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OUTLOOK

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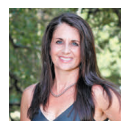
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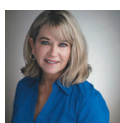
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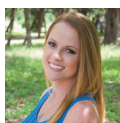
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Locavore and more

I became aware of the portmanteau “locavore” a few years ago. The word combination describing the consumption of locally grown food was an instant hit with me.

In Dripping Springs we are fortunate to have an award-winning Farmers Market that gets bigger and better every year. Buying and eating delicious, nutritious local products—vegetables, fruit, meat, cheese and eggs, just to name a few of the items offered—is easy. Check out their article in this issue to understand why they are an important resource in our community.

Here at the Dripping Springs Outlook, we have always recognized the value of our local businesses and service providers. In fact, that is what our magazine is based on; showcasing local business owners as they share vital information about their fields of expertise. Staying local has never made more sense. And we are happy to help in achieving that goal.

Thank you for joining us.

Victoria



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Dripping Springs Chamber of Commerce Focus on Business:

Shop Small – Buy Local, Buy Drippin’ by Susan Kimball, President



Ok, maybe it isn't yet “business as usual” but we are getting closer each day. While so much has changed, one thing that has remained constant is Dripping Springs' sense of community and our willingness to help and support each other.

Shopping “small” helps our small businesses prosper and remain vibrant. As a consumer, *you* play a key role in helping small businesses thrive and *now* is the time to support the businesses you love.

The Dripping Springs Chamber of Commerce is a proud Neighborhood Champion for the American Express Shop Small movement. Did you know that for every \$1 spent locally, \$.67 stays in our community? Spending dollars *here* and keeping the money

here benefits all of us. So the next time you're making a purchase or hiring a service, please remember your friends and neighbors first and Buy Local, Buy Drippin'. Dripping Springs is Stronger Together.

Save the Date:

Join us on Saturday, November 28 for Shop Small Saturday.
(Details available on our website.)

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

Dripping Springs Outlook

CALENDAR of EVENTS

- Every Sun. 12:30. Christ-centered anxiety/depression Hope Group Zoom Meeting. Contact Marsha Young at 512-738-5109.
- 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 Sun. 12:30. Christ-centered anxiety/depression Hope Group Zoom Meeting. Contact Marsha Young at 512-738-5109.
- 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 with a 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.

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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Flu shots: *Now more important than ever before*

by Angela Solis

Fall is approaching, and that means it's time to get your annual flu shot. The Centers for Disease Control (CDC) recommends that everyone over the age of six months get an annual flu shot to protect themselves from influenza and help reduce spread of the virus. It can be difficult to differentiate the symptoms of influenza

from the symptoms of COVID-19 since both are respiratory viruses, so protecting yourself from the flu through vaccination is paramount. Getting a flu vaccine will not protect against COVID-19, however flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine is important not only to reduce your risk from flu but also to help conserve potentially scarce healthcare resources during the pandemic.

All Martin's Wellness Pharmacies offer flu vaccines during our normal business hours. We offer the quadrivalent (four-component) vaccines in high dose formulas for ages 65 and older and in regular dose; all our products are preservative-free. Our immunization-certified pharmacists can also help determine if additional vaccines including pneumonia are needed or recommended. We also offer flu shots clinics to businesses, churches, and other groups at no additional cost. Call us to learn more about scheduling a group

flu shot clinic. Vaccines may be administered at the pharmacy in our private vaccine office or even at curbside if you prefer.

Most insurances cover the flu shot at the pharmacy, including Medicare Part B which covers it for \$0. A prescription for the vaccine is required for children under seven years old. Children who are uninsured or on Medicaid may be eligible for low-cost vaccine through the Texas Vaccines for Children program.

Angela holds a Bachelor of Science Degree in Pharmacy from The University of Texas at Austin and is the Pharmacist-in-Charge at Martin's Dripping Springs Pharmacy. You may contact Angela at 512-858-7935. Dripping Springs Pharmacy is located at 100 Commons Rd. Ste. 1.

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Can regenerative therapy help with joint pain and degeneration? Can your torn ligament be repaired?

by Breca Tracy, PhD



Can you imagine what life could be like without pain? Joint pain in knees, shoulders, hips, elbows, feet, hands, back and neck is not something you should "just have to deal with." It is a part of life, yes, but today there are more answers, more solutions, and more non-invasive natural healing techniques and options available. Regenerative Therapy is rapidly becoming the newest and most innovative approach to healing degenerative and arthritic joints. It works 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 tissue 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 simple injection, joints 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 United States 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. For more information, please contact us and 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 and Molecular Biology from the University of Oklahoma Health Sciences Center. Contact us at 512-368-4548, 800 Hwy 290 W, Building F, Suite 200. www.naturalhealingtx.com.



Same-day crowns and bridges

by Ron S. White, DDS

No more messy impressions, both-ersome temporaries or second appointments!

One of the most cutting-edge advances is the inclusion of the CAD/CAM (also known as Same-Day Dentistry) technology in dentistry.

The CAD in this technology stands for “computer-assisted design,” and the CAM for “computer-assisted manufacture.” Together, they translate into fewer dental visits to complete procedures such as crowns, veneers and fillings.

For instance, traditionally when a patient needs a crown, a dentist must make a mold of the tooth and fashion a temporary crown, then wait weeks for the dental laboratory to make a permanent one. With CAD/CAM systems, instead of using traditionally inconvenient and messy impression materials, dentists can obtain clean, fast digital impressions in a few minutes using a laser scanner in the mouth. This laser scanning technology is not only extremely precise when “capturing” all of the details of a patient’s smile, but is also as safe as the check-out scanner at a grocery store. But, best of all, there is no messy, distasteful impressions and no temporaries.

Then, while the patient watches, a dental professional custom designs a crown, veneer, or filling using the chair-side, computer-based design center. The design is then sent through a wireless

network to the in-office milling unit where the patient’s crown, veneer, or filling is made. Shortly thereafter, it’s permanently seated in his or her mouth the same day.

The most commonly used CAD/CAM systems are the E4D machine and the CEREC machine.

Benefits of Same Day Dentistry:

1. No more messy impressions
2. No more temporaries
3. No more waiting for your permanent crown

Patients can be in and out of the dental office with their permanent, natural-looking and metal-free restorations in a single visit. Same Day Dentistry is perfect for situations like chipped, worn or cracked teeth; teeth that are discolored or have gaps and spaces between them; teeth that have decay or old, worn fillings.

These are exciting times - the same innovations that are revolutionizing business and technology are being clinically proven to enhance the precision and longevity of modern dental treatment options. Also, such technologies are making today’s modern dentistry more convenient, less time consuming, and more patient-friendly.

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



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Rhabdomyolysis

by Dr. Joey Przybyla, PT, DPT

Rhabdomyolysis is a potentially serious condition that is not very well known by the general public. It has been more prevalent with the evolution of physical fitness classes and intense workouts, but can be linked to multiple causes. Often referred to as "Rhabdo," the disease is

defined as a breakdown (lysis) of muscle tissue most commonly occurring following direct or indirect trauma. Direct injury would refer to trauma to muscle tissue with a fall, seizure or any substantial impact. Indirect sources include bouts of excessive exertion or exercise, overheating, medication effects and substance abuse. De-conditioned individuals are more likely to be affected by exercise induced Rhabdo and fitness level should be a factor when resuming activity. As the health and fitness world continues to grow in popularity, the intensity of workouts seems to be increasing along with it. While addressing physical health should always be looked at as a positive, knowing your own limits with exercise is necessary to avoid injury including Rhabdo.

Understanding typical symptoms and catching these early may prevent severe injury or even save a life. How would one know if they are potentially showing signs of Rhabdomyolysis? The most frequently occurring symptoms include myalgia (muscle pain), weakness, muscle swelling and dark urine. The primary complication that occurs alongside this diagnosis that warrants emergent

medical care is acute renal (kidney) failure. This happens as a result of the byproducts of broken down muscle that are released and increases risk of mortality. Individuals may require IV fluids or even dialysis after kidney damage. Luckily, with early recognition, risk of long lasting serious complications is significantly reduced.

If you are having any of the above symptoms, seek out medical care with your primary care physician or emergency facility immediately. Tests to evaluate the muscle or the blood will likely be performed. These may help to determine severity and to verify that muscle fiber contents (myoglobin and creatine kinase) have been found in the bloodstream. Listening to your doctor's advice following an episode of Rhabdo is extremely important and can prevent further muscle damage from occurring. Many individuals will have fear or apprehension returning to an active lifestyle after injury. Along with your medical doctor, a licenced physical therapist can be a great resource to guide you back to your previous fitness level effectively and safely.

Written by fellow runner and Doctor of Physical Therapy, Joey Przybyla. 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.

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Virus times: *Calculating risk*

by Leslie Tourish, LPC

As we enter the third season of COVID-19, so many of us are just exhausted by the whole thing. In winter when the virus appeared, there was shock and denial as we grappled with exactly what it was we were dealing with medically. The heat of summer simmered more into impatience

and anger from the restrictions and loss. And now at the cusp of fall we have a fuller understanding of the gravity of how long our health and economic recovery may take, and depression is being borne. Even for the lucky among of us whose jobs remain intact so far, there is fear and doubt as we wait for how tomorrow shapes up.

These trying days bring us fully into our human condition: we resist change, and life is always changing because we grow older. There is no “there” there, as the saying goes. We may find a time in our life that we like, yet after a while it will evolve into the next phase. You’re having a blast in college, or you’re really enjoying that young child, or you’ve landed the great job, and life is finally good. But eventually we do move on from college, our children grow older, and jobs shift and change. That’s neither good nor bad, it’s just living.

However, struggle is of itself neither good nor bad. It’s how we grow and develop our emotional intelligence. And risk taking is a barometer of our emotional intelligence. How willing are we to stray away from the known, the devil we know, and into the

realms of the unknown, the devil we don’t? So many of us are just hanging in there, in survival mode. Yet if we look at history during hard times, there were people who evolved from survival to thriving, dependent on a crucial element - calculated risk. To engage in calculated risk we need to turn from scarcity thinking and explore our strengths, our goals, and our environment. If what we’re currently doing isn’t working, then thrivers are open to alternative possibilities. They let their true nature and goals be their personal north star. Opportunity dances with those on the dance floor.

I’ve spoken to people whose businesses suffered devastating losses, and they too went through denial, anger, bargaining, depression, until coming more into acceptance. And at the intersection of acceptance, with the clarity that their old life wasn’t coming back anytime soon, they took a deep breath and asked, Okay, now what? And began the business of reinvention. One person is currently working on an album of his original pieces, another is retraining by part-time volunteering in a potential new side gig, and another is leaving the corporate world and taking up organic farming. To quote Mark Twain, who lived through seismic times in his own life, he said, “Necessity is the mother of taking chances.”

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



Male body contouring: *Strategies to enhance your physique*

by Rocco C. Piazza, M.D

Approaching body contouring with men is uniquely different than with women. You must pay close attention to the details of each male patient’s underlying muscular anatomy. Understanding these nuances allows the surgeon to enhance the muscular structure where it needs to be augmented or liposculpt the

junctions and borders of adjacent muscle groups to create a more balanced, natural, and masculine result. Utilizing modern techniques like BodyBanking to help male patients achieve their goals. Most guys say they don’t have time for significant downtime after surgery. So designing a recovery process that gets guys back to their daily routines (including working out) in an expedited fashion is important. Many of my male patients who undergo contouring procedures are eager to get back into the gym and exercise; I encourage this because great results correlate with active patients.

After body contouring, patients are encouraged to walk on a treadmill with a slight incline and use a stationary bike to stay active, avoiding core and cardio exercise associated with high-impact workouts for six weeks. Isolated muscle movements are acceptable in the early post-procedure period. After the initial six week period, emphasize muscle confusion through a diverse exercise and weight-lifting program. The male chest is revered as one of the most desired parts of the male physique. Many guys come to see me to strengthen the appearance of this area. This is done with a combination of liposuction contouring to address the

lower chest and fat transfer to address the upper chest muscle to lift and fill out the chest. I have observed that patients who have undergone this procedure have improved gains with weightlifting that we feel result from the transfer of autologous fat directly into the pectoralis major muscle. Fat cells contain stem cells that can enhance and improve the quality of the tissue when transferred from one area to another. In leaner patients, fat transfer may not be an option, and pectoral implants may be the best choice to enhance the chest muscle and upper body physique. When performing fat transfer, the most common area for me to target for fat removal is the love handle area or lower abdomen. From personal experience, these can be stubborn areas that can happily donate to enhance the male chest!

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.



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September 2020



Functional Wellness Clinic & Consultation



Gabria Cathcart, FNP-C, IFMCP

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.

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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- Chronic disease and acute illness management
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Functional Medicine Membership \$189 per month & includes:

- 2 visits per month, includes telemedicine visits, as needed
- Relationship-based care
- Transparent pricing
- Extended visits
- Complete ICD-10 billing so your HSA and Flex dollars can apply

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15572 Ranch Road 12 Suite 3 Wimberley, Texas 78676



Omega-3s and your skin

by Karen Laine, Para-Medical Aesthetician

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

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

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

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

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

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

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

Karen Laine is a para-medical aesthetician and makeup artist with 23 years experience. Contact her at 512-847-8052. Her office is located at 120 Joe Wimberley Blvd. Suite 106, in Wimberley.



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Toxic blue-green algae

by Frank Shuman, DVM

Last summer and recently toxic blue-green algae intoxications in pets have been reported. Many pet parents do not realize the severity of the threat these toxins pose to animals, and it is easy to overlook. During this recent spike in blue-green algae cases, we want to make

sure you have everything you need to know to keep pets safe.

Blue-green algae (cyanobacteria) is most likely to thrive in bodies of fresh water when the weather is warm (over 75 degrees) and sunny. Algae intoxications happen more during the summer because weather conditions promote the growth of cyanobacteria. These organisms are incredibly toxic and known to cause poisoning in dogs, cats, livestock, wildlife, birds, fish and even humans.

Water containing toxic algae blooms will often have the appearance of a pea-green paint or will appear as if there's slime on the surface. If certain wind conditions are present, the film will concentrate along shoreline areas where animals may drink or swim.

Dogs can develop poisoning when they drink from, or even simply swim in, contaminated water sources. If blue-green algae are ingested, it can cause severe neurologic or liver damage.

Signs of blue-green algae toxicity include seizures, panting, excessive drooling, diarrhea, disorientation, and vomiting. If your dog begins to experience any of these symptoms, you should contact your veterinarian immediately.

Prevention is key when it comes to any pet toxin. Do not allow your pets to drink from stagnant ponds, lakes or other bodies of water that have bluish-green scum on the surface or around the edges. Blue-green algae cells can also stick to a pet's fur and be ingested when they clean themselves, so take caution before allowing your pet to jump into a body of water and be sure to rinse your pet thoroughly with fresh water after going for a dip.

Unfortunately, there is no antidote for the toxins produced by blue-green algae. Immediate veterinary care is imperative to provide supportive care to help prevent absorption and flush it from the body.

Frank Shuman IV is the Medical Director at Drippings Springs Animal Hospital, serving the area for over 30+ years. Located at 1520 E. HWY 290. He can be reached at 512-858-4787.

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The great affair is to move . . .

by Deborah Carter Mastelotto



“For my part, I travel not to go anywhere, but to go. I travel for travel’s sake. The great affair is to move; to feel the needs and hitches of our life more nearly; to come down off this featherbed of civilization, and find the globe granite underfoot and strewn with cutting flints.”

~ Robert Louis Stevenson

The whole world has been on lock down, locked out of our favorite places, locked in with the same people for what now appears to be months and no end in sight. Real estate sales are high, because when you’re locked in your home for an extended period of time, you really learn what you love and don’t love about it. As my nephew explained why he and his girlfriend moved, “We’ve spent so much time cooking and eating at home, we found we just couldn’t bear to do it in an apartment any longer. We needed a yard, or a garden, more outdoor space to spread out.”

Most of us are feeling claustrophobic and irritable—no summer vacations jetting off to a foreign land, no leaving the house to go to work, no evenings out to attend concerts or parties. Bike sales have gone through the roof, with more and more families taking to the open road together. Most bike stores can’t keep up the demand without a waiting list. Airports and airplanes have become scary places for many of us but we can’t stay home, inside, forever. So there is an obvious solution, one we’ve been straying from in our

quest to see the world—we need to see America first, and we need to drive while we’re doing it. We recently got an RV, and if you know my husband and I, you know that we are not campers, except in the most esoteric sense. But it turns out we are not alone, by any means. Our sales person told us he sold more RV’s in the week we bought ours than in the entire year up to June. He said his lot was sold out and waiting to fill the orders that are coming in, just like bike shops. A whole new world opens up when you can take your kitchen, bed and bathroom with you wherever you go. For instance, did you know Texas boasts 80 state parks (with at least ten featuring some luscious water feature to keep things a bit cooler in the summer)? Then there are the national parks, a gift to Americans from the Earth and Teddy Roosevelt. I’m now a big fan of the ‘Chip and Johanna Gains’ of the RV camping world—Marc and Trish with ‘Keep Your Daydream’ YouTube videos, newsletters and Amazon shopping page. They set out with three kids, two adults, and a dog to spend six months on the road visiting national parks. Four years later they’re still at it. They had the courage to ‘Come down off this feather bed of civilization’ long before we discovered we needed to as well. It’s ‘Travel for travel’s sake’ and it feels glorious.

Let’s fall in love with America again.

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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Getting soft water doesn't have to be hard

by Randy Lawrence



Considering all of the different water-related products currently being advertised, deciding which technology is right for your water can be confusing for homeowners. Most are aware that a water softener is necessary, yet many will admit that these systems are a mystery to them.

A softener is considered *point of entry* treatment, meaning that all of the water entering your home is treated as it flows through the unit. Water softeners are a proven method of eliminating scale and salt-based ion exchange is the only technology that physically removes the calcium from your water. Salt-free alternatives leave hardness minerals in your water, which will continue to cause scaling and corrosion. Many current marketing campaigns for alternatives make unsubstantiated claims regarding the efficacy of these products and seek to capitalize on myths surrounding salt-based softening by using outdated facts or overstating figures. Many of these technologies are not new, but simply being re-introduced with catchy new names. What you may not know is that advances in the water treatment industry have resulted in softening systems which are far more salt-efficient and user-friendly than ever.

Water softener pricing and quality can vary greatly. There are units available from \$500 all the way up to \$5,000. The lower priced units do not include installation, which can significantly change the final cost. Then there's the question of who will make

repairs when they become necessary. On the other end, the highest priced units are often so proprietary that parts and service come at a premium. The goal is to find a reliable treatment system that can last for many years without paying too much.

Unless you are a serious do-it-yourselfer, it's probably in your best interest to purchase a unit from a licensed independent dealer who can properly size and install the best unit for your home and remain available after installation to make any necessary adjustments to the equipment. A simple water analysis and a few simple questions will determine the proper softener for your home.

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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Fall into the season

by Lindley Pond



As we approach our much awaited Hill Country fall, now is a great time to think about what worked, what struggled through our hot summer, what are different ways to minimize our water usage and still have our dream space.

Removing some of our turf grasses and replacing with either mixtures of low native grasses and wildflower seeds is one way. Another, implementing large areas of native and adaptive plant beds. To add some interest, those

beds can be bermed, with taller plants on the high points and lower trailing plants at front and back. Thus giving depth to an area that might otherwise be flat. If space is limited yet your kitchen is a second retreat, stock tanks raised up on limestone blocks can become herb and veggie containers without taking up too much room.

My latest favorite "mulch" other than river rock, is first cut cedar mulch. Again, thinking from a maintenance and replacement standpoint, it doesn't fade, doesn't wash, is less expensive than other mulches and looks completely natural. After a scorcher like this summer, installation of sun shades on tall poles or connected to your home creates a nice shady area to relax. They come in many different shapes, colors and sizes and another way to brighten otherwise flat landscaping.

Another fun thing to do is to install a butterfly garden, which should also attract hummingbirds. Giving back while at the same time creating something great to look at. The sky's the limit!

Fall is one of the best times to plant trees and woody items. We are here to help you. Whether you need a plan, a few ideas, or the manpower to see it all come together, just let us know and we'll be glad to help!

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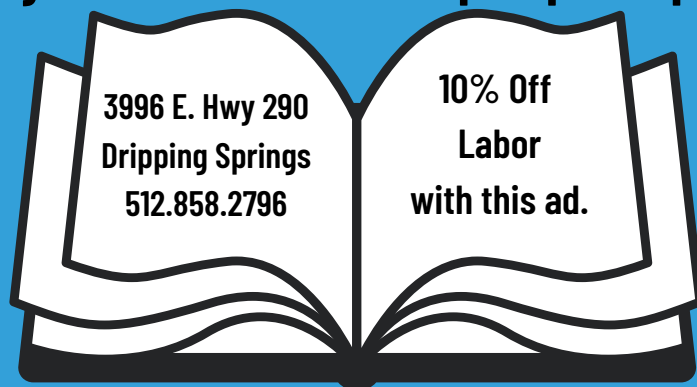
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Open enrollment choices can have big financial impact

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



Gavin J. Loftus

It's that time of year again, where, if you work for a medium-to-large employer, you've got some decisions to make because it's open enrollment time. You'll want to make the right moves, because your choices have a big financial impact on your life.

So, take a close look at these key areas of your benefits program:

Health insurance: Think about your health care needs over the coming year.

Will you or someone in your family be coping with a chronic illness or facing a surgery? Will you need to at least consider testing and possible treatment for COVID-19? In any case, make sure you're choosing the right plan for your needs. And pay close attention to any changes in your health insurance, such as whether the plan's provider networks have changed – you may want to make sure your own doctor is still in-network. Also, check to see if you can reduce your health care premiums by taking part in a wellness program or health-risk assessment.

Life insurance: Your employer may offer a group life insurance policy for free, or for a small amount. It's probably worth your while to take this coverage, but it may not be enough for your needs. If you only had this group policy, but your family situation has recently changed through marriage or the addition of a new child, you may well need to add some private insurance.

Disability insurance: Your employer may provide short-term disability insurance as an employee benefit. Like group insurance, this disability coverage may not cost you anything, but it may not be adequate – typically, short-term disability only replaces part of your income for three to six months. And while you may never need to miss work for an extended period of time, you never can tell – after all, more than one in four 20-year-olds will become disabled before they retire, according to the U.S. Social Security Administration. Consider purchasing your own long-term disability policy on top of the coverage offered by your employer.

Retirement plan: You can probably make changes to your 401(k) or similar employer-sponsored retirement plan at any time, but why not look at it now? If you can afford to increase your contributions, you probably should, because a 401(k), with its tax advantages and ease of contribution through paycheck deductions, is a great way to save for retirement. At a minimum, put in enough to earn your employer's match. You'll also want to review your 401(k)'s investment mix. Is it still providing you with significant growth potential within the context of your individual risk tolerance? Over time, you may need to make some adjustments, either because an investment is underperforming or because you're getting close to retirement and you need to reduce your risk exposure. It's a good idea to check up on your 401(k)'s investments.

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



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Life insurance: *Have it your way*

by Albert Gonzalez

September is Life Insurance Awareness Month. Don't stop reading as there are several things you could learn in the next two minutes that could save you a bunch of money. If you've recently bought a home or refinanced it, you've

been inundated with offers to cover the cost of your mortgage. Does that represent all that needs to be protected? Now there are many ways to protect your family from the "what ifs" the financial impact a death has on a family. Don't think it can happen? Just look at all the Facebook pages setup up for donations to help families in need.

There was a time when all you could buy was Term or Whole Life (Permanent) Insurance. Taking care of the essentials is important but dealing with cash flow to not make yourself insurance poor is a major consideration when buying life insurance. Also, the younger you are the better rate you can obtain from an insurance company underwriter. So how do you determine how much coverage you need and what kind of life insurance you should buy? I sit down with clients and discuss their personal situation and needs. If life insurance is needed, we rough out a budget for not only the cost of life insurance, but also the benefit. The goal is covering your individual needs but also understanding your financial circumstances to come up with the appropriate mix of coverage.

"Buy Term and invest the rest" has been a saying many have

spouted. Permanent insurance has come a long way where it can be invested in the market yet provide you with protection and may help grow your wealth. Variable Universal Life (VUL) along with Index Universal Life (IUL) Insurance are examples of ways to fast forward to the future when you need to take tax-efficient income to supplement retirement, fund college tuition, or whatever's important in your life.

Let me help you design the protection you need, "Your Way"!

This article is meant to be general, and it is not financial advice or a recommendation of any kind. For more detailed information, contact Albert Gonzalez, MBA. He is a Financial Advisor with JTL Wealth Partners and offers securities and investment products and services through Waddell & Reed, Inc. (WRI), member FINRA/SIPC. JTL Wealth Partners is a separate entity from WRI. Contact information: agonzalez@wradvisors.com 817.247.6129 www.JTLWealthPartners.com



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Farmers market wins best produce award

by Laurel Robertson



We're so proud to be voted Dripping Springs' Best Grocery – Produce in the Century News' annual awards! While we're honored with the recognition, we've got to humbly agree – there is no better produce available anywhere in the area than at our market every Wednesday. Why? Here are a few reasons:

Local means fresher. It's simple geography: proximity of the grower to you means produce doesn't spend time travelling an interstate highway and waiting in a warehouse before it's ever available for sale. Produce at our market is harvested within days – sometime hours - of being brought to market.

Vine-ripened, not picked-to-ship. Produce that travels only across the county, instead of the country (or globe!) doesn't need to be tough to make that short trip. That means it can stay on the tree or vine until its sugars and color are fully developed, instead of being picked green to withstand the rigors of shipping. The difference is especially evident with luscious wonders such as peaches and tomatoes – but all produce has better flavor and higher nutrition when it's allowed to naturally ripen on the plant.

Small growers can choose the tastiest varieties. Large industrial farms harvest by machine, which requires growing varieties that will ripen all together and bear fruit of consistent size. Small, lo-

cal growers hand-harvest their produce as each piece ripens, so they're free to choose varieties for their taste and local adaptability. Again, taste and nutrition win out.

Advice on preparing and cooking. That fennel bulb or wax bean might look tempting in the produce aisle – but how do you cook it? At our farmers market, you can get experienced advice on ways to prepare new and different vegetables, right from the grower. They not only know how to grow the best vegetables – they know the best ways to cook them, too! Just ask....

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>).



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Litigation: *Do we really need courts?*

by Roland Brown



Someone, whose profession should have caused that person to know better, once posted a meme depicting a law enforcement officer's knee on an individual's neck with the caption, "Sometimes justice happens before the case ever reaches the courthouse." (The meme predated the George Floyd incident.)

With tensions running high in this country, it is easy for us to forget that our nation was founded, in part, by people fleeing from an oppressive government that operated with a similar disregard for the rule of law.

The 5th Amendment to the U.S. Constitution makes it clear that justice has a defined pattern, and we risk a return to the excesses that led to the States declaring their independence from England if we take shortcuts. "No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a grand jury, ... nor be deprived of life, liberty, or property, without due process of law;..."

I was privileged to have a father who served both as an aggressive district attorney and later as an equally aggressive criminal defense attorney. He and I tried murder cases and other cases together. Whether prosecuting or defending, he staunchly fought for the rule of law and he was as quick to call a bad law enforcement officer to account as he was to bring the hammer down on a drug dealer. A believer in the constitutional rights of every person, he knew that even an imperfect court was far superior to "frontier justice" meted out on the street by an unelected, and sometimes inadequately trained, officer. We must be supportive of and thankful for the men and women who risk their lives daily on our behalf, even when doing something as seemingly simple as conducting a traffic stop. We must be equally demanding that our law enforcement personnel be properly trained and then use only the reasonable force necessary to discharge the duties delegated to them by "we the people." Those duties do not include acting as judge, jury or executioner. *That* is why we have and need our courts.

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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