has been more challenging. While we have maintained positive attitudes and he has completed more projects around the house than either one of us could have imagined, he longs for his bike rides with friends. Yet we are adamant about following protocols laid out to move us all as safely as possible through this unique time.



Despite the sudden, radical upheaval of our lifestyles, I have noticed some surprising and hopeful things emerge. And the notion of adaptation versus evolution is playing a big role.

To adapt something, or adapt to something, means to make something suitable, to modify it, quickly if necessary, while evolution refers to something that develops gradually into a more complex form.

We have all experienced the need to adapt things, significant and minor, over the past several weeks. Going out to dinner now means eating on my deck in the backyard. My car now has a face mask in it that I put on every time I drive some place. Those are immediate changes I made that probably – hopefully – won't be permanent.

The evolutionary changes I've witnessed include a telemedicine appointment I had that was as good, if not better, than being there in person with the doctor. I think through the complex and marvelous technology that we have today, this could become more routine in our lives.

What we eat is also experiencing a welcome evolution. I've heard so many comments about the quality and safety of the food family and friends are purchasing. Where does it come from? How fresh is it? These are frequent questions I hear. Luckily for us here in Dripping Springs, we have one of the best farmer's markets in the state. And if you don't grow your own fruit and vegetables yet but would like to, we have Lindley Pond who can teach you or set you up with a garden of your own.

As the legendary Bob Dylan has said, "the times they are a changin'." I feel that we are capable to meet the challenges of these times and come out on the other side better than ever.

Thank you for joining us.

*Victoria*



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# Dripping Springs Outlook

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**Pedal Ranch Publications**

# Dripping Springs Outlook

## CALENDAR of EVENTS

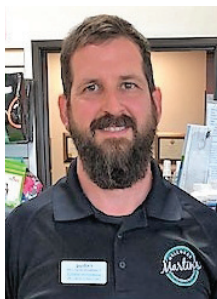
- Every 2nd Sun. at 2pm, Children of the Confederacy, Magnolia Rangers Chapter #927. For more information call 512-858-1085.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit [DrippingSpringsRotary.org](http://DrippingSpringsRotary.org).
- Every Mon. 9am 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.
- Sun. May 10 Mother's Day

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)  
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## The top 5 best immune enhancements

by Edwin Dossman



Many have asked how to strengthen their immune system. The key thing to remember with any virus is that it's all about the terrain. When your internal environment is clean and your lymph system is moving fluidly, your body will not carry viral loads for long; they will be

cleared as fast as they accumulate. But if you are full of stagnant lymph, acids, and mucus, the terrain is a perfect trap for a virus's extended stay.

Here are the recommendations from our Wellness Consultants to build and strengthen your immune system.

1. Vitamin D3: Ensuring that vitamin D3 levels are adequate may be important to help activate immune cells promoting a healthy immune response.

2. Vitamin C: Vitamin C helps modulate the immune cells' healthy inflammatory response by transporting vitamin C into cells during times of need. As we age, lower levels of vitamin C circulate within our immune cells. Truly Natural C by Health Force Nutritionals

3. Sporebiotics – Bacillus Subtilis: Cutting edge clinical research has now shown that 70% of the body's immune cells are located in the digestive tract. Bacillus subtilis, is a probiotic spore that concentrates its actions on fortifying immune function and digestive stability by controlling microbial populations. MicroBiome 18 by Premier Research Labs

4. Chaga Mushroom: An adaptogen plant and mushrooms help to bring the body back into balance and have beneficial effects on the nervous system, immune system, GI tract, the cardiovascular system and the endocrine system. Chaga Mushroom by Host Defense

5. Oil of Oregano: A must have in any herbal arsenal, it packs a powerful punch in the battle to achieve homeostasis. Oil of Oregano by Premier Research Labs

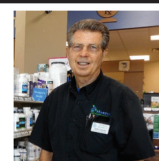
Please give us a call or come curbside to our Dripping Springs Pharmacy location and speak to one of our Wellness Consultants with any questions about building your immune system.

Be Well,

*Edwin has a BA in Sociology/Anthropology from Texas Tech University and has been a Wellness Consultant for over 23 years; he is very knowledgeable about human physiology and wholistic approaches to health.*



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



Meet Geary Grissom, CNC, MH  
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## Staying positive and treating our bodies right

by Breca Tracy, PhD



There are challenges beyond our control right now, but one thing we can focus on is staying positive and treating our bodies right. Are you giving your body the nutrients and vitamins it needs to be its best? Let's not take our health for granted, let's be proactive and treat ourselves and families to something great!

Have you heard of immunity-boosting intravenous (IV) therapies? We, at RE-

GENERATE, are the biggest fans of IV therapies, including High-Dose Vitamin C. Vitamin C (or Ascorbic Acid) is an antioxidant that fights against oxidative stress. It also plays an important role in making collagen in our body. It is essential to life itself! We can't live without it, and our bodies can't make it. We absorb a very small percentage of the Vitamin C we consume. However, when delivered via IV, it's one-hundred percent bioavailable.

High dose Vitamin C is especially useful any time you are under greater than usual amounts of stress, feeling excessive fatigue or when your immune system needs strengthening.

Providing vitamins and nutrients intravenously (IV) is the most effective way of correcting the essential vitamin and mineral intracellular deficits because they will be delivered directly to the bloodstream, bypassing any obstacles in our digestive system that

would block direct absorption.

Intravenous treatments are exceptionally powerful because they bypass issues with oral administration, including upset stomach, absorption issues, and potency loss. In addition, very large doses can be administered via IV without gastrointestinal side effects, which can limit dosing.

REGENERATE works with a PCAB certified compounding pharmacy and meets the highest standard for compounding pharmacies. They are diligent in providing the best quality and consistent medications for our patients.

Here at REGENERATE, we are passionate about serving our local communities. We are doing this by providing quality products and services to help boost the body's immunity. Let's be healthy and well together, what do you guys think?

For more information, please contact us! We would love to further educate you on 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.*



## Virus times: *Our new normal*

by Leslie Tourish, LPC

Sometimes when a cataclysmic event occurs in our life, it's vivid. Pearl Harbor got my parents' attention when they were children on December 7, 1941. We remember where we were when the World Trade Towers were destroyed by fanatics on September 11, 2001. But if you're like

me, someone who is not up on their pandemics, COVID-19 came more as a slow roll from the other side of the Earth. It may have sprung from a live animal market in Wuhan, China, or from the far side of the moon as far as I knew because I was busy dealing with my mother's illness and death in mid-December. Things got blurry as I dealt with the sorting of funeral arrangements, her possessions, and my grief. Life was settling down when my husband announced, "I've ordered hair a clipper and professional barber scissors. I'm not going to the barber with this virus going around."

I just looked at him for a second, and said, "Huh," before returning to the work I was doing on my computer. Weird, but whatever. A few days later an Amazon box arrived at the front door, my husband opened it and pulled out a serious black electric clipper and a pair of scissors with a razor's thinly sharp edge. "Tah-dah!" he said. He paused a beat (you probably see where this is going. I sure as heck didn't.) and said, "Now you can cut my hair."

"I can't," I sputtered. "I've never cut hair and I'll ruin yours."

"You'll be great, it's easy." He grabbed a towel to wrap around his shoulders and headed out to the backyard carrying a chair.

I followed behind wondering what new fresh hell was this. My hands shook as I set about learning how to use clippers to create a

fade, how to scissor cut one inch around the crown, and that those blades were indeed as sharp as they looked after I nicked myself. Throughout it all our dog, Sadie, pranced around chasing floating clumps of reddish-brown (and mostly gray) hair as if she were catching snowflakes. Afterwards my husband looked at the mirror, pleased, even though the back looked mouse-nibbled. He said he wanted me to cut his hair from now on, virus or no virus. Lord.

That was my clear moment of knowledge of before virus time, and after virus time. I'm sure there are your moments when you saw such demarcations. Maybe you found the shelves at the grocery store denuded of paper products. And finding hand sanitizer? Good luck. But these are serious times, and what we do as an individual, and how we pitch in to help each other in our family and community matters now more than ever. Social distancing six-feet apart is a hard concept for people because we are wired to connect. Maybe a better term is physical distancing. But from that space we can say that we're still human, we care, and we're all in this together. Phone calls, texts and emails are lifelines when we feel disconnected from the world. Our ancestors endured pandemics, and COVID-19 won't be our last. Historically what has pulled us through is we have changed our behaviors by learning from the past and found a way to make each day count in times of uncertainty. Even if it's giving your spouse the lousiest hair cut of their life. Stepping up is faith in action that we believe in a better tomorrow.

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



## Brushing basics for children

by Ron S. White, DDS

Despite the fact that it's almost entirely preventable, tooth decay is the most common chronic disease in children. More than 40 percent of children ages two to 11 have had a cavity in their primary (baby) teeth, and more than two-thirds of 16- to 19-year-olds have had a cavity in their permanent teeth. Although overall rates of tooth decay have decreased over the past four decades, decay has actually increased in preschool age children in recent years. Here are some tips to help your children learn good brushing habits.

1. Brush 2 minutes 2 times a day:

Tooth-brushing is one of the easiest methods of cavity prevention. Manual or powered, both can assist with keeping your child's smile cavity-free. When choosing a toothbrush, look for rounded (polished) soft bristles that clean while being gentle on the gums. Be sure to brush your preschooler's teeth and supervise the brushing and flossing of school-age children until they are seven to eight years of age. Remember to throw out a toothbrush after three months or sooner if the bristles are fraying. Frayed bristles can harm the gums and are not as effective in cleaning teeth.

2. Encourage your kids to brush with fluoride toothpaste.

3. Use a pea-sized dab of fluoride toothpaste for kids ages 2-6, and use slightly more when they're older.

4. Teach them to spit out the toothpaste when they're done so they don't swallow it.

5. For kids under age two, just use a soft toothbrush and a little water; no toothpaste is necessary.

6. Help your kids place the toothbrush at an angle against their gums.

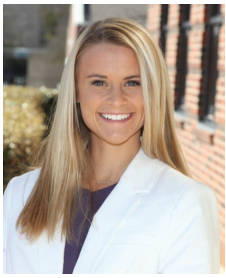
7. Make sure they move the brush back and forth, gently, in short strokes.

8. Help them brush the front, back, and top of teeth.

9. Teach them to brush their tongue to remove germs and freshen breath.

Parents can help prevent tooth decay. Make it a point to monitor your child's brushing and flossing habits and techniques. Brushing and flossing when added to regular dental visits and a balanced diet, will help give your child a lifetime of healthy habits.

*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).*



## Is physical therapy essential?

by Jenny Taylor, SPT

In the middle of this pandemic we have been faced with many challenges, a key player of which is only allowing essential businesses to be open. In times like this it's more important than ever to remember why we chose physical therapy as a profession, and to look for any opportunity to be a positive force in the health of society.

As a third year physical therapy student, I have been asked by many friends and family if physical therapy is considered essential. Physical therapists are experts in restoring movement and improving quality of life. During a time of uncertainty, physical therapists are some of the front-line healthcare workers to help decrease acute pain, boost immune systems, and improve overall health and reduce the use and strain on emergency rooms and hospitals.

The American Physical Therapy Association encourages clinics to take the utmost caution with cleaning and prevention. Here at Kethley Physical Therapy, we are taking precautions to avoid aerosolization (the production of airborne particles containing an infectious virus or bacteria), we must disinfect surfaces touched by any and everyone. All patients must have their temperature taken before entering the clinic, and then immediately wash their hands. We are using social distancing with all patients and appointments. All staff at Kethley Physical Therapy are wearing masks to comply

with the CDC suggestions.

Kethley Physical Therapy strives to keep Dripping Springs moving by providing the highest quality care, and patient safety is priority number one. If coming into the clinic is not ideal, in response to COVID-19, some commercial payers are covering telehealth furnished via live video/audio and other forms of remote care. Telehealth, the use of electronic information and telecommunication technologies to remotely provide health care information and services, is inviting physical therapy straight into patient's homes.

This is a time to look at the power of possibilities, not a time to focus on what we do not have. This is a chance to go on walks and call a family member, challenge your kids in a soccer game, or air up the bike tires that have been flat while collecting dust in your garage.

We at Kethley Physical Therapy have been here for 20 years and we will be here when this time has passed. Keeping Dripping Springs Moving has been our motto and we will continue moving forward. Give us a call to see how we can help you. God Bless You and Your Families.

*Jenny Taylor is a student at Hardin Simmons. 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*



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**In The Medical Tower at Sawyer Ranch**



## Fish oil and healthier skin

by Karen Laine,  
Para-Medical Aesthetician

You've heard about Omega-3s benefits for your health, but did you know they are crucial for supple, clear, healthy skin?

Skin cells are short-lived with a rapid turnover rate, meaning nutrients needed to build new cells must readily be on hand. Omega-3s are a key component in

the fatty membranes of skin cells. Without this special type of fat on hand, the body must build new cells with "inferior" fats, resulting in less than optimal skin health. As we age, getting enough Omega-3s is even more important as they are necessary to ensure healthy cell membranes that keep skin hydrated.

The primary cause of skin aging is the sun's UV rays. Think of Omega-3s as internal sunscreen. The two kinds of Omega-3s found in fish oil, EPA and DHA increase resistance to UV light and act as protection from harmful free-radicals formed when unprotected skin is exposed to the sun. EPA goes one step further to help block the release of UV-induced enzymes that break down collagen which leads to fine lines, wrinkles and sagging skin.

Any condition that ends in *-itis* indicates a problem associated with inflammation. Dermatitis, psoriasis, rosacea and eczema are inflammatory conditions of the skin. If you've visited a dermatologist lately, chances are he/she probably didn't speak with you about your diet. A number of credible studies strongly correlate the Western diet with inflammatory skin conditions, acne and oily

skin, specifically dairy, refined carbohydrates and grain foods. Along with diet changes, Omega-3s can improve these conditions by greatly reducing silent inflammation in your body. Unlike acute inflammation from surgery or injury, silent (chronic) inflammation is much more dangerous because it isn't readily apparent. If left untreated, it can lead to serious health conditions like heart disease, arthritis and possibly even some types of cancer.

Whether your goal is to fight aging, reduce inflammation, clear up acne or simply improve your skin's health and appearance, high quality Omega-3 supplements are great additions to your beauty regimen.

*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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# Local farmers are our food security

by Laurel Robertson

*“If somebody had asked me [two] months ago if there was going to be a glitch in our food system, I would have never guessed it. But something like this has put a huge spotlight that we have to rely on our farmers. What’s the fastest way to fill shelves? Local farms.”* (Gail

*Hayden, director of the California Farmers Market Association)*

For most of us, the first warning of the looming COVID-19 crisis was the stark sight of empty supermarket shelves. Almost overnight, we went from having a food supply we didn’t think much about, to wondering if we would be able to get milk and bread for the coming week. That experience has caused many people to look critically at the links in the food chain they depend on.

We live in a global economy, which provides us with a seemingly endless supply of food - until suddenly it’s not there. As we’ve seen, natural disasters, political upheavals, economic upsets, or even a global pandemic can directly affect what and how much we have to eat.

So what’s our best strategy for food security? Local farmers, ranchers, and other food producers can get their products to nearby markets more quickly and reliably than far-flung national and international supply networks. But in order to have those crops in the ground, ready to harvest and deliver, local growers need to be in business in the first place. When you regularly purchase food from local producers, you’re voting in the most powerful way possible for a vibrant local food supply that’s there for you in times of crisis

and upheaval – by voting with your wallet.

In the weeks since the COVID-19 pandemic hit our area, the Dripping Springs Farmers Market has served as a bulwark of health and nutrition for our community. An impressive number of shoppers have been able to find vegetables, meat, eggs, bread, coffee, olive oil, local honey, nutritious snacks, ready-to-eat and prepared foods (and even tomato plants!) at our market. To keep that important food chain alive and functioning through any future crises, we need to make sure those businesses are alive and thriving all the time. Buying local means assuring your own food supply stays safe and healthy.

*The Dripping Springs Farmers Market is owned and operated by the City of Dripping Springs and held every Wednesday from 3-6pm at the Triangle (Hwy 290 and RR 12). Contact us at 512-858-4725 or farmersmarket@cityofdrippingsprings.com. Keep up with us on Facebook (Dripping Springs Farmers Market – Official) and through our weekly newsletter (signup at CityOfDrippingSprings.com/page/fm.home).*



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## COVID-19: Its naming and relationship to the eyes

by Dr. Bryan Marshall



First, Capital Eye hopes everyone is staying healthy and positive through this anxious time. It seems only appropriate to discuss COVID-19 and associated ocular symptoms. I’d like to first address the topic of its name. For all the curious things about this virus and disease, the thing I get asked the most is, “Why is it named COVID-19?”

We’ll start there as it’s interesting and relevant to our discussion. You’ve heard it called the novel coronavirus. Novel just means new. There are many coronaviruses. The COVID-19 comes from CO which stands for corona and VI which stands for virus and D which stand for disease and the 19 is because it was first discovered in 2019, not because it was the 19th anything.

Another name it goes by is SARS-CoV-2 which means Severe Acute Respiratory Syndrome Coronavirus 2. Most of you remember SARS-CoV that was responsible for the SARS outbreak in the early 2000s. The novel coronavirus SARS-CoV-2 causes the disease COVID-19. Clear right?

It seems most people are now aware of the symptoms of COVID-19. Respiratory illness, fever, coughing, shortness of breath

are the most common but another less common finding is viral conjunctivitis.

Viral conjunctivitis presents as red, irritated eyes that have significant watering and is almost always both eyes at the same time. Studies have suggested that the conjunctivitis can be found as an early sign of some active infections or present later in severe COVID-19 disease. It is believed to be transmitted through the conjunctiva by airborne droplets and by hand to eye contact and possible ocular secretions. We wear our masks to keep us from breathing in airborne virus and avoid touching our nose and mouth but must be diligent to not rub our eyes either as they are a very important area of transmission. For this reason, we are recommending that everyone give preference to glasses over contact lenses at this time. Until a successful treatment and vaccine are available, we must remain vigilant, do our part to limit transmission and keep ourselves and communities healthy. We will get through this together!

*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.*

# COVID-19 and pets

by Frank Shuman, DVM



Coronaviruses are a large family of viruses. Some coronaviruses cause cold-like illnesses in people, while others cause illness in certain types of animals, such as cattle, camels, and bats. Some coronaviruses, such as canine and feline coronaviruses, infect only animals and do not infect humans.

Some coronaviruses that infect animals can sometimes be spread to humans and then spread between people, but this is rare. This is what is suspected to have happened with the virus that caused the current outbreak of COVID-19. However, we do not know the exact source of this virus. At this time, there is no evidence that pets can spread the virus that causes COVID-19 to people or that they might be a source of infection in the United States.

Until we learn more about how this virus affects animals, treat pets as you would other human family members to protect them from a potential infection.

- Do not let pets interact with people or other animals outside the household.
- Keep cats indoors when possible to prevent them from interacting with other animals or people.
- Walk dogs on a leash, maintaining at least six feet (two meters) from other people and animals.
- Avoid dog parks or public places where many people and dogs gather.

There is a very small number of animals around the world re-

ported to be infected with the virus that causes COVID-19 after having contact with a person with COVID-19. Talk to your veterinarian if your pet gets sick or if you have any concerns about your pet's health.

If you are sick with COVID-19 and your pet becomes sick, do not take your pet to the veterinary clinic yourself. Call your veterinarian and let them know you have been sick with COVID-19. At Dripping Springs Animal Hospital, we offer telemedicine consultations or other alternate plans for seeing sick pets. We can evaluate your pet and determine the next steps for your pet's treatment and care. Please don't hesitate to give us a call with any questions.

*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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## Can blue light speed up the aging process?

by Marcelo Antunes, MD FACS



We've been reading about blue light quite a bit lately – specifically, how it can rob us of sleep and how it negatively impacts our vision. And now some experts say, it can damage our skin.

Like many of you, I spend time in front of a computer screen and use a cell phone which means I'm also exposed to the artificial light emitted from these electronic devices, as well as energy-efficient fluorescent bulbs and LED lights.

Blue light occurs naturally outside as light from the sun travels through the atmosphere. Your body uses this natural blue light to regulate your sleep and wake cycles, heighten reaction times, elevate moods, and increase alertness. Artificial blue light with its shorter wavelengths flickers more easily than longer, weaker wavelengths and creates a glare, possibly causing the eyestrain, headaches and fatigue associated with long hours of sitting in front of a computer screen.

What about blue light and the potentially damaging impact on your skin? Studies have shown that visible light, including artificial blue light like that emitted by phones and computers, penetrates deeper than some forms of ultraviolet light, possibly accelerating the visible signs of aging, such as dark spots, wrinkles, and saggy or loose skin. Research shows on an average day, we spend

10 hours in front of a screen and look at our phones 52 times. Do the math, and you can see the potential for skin damage and premature aging is a real lifestyle hazard.

We know that blue light and other environmental stressors are all around us and can't be avoided. However, there are new products that can help protect against blue light damage and fight the signs of aging. At my office, we help educate our patients about preventative measures and work together to formulate a plan for optimal skin health, including new skin care products and treatments, which can potentially protect against blue light aggressors and restore some of the lost collagen and elastin from the skin.

I believe shielding your skin against environmental stressors from any source, artificial or natural, is an important step in your overall well-being. Fortunately, protecting your skin can be as simple as routinely applying a skincare product.

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

# Litigation: *Pandemic and contracts*



by Roland Brown

Among the many issues the COVID-19 pandemic creates is that some folks are not able to comply with the terms of their contracts. Does the pandemic change your contractual responsibilities? Maybe. (That's a lawyer-like answer isn't it? A bit like the lawyer, who, when asked what the sum of \$1 million

and \$3 million was, replied, "what do you want it to be?") Well, the truth is that some contractual agreements will be altered by the current situation and others won't.

Some of your contracts likely contain force majeure or act of God clauses. These clauses, usually found near the end of the contract, vary in their wording and therefore vary in their effect under a given set of circumstances. Your starting point in determining where you stand in relation to the contract is to look for such a clause and then read it carefully. Does it refer to "epidemics" or government intervention or similar events? If not, is it otherwise broad enough to excuse performance in the event of such events?

What if your contract does not have a clause sufficient to apply in the current environment? Is all lost? Maybe not. (Another lawyer-like answer!) The legal doctrine of impossibility of performance may excuse performance. This may be particularly true where the government essentially prohibits one from doing that which is necessary to perform the contract.

What should you do if you find that you cannot perform your obligations or that the other party to your contract cannot meet the obligations owed to you? If you have a good relationship with the other party, or if it is a party likely to be dealing with these issues for many of their customers, just discussing it quickly may bring about a mutually acceptable solution. Otherwise, consulting with an attorney knowledgeable in contract law can help you map out a strategy. One practical tip is to determine whether your contract requires some type of timely notice of intent to invoke a force majeure clause. If so, be sure and give the required notice. We are in uncharted waters here and the answers to the questions raised may be different tomorrow than they are today. I suspect many people will find others unusually willing to adjust obligations, but some may be unwilling or unable to be so accommodating.

*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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# Mentally... adrift

by Deborah Carter Mastelotto

I recently read something profound, on Facebook no less. It was a letter from a trauma specialist. The headline: "I want to acknowledge that living through this pandemic is a trauma." That stopped me. I know so many of us are beating ourselves up for not being more productive—I hear it all the time now. "Every

morning I wake up with big plans for the day and wind up sitting and staring into space. Then guilt trip myself." This from an someone who is usually an active and prolific writer. Another writer friend wrote, "Such a strange feeling of being physically confined but

mentally . . .adrift." Yes, mentally adrift. That's how I feel. I have a whiteboard full of to-do's, things I meant to do if I had the time. Well, now that I have time, that we have the time, I can't. I wander, room to room, outside, inside. I sit on my front porch and stare at my roses and listen to the birds for hours. I get nothing done. I start reading a real book instead of listening to an audiobook. I can't multitask. I clean out a drawer. Then I get nothing else done. But I prepare a lovely meal every night around six, and my husband and I sit down to a meal together; cloth napkins, candles and all. Sometimes wine, sometimes Campari and soda, most times Pelegrino and bitters on the rocks. I'm craving deep peace, and I search for moments of it through my day. I resist hurrying, I have an unnaturally low tolerance for stress, and now I know it's

natural and I am not alone. With trauma, parts of our brain shut down as a defense mechanism for survival. Our ability to fully process what is going on is limited, and feeling numb and out of touch is normal. Everyone manifests trauma differently: Some get anxious, while others get depressed. I sit on my front porch in my rocking chair, staring at my roses. In depth processing of trauma happens years later, when we feel emotionally safe to deal with it. When it's over. But not now. Now I refuse to feel guilty about being non productive. When we are experiencing trauma, if we can just get by emotionally, if we can just function, that's okay. We need to be kind to ourselves.

*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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Gavin J. Loftus

## Smart moves for women business owners

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

Mother's Day is upon us. If you're a mother, you'll enjoy the recognition you get from your family on this day. As we all know, mothers have a difficult job. And many mothers also run their own businesses. What special challenges do women face who have careers as business owners?

Motherhood itself presents a major challenge. As a society, we have not achieved gender equity yet, in terms of family responsibilities, so mothers – even busy business owners – still face time constraints and interruptions from work to care for children. And it's not just children, either – the vast majority of caregivers for elderly relatives are women, according to a study from Northwestern University. So, many women business owners may be coping with multi-generational family issues.

You can't change the demographic pressures you may face, but, as a business owner, you can take some steps to help improve your financial outcomes. Here are a few ideas:

Seek networking opportunities. You can find useful, and empathetic, allies in other women business owners, who may be able to direct you to valuable resources. Women's businesses often lack financial support to a greater degree than men's, and it is not uncommon for women to be denied loans because of gender and cultural biases. But if you become active in a network of women business owners, you could find some leads to financial institutions that have showed themselves to be free of gender-based prejudices.

Be extra aware of investment risks. If you have most of your assets tied up in your business, you may need to be extra diligent. You're already taking a fair amount of risk by having a business, so you may need to balance this risk in your investment portfolio by choosing the mix of investments that can help you move toward your goals without subjecting you to excessive market volatility.

Establish a retirement plan. Have you established a savings plan? About one-third of business owners haven't, and 40 percent are not confident they can retire before 65, according to data compiled by SCORE, a nonprofit organization that works with small businesses. You have several good retirement plan options, including an "owner-only" 401(k), a SEP-IRA, a SIMPLE IRA or even a solo defined benefit plan, which functions like a pension.

Create a succession plan. You may need a strategy for transferring or selling your business. Do you want to keep the business in the family? If so, who do you want to take it over? Or would you prefer to simply sell it to someone else? Your decisions, whatever they are, will affect your financial picture and possibly that of your family, so you will want to consult with your tax, legal and financial advisors to arrive at a plan that works best for your needs.

You've got some twists and turns ahead of you on the road to financial security. But planning ahead, considering various possibilities and seizing your opportunities can help you smooth out the journey.

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

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## Friends helping friends

by Lindley Pond

As I sit to write this, I'm hoping all of you are safe and healthy. What a challenging time we are facing right now. Although it seems a bit odd to be writing about the joys of your outside space, I'm sure many of you have been thinking about ways to make yours more comfortable, more productive, more fun.

After all of the safety measures put in place, staying at home has taken on a whole new meaning. With stores being limited on what they have and restaurants offering curbside only, it may truly be the time to look at growing your own goodness. We've had a slew of calls for small vegetable gardens and truly, it's been a pleasure to install them and help the newbies learn the ropes.

Maybe now, instead of shade trees, what about fruit trees? Once installed, both need very little maintenance except enjoying what you've grown, and starting a new crop at the turn of the season. Uncertainty in jobs and incoming wages has put a huge strain on all of us, finding enjoyment in being outside is a very therapeutic way to take the stress down a notch or two.

Some folks had a war chest put aside for spring wish lists. Lindley Pond Landscaping is offering a friends helping friends discount to all that want help in the world of outdoor living. Giving back, paying it forward, however you want to phrase it, that's

what we'd like to do. The supporters of both the Dripping Springs Outlook and the Wimberley Valley News and Views have been very good to LPL and we'd like to show our appreciation.

Be well, be safe, be kind. Through strength in our caring for each other, we will come out stronger on the other side. Bye for now, Lindley

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## The truth about refrigerator filters

by Randy Lawrence



Almost every new refrigerator available today comes with a built-in activated carbon filter designed to improve taste or odor. Most models also have some type of reminder system that tells you when to replace the filter cartridge.

Many people have questions about these filters. Is it necessary to have the filter in the first place? If so, how important is it to change that filter as soon as the reminder is activated? Here are a few interesting facts about these filters that may help clear up some confusion and possibly save you some money in the long run.

There are two main types of filter change reminders in today's refrigerator models. The most common is a basic timer system. This system will simply count down a pre-set amount of time (usually six months) and then activate a light which tells you to replace the filter. The main drawback to this method is that it does not take into account the volume of water used. For example, you could go six months without using the ice or water dispenser and the unit will still indicate that it's time to change the filter. It's a fair assumption that the majority of these filters are thrown away far too soon. The other type of reminder system is a little less common. It involves a flow meter which counts gallons as they are used through the dispenser. This is a more efficient method than the timer because it actually measures water usage.

Unfortunately, neither technology knows what your incoming water quality is. This can greatly affect the lifespan of the filter. If you are on a chlorinated water supply, your filter life will be shorter. If you have a whole house treatment system, like a softener or carbon filter, then the life of your filter would be greatly increased. If your refrigerator is fed by a reverse osmosis system, then your built-in filter becomes completely unnecessary and can be removed or bypassed.

Each case is slightly different, but at \$40-\$60 per filter it pays to know the facts so you aren't wasting money on unnecessary replacements.

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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# Dripping Springs Chamber of Commerce Focus on Business: *Bouncing Back from the Impact of COVID-19*

by Susan Kimball, President/CEO

As we go to print, there are still so many looming questions related to COVID-19 and its impact on our lives: When will our stay-at-home order will be lifted? Will students go back to school this academic year? When will doors re-open for “non-essential” businesses? When will this all be over?

As soon as changes began affecting our “normal” lives weeks ago, events were put on hold and our team began to focus its efforts solely on collecting data and advocating for all small businesses in our community. We have continually monitored federal, state and local resources for the latest information. We have funneled relevant data for essential versus non-essential workplaces and loan/grant assistance resources. We have participated in countless webinars and industry conference calls to gather information and provide answers for employers.

While many businesses have been forced to shutter their doors for the time being, not all businesses have been deemed non-essential. Some, like H-E-B, have become an even more important part of our daily lives and have successfully managed social distancing guidelines. Pharmacies continue to provide for some of the health-related needs in our community. And most restaurants have remained open with adjusted practices – curbside pick-up and



delivery options have helped these businesses continue to operate and keep employees on the payroll.

While some businesses have been able to pivot and create new, safe ways of operating, make no mistake: many have already been negatively impacted with this massive business interruption. Numerous

employers have been forced to furlough or lay off large segments of their workforce. Lodging partners wonder how long it will take until overnight rooms are booked. Retail shops can't wait to welcome browsing customers. Many establishments look forward to once again welcoming folks for leisurely meals or casual drinks with friends. Doctors, dentists, orthodontists and other wellness practitioners are eager to begin scheduling regular appointments. Those in professional services look forward to face-to-face meetings.

We will absolutely bounce back and soon be stronger than ever. Please continue to patronize and support businesses in our community. By supporting *local*, we will quickly revitalize our overall economic climate in Dripping Springs.

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