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The Gateway to Life in Dripping Springs



# STANBERRY REALTORS®

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3/3/2/2-car beauty in Garlic Creek community! Special kitchen with real wood cabinets, Energy Star appliances, granite & mosaic tile, natural gas cooking, and under cabinet lighting. Perfect situation for a nursery, or 2nd home office in the master bedroom. MLS# 4644784



### **Bonnie Burkett** REALTOR® 512.214.7502 bonnie@stanberry.com



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### **Bonnie Burkett** REALTOR® 512.214.7502 bonnie@stanberry.com



### 5215 BELL SPRINGS ROAD, UNIT B

DRIPPING SPRINGS, TRAVIS COUNTY Beautiful 2018 duplex on 4 acres! Hardwood floor, granite countertops, stainless appliances, plantation shutters, private fenced in yard with garage. Pets welcome! Private hill country living less than 5 minutes into Dripping Springs, 25 min to Bee Cave, 30+ min to Austin. MLS# 1714560 \$2,200/month







### **RESIDENTIAL LISTINGS**

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## 512.848.6163 pope@stanberry.com

### COMMERCIAL LISTINGS

DRIPPING SPRINGS, HAYS COUNTY Creek Road – Pre-Leasing "NEST" Brand New office / retail MLS#8560595, Ranch Road 12 – Sale or Lease Residential / Commercial on 2 Acres / close to town *MLS# 3679352*, **Johnson City** – @ Hwy 281 & Hwy 290 For Sale / currently operating as a local tavern / many potential uses MLS# 8746666







512.762.6217 beemteamtexas@gmail.com

#### SOLD

959 BLUE RIDGE DRIVE DRIPPING SPRINGS 200 BONNIE DRIVE DRIPPING SPRINGS

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### THRIVING OAK DRIVE, LOT 63

STONEWALL, GILLESPIE COUNTY Gorgeous 3.32 acre level, cleared lot in gated Vineyard Ridge community. Offers paved roads, underground utilities, city water, community-wide ag exemption and more. Mature trees, native plants, multiple awesome building sites and breathtaking, long distance views. MLS# 7626380 \$90,000



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Garrett Beem REALTOR® BEEMTEAM

# Pledging allegiance

When I was in elementary school in Dallas, I remember beginning every day standing up at my desk, right hand over my heart, facing the flag that my teacher would be holding and saying the Pledge of Allegiance with the rest of my class. It was a routine that I did five days a week for years. And I admit that my pre-teenage self didn't contemplate very often the words I was saying, nor did I realize at that point how much those words would come to mean to me later in life.



I became cognizant of the great fortune I enjoyed of being an American when I began traveling around the world in my twenties. Things I had always taken for granted like free speech, the right to vote, and to own property, just for starters, weren't always allowed to people in some of the countries I visited. This was shocking to me. From my logical viewpoint, it wasn't fair that everyone couldn't have the same rights I did.

As I grew older I became more aware of just how rare our form of government was. We are a republic; a government held by the people and their elected representatives. And we are also a democracy where the people decide our governing body. It's impossible for me to think of a more fair and equitable way to administer law in a nation.

I am proud to be an American and hold dear the values that our wise founding fathers (and mothers) set into place. It is my hope that my grandson, who is just beginning to learn about this great country of ours, enjoys the same fortune that I have in a nation founded on liberty and justice for all. And when he is old enough to say the Pledge of Allegiance I plan to spend some time helping him understand what a special place he is pledging allegiance to.

All the best wishes for a happy Independence Day and a safe and fun summer.

Thank you for joining us.

Victoria

# Dripping Springs Outlook

*publisher* Victoria Belue Schaefer

*creative director* Cyle Johnson

### ad design

Joey Johnson

### cover photograph

Joey Johnson

### contact

512-709-6935 Info@DSOutlook.com

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## **CALENDAR of EVENTS**

- Every 2nd Sun. at 2pm, Children of the Confederacy, Magnolia Rangers Chapter #927. For more information call 512-858-1085.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit *DrippingSpringsRotary.org*.
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512-858-7825 or *DSCL*. *org* for info. No exercise on library holidays.
- Every Mon. 3pm. Christ centered anxiety/depression support group. Presbyterian Church 26650 RR12. Contact Marsha Young at 512-739-5109 or *myoungcollection@yahoo.com*.
- Every 1st Mon. DS Ag Boosters meet in Ag Building behind DS Middle School at 7pm. Visit *DSAgBoosters.org* for updates.
- Every 1st & 3rd Mon. 6:30pm, Lions Club meets at Dripping Springs Ranch Park located at 1042 Ranch Road 12. Across from the DS Elementary School. For information call Sharon Goss at 512-923-8630 or email *dslionsclub@gmail.com*.
- Every 2nd Mon. G.O.D.S. Moms. Free Childcare. Contact Joanne Thomas at 512 \-894-0581 for more details.
- Every 2nd Mon. Dripping Springs 4-H Club meets at 6:30pm at the Ag Booster Building (located behind DS middle school).
- Every 3rd Mon. Eastern Star meets at Rambo Lodge at 7:30pm. Call Kathy Clark for more info, 512-858-7004.
- Every 3rd Mon. 7pm. Hill Country Centering Prayer Community meets at a local residence. Call Myra at 512-496-1531 or Sharon at 512-413-3248.
- Every 4th Mon. 7pm. Gen. Ben McCulloch 2435 Daughters of the Confederacy meets at Veteran's Hall, Dripping Springs. Call 512-858-7177.
- Every Tues. 6:30pm Toastmasters of Dripping Springs meet at Pioneer Bank, 100 Creek Rd. Visitors welcome. For more info visit *DSToastmasters.com*.
- Every Tues. 5:30pm Al Anon meeting is being held at the Dripping Springs Presbyterian Church, 26650 Ranch Road 12. It is a general discussion meeting. Childcare provided.
- Every Tues. 6pm Nar Anon Family Group at Friendship Creekside Fellowship 14455 Fm 1826. Nar Anon is a 12-step program for family and friends of drug addicts. We share our experience, strength and hope.
- Every 2nd Tues. Bluebonnet Auxiliary meets at 2pm at Hill Country Care Nursing and Rehab Center, 1505 W. 290. Call Janice Ruyle, 512-264-2538 for more information. Volunteers needed. The Bluebonnet Aux provides entertainment and special events for the residents of HCC.
- Every 2nd, 3rd and 4th Tues. 7pm, DS Boy Scout Troop 101 meets at the DS United Methodist Church. Call Tim Short at 512-743-2537.
- Every 4th Tue. Artists Alliance of the Hill Country meet alternating between The Barn on 4000 Bell Springs Road in Dripping Springs and Artists studios. For more information visit *ArtistsAl*-

lianceHC.com.

- Every Wed. Sat. Noon-3pm, Dr. Pound Pioneer Farmstead and Museum is open for tours. Call 512-858-2030.
- Every Wed. Farmer's market at the Triangle, 3-6pm. For more info contact *CityofDrippingSprings.com* or 512-858-4725.
- Every Wed. at 8:30am. The Hill Country Christian Business Networking Alliance meets at El Rey. For more info visit Hill Country Christian Business Networking Alliance (HCCBNA) on Facebook.
- Every Wed. 5-6pm. Christ Centered Prayer, meditation and class. McArthur Hall Meeting Room #1, St. Stephen's Episcopal Church 6000 FM 3237. For more info call 512-847-9956
- Every 3rd Wed. Dripping Springs Cook-Off club meetings in the VFW hall in Dripping Springs. For more information call Michele Ryon 512-299-7455.
- Every 1st Thur. 7pm Vince F. Taylor American Legion Post 290 of Dripping Springs invites all eligible veterans to 101 Old Fitzhugh Rd. For information call 512-858-5637.
- Every 1st Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, *DSCL.org*, 512-858-7825. Newcomers welcome. Email *AdultServices@dscl. org* for details.
- Every 1st Thur. Apr.-Dec. *First Thursday Dripping Springs*, merchants extend their hours until later in the evening and have a variety of specials which might include one-day sales, special activities, food, music and art. For more info visit *FirstThursdayDrippingSprings.org*.
- Every 3rd Thur. at 7pm, Thirsty Thursday is co-sponsored by the City of Dripping Springs and New Life Lutheran Church at City Hall, 511 W. Mercer St. Area poets, musicians, songwriters and storytellers share work. For details call 512-858-2024.
- Every 3rd Thur. 7pm, DS VFW Post 2933 invites all eligible veterans with foreign service to 101 Old Fitzhugh Rd. Call 858-5637.
- Every 3rd Thur. 7pm, Family Support Group for family members, parents, adult children, and partners of individuals living a with mental health condition. Meets at St. Martin de Porres Catholic Church, Room 1. Contact *info@namicentraltx.org* for more information.
- Every 4th Thur. 6pm, Photographers of Dripping Springs meets at the Holy Spirit Episcopal Church, 301 Hays Country Acres. Visit *Photographersofds.us* or on Facebook.
- Every 2nd Fri. Mothers of Preschoolers (MOPS) group meets at 9am at the Episcopal Church of the Holy Spirit (301 Hays Country Acres at Hwy 290W). Childcare available. For information call 512 858-4924 or email *DrippingSpringsMOPS@gmail.com*.
- Every 1st Sat. On or after the full moon, 7:30pm, Rambo Masonic Lodge 426 meets. Dinner at 6:30pm. Call 512-858-7177.
- Sat. July 4, Independence Day

CityOfDrippingSprings.com or 512-858-4725 • (Chamber) DrippingSpringsTx.org or 512-858-4740 (DSISD) Dripping-Springs.K12.tx.us • (DSISD Sports) Dripping-Springs.txed.net/AthleticNews

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Dripping Springs Outlook

folates.

Be Well,

proaches to health.

Regenerative Therapy helps with joint pain and degeneration

by Breca Tracy, PhD

MartinsWellness.com



Although several vitamins are referred to as a B vitamin, each one has a unique chemical structure and is differentiated from the others by a number after the B - from B1 to B12. Eight water-soluble vitamins comprise what is called the "B complex." Besides numbered names,

they also have unique names. Two of them, biotin and folate, are more commonly referred to by their unique names.

- B1 Thiamin; Benfotiamine
- B2 Biboflavin 5'- Phoshate
- B3 Niacin; Niacinimide (non-flushing form)
- B5 Pantothenic Acid; Pantethine
- B6 Pyridoxine; Pyridoxal 5'-Phosphate
- Biotin
- B9 Folate (folic acid, folinic acid, 5-MTHF

• B12 cobalamin (methylcobalamin and adenosylcobalamin) So what happened to B4, B8, B10, and B11? Although these were once considered to be vitamins, it was later discovered they were either made in the body or not absolutely essential for human health. Vitamins are nutrients necessary for human life, but they must be accessed via food or supplementation because they can't be made in the body. These are as listed.

- B4 Choline.
- B8 Inositol.
- B10 PABA

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

• B11 - Pteryl-hepta-glutamic acid. Turns out it's one of the

If you were able to eat large amounts of foods that are rich in

B vitamins, such as fruits, vegetables and grains, you might still

typically fall short of the desired daily intake of B's. Our Wellness

Consultants at Dripping Springs Pharmacy recommend Premier

Complete B capsules by Premier Research Labs as it provides a

full spectrum B vitamin formula with all eight types of critical

B vitamins that are all present in their bio-logically active forms.

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 ap-



Wellness Consultant In Store FREE Wellness Advice

Regenerative Therapy is rapidly becoming the newest, most innovative approach to heal degenerative and arthritic joints working with your body's natural ability to heal itself, and can restore degenerated tissue to a healthier state.

**REGENERATE** in Dripping Springs offers painless, regenerative injections. These remarkable therapies can repair tis-

sue in the body by pinpointing the impaired areas and healing them by regenerating or reviving (i.e. repairing, restoring) cells and tissues. Therapies are particularly effective with degenerative arthritis, degenerative cartilage and ligaments, bone spurs, degenerative joint disease, bursitis and tendonitis.

Often with one injection, joints that were once "bone on bone" can be regenerated. Pain can be eliminated and you can return to the active life you once enjoyed. Do you know how this works?

Natural products from the human body are miraculous tools! Currently in the U.S., tissues containing stem cells can be used to kick start a natural healing process, which allows the body to heal itself naturally. It is now possible to let the body do what it naturally does, with what it naturally once had. Isn't that cool?

Has your doctor told you that joint replacement is the only way to eliminate your pain? This is no longer the case. REGENERATE has performed regenerative therapies on countless patients, most of whom were told to have a replacement. Instead, after one simple injection, the majority of these patients now have significantly reduced pain and are living the active life they couldn't imagine before. Please contact us. We would love to further educate you with what 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. www.naturalhealingtx.com.



**Dripping Springs Outlook** 

### Teeth whitening



Whitening is any process that will make teeth appear whiter. This can be achieved in two ways. A product can bleach the tooth, which means that it actually changes the natural tooth color. Bleaching products contain peroxide(s) that help remove deep (intrinsic) and surface (extrinsic) stains. By contrast, non-bleaching whitening products con-

tain agents that work by physical or chemical action to help remove surface stains only.

Whitening products may be administered by dentists in the dental office, dispensed by dentists for home-use, or purchased overthe-counter (OTC), and can be categorized into two major groups:

- Peroxide-containing bleaching agents; and
- Whitening toothpastes

#### Peroxide-containing bleaching agents

Carbamide peroxide, used in many bleaching products, breaks down into hydrogen peroxide and urea, with hydrogen peroxide being the active bleaching agent. A bleaching product containing 10 percent carbamide peroxide yields approximately 3.5 percent hydrogen peroxide. The most commonly observed side effects with these peroxide-based bleaching agents are tooth sensitivity and occasional irritation of soft tissues in the mouth, particularly the gums. Tooth sensitivity often occurs during early stages of bleaching treatment. Tissue irritation may result from an ill-fitting tray used to contain bleaching product. Both tooth sensitivity and tissue irritation are usually temporary and stop after the treatment. Of course, I prefer the professional whitening systems because of the custom trays that we make in our office. The results seem more precise.

by Ron S. White, DDS

#### *Whitening toothpastes*

Whitening toothpastes contain polishing or chemical agents that are designed to improve tooth appearance by removing surface stains. They do this through gentle polishing, chemical chelation, or some other non-bleaching actions

The American Dental Association recommends that if you choose to use a bleaching product, you should only do so after consultation with a dentist. This is especially important for patients with many fillings, crowns, and extremely dark stains. A thorough oral examination, performed by a licensed dentist, is essential to determine if bleaching is an appropriate course of treatment. The dentist and patient together can determine the most appropriate treatment. The dentist may then advise the patient and supervise the use of bleaching agents within the context of a comprehensive, appropriately sequenced treatment plan.

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!



Dripping Springs Outlook



## Physical therapy can help your golf swing

by Wes Powers, PT, DPT

Whether a weekend warrior or regular golfer, chances are most of us experience a degree of pain or limitation during or following an 18-hole round. While muscle soreness for a few days following a round is expected, pain while playing or lingering two days after is not normal.

If the body is not moving properly or playing through pain, it is likely compensations in the golf swing will occur and lead to bad performance on the course and possibly further injury.

The golf swing is very complex, consisting of many different dynamic joint and muscular movements. Golfers with poor body mechanics, joint restriction, muscle tightness, muscle weakness, or limitations due to pain will not perform the correct range of motion and form necessary in the backswing, at ball address, or with their follow through which can lead to swing faults. A physical therapist can address all of these issues through a targeted stretching, strengthening, and joint mobilization program to achieve proper biomechanics necessary for a proper golf swing while reducing pain.

A physical therapist can help form an individualized golf rehabilitation program to include:

1. Balance training: Dynamic weight transfer and distribution during the golf swing is essential for adequate ball striking

2. Hip, back, shoulder joint mobility: Achieve range of motion

necessary for full backswing and follow-through through manual therapy and muscle stretching

3. Hip and core strengthening: Address muscle imbalances and weakness to gain more stability and power during the swing

4. Reduce pain: All of the above will reduce pain along with possible modalities necessary which can be recommended by your therapist

Getting a thorough evaluation of your golf swing by a physical therapist can help you optimize your body's ability to swing with more power and stability while reducing pain and limited mobility. While a golf professional is probably the best person to consult for issues with your swing, a physical therapist can help you with any issues in body mechanics to help eliminate physical limitations or pain. Make sure to contact us here at Kethley Physical Therapy if you would like to get an evaluation so we can help you hit those fairways.

Wes Powers, PT, DPT is a full-time licensed physical therapist at Kethley Physical Therapy. Kethley Physical Therapy has been providing physical therapy to the Dripping Springs and surrounding communities for over 15 years! KPT has two convenient locations and seven licensed physical therapists to treat all your musculoskeletal needs. We are open from 7am to 6pm Monday-Friday and can be reached at 512-858-5191 or at KethleyPT.com.

# **KETHLEY PHYSICAL THERAPY**



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Serving the Dripping Springs Communities for 18 years!Now Two Locations Serving the Dripping Springs Community(512) 858-5191www.KethleyPT.com(512) 894-2194800 West Hwy 290, Bldg B13830 Sawyer Ranch Road, Ste. 300In The Arbor CenterIn The Medical Tower at Sawyer Ranch

Dripping Springs Outlook

### Virus times: The mirror



In these one hundred days since many of us have been socially isolating, the virus has pulled us away from our old lives. In its place it's given us something that's maybe been in short supply - time. These past few months can also be a preview into what retirement might look like,

when our lives won't be so shaped by the demands of work or kids' schedules. But for a minute, imagine you're driving down the road with a fat roll of one hundred dollar bills sitting beside you. Would you peel off a greenback and just toss it out the window? Watch it from the rearview mirror, flipping in the air like a leaf, only to be run over by the car behind you? What would be your reaction? Shock, right? No way would you do such a wasteful thing. However, the most precious resource we have isn't money, it's time. And we waste it as though we've got gobs of hours, days, weeks, and months stockpiled on the other side of this present moment. We fritter it away on television that's a bit boring, work that's stable but dull, and friendships that neither inspire nor support us. But security, the known, is better than nothing, right? Yet we don't have a fat roll of time tucked in our pocket, even though we tell ourselves that someday we'll do something brave.

That's why not turning away from the mirror is so important. We need to see what is working or not working in our world. From my own experience, and the experiences shared to me by my clients, growth is tied to us becoming the architects of our own happiness. And to discover what is essential we must notice what it is that we long for: a need, a desire, a dream that doesn't go away. It needles and nags us. We find ourselves jealous or envious of others who have had the tenacity to go for it. But we tell ourselves, well maybe next year I'll learn to fly an airplane. Or when the kids are out of school, then I'll dig out my brushes and canvases stashed somewhere in the garage and finally take up watercolors.

But here's the trick, or the magic, or the miracle, or the intentionality rolled into daily practice. It occurs one day at a time, by leaning into what you really, really want, and tolerating the ego insults of the learning curve. With time you'll get better at your goals, which morphs from a dream into something you simply do. And it will be the gift you give yourself of working hard until you come away proud. And maybe, just maybe, that will be one of the silver linings in this time of the virus.

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



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

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#### Are your hands giving away your age? by Rocco C. Piazza, M.D

Okay, so now that the word is out and we have everyone on board with how important it is to take good care of your face with skincare, facial treatments, BOTOX Cosmetic, and fillers at our Austin med spa, let's move on to the hands!

So how do you reclaim your beautiful hands? Good news ... I have answers!

What makes the hands look older?

Aging of the hands is characterized by loss of elasticity and loss of volume. Thus, veins, tendons, and bony structures become more apparent and make the hands look less desirable. The skin becomes thin, loses elasticity, and develops age spots as well.

Say "hello" to Restylane Lyft

Restylane Lyft is the first and only hyaluronic acid (HA) injectable filler FDA-approved to treat the face and hands. Lyft is an HA filler that helps restore natural volume and smoothness to your hands. Following the trend in facial cosmetic procedures, we've seen an increase in clients requesting hand rejuvenation treatments. Restylane Lyft is the leading HA filler used to help restore volume and camouflage signs of aging on the hands.

Don't forget the skin

Many clients combine their volume restoration with skin treatments such as IPL photofacials and microneedling to help address both pigmentation and texture of the skin on the back of the hands giving the hands a global refresher.

Filler treatment details

Filler treatments to the hands take about 10 to 15 minutes and involve minimal to no discomfort (all Restylane products contain numbing medication). The cost for hand rejuvenation with fillers is approximately \$1,000 to \$1,500. Results last about 9 to 12 months.

Call The Piazza Center at 512-288-8200 or online at www. thepiazzacenter.com for a complimentary consultation regarding nonsurgical hand and facial rejuvenation with Austin's leading injectors, Hayley Pena, BSN, RN, CPSN and Alison Kothmann, BSN, RN.

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. Call 512-288-8200 and visit the web site www.thepiazzacenter.com.



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

MARCELO ANTUNES, MD, FACS Facial Plastic & Reconstructive Surgeon 7900 FM 1826, Health Plaza II Suite 206, Austin, TX 78737 0:512.288.8200 F: 512.288.8207

by Karen Laine,

www.thepiazzacenter.com



### Get kissed by the sun without the damage Para-Medical Aesthetician

Warm weather is here and summer fashions are exposing more skin. Many of us with light skin feel a bit awkward since Coco Chanel, of designer fame, made it vogue to have a tan. Instead of damaging and prematurely aging your skin with sun exposure or tanning beds, why not try air-brush tanning?

Sunless tanning is a safe, easy way to obtain a natural looking golden glow year round without exposure to harmful UV rays. A colorless, even mist is hand applied to the skin's surface using an airbrush. Once applied, the solution immediately begins to react with the surface skin layer. Within hours, a natural looking tan begins to develop and after 12 hours the color will be fully developed.

The tanning solution has been tested and recognized as safe by the FDA. DHA is a naturally occurring sugar that reacts with the skin's proteins to form a long lasting, healthy tanned appearance.

The average full body session generally takes 20 minutes to apply and dry. An airbrush tan can last between 5-10 days depending on your skin type and activity level. The sunless tan fades naturally as your body sheds the tanned skin cells. Keep your skin well moisturized to ensure the longest lasting, most even color.

Shower, thoroughly exfoliate your skin and shave no less than 8 hours prior to your session. Make sure your skin is squeaky clean,

free from lotion, deodorant and makeup. A blocking cream is applied to areas that tend to absorb with more intensity to give a more even, tanned appearance.

Wear comfortable, loose fitting, clothing to your appointment. A dark colored swim suit or undergarments will form your tan lines. You can avoid tan lines by choosing to have a complete body tan. This procedure will be handled with the utmost discretion. Air-brush tanning does not protect you from burning and damaging UV rays. The sunless tan is strictly cosmetic. Always wear appropriate sun screen when exposure to the sun is imminent.

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.



**Dripping Springs Outlook** 

### Fleas: The tiny pest



This summer has been primed for an escalation in fleas due to the mild winter and significant rains Central Texas has received in the spring. These two factors have created an environment that is perfect for a record number of the menacing pests. There are over 1,900 flea species

in the world but cat and dog owners should only be concerned with only one: Ctenocephalides felis, the cat flea.

Fleas are not only a nuisance but carry many harmful and deadly diseases that not only affect our pets but can cause harm to people as well. Treating your pets can help keep your family safer. A heavy flea burden is lethal, especially to smaller, elderly, or younger animals. Conditions brought about via flea infestation include, Flea Allergic Dermatitis, anemia, Bartonellosis (Cat Scratch Fever), and Tapeworms.

Despite Ctenocephalides felis' ability to feed off a wide variety of hosts, this flea definitely does not prefer human blood and won't eat it unless absolutely necessary. A newly emerged adult flea is hungry and may well take a blood meal from the first warm body it finds. An adult flea knocked off its normal host will also be desperate to find a new host and may feed on the nearest warm body it can find. In general, adult fleas regard human blood as a last choice and humans tend not to be bitten unless flea population numbers are high.

Fleas are adaptive and their life cycle is always active: eggs are laid, larvae are developing, pupae are growing, and adults are feeding and reproducing. The environmental temperature controls how fast this occurs. If you want to eradicate the flea population in a specific home, it is best to attack when numbers are low in the winter. It is a mistake to stop flea control products in the winter as it will be much harder to gain the upper hand in the spring and summer when the populations are rising.

A big mistake people often overlook is treating the environment which consists of the house and yard. Foggers and sprays are available through local pet stores and hardware stores that are effective against fleas and other biting insects. There are many different flea products for cats and dogs that can be administered topically or orally. These medications can be in combination with heartworm prevention. All of these products either paralyze the mouth parts of fleas or are growth inhibitors. The receptors for these chemicals or pharmaceuticals are specific for insects so it is safe for mammals. Most over-the-counter products aren't very effective and lead to ongoing infestations. Consult with your veterinarian about which product would be appropriate for your pet.

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.



### I stop folding the clothes

by Deborah Carter Mastelotto

"I Stop Writing the Poem to fold the clothes. No matter who lives

or who dies, I'm still a woman. I'll always have plenty to do. I bring the arms of his shirt together. Nothing can stop our tenderness. I'll get back

to the poem. I'll get back to being a woman. But for now there's a shirt, a giant shirt in my hands, and somewhere a small girl standing next to her mother watching to see how it's done." ~ *Tess Gallagher* 

Tess Gallagher wrote the poem above at what was probably the most fragile period of time in her life. Her life partner Raymond Carver just died six months after marrying her. She was in the vortex of writing poems for the soon-to-be-iconic collection "Moon Crossing Bridge," so the pause for reflection on the healing nature of mundane tasks, and the importance of continuing with the seemingly endless chores life demands of us was profound for her. We can feel the grief behind her words.

She describes the ordinary yet necessary chore of folding clothes, and we get it. Sometimes, when it comes to 'being of service,' we can't even manage to be of service to ourselves. We are forced by the worst circumstances to sort through closets we don't even want to look at, clean up after an endless barrage of visitors we don't want to visit with and return a myriad of well-wishing emails and phone calls, when our strongest need is to curl up under the blankets and never leave our bed. But that's exactly why it's so important to make ourselves a cup of coffee and do the laundry. It's important to put one foot in front of the other, scrub a floor, make a pot of soup, fold a shirt. "No matter who lives or who dies," we always have laundry. We can either avoid these small, repetitive acts of mundane service or use them to ground us and remind us: There will be a tomorrow and life goes on.

Deborah Carter Mastelotto is a pathological entrepreneur, a minor student of quantum physics, unapologetic observer of human nature and undefatigable advice-giver. pinkchronicity.com. Salon located at 511 Old Fitzhugh Rd. 512-447-2888



Dripping Springs Outlook

### Litigation: Beam me up Scotty!



#### by Roland Brown

In just a few minutes, I'll be appearing before one of our fine district judges for a hearing that will take place in a virtual courtroom. COVID-19-related measures have steered the practice of trial law much deeper into the technological world that had already revolutionized the way we present the issues that are of

concern to our clients. Just a few days ago, another of our judges offered me and an opposing attorney the opportunity to try a serious personal injury jury trial using Zoom. Even though we will likely have to wait as much as another year to get that case to trial, we declined the opportunity in this instance. The future will likely find us trying jury cases in virtual courtrooms. The news has reported that one such trial has already taken place in another county. For now, though, I want to face witnesses in the same room where I believe I can elicit more truthful and compelling testimony from both friendly and hostile witnesses. I want to be in a space where each juror can watch every move that I make and every expression that crosses my face. I want them to do the same thing with my opponents, believing that with everyone continuously under the microscope, the sense of justice that I feel regarding my clients' cases will be understood in that proximity of human being to human being.

Other aspects of trial practice are also changing. Many, if not most, depositions are currently being taken via Zoom. While I continue to try and take most depositions live for some of the same reasons that I prefer a live jury trial, using Zoom-type technology for depositions is less problematic than trying a case using such technology. I began occasionally taking depositions by telephone decades ago, particularly for shorter depositions of witnesses residing out of state, and I found that process very workable. Accordingly, with the added benefit of being able to see the witness on screen, virtual depositions work nicely.

So, as I wrap up this article, I am about to join Judge Boyer and opposing counsel in the virtual courtroom for a motion hearing. Beam me up, Scotty!

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.



### LITIGATOR

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### Are you financially secure?



Along with health and home, the ability to earn a living is one of the most important things in life. Income is essential to a household's financial security and intricately linked to overall well-being. But when it comes to protecting income, many small business owners and indi-

viduals may overlook the need to make it a priority. In fact, only about three in 10 say it is important to protect their income — far below protecting health, home or even a car. What happens when you're in business for yourself or have a small business and you can't work? Do you have Disability Insurance?

A big myth is disabling accidents happen at work. Only five percent of all disabling accidents or illnesses occur or are related to work. Most disabilities are not covered by workers compensation or Social Security Disability Insurance. Unfortunately, even when income stops or is reduced, workers still have to pay their bills, feed their families, etc.

My father-in-law was a practicing Ob/Gyn, MD in Boston when he had a heart attack. He had a triple by-pass. Two of his four daughters were still in school, college and private high school. His private practice had an office manager along with a nurse. Fortunately, he not only had disability insurance but also over-head protection coverage. His family did not suffer from income loss and he was able to bring in another doctor to cover his patients and pay his rent and payroll. Had he not been a planner he would have had a challenging outcome with his family and medical practice. It took several months after he came back to work to re-establish his schedule and practice and his insurance was able to bridge the gap. He was able to sell his practice several years later and retire as the business suffered no ill consequences.

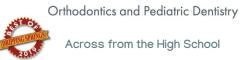
If you're not sure how protected your family's financial security is based on your income protection plan, reach out to me and let's review your plan.

This article is meant to be general, and it is not financial advice or a recommendation of any kind. Please consult your advisor before making financial decisions. Albert Gonzalez offers securities and investment products and services through Waddell & Reed, Inc. (WRI), member FIN-RA/SIPC. JTL Wealth Partners is a separate entity from WRI. Insurance products are offered through insurance companies with which Waddell & Reed has sales arrangements. Albert has worked in the insurance and financial services industry for over 15 years and has opened a new office at 13062 W HWY 290, Suite 204, Austin, TX. Contact information: agonzalez@wradvisors.com 817.247.6129 www.JTLWealthPartners.com (06/20)





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### Managing withdrawals carefully can protect retirement income

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



Don McGraw

Throughout much of your working life, you contribute to your 401(k), IRA and other investment accounts to help ensure a comfortable retirement. However, once you do retire, you'll need to shift your focus somewhat from building these investments to using them. You'll have to start withdrawing from your portfolio to meet the costs of living. How can you be sure you're not tak-

ing out so much that you risk outliving your resources?

First, establish a proper withdrawal rate, the percentage of your portfolio's value needed for one year's worth of retirement expenses. Ideally, if you were to stick with this rate, your portfolio would last as long as you do. Your withdrawal rate should be based on a number of factors, including your age, amount of assets, portfolio mix and retirement lifestyle. A financial professional can help you determine the rate that's right for you, but it's important to understand that this rate is a starting point since you will want to review your withdrawals each year to ensure they are still appropriate.

If the financial markets performed smoothly and predictably, year in and year out, any adjustments you make would likely be more modest. But, as you know, the markets are neither smooth nor predictable. Rather than constantly trying to change your withdrawal rate and spending in response to movements in the markets which may be challenging if you have grown accustomed to a certain standard of living, you might be better off adopting a more conservative rate at the beginning of your retirement. For example, if you are in your mid-60s, you could start at a withdrawal rate of about 4%, which also assumes an increase in withdrawals (a "raise") of approximately 3% each year to incorporate inflation. By starting at a more modest withdrawal rate, you have flexibility for those years the market drops significantly. And you could increase your chances of extending the lifetime of your portfolio.

If, for instance, your portfolio were to fall 20% in one year, the 4% you had planned to withdraw would actually become 5% because you're taking out the amount you had planned, but now it's from a smaller pool of money. If this happens, should you consider making an adjustment?

There's no easy answer. The amount you withdraw from your portfolio has a major impact on how long your money lasts. You'll improve your likelihood of success if you are able to be flexible and make some spending adjustments. Your financial advisor can run different scenarios to determine if adjustments need to be made to ensure you remain on track. Think carefully about your withdrawal rate. By managing it carefully, and reviewing it over time, you can take greater control over your retirement income.

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

## Dripping Springs Chamber of Commerce Focus on Business: Lang Canine Obedience by Andrea Lang

Lang Canine Obedience is proud to be unique in the dog training industry by exclusively offering personalized, in-home obedience lessons for dogs and their families. While Lang Canine Obedience is only in their second year of business here in the Texas Hill Country, their owner, an ex-

perienced AKC-recognized trainer, Andrea Lang has 10 years of experience training family, therapy, service, and even police K9 dogs. Andrea is now putting her vast knowledge and experience into action by offering puppy lessons, basic and advanced obedience courses, behavior modification and rehabilitation, Canine Good Citizen testing, foster placement programs, and more to the every-day dog and family. Andrea strives to provide her clients only the best and most current techniques and practices by staying educated on the ever-evolving changes of the dog training industry through seminars, workshops, and local volunteer work.

Instead of taking an approach to only create an obedient dog, Andrea focuses on effectively teaching the owner on how to train their own dog – leaving every family member confident and in



successful way - even kids!

In addition to providing top-notch training to canines, Lang Canine Obedience is known for exceptional customer service and flexible scheduling hours. Clients feel supported knowing that Andrea is always available for continued guidance and instruction outside of scheduled appointments. Lang Canine Obedience is fully insured and recognized by the American Kennel Club as a professional, trusted, and humane training company. With their long list of satisfied clients and veterinarian partners, there is no doubt that Andrea is the perfect fit for you and your four-legged friend.

Contact Lang Canine Obedience by calling Andera directly at 512-829-1454 or by email at andrea@langcanineobedience.com.

Dripping Springs Outlook

July 2020

control, no matter the situation.

What really sets Andrea apart

from other trainers is her ability

to train people. She makes lessons

engaging by tailoring each session

to fit the learning style and needs

of every family member which

ensures all in attendance learn to

apply her techniques in a fun and

### First time is a charm

by Lindley Pond



By now, I'm sure we are all deep in the throes of summer and its inevitable heat. I'm writing this article in the first week of June, so haven't a clue what we will experience this month. May proved to be unusually wet and it's nice to see the greenery as well as to know our water tables are up. We'd gotten so used to our severe drought

situation that our *fixes* for drainage – new hardscaping and usage of some products – seem to have been done in vain. I witnessed this at my own home.

Since we can no longer swear to hot, dry summers or super cold winters, it's not a bad time to think about the *what if's*. This approach could save not only dollars, but the headache of redoing what we were sure was going to work. Careful planning for all our outdoor wants can not only give us the desired results, but protect them. There are many simple things to implement before more permanent things such as patios, walkways, and a seating area are installed. Area drains, swales to redirect water, berms to maintain the water's movement, positive drainage away from homes, as well as slight crowning on hardscaping surfaces will help water not pool and move it away from areas it doesn't need to be.

Normally, I'm not a fan of planting in July unless your schedule allows for much TLC to get things established. If you must, try to keep things small as our ground has already heated up, putting undue stress on plants' root systems. Take time now to use what you have seen with the water to come up with a plan that can be implemented as the war chest allows, keeping in mind that sometimes the pot of gold has to wait for the essentials to be put in place.

All worth it at the end of the project that was done only *once*. Happy July! Give us a call if you need some help, we'd love to make the project perfect.

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.





Perfect Hill Country peaches

by Laurel Robertson

have to choose your favorites yourself.

Checkout this recent Washington Post article for tips on how to plan a successful trip to the farmers market during the coronavirus.

Washington Post, June 18, 2020 – (www.washingtonpost.com.) FRESH, HEALTHY AND SAFE: NAVIGATING FARMERS MARKETS IN AN AGE OF SOCIAL DISTANCING.

"Farmers markets can be a safer space to shop than the grocery store due to their outdoor locations, and your food will pass through fewer hands, too, since markets are part of a shortened supply chain."

The Dripping Springs Farmers Market is owned and operated by the City of Drippings 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 http://www. cityofdrippingsprings.com/page/fm.home).



The best reward for living through a hot Central Texas summer is the relief and instant gratification offered by homegrown tomatoes, peaches, and melons. Let's look at those stars of midsummer - peaches.

The Stonewall/Fredericksburg area just west of Dripping Springs is highly renowned for the delicious sweetness of their annual peach crops. Peaches this ripe and juicy couldn't survive a 1,000-

mile trip from California, Georgia or Florida in a refrigerated truck to arrive in good shape and flavor. To survive that kind of shipping, peaches (and other tender produce) must be picked before they're ripe, and then gassed with ripening compounds to approximate the appearance of tree-ripened fruit. They never develop the juicy texture or complex sugar content that a truly tree-ripened peach has.

Peach farmers in Central Texas have several generations' knowledge of the best varieties to grow for the soils and temperature ranges in this locale and are constantly exploring new varieties to achieve those stellar-tasting peaches their customers have come to expect. John Engel, of Engel Farms, has been selling peaches in our market, and at the family fruit stand outside Fredericksburg, for years. If you've never experienced the juicy, drip-down-yourchin sweetness of his peaches, you owe it to yourself to come to market for that. By growing many varieties of trees, he keeps a harvest that spans the season, from early June clingstones to midand late-summer freestone varieties. They're all delicious – you'll

Dripping Springs Outlook

### Microbiological safety of your water



The subject of water quality is widely discussed and certainly becomes a topic of interest to new Hill Country residents who may have relocated from a more urban setting and find themselves faced with water problems.

Paramount among these issues is en-

suring that your water supply is free of bacterial contamination and therefore safe to drink. The most common type of bacteria found in untreated household water supplies is *coliform*. Ingesting this type of bacteria typically causes varying levels of stomach upset and intestinal issues.

If you pay a water bill each month, you can typically rest assured that the water is being disinfected with chlorine, or *chloramines*, before being distributed to your neighborhood. However, if your household water is supplied by a rain water system, or a privately owned well on your property, it is very important to be aware of the microbiological safety of your water. Without outside interference, it is fairly uncommon for water pumped directly from a conventional water well to be contaminated with bacteria. Examples of outside sources of contamination can include animal enclosures or septic drain fields in close proximity to the wellhead. One common cause for bacterial contamination in household supplies is often a large storage tank which is filled by the well or by a rain water collection system. As beneficial as these storage tanks are, this water is unavoidably exposed to the possibility of contamination, making it necessary to consider adding a disinfection step to your home water treatment system.

Compared with the maintenance hassles associated with adding chemicals to your water, ultraviolet disinfection is a much more user friendly method of sterilizing your water supply. These wall mounted units are most effectively placed as the last step of treatment in your system. This way the water is already filtered or treated for minerals before entering the UV unit, which helps to minimize ongoing maintenance. It is important to note that UV bulbs should be changed once per year to maintain maximum effectiveness. Contact a licensed water treatment specialist if you have any concerns about the quality of your water supply.

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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