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The Gateway to Life in Dripping Springs



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A good reason to chill

Everyone is familiar with that old rhyme, "I scream, you scream, we all scream for ice cream." The big scoops of Poteet strawberry and Cookies and Cream on our cover this month would make most ice cream lovers want to scream for a bite. It could even take their minds off other reasons why they might want to scream right now.



The number of important issues demanding our attention can feel overwhelming. And every day seems to bring something new that needs to be

addressed – societal, environmental and health issues – vital to not only our personal growth but our growth as a nation. So many of these issues are at a boiling point and I feel the tension and stress.

With that in mind, I am not attempting to minimize any of these matters, they must all be addressed and resolved to the highest standards of who we are as humans and Americans. But during these August days when temperatures are blazing, I would suggest occasionally turning your attention to something that can calm your senses and soothe your soul. Even for a moment, give yourself a respite.

For me, it's the sublime taste of ice cream. Any flavor will do. The contrast of cool on a hot day; maybe strawberry and chocolate combining to create refreshment and deep richness. A sense of pleasure radiates through me. And sometimes from that very sense, new ideas will form from a place filled less with tension and frustration but from a broader view that might offer better possibilities. Can ice cream really do all of that? I believe so. But so can taking a walk after the heat of the day, playing fetch with your dog or reading a good book. You get the idea.

Thank you for joining us.





Dripping Springs **Outlook**

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CALENDAR of EVENTS

- 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 Tues. 6:30pm Toastmasters of Dripping Springs meet at Pioneer Bank, 100 Creek Rd. Visitors welcome. For more info visit *DSToastmasters.com*.
- Every Tues. 5:30pm Al Anon meeting is being held at the Dripping Springs Presbyterian Church, 26650 Ranch Road 12. It is a general discussion meeting. Childcare provided.
- Every Tues. 6pm Nar Anon Family Group at Friendship Creekside Fellowship 14455 Fm 1826. Nar Anon is a 12-step program for family and friends of drug addicts. We share our experience, strength and hope.
- Every 2nd Tues. Bluebonnet Auxiliary meets at 2pm at Hill Country Care Nursing and Rehab Center, 1505 W. 290. Call Janice Ruyle, 512-264-2538 for more information. Volunteers needed. The Bluebonnet Aux provides entertainment and special events for the residents of HCC.
- Every 2nd, 3rd and 4th Tues. 7pm, DS Boy Scout Troop 101 meets at the DS United Methodist Church. Call Tim Short at 512-743-2537.
- Every 4th Tue. Artists Alliance of the Hill Country meet alternating between The Barn on 4000 Bell Springs Road in Dripping Springs and Artists studios. For more information visit *ArtistsAllianceHC.com*.
- Every Wed. Sat. Noon-3pm, Dr. Pound Pioneer Farmstead and Museum is open for tours. Call 512-858-2030.

- Every Wed. Farmer's market at the Triangle, 3-6pm. For more info contact *CityofDrippingSprings.com* or 512-858-4725.
- Every Wed. at 8:30am. The Hill Country Christian Business Networking Alliance meets at El Rey. For more info visit Hill Country Christian Business Networking Alliance (HCCBNA) on Facebook.
- Every Wed. 5-6pm. Christ Centered Prayer, meditation and class. McArthur Hall Meeting Room #1, St. Stephen's Episcopal Church 6000 FM 3237. For more info call 512-847-9956
- Every 3rd Wed. Dripping Springs Cook-Off club meetings in the VFW hall in Dripping Springs. For more information call Michele Ryon 512-299-7455.
- Every 1st Thur. 7pm Vince F. Taylor American Legion Post 290 of Dripping Springs invites all eligible veterans to 101 Old Fitzhugh Rd. For information call 512-858-5637.
- Every 1st Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, *DSCL.org*, 512-858-7825. Newcomers welcome. Email *AdultServices@dscl.org* for details.
- Every 1st Thur. Apr.-Dec. First Thursday Dripping Springs, merchants extend their hours until later in the evening and have a variety of specials which might include one-day sales, special activities, food, music and art. For more info visit FirstThursdayDrippingSprings.org.
- Every 3rd Thur. at 7pm, Thirsty Thursday is co-sponsored by the City of Dripping Springs and New Life Lutheran Church at City Hall, 511 W. Mercer St. Area poets, musicians, songwriters and storytellers share work. For details call 512-858-2024.
- Every 3rd Thur. 7pm, DS VFW Post 2933 invites all eligible veterans with foreign service to 101 Old Fitzhugh Rd. Call 858-5637.
- Every 3rd Thur. 7pm, Family Support Group for family members, parents, adult children, and partners of individuals living a with mental health condition. Meets at St. Martin de Porres Catholic Church, Room 1. Contact <code>info@namicentraltx.org</code> 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.

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 (DS youth Sports) DSYSA.org • DrippingSpringsTx.com

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Monolaurin: Helpful antiviral?

by Lauren Meyer



Monolaurin is derived from lauric acid, a medium-chain saturated fatty acid found in coconut oil. It has antimicrobial, antiviral, and antibacterial properties. It is a very safe nutritional way to fight off infections that may arise during the cold/flu season and a great boost for your body to get the upper hand on long-

term infections like Epstein-Barr virus.

Although its exact mechanisms as an antiviral are unknown, it is said to work by binding to the lipid-protein envelope of the virus, thereby preventing it from attaching and entering host cells. In other words, it prevents infection and replication by destroying the viral envelope. When replication is slowed, your body's own immune system can keep the infection in check. The antibacterial properties of monolaurin are clearly established in scientific research. Some studies have found its effectiveness in killing antibiotic resistant infections such as staph. One upside of using monolaurin as an antimicrobial is that it has not been shown to create antibacterial resistance or to have adverse effects on beneficial intestinal flora. Monolaurin is safe and is not associated with any negative side effects.

You cannot get enough lauric acid for therapeutic value by eating coconut oil alone, therefore a supplement will be much more

effective. Our favorite is Monolaurin by Ecological Formulas. Come by Dripping Springs Pharmacy and speak with one of the wellness consultants about which supplements may be right to boost your immunity and dig into the root cause of illness.

Stay safe. Stay healthy.

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





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

Joint pain: Have you considered a natural therapy as an alternative to surgery?

by Breca Tracy, PhD



At REGENERATE in Dripping Springs, we have amazing products that can help with rebuilding, repairing and restoring soft tissue components in areas of the body such as joints and tendons. One of the most successful products on the market is one of our favorites! It's called Surforce and it's the most concentrated amniotic membrane out there. Our medical team has been working with this

product for almost three years. It provides a protective cushion that both supports damaged joints, cartilage, tendons, ligaments, and other soft tissues. Surforce provides a natural, immune evasive barrier to cushion and support damaged tissues.

The amniotic membrane Surforce is minimally manipulated and cryopreserved using a proprietary process to create an injectable that can be used in a variety of therapeutic applications. This cryogenic process is important to preserve the natural properties of the amniotic membrane. This ensures that the major benefits of the material are retained in the final product.

Amniotic membrane has been successfully used for decades! Studies show that amniotic membrane has low levels of antigen expression and does not trigger an immune response in patient recipients. With no adverse reactions reported in over 10,000 injec-

tions, Surforce has a proven history of safety and quality.

Every second that we're alive the cells in our bodies are endlessly working to bring us back to a natural state of homeostasis or equilibrium. Surforce aids in the process by acting as a natural barrier to support and combine damaged tosses during the healing process.

Surforce retains the native characteristics and inherent functionality of allograft tissues, including the ability to act as a support, barrier, and cushion which aids in the process of regenerative medicine as an adjust therapy to your innate physical healing process. Research and clinical studies have shown promising results for the use of cryopreserved amniotic suspension for knee osteoarthritis and much more.

We have a very unique team of experts here in Dripping Springs. Come see us, call us, or email us!

We have a very unique team of experts here in Dripping Springs. Come see us, call us, or email us! Dr. Breca Tracy currently serves as Director of Science & Operations at the Stem Cell Center Dripping Springs. Breca has resided in Dripping since 2007 after obtaining her Ph.D. in Biochemistry & Molecular Biology from the University of Oklahoma Health Sciences Center. 512-368-4548, 800 Hwy 290 W, Building F, Suite 200. www.naturalhealingtx.com.

by Ron S. White, DDS

Straighten out your teen with Invisalign

Invisalign is offering their state-ofthe-art technology for teens. At first I thought it was a crazy idea too; teens keeping up with clear trays on a daily, much less hourly basis? But according to the invisalign research, teens are actually more compliant wearing the invisible aligners than adults!

Here are reasons to consider Invis-

align for your teen:

Removable – Invisalign Teen allows your child to remove the aligners for eating and brushing, so it is easier to maintain proper oral hygiene. Your teen can brush and floss normally, which can help prevent tooth decay and gum disease.

Better than that, since they are removable, there are no food restrictions.

Best of all they are conducive to our kid's active lifestyles. Trays can be removed for games and practices or playing band instruments. Your teen can participate in their favorite activity without the worry of mouth injury.

Invisible - Let's face it, our teens are very self-conscious about their appearance. With Invisalign their peers can hardly notice they are straightening their smile giving them greater self-confidence. Those important pictures will be metal and bracket free!

Comfort – Invisalign straightens your teeth with tooth-colored attachments and clear plastic trays with no metal for much better

comfort.

Time Savings – With Invisalign you and your teen are actually in the office less time because instead of an office visit to tighten your braces, you simply start wearing your next aligner approximately every two weeks. In addition, there are no "emergency" visits because of broken wires and brackets.

Compliance Indicators – Invisalign has added a really cool feature that allows you and your practitioner to check how long your teen has been wearing each aligner. On each aligner there is a blue indicator. As the teen wears the aligner there is an enzyme that reacts to their saliva that turns the blue dot to white upon appropriate wear.

Lost Trays – Invisalign is also providing six free replacement trays in case your teen loses their aligners throughout treatment.

These are great reasons to think about Invisalign for your teen, although it is not for everyone. As a parent, you should ultimately gauge the responsibility level of your teen and how motivated they are in wanting a straight smile.

Dr. Ron White is located at 4189 E. Hwy 290. He has served Dripping Springs Smiles for over 15 years. He and his team strive to provide comfortable, compassionate care in a calm and luxurious office. Appointments can be scheduled by calling 512-858-LOVE Your Smile (5683).



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

CALL TODAY FOR YOUR FREE CONSULTATION!

512.858.LOVE

Ankle sprain



An ankle sprain is a common injury that most will likely experience at least once in their lifetime. A sprain is defined as an injury to the ligaments of a joint (ankle, wrist, knee) which is caused by a twisting or rolling movement that results in an excessive stretch on the tissue.

Ligaments are the elastic structures which connect bone-to-bone and are considered sprained when they are stretched beyond their normal limits.

The most common type of ankle sprain is an inversion sprain, which means that the ankle rolls out while the toes point inward. Excessive force in this position damages the ligaments on the outside of your ankle which connect your fibula, (the long skinny bone on the outside of your lower leg) to the calcanenous (your heel bone), and your talus bone. The talus allows your ankle to pivot front, back, and side-to-side to a limited degree. Walking on uneven ground, unexpected step downs, a fall, or landing a jump can all result in this injury if your body is not prepared for it.

There are three grades of ankle sprains, which increase in severity depending on the amount of force on the ligaments. A grade I sprain is excessive stretch or microtearing of the ligament(s) which may be swollen and tender to the touch, but will still be able to tolerate walking with minimal pain. A grade II sprain will commonly present with increased swelling and bruising. This is an

incomplete tear of the tissue and will most likely be moderately painful and feel unstable while walking. Lastly, a grade III sprain is a complete tear of a ligament. This can result in severe swelling and bruising, which may even extend towards the toes. Weight bearing will be extremely difficult without assist, as the ankle will not be able to tolerate force due to severe pain and instability.

Following a sprain, the ankle joint remains vulnerable to chronic instability and future injuries if strength, balance, and proprioceptive training (knowing where your joints are in space) are not properly addressed. Even if the pain has resolved, it's the strength and quick reactivity of your lower leg muscles that help keep your ankle stable on uneven surfaces. Physical therapy is an important part in rehabilitating your ankle sprain in order to prevent any future ankle sprains during your regular activities of daily living.

Colleen Ward, PT, DPT is a licensed physical therapist and works full-time 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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13830 Sawyer Ranch Road, Ste. 300 In The Medical Tower at Sawyer Ranch

Virus times: Landing on the right side of history

by Leslie Tourish, LPC

Our days of the virus will make the history books. And with it our own individual story of our personal history on how we did, determined by what we did one day at a time. Medical professionals are encased in their personal protective equipment in order to work hospital and clinic shifts

where the very air they breathe could contain COVID-19 exhaled from struggling patients. Employers, employees, teachers, parents, and students are working overtime to find ways to adjust to this new normal to survive, and hopefully thrive. And in this new phase of the pandemic, our stone-age brains may be more easily triggered by fear and anger as the stressors crank up to eleven. This creates a battle for supremacy over the new-kid-on-the-block, our neocortex, the computer part of our brain determining higher logic and language. With these hard times we attempt to determine what are the real threats, and what aren't. And if history is any indicator of future outcomes, humans aren't always the best at determining what exactly is a risk.

Ask any pilot to name the most dangerous aspect of a flight and they'll say it's the drive to the airport. Statistics prove this year after year, but we drive more than we fly and therefore aren't as attuned to the inherent dangers of the road. And with this pandemic, while our ancestors knew a thing or two about plagues, it's new to us. So we're trying to absorb all of the information being reported, shared on social media, and discussed with our friends and family. And since winter we've experienced a rolling realization of the

scope of what we're really dealing with and how it's impacting our health, economics, and politics. There's *a lot* on our plates. And the sobering reality keeps pointing to us living with the virus, and its effects, for the next two years. Or longer.

Another area where we're not so hot at determining risk falls under wishful thinking. We're tired of living under this pall of disruption and death, be it physical, psychological and financial trauma, so there's a pull to return to our former lives. And sometimes fear can morph into anger, and some of us might say, forget about it, I'm not wearing mask because the virus is overblown and if I do get it, I'll be fine. Remember how I said our emotional brains, those lizard and limbic parts, can brush aside scientific data for the preferred a gut feeling?

Here are the guidelines set forth by the Centers for Disease Control and Prevention: "Staying three feet away from another individual can lower the risk of transmission to less than 3% from an estimated 12%, the researchers found. A distance of six feet could lower that risk to 1.5%. And wearing a mask can reduce the risk to about 3% from roughly 17%."

So, every time we wear our mask and physically distance ourselves from others, we protect ourselves and our community sixfold. And that is how we survive, and thrive, during the time of the virus. And hopefully land us on the right side of history.

Leslie Tourish, LPC, is a Dripping Springs psychotherapist in private practice. To contact Leslie, please go to www.leslietourish. com or www.dspsychotherapy.org.



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

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Functional Wellness Coaching and Consultation

Health care is a collaborative relationship. We can all agree that our current conventional model could use some refreshing. Our model at Functional Wellness Clinic is relationship-based care whether you are seeing us using the membership route or you choose to go the "a la carte" option. We purposefully keep our practice small to give you the quality time that you need to obtain optimal health. We work to keep you well.



Gabria Cathcart, FNP-C, IFMCP

We offer transparent pricing and reasonable fees so that you can have access to the one-on-one care that is needed to maintain health.

We believe deeply in holistic care as we have seen it time and time again to help patients get better when you are looking at the whole person not just a set of symptoms. Changing your health takes time and dedication both from the practitioner and the patient. In working with you from this perspective better health outcomes are achieved.

At Functional Wellness Clinic and Consultation, we are a clinic that is all about root-cause resolution... digging deep into what causes your disease. Start your journey to health today with our unique functional and lifestyle medicine membership programs.

Memberships to begin August 1, 2020. Please visit our website for more benefits of memberships and in-depth detail of each plan.

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CoolSculpting



How bad can it be to relax comfortably in a private treatment room – quietly reading or catching up on work – while your unwanted flabby areas are chilled, then seemingly melt away?

In a nutshell, that is our CoolSculpting experience at The Piazza Center. CoolSculpting is a body contouring

treatment that freezes fat cells at a specific cool temperature. Once that occurs, your body will naturally eliminate them permanently.

It is a non-surgical, FDA-approved procedure offering a more 'sculpted' silhouette for stubborn areas that remain unaffected, even with diet and exercise.

CoolSculpting is best and most commonly requested for these troublesome spots:

- Bra-line
- Abdomen (belly fat, muffin top)
- Flabby arms
- Flanks (spare tire, love handles)
- Inner Thighs (creating that longed for inner thigh gap)
- Outer Thighs (saddle bags)
- Double chin

How does CoolSculpting work?

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

You may feel some slight and temporary numbness at the treatment site afterwards. But you can easily return to work and regular physical activity immediately. There is little to no downtime with this procedure. I ran a half marathon two days after my treatment a few years ago!

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

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

No matter what treatment feels right to you—CoolSculpting or another— in achieving your desired, enhancement goals, make sure you are working with a medical professional who is board-certified by The American Board of Plastic Surgery or the American Society of Aesthetic Plastic Surgery.

Experience and compassion are both key in the physician you select to help you become your best and most confident self.

To learn more about CoolSculpting in Austin, please contact us online or call 512-551-1067 to request a personal consultation. Rocco C. Piazza, M.D is a Diplomate of The American Board of Plastic Surgery, a member of the American Society of Plastic Surgeons, as well as a national spokesperson for the ASPS. Call 512-288-8200 and visit the web site www.thepiazzacenter.com.

Are you seeing spots?

by Karen Laine, Para-Medical Aesthetician



If you're prone to discoloration, brown spots, age spots or sun spots (hyper-pigmentation) you've probably noticed they become more visible during the summer. While hyper-pigmentation can be challenging, both to prevent and fade, these tips can definitely help achieve more evenly-toned skin.

Wear sunscreen – applied generously

and often. The number one cause of premature skin aging is sun damage and exposing your skin to the sun can bring out sun spots. How generously sun block is applied, then re-applied, when outdoors is more important than the SPF number.

Exfoliate gently. Once discoloration appears, it is beneficial to use exfoliating products such scrubs and mild acids (glycolic, lactic and/or salicylic). When regularly used, these exfoliants help break apart and lift pigmented cells to lessen their appearance.

Use a skin lightener/pigment suppressor. In addition to exfoliating, use of a skin lightener helps prevent/fade brown spots by suppressing melanin cell activity. Many skin lighteners contain the ingredient *hydroquinone* which is very effective or choose a slower, more natural approach utilizing a type of vitamin C, kojic acid, licorice root, etc.

Limit exposure heat/sun. Not only direct UV rays but heat can

stimulate melanin activity, resulting in brown spots. Unfortunately, no matter how diligent you are about sunscreen and staying in the shade, you still may not be able to avoid pigment formation.

Eat a diet rich in antioxidants. Research finds a diet rich in fruits and vegetables containing vitamins A, C and E can increase internal SPF significantly against sunburn and DNA damage.

Get monthly facials. Professional facials give your skin increased results far beyond your home care products.

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.





Vampires aren't the only ones sensitive to garlic. Your pets are also very vulnerable to this bulb. Many people consider garlic to be a holistic remedy in the prevention of heart disease, high cholesterol, high blood pressure, warding off fleas and even certain types of cancer.

The use of garlic as a flea or tick preventative has been researched and found to be ineffective. Not only can it make your pet ill, but it leaves them vulnerable to devastating diseases.

For pet owners using garlic supplements for themselves, make sure you take steps to protect curious pets. The best advice when concerned about introducing new food or a supplement for your pet is to always consult your family veterinarian first. These potential medicinal benefits, however, are not effective for our pets.

Garlic is classified as a species of the Allium family. Other species in the Allium family include onions, shallots, leeks, chives and rakkyo. Garlic, like other members of the Allium family, contain compounds called disulfides and thiosulphates which can be toxic to cats and dogs if ingested. The ingestion of garlic causes conditions called hemolytic anemia, Heinz body anemia, and methemoglobinemia which are all manifestation of damage to red

blood cells. Essentially, the compounds in garlic can cause the red blood cells circulating through your pet's body to become very fragile and burst.

According to scientific studies, onion toxicosis is consistently noted in animals that ingest more than 0.5% of their body weight in onions at one time. Since garlic is more concentrated than an onion, an even smaller ingested amount could lead to toxicosis. As little as one clove of garlic can lead to toxicity in cats and small dogs.

Symptoms of this condition can include vomiting and diarrhea, along with symptoms of anemia; breathlessness, lethargy, pale, yellow, or white colored gums, rapid breathing, and an elevated heart rate. Your pet also could develop abdominal pain and discolored urine. While vomiting and diarrhea may occur within one day, it may take several days to a week after your pet eats garlic for symptoms of anemia to appear. If any of these symptoms are observed then seeking medical attention is recommended.

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.

Kitchen sinks

by Deborah Carter Mastelotto



My mother used to tell me, "Deborah, always be sure you live in a house with the kitchen sink under a window or you'll never want to wash your dishes." I considered those words poignant but old fashioned, an antiquated statement about a woman's place. In fact, in the 1994 film Muriel's Wedding, Muriel's mother sets fire to a tree outside the window over her

kitchen sink. For 20 years she watched that tree get taller and taller while she was stuck in the same place. I understood completely. Yet as I got older and was faced with a life of choosing houses, I found myself discarding choices where the kitchen sink faced a wall in favor of a window of any size over the sink. In this modern age of automatic dishwashers, we don't spend much time contemplating life from the kitchen sink, or any other place, but we never get away from mundane chores. I've found I like to use this 'window-over-the-sink' trick myself, or something like it, to make hand-washing my dishes, or peeling shrimp, or loading the dishwasher an enjoyable experience. Now that I'm sort of a grown-up and a homeowner, I can bust out any claustrophobic wall, move a cabinet or replace a too-small window with confidence. I knocked out my ordinary kitchen window and replaced it with a custom tenfoot monster, and I'm here to tell you, it changed my life. Now I get to look out over the Hill Country, let my mind wander and almost like magic, my dishes are done, my kitchen is clean and all's right

in my world. Now that I'm sort of a grown-up, I see my mother's kitchen sink advice as an 'always-take-the long-way-home' style metaphor. I like to find the best view of nature, or any place where I am, because looking at beautiful things makes anything mundane or difficult easier. When we consider all this life demands of us choosing the prettier commute, or kitchen window, is imperative for our own inner peace. Now that I'm sort of a grown-up, I have discovered this about myself—to have a sense of peace, I need to find the best view of nature wherever I am. Try it—it works.

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





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Buyer beware



It seems like everywhere we turn today there is land being cleared for construction of a new neighborhood. If you've ever moved into a new development, you know that there is constantly someone ringing your doorbell and attempting to sell you something for your

new home. Unfortunately, the water treatment industry is full of companies who choose to employ this door-to-door tactic. Here are some things you should know before you open the door.

There is a very good chance that the "water specialist" who comes to your house is not actually a licensed Water Treatment Specialist. Some companies choose to ignore the fact that the Texas Commission for Environmental Quality regulates our industry and requires some level of licensing in order to test water for the purpose of making treatment recommendations. The salesman who comes to your home is simply there to convince you to say yes and open your wallet. If you're not aware of your options, it can be tempting to let that happen.

Many neighborhoods have taken to posting No Soliciting signs at the entrances. In some of these cases, certain companies have struck a mutually beneficial deal with the homebuilder to allow them to place advertising on the softener loop and at the kitchen sink. This often contains misleading wording which indicates that the home is set up for their specific equipment and that damage will occur if you don't choose their system. This is absolutely not

the case. This often leads to homeowners paying far more for the system than necessary since they are unaware that there were other choices.

The water softener loop in a new home is capable of accepting any brand of water softener. Don't be fooled by high pressure sales tactics or misleading literature. A licensed professional can perform a couple of simple tests to determine exactly what size system would best fit your needs. A quick search of TCEQ's occupational licensing database, as well as a review of the company's Better Business Bureau standing will let you know whether you're dealing with a legitimate, reputable dealer.

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: The time is now to Buy Local

by Susan Kimball, President



Now more than ever, it is important for us to shop, eat and enjoy local. Now is the time to focus on Dripping Springs businesses as a way to support our neighbors, friends and the entire community. As COVID-19 continues to impact our economy and way of life, it's obvious many things are out of our control. But one thing we can control is our backing and support for local enterprises as a means to rebound and recover. As we make purchases [whether in-person, curbside or online], as we hire financial and legal professionals, as we buy and sell houses or property, as we dine and



drink, as we seek health services and treatments, as we head to the salons; as we do anything local we are keeping people employed, keeping the doors open and the lights on, and ensuring we will continue to prosper as a community. Dripping Springs is STRON-GER TOGETHER.

For more information on the Chamber and member professionals who can assist you and your business, please contact us: dschamber@drippingspringstx.org, 512-858-7000 Or visit our website: www.drippingspringstx.org



Helping neighbors now more than ever

by Amanda Lewis

Set your calendars for the 23rd Annual Empty Bowls Project Home Edition to be held from November 1 - November 30.

Yes, that's right, an entire month to celebrate Helping Hands Empty Bowls Project Partners: our wonderful supporters, talented potters, our team of gourmet chefs, our marvelous musicians, and special heroes.

Due to COVID-19, we are presenting our event this year in a virtual format. While we will miss being together in person, we are excited to engage with our partners to share good news and bring the spirit of the Empty Bowls Project to you online. For 30 days, we will post delicious recipes from restaurants, highlights from potters, and songs from musicians, You won't want to miss a single day.

Although times are difficult for many, with the support of our generous community, Helping Hands has been able to meet the record numbers of new clients and increased demand for both food and financial assistance that has resulted from COVID-19. Comparing January-June 2019 to January-June 2020, Helping Hands has experienced a 34% increase in expenses and 50% increase in pounds of food delivered. These increases are related directly to a

187% growth in new households served at the pantry as well as a 239% increase in new children who needed additional aid during COVID-19.

The outstanding group of Helping Hands volunteers has worked endlessly to provide extra nourishment and monetary relief to help bring some normalcy and stability into clients' lives during CO-VID-19.

But to pave the way for a brighter future, Helping Hands still needs the help of friends and businesses so that it can continue to meet our neighbors' needs in the precarious months ahead.

We look forward to producing the 23rd Annual Empty Bowls Project Home Edition and hope you will enjoy the show. To learn more, visit www.helpinghands-drippingsprings.org. The 23rd Empty Bowls Project Home Edition is co-sponsored by Helping Hands and the City of Dripping Springs.

Formed in 1986, Helping Hands' mission is to provide the community of Dripping Springs with a framework of compassionate care designed to assist neighbors in need regardless of their age, creed, or ethnic origin. This nonprofit is served by more than than 100 volunteers and is an integral part of the Dripping Springs community, reflecting the giving spirit of thousands of people who live and work here. Amanda Lewis is president of the board of Helping Hands.

Home is where the heart is



Summer and the heat are absolutely upon us. Combined with the looming uncertainty of the COVID pandemic, all are making for a very uncomfortable feeling. I'm finding, in these times, that a bit of nature does wonders for the soul. It may not have been part of your skill set before, yet even the simplest of things seems to settle our

angst a bit.

It could be prepping an area for a fall garden, installing bird feeders or houses and learning which species visit your home. Most of us are being very cautious with our money, so finding ways to enhance our space outside can usually be done with minor outlay of cash. Minimizing grass expanses will cut down on water bills. Creating a wildflower area for hummingbirds and bees will ensure pollination to other plants plus provide enjoyment for watching. Visiting local farmers markets, growers, ranchers or those selling their homegrown things on the side of the road, give back to the community as well as allow us to know where our things came from! You might even make a new friend or two.

We at LPL realize that we are all in this together and continue our friends-giving-back-to-friends discount. Kindness, a warm smile and respect for others along with your own safety don't cost a thing. Seems odd to be talking about creating a perfect paradise for your outdoors, so "baby steps" is what I always say. If the current environment has taught us anything, it's that truly, "home is where the heart is."

We are here, social distancing and mask wearing in place if you need a hand or jump start! Stay healthy and safe. Thank you for your continued support of us. Grateful and blessed.

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Litigation: "Those who trespass against us"



by Roland Brown

This article falls into the category of "your lawyer doesn't know everything!" I'm going to share something I learned from a Texas Standard radio interview recently. Before I do though, it provides a good opportunity to point out that if you hire a lawyer who is billing you by the hour, you may find itemized entries for "legal research" in your

statement. Generally speaking, your ethical lawyer will not bill you for researching common legal or procedural issues that the lawyer should be familiar with in the fields of law in which she or he is practicing. However, the law is extensive and complex which means there are often issues that even the best lawyer must research in order to properly represent you. Unless you have the desire and/or capacity to audit legal billings you receive, you must trust the lawyer you hire to bill you fairly, which is why selecting a reputable lawyer or one suggested by someone you trust is important.

Now, here's what I learned from the Texas Standard via KUT radio in Austin recently:

If you see purple paint on fenceposts or trees similar to that shown in the photo below, it is put there as a legal notice similar to a "no trespassing" sign, and it is specifically provided for by Section 30.05 of the Texas Code of Criminal Procedure. There are some specific rules about the height at which the paint must be placed and how frequently it must appear around the perimeter of the tract that the notice applies to. I'll post the entire section on my blog at rolandslaw.com and you can find more info at https://www.texasstandard.org/stories/categories/ag/. Credit Tiffany Lashmet, Texas A&M ag law specialist.



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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What does an unplanned career transition mean for you?

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



Pat M Woodman

The COVID-19 pandemic has unsettled the country's employment picture for months and will likely continue to do so for a while. However, the nature and terminology of this disruption varies greatly among individuals - some have seen their jobs disappear, others have been "furloughed" and still others have been offered an early retirement.

Try to look at your situation holistically, rather than in a short-term

manner. Consider these four areas:

Retirement – What does retirement really look like to you? Are you ready to fully retire or would you like to work part time? Are you confident that you can work somewhere else for a few years before retiring on your own terms? If you're not certain you can work elsewhere, can you adjust your desired retirement lifestyle?

Income – Just how financially affected you'll be from an early retirement depends on several factors: how much you've already saved and invested, whether you're married and have a working spouse, whether you've paid off your mortgage, and so on. You'll need to answer several questions, including these: Do I need to start taking withdrawals from my IRA and 401(k)? How much can I afford to take out each year without running the risk of outliving my resources? Should I adjust my current investment mix?

Insurance – If you received health insurance through your employer, an early retirement could present you with a dilemma. You might be eligible for COBRA, which provides ex-employees and their dependents the option of continued health insurance for potentially up to 36 months, but this coverage can be expensive. You might be able to negotiate an extended severance package providing you with health insurance for several months. Or, you might be able to get on the health insurance plan of your working spouse.

Legacy - Many people want to take care of their family while they're alive, leaving something behind when they're gone. If you take an early retirement, you might lose your employer's group life insurance. Of course, if this plan was not sufficient, you may have already supplemented it with your own policy, but, if you haven't, you may need to shop around for some coverage, particularly if you have children still at home. You also may want to take this opportunity to review your key financial accounts to make sure your beneficiary designations still accurately reflect your wishes.

Going through an unplanned career transition is certainly challenging. But looking closely at the areas describe above, and making the appropriate moves, may help you reduce some of the stress and can put you in a better position for the next phase of your life. Pat M. Woodman, Edward Jones Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-894-0665.



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Moving to the Hill Country has been great for my wife and I as we await the arrival of our first grandchild. Being able to see the creation of a new family is extremely exciting for us and we look forward to all the spoiling we can do for

our newest member of the family. Many grandparents have moved here to the Hill Country to be closer to their family and share the joys and support the new family needs in this economic environment. We are here to be supportive.

As we are living longer and enjoying more time in retirement, we are also having to deal with caring for ourselves in a manner to not be a burden on our family. Aging is a fact of life and it comes with certain realities. While most of us probably don't want to picture ourselves eventually needing help with daily activities, more than half of Americans turning 65 today will need some type of long-term care during their remaining years. As this type of care is not generally covered by private health insurance or Medicare, it's important to create a plan to help protect you and your family from the financial and emotional impact of a possible long-term event.

Long-term care cost can quickly add up and can have a significant impact on your retirement and the assets you've worked hard to accumulate. Understanding the various long-term care options available is critical to helping you put a plan in place to ensure access to the type of care you prefer while protecting your finances. The national average for a home health aide is \$23.27 per hour, a

private room in a nursing home averages \$103,660 per year.

Health and age are key factors used in determining eligibility and rates for long-term care solutions so it's never too soon to start planning for long-term care. The confidence you'll have knowing you're protecting your family and retirement can be an important benefit of creating a plan. Take the next step and contact me to find a solution that fits your needs.

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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