

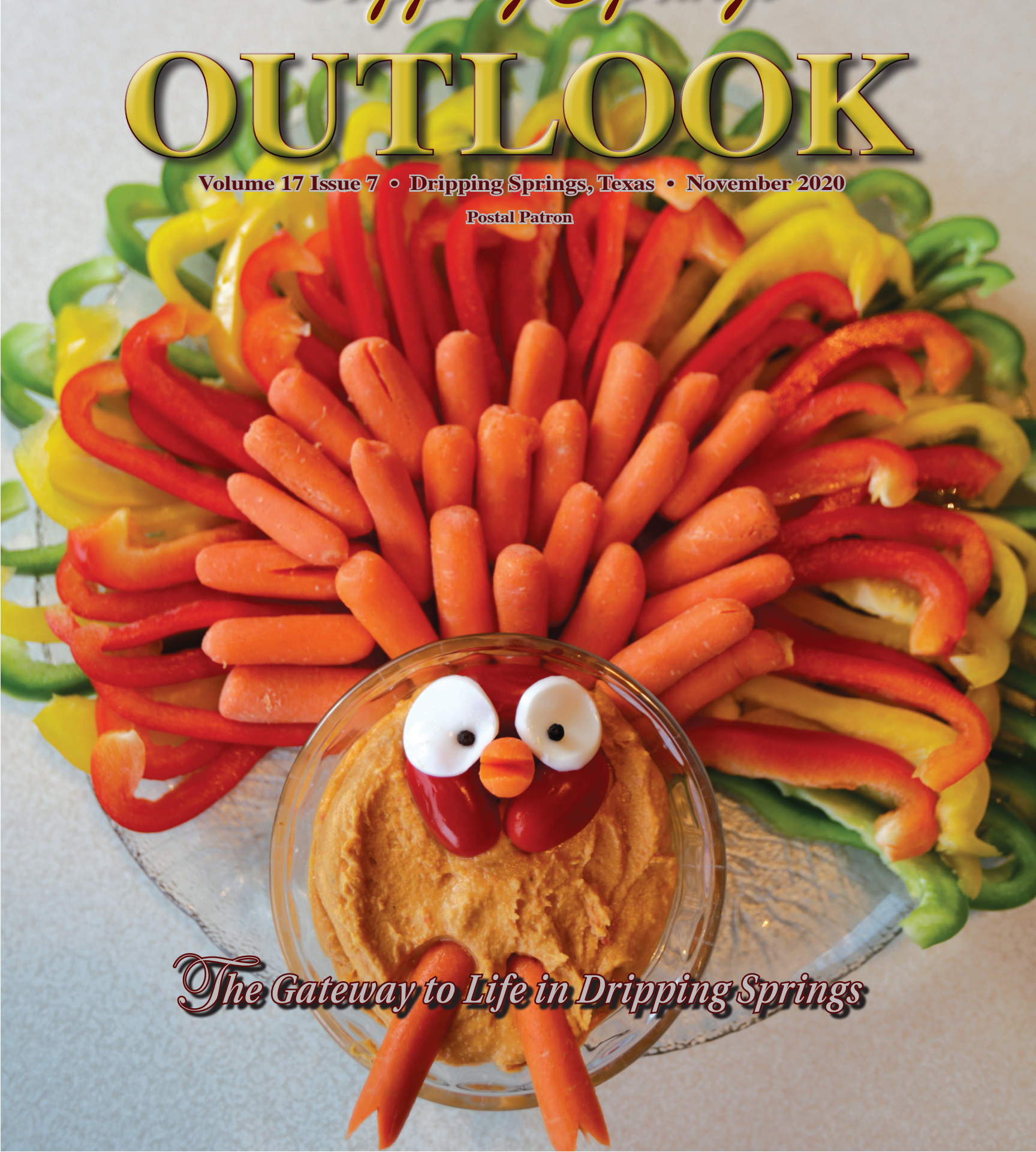
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OUTLOOK

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Finding the thankful

Last year my husband and I flew to Minneapolis for Thanksgiving. All of his family—three sisters, a brother, their grown children and toddler grandchildren plus his mother who still plays golf and tennis at the age of eighty-six—live within thirty minutes of each other. We gathered at his sister's house which can accommodate such a large group.

Instead of turkey, the traditional meal is lasagna. Lots and lots of lasagna. I recall joking to my husband that the only turkey present that evening was the adorable crudités arrangement with hummus which his niece made and brought. He said it might make a fun cover for our November issue the following year, so he—being the professional photographer that he is—pulled out his super sophisticated camera and shot photos of it.

That turkey did indeed make the cover this year, but not only for the reason that it is a clever and cute representation. This year we will not be flying to Minnesota, or anywhere else, for the holiday. (We actually haven't been on a plane since February.) There won't be a gathering of the loving and boisterous family at his sister's house. She and her husband were in complete self-quarantine for over six months and have carefully social distanced only occasionally since then. Other family members have ventured out due to work obligations (one is a nurse), and have practiced protocols they feel maintain the safety of themselves and others. I believe we have all handled sorting out how to proceed with our daily lives very well.

Our cover this issue reminds me of the cherished time I spend with family, the memories I create, and how to try my best to always recognize and be thankful for the moments I have with them. Change is constant in our lives; sometimes sudden and unbidden. But if we are flexible in action and spirit looking to move forward with the greatest good in mind, we will find our balance. And we can still celebrate. I look at my niece's vegan turkey and smile for what it means to me.

Happy Thanksgiving to you and yours. Thank you for joining us.

Victoria



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It is also distributed to businesses throughout the community.

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

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Pedal Ranch Publications

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 a with mental health condition. Meets at St. Martin de Porres Catholic Church, Room 1. Contact info@namicentraltx.org for more information.
- Every 4th Thur. 6pm, Photographers of Dripping Springs meets at the Holy Spirit Episcopal Church, 301 Hays Country Acres. Visit Photographersofds.us or on Facebook.
- Every 2nd Fri. Mothers of Preschoolers (MOPS) group meets at 9am at the Episcopal Church of the Holy Spirit (301 Hays Country Acres at Hwy 290W). Childcare available. For information call 512 858-4924 or email DrippingSpringsMOPS@gmail.com.
- Every 1st Sat. On or after the full moon, 7:30pm, Rambo Masonic Lodge 426 meets. Dinner at 6:30pm. Call 512-858-7177.

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Acute immune support

by Edwin Dossman



During these times it is of utmost importance to look at the availability of efficient and time-tested natural remedies. Chinese herbs and herbal medicine have a well-documented history well beyond 4,000 years. The formula being described below is a wide-spectrum, proprietary plant-based formula clinically researched integrating traditional Chinese herbs with modern analytical chemistry and extraction techniques to provide anti-viral and anti-inflammatory support. This formula has been cited by the World Health Organization for immune challenges and is supported by hundreds of studies.

The Formula

- Forsythia suspensa (Forsythia fruit)

Forsythia used in China for over 4,000 years is considered one of the 50 fundamental herbs of Traditional Chinese Medicine.

- Lonicera japonica (Honeysuckle flower)

It has been found to positively modulate the immune system. One of its major components, chlorogenic acid, has been proven to play an important role in anti-aging and health span promotion.

- Scutellaria baicalensis (Baikal skullcap root)

Scutellaria baicalensis exhibits a wide range of pharmacological activities, including effects on the nervous system, the immune system, and the liver, as well as and protection from microbes.

CV Acute from CV Sciences is formulated to support the immune system as it is faced with extraordinary challenges. Using tools provided from Traditional Chinese Medicine, CV Sciences has incorporated these unique ingredients to build up your natural immunity and promote an optimized immune response.

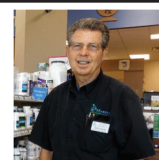
We are very excited to have this formula available for our clients. If you have any questions or concerns, we have trained experienced Wellness Consultants on staff at our Dripping Springs Pharmacy, and Lamar Plaza Drugstore locations.

Best in Health,

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



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Dermal remodeling from the inside out. What?

by Breca Tracy, PhD

Have you heard of dermal remodeling? Can you imagine stimulating your body to improve its own skin texture and appearance on a cellular level, internally? Less acne, more plump smoother skin. A bright, fresh glowing look without being pregnant? Do you have concerns with

your skin (face or body)? Do you have stretch marks, scars, photo aging or in general are entertained by a non-surgical face-lift? Check out REGENERATE's Innovative Secret RF Therapy.

The demand for non-surgical aesthetic procedures with little to no downtime is on the rise. More than seventy percent of patients are bothered by signs of aging such as fine lines and wrinkles as well as skin texture and discoloration (ASDS Consumer Survey).

Secret RF is a novel fractional radio frequency (RF) system delivered by customized micro-needling for tissue coagulation and hemostasis designed to stimulate and remodel collagen and address the common signs of aging. It is ideally suited for use on patients who wish to revitalize and refresh the appearance of their skin. By adjusting the micro-needles, Secret RF can deliver energy at various depths, so that treatments can be tailored to address each patient's individual concerns such as fine lines, wrinkles, acne scars, photoaging and striae at the depth required.

REGENERATE's Secret RF unique technology and customized delivery of energy enables providers to tailor treatments for a variety of skin concerns on all skin types. Secret RF induces dermal remodeling by applying precisely controlled RF energy directly

into various depths of skin – from 0.5-3.5 mm - with minimally invasive micro-needles to spare the epidermis and reduce patient downtime. Check out our social media to see images of our actual patients immediately after the therapy. You'll be shocked to see they are able to go do all the things they had planned for that day, looking naturally beautiful without the appearance of a game-changing procedure just minutes prior.

For more information, please contact us to learn more about the regenerative therapies we offer 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 REGENERATE 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.



Breca Tracy, PhD
Director of Science
& Operations
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Dripping Springs, TX 78620



November is American Diabetes Month

by Ron S. White, DDS

Consider that while almost 30 million people in the U.S. have some form of diabetes, one in four don't even realize they're walking around with the disease. National Diabetes Month is an annual event each November to boost awareness about the risk factors, symptoms, and types of diabetes.

Diabetes is a disease that can affect the whole body, including your mouth. Dental care is particularly important for people with diabetes because they face a higher than normal risk of oral health problems due to poorly controlled blood sugars. The less well controlled the blood sugar, the more likely oral health problems will arise. This is because uncontrolled diabetes impairs white blood cells, which are the body's main defense against bacterial infections that can occur in the mouth.

People with diabetes face a higher risk of:

- *Dry Mouth* – Uncontrolled diabetes can decrease saliva flow, resulting in dry mouth. Dry mouth can further lead to soreness, ulcers, infections, and tooth decay.
- *Gum inflammation (gingivitis and periodontitis)* – Besides impairing white blood cells, another complication of diabetes is that it causes blood vessels to thicken, which slows the flow of nutrients to and waste products from body tissues, including the mouth. When this combination of events happens, the body's ability to fight infections is reduced. Since periodontal disease is a

bacterial infection, diabetics with uncontrolled disease may experience more frequent and more severe gum disease.

• *Poor healing of oral tissues* – People with uncontrolled diabetes do not heal quickly after oral surgery or other dental procedures because blood flow to the treatment site can be impaired.

• *Thrush* - People with diabetes who frequently take antibiotics to fight various infections are especially prone to developing a fungal infection of the mouth and tongue. The fungus thrives on the high glucose levels in the saliva of people with uncontrolled diabetes.

• *Burning mouth and/or tongue* – This condition is caused by the presence of thrush.

In summary, since people with diabetes are more prone to conditions that may harm their oral health, it's essential to follow good dental care practices and to pay special attention to any changes in your oral health and to seek a prompt dental consultation if such changes occur.

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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Trigger finger

by Dr. Stella Torres, PT, DPT, CHT

Trigger finger (stenosing tenosynovitis) is a common condition of the hand that results in pain, point tenderness, stiffness, popping, clicking and/or locking of the involved digit(s). Any finger may be affected, including the thumb, and may occur on more than one digit

at a time. Symptoms are typically worse in the morning and with repetitive or forceful grasping.

Triggering most often occurs at the junction between the flexor tendon and the A-1 pulley located in the palm at the base of each digit. Flexor tendons are attached to muscles that bend the fingers and thumb. They pass through a tube or sheath underneath a series of tunnels called pulleys. These structures act as a pulley system to keep the tendons gliding along the bones and joints of the digits as they bend and straighten the thumb and fingers. The sheath may become irritated and inflamed resulting in the space within the pulley becoming narrow. This inflammation then leads to the previously mentioned symptoms. If the inflammation is severe, the involved digit may lock in a bent position because the muscles that bend the fingers are stronger than the ones that straighten them.

Triggering often occurs as a result of repetitive gripping or blunt trauma and occurs more frequently in women than men and in persons between 40 and 60 years of age. Susceptibility for this condition is also higher in individuals with diabetes, rheumatoid

arthritis, gout and in women who are pregnant.

Hand therapy can be an effective management approach to avoid surgery for this condition. The therapist would look for tenderness at the A-1 pulley, thickening of the tendon sheath/tendon at this site and triggering, popping, clicking or locking. If triggering is evident, rest is recommended by avoiding the aggravating movements and activities. This may require splinting the affected digit which a hand therapist can custom fabricate. Manual therapy techniques are typically administered to minimize the inflammation and the associated pain, point tenderness and swelling. Exercises would also likely be prescribed to address any restrictions in mobility and deficits in strength.

The specialty of hand therapy is rare and the community of Dripping Springs has a certified hand therapist on staff at Kethley Physical Therapy. If you have a concern regarding the possibility of having a trigger finger or thumb, schedule an appointment with Stella Torres, PT, DPT, CHT. She can assess your specific situation and determine if hand therapy is appropriate for you.

Contact Kethley Physical Therapy at 512-858-5191 or KethleyPT.com. Kethley Physical Therapy has two we now have 7 physical therapists in 2 locations and been in practice for 15 years.; 800 W. Hwy 290, Bldg B and 14101 W. Hwy 290, Bldg 500.

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Five reasons why microneedling is the gift that keeps on giving

by Rocco C. Piazza, M.D

If you have not tried microneedling at the Piazza Center yet, you may want to make it your new best friend pronto! Microneedling is also referred to as “collagen induction therapy,” which is why we think of it as the gift that keeps on giving.

1) Say goodbye to the noticeable appearance of fine lines and wrinkles. Because our bodies, with age, start to decrease the production of collagen and elastin, fine lines and deep wrinkles start to become more and more noticeable over time. By triggering your natural wound-healing process, microneedling helps the protein ramp back up so your body can produce more collagen and elastin. This results into smoother and youthful-looking skin.

2) Reduce the appearance of sun damage. Remember the days when laying out in the sun covered in baby oil and laying in tanning beds was the thing to do? Facial rejuvenation with microneedling can be a great way to reverse both early and present signs of sun damage like dark spots and premature wrinkles. Microneedling can also help to diminish hyperpigmentation caused by other common conditions like melasma.

3) Helps with pore size. Even though microneedling creates temporary, controlled micro-channels in your skin, this treatment

can actually help to reduce the appearance of enlarged pores, making your skin look and feel much smoother and more even. Increased collagen means a firmer and more supportive skin structure, which can have a tightening effect on the appearance of your pores.

4) Helps boost the effects of your skin care products. You know those special skin care products you’re using? Well, as beneficial as they may be, they may not be able to fully penetrate into your skin for maximum effectiveness. Microneedling can increase skin absorption, helping your favorite topical products do their job better. However, because microneedling can help topical products reach the underlying layers of skin more quickly, you do have to be careful about what you apply to your skin directly after your procedure.

5) Microneedling isn’t just for your face. This skin rejuvenation treatment can be used anywhere on your face or body to help you achieve a smoother and more even skin tone and texture.

Contact the Piazza Center today to schedule your microneedling consultation with one of our aestheticians.

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.



Stress and inflammatory skin conditions

by Karen Laine, Para-Medical Aesthetician

Have you found that skin conditions such as acne, rosacea, psoriasis or eczema flare prior to a big event, following traumatic life circumstances or other stressful times? Inflammatory skin disorders are exacerbated by the body's inability to deal with the physiological response of stress and the *fight or flight* response. The

body reacts to stressors, whether physical, mental or emotional, in basically the same manner. The body isn't capable of recognizing the type of stress it's up against.

When the stress system is triggered, it produces many physical changes. It reacts by cutting off circulation to the digestive tract and diverts blood flow to the large muscles in order to fight or flee. During times of stress, the gut is unable to process and absorb nutrients properly nor expel waste through normal channels, thus inflammation occurs. Additionally, blood pressure, heart rate and muscle tension increase with the release of stress chemicals, some of which are physically damaging to your body. The most sensitive cells make up the *hypothalamus*, a part of the brain controlling all your hormone activity and immune system. Over time the hypothalamus struggles to manage things properly leading to adrenal burnout, thyroid problems, weight and mood problems and many types of chronic illnesses.

The key to managing these skin conditions and the well-being

of your entire body, is to deal with these reactions through both diet and stress management.

- Reduce or eliminate inflammatory foods. Tran-fats, dairy and grain foods are known to aggravate the digestive system and contribute to many health issues.

- Get sleep. This is your body's repair and restore time. Employ natural supplements such as *melatonin* for help with sleep. Avoid stimulating behavior before bedtime, i.e. TV, computers, etc. Lower the lights.

- Find support and talk about it. Enlist the aid of a counselor or therapist. Seek natural methods and supplements for stress, depression and anxiety.

- Employ relaxation techniques. Try deep breathing, yoga, visualization, biofeedback, journaling or meditation.

- Get some exercise. Helps eliminate stress induced chemicals and toxins from your body through sweat and improved circulation and release of *feel good* chemicals called *endorphins* in your brain. Shower with lukewarm water soon after to remove irritants from skin.

- Do something you enjoy. Try sports, reading, hobbies, a change of pace to distract your mind.

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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Dripping Springs Chamber of Commerce Focus on Business: *Trulevia*

by Haley Hunt

The first dispensary in Dripping Springs, is a boutique marketplace offering the highest quality CBD products for what ails you with a shot of Texas hospitality.

Haley Hunt, the founder and CEO of Trulevia, is a former nurse with a keen interest in helping her neighbors enjoy maximum health and wellness with top, legitimate, CBD brands for healing and overall life improvements. Christy Spanton, Trulevia's Director of Product, serves with passion and pride which makes her uniquely positioned to find the best products out there to manage stress and pain. Both ladies are balancing the roles of motherhood, being busy cannabis professionals, with a deep interest in wellness, fitness, and helping others.

They aim to create a memorable retail cannabis experience that becomes a beloved destination in Dripping Springs. Educate, en-



lighten while remaining approachable, comfortable and fun.

They are cannabis enthusiasts who enjoy this plant in so many ways. From planting it in the soil and growing it themselves, to cooking with it, and enjoying its health and wellness benefits during their everyday. This plant's secrets are no longer secrets and we've made it our business to sing its praises and share its benefits with others.

They are ever evolving their cannabis story. Soon they will be re-branding to a new, unique and fun brand that will be a destination for all, so stay tuned and be sure to follow them on Face-

book and IG to hear more about their exciting journey!

For now, stop by their store located at 766 Old Fitzhugh Rd in downtown Drip. You can see their product selection by visiting www.trulevia.com or feel free to contact them at 512-648-7420.



Virus times: *Intersections*

by Leslie Tourish, LPC

Our lives are filled with intersections, both physical and metaphorical. Sometimes we're at a life's intersection, but we don't realize it until later with the luxury of hindsight. However in 2020, every day can feel like an intersection because of all the changes we've adapted to in order to

move forward. This crazy year will be in the history books. As I write this, even more powerful change is in the air. It's the beginning of October with today being former Beatle, John Lennon's 80th birthday, and the election is less than a month away. When this column comes out, the election will be here and who knows what will have transpired between now and then? I'm shocked by what's happened just this past week in October.

However, these shake ups are the running beside even more substantial changes. Medical science has developed better therapeutics to lessen the ravages of COVID-19 for patients, so fewer people are dying and more are healing faster with less suffering. There appears to be real progress toward multiple vaccines as pharmaceutical companies complete their third phases of human trials. Just these realities alone are a testament to the dedication of people across the world working to contain this virus. If past pandemics are of any indication for what we're experiencing today, ours may follow along similar lines. We may open back more slowly at first, and if that's successful, then we'll push into more freedom. And with each forward motion, we face our intersections.

When I'm at an intersection, I meditate on a classic – the serenity prayer: “God grant me the serenity to accept the things I cannot

change, the courage to change the things I can, and the wisdom to know the difference.” Oh yes, this is an old chestnut, but boy is it true. Because not only has our world changed, we've changed. And having changed, our needs have changed. We may be reevaluating so many aspects of our lives. Our work, our relationships, and what currently brings meaning to our lives.

And change is tricky. There are things you can do personally to create a change, but there also some things that are simply unsolvable. They are what they are. Then we're left with the choice of, and to borrow a song title from the aforementioned John Lennon – let it be. There can be a grace in making that decision. Because to rail against things beyond our control is disturbing and wastes our precious energy and time. But always we can choose to breathe, accept, and recalibrate.

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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What is that smell?

by Frank Shuman, DVM

I think everyone has probably had an occurrence where their dog gets nervous and suddenly you smell a stinky rotten egg smell. That my friend is the dreaded funk of anal gland discharge. Anal glands and anal sacs are part of normal canine anatomy. Every canid from

wolves to Chihuahuas have them.

Anal glands are scent glands located around a dog's anus, which produce a strong-smelling, oily secretion. Anal sacs empty through two openings located on either side of the dog's anus. When it is stretched as stool is passed, the sphincter muscles squeeze the anal sacs forcing the contents onto the surface of the stool.

When dogs greet each other with familiar sniffing, the secretion from the anal glands is what they are smelling. Problems occur when the sacs get too full and impacted. If the contents of the anal sacs are not emptied on a regular basis during the act of passing stool, the normally liquid contents become very thick and plug the openings of the anal sacs. The impacted glands can cause discomfort or worse they can get infected resulting in an abscess. Fluid from a normal anal sac does not have a pleasant smell, but if infected the smell can be overwhelmingly bad.

Have them checked on a regular basis in a painless procedure that should be included in a complete physical exam. If full, they can be easily emptied while the contents are still fluid. It is more difficult to empty the anal sacs when the contents begin to thicken.

If you are unsure if your dog needs their anal sacs emptied, watch their behavior. Dogs with impacted anal glands will often scoot their rump, or they may lick, or bite at their anus. What predisposes some dogs to anal sac abscesses is unknown. Dogs that are very obese tend to have more problems than physically fit dogs. This may be due to fat skin folds blocking pores and preventing them from draining, or because it is difficult for an obese dog to groom itself and encourage natural drainage. If a dog repeatedly develops anal sac abscesses they can be removed surgically.

Anal glands and anal sacs are not usually discussed when people talk about their pets but are a key part of keeping your pet healthy. Early treatment is best.

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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Digital eye strain and the effect of blue light on your eye health

by Dr. Bryan Marshall



In today's world, extended periods of computer or tablet work are common place. In fact, a Nielsen Company audience report showed that in the U.S., the average person spends more than 10 hours a day on a computer or mobile screen. *Wow!*

I get asked all the time about its effect on your eyes and it's obvious that younger individuals are spending more time on handhelds than I did as a

child. A friend described this new species as glow-faced hunched-backs. But is it really damaging to your eyes? New studies show the answer is *yes*.

First, we need to consider the accommodative demand on the eyes. That is to discuss what happens to the eyes when asked to focus on something at arms length for extended periods of time. The muscle in the eye has to flex to pull the lens into shape, and like other muscles, it can get fatigued. For this, I always recommend taking breaks and looking up for one minute every 15 minutes. This gives the lens and muscle time to recover.

The next area of concern is centered around blue light. Blue light is part of the visible spectrum that makes up white light which is emitted from the sun. It is the higher energy portion of the spectrum right next to ultra-violet light. This wavelength causes digital eye strain and can cause oxidative damage and early retinal degen-

eration that is non-reversible. The highest emitters of blue light are the sun, LED lights, flat screen LED TVs, computer monitors, smart phones and tablets. An NEI-funded study showed that children's eyes absorb more blue light than adults from digital device screens.

How do we protect against it? Limit screen time, use special filters to absorb blue light and get computer glasses from your optometrist with anti-reflective coatings. At your next appointment, ask your doctor about your options to limit accommodative stress and block these damaging light waves.

Here at Capital Eye we will listen to you and develop a good strategy for regaining good comfortable near vision that fits your lifestyle and specific needs. Dr. Bryan Marshall is the owner/optometrist of Capital Eye Vision Care and Optical. He is married and has two young children and lives in Austin Texas. If not in the office, you can find him outside either camping, hiking or on his bicycle at a local race.



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Smelly water?

by Randy Lawrence

One major water quality issue shared by many of us is water which emits a rotten egg odor caused by hydrogen sulfide gas. This problem is unique to homes whose water source is a private well, as municipal and community water supplies are required to treat the water at the source. In the past, getting rid of rotten egg odor has been inconvenient and expensive, but recent advances have made eliminating it a much easier task to accomplish.

One common method of treating well water for hydrogen sulfide was to inject chlorine directly into the water as it is pumped from the ground. These chlorine systems can often be maintenance intensive and prone to breakdown. It is also difficult to maintain a consistent level of chlorine without constant monitoring. Additionally the homeowner is responsible for proper dilution rates so as to avoid exposure to high levels of this caustic chemical.

Another way of removing odor is to use a well water storage tank, allowing the release of the gases. This is an effective way to remove the gas without harmful chemicals, but it typically requires a large amount of space, as well as a separate pump to re-pressurize the water. Unfortunately, storing water in a tank subjects it to possible bacterial contamination from outside sources. Ultraviolet disinfection and filtration are usually recommended when water is stored in a holding tank. There are benefits to this

type of system, but the need for extra equipment can be cost prohibitive for many.

Many people aren't aware that reliable, user-friendly equipment has been developed which will aerate and filter your water inside a sealed, pressurized tank. This tank takes up very little space and can be used alone or as pre-treatment for a water softener. The result is water that is completely free of hydrogen sulfide, iron and any sediment that may come from your well, without the need for chemicals or maintenance by the homeowner. Contact your favorite licensed water treatment specialist to discuss details on how to make your water smell better!

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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Time to start the ball rolling

by Lindley Pond



Happy fall to all of you! Too many days of triple digit highs left many of our gardens, vegetable and landscaped areas, needing more shade and a lot more water. We were all scratching our heads, wondering what to do. Keeping all of this in mind, the up side is it allowed us to rethink our spaces.

Fall is a great time to address issues concerning hardscapes as well as some easy-to-install drip irrigation for those perennial and evergreen areas. It's also a good time to look into plunking down some hard earned money on shade trees which accomplish a few things – providing shade, home to birds and allowing for areas that aren't beaten to death by the sun's rays are just a few. Changing out plants that are too needy to those more native and adaptive to our area also can give you the same look you strive for without breaking the bank when it comes to maintenance as well as water.

I like to think of our climate as having mostly two seasons. Maybe you only need weeding and cutting back twice a year, saving money to be used on other outdoor things. Patios, dry creeks and fire pits allow us to remove some of that grass and still create a usable space. All of those things can be tucked into a drainage plan that no one knows has been addressed but you! In assessing what worked and what didn't, it's also a time to check on yourself.

Do you want to spend more time doing maintenance or are you more content to enjoy your space? By starting with a plan, or list, we can figure out what will and won't work for you. It's a great time to start the ball rolling and budget what you need.

We only do one project at a time, so we can focus on you and your wants. We are here if you want to visit about what makes your outdoor space enjoyable to you. Happy fall to you all. In the words of the Dalai Lama – there are only two days in the year that nothing can be done. One is called yesterday and the other is tomorrow, so today is the right day to love, believe, do and mostly live!

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Ideas for thanking your family

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



Don McGraw

Although 2020 may have been a difficult year for you, as it has been for many people, you can probably still find things for which you can be thankful – such as your family. How can you show your appreciation for your loved ones?

Here are a few suggestions:

Invest in your children's future.

One of the greatest gifts you can give them is the gift of education. You may want to contribute to a higher education funding vehicle.

Be generous. Do you have older children, just starting out in life? If so, they could well use a financial gift to help pay off student loans, buy a car or even make a down payment on a home. You can give up to \$15,000 per year, per recipient, without incurring gift taxes. Or you might want to consider presenting your children with shares of stock in companies they like.

Review your insurance coverage. If you weren't around, it would leave some gaping holes – financial and otherwise – in the lives of your family members. That's why it's essential you maintain adequate life insurance. Your employer might offer a group plan, but it may not be sufficient to meet your needs. There's no magic formula for determining the right amount of coverage, so you'll have to consider a variety of factors: your age, spouse's income, number of children and so on. Also, you may want to con-

sider disability insurance – if you were unable to work for a while, it could cause a real problem for your family's finances.

Preserve your financial independence. When your children are young, you take care of them. But you certainly don't want them to have to do the same for you – so it's essential you maintain your financial independence throughout your life. You can do this in at least a couple of ways. First, consider investing regularly in your 401(k), IRA and other retirement accounts. The greater your resources during your retirement years, the less you may ever need to count on your family. And second, you may want to protect yourself from the devastating costs of long-term care, such as an extended nursing home stay. A financial professional can suggest a strategy to help you cope with these expenses.

Create an estate plan. To leave a legacy to your family, you don't have to be wealthy – but you do need a comprehensive estate plan. You'll have to think through a lot of questions, such as: Have I named beneficiaries for all my assets? How much do I want to leave to each person? Do I need to go beyond a simple will to establish an arrangement such as a living trust? For help in answering all these issues, you'll want to work with an attorney.

You can show your loved ones how much you value them and help you keep the spirit of Thanksgiving alive all year long.

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



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What's a beneficiary you ask?

by Albert Gonzalez

As I've mentioned here before, life insurance is not about you but those you love. So how do you make sure those you love are taken care of? Well, in most cases, you identify them as being the beneficiary of your life insurance policy. Having

them identified is not always a simple task as life insurance can be used for different consequences when the insured passes. Let me identify a few uses of life insurance:

Family Protection – This is the most common use for life insurance as a head of household has financial responsibilities. An early exit may bring unintended consequences. Foreclosure of a home, children's education, paying for living expenses while the family regroups paying off credit card or other debt. Adding to retirement funding is an overlooked item as well. If a spouse or caregiver passes, then you have the burden of paying for childcare or other services your family had come to rely on. Many times, this is underestimated.

Estate Taxes – You may have successfully sold a business, accumulated family money from mineral rights or ranch or livestock property. There are potential tax consequences that need to be addressed within nine months from the decedent's death. Liquidity is paramount and life insurance can make this less expensive than the tax bill itself. Depending how the property is decided, Trust, can also add to complexity of the settlement.

Business Partners – Buy-sell agreements can be easily funded

using life insurance to protect the remaining owner. The partner usually does not want the surviving spouse to enter a business as a succeeding partner. The ability to buy out the interest is usually in everyone's best interest.

If you've not reviewed the beneficiary of your policies in some time, now may be a good time. I work with clients looking to protect their loved ones from financial calamity. Be intentional and review your policies today.

Al Gonzalez MBA, is a Senior Vice President/Partner with JTL Wealth Partners. He's affectionately known as "the Love Doctor" to his clients, as he helps them provide security for themselves and their loved ones. Al Gonzalez is a registered independent advisor who offers securities, investment products and services through LPL Financial. Additionally, offering a broad array of Life, Disability, and Long-Term Care Insurance products from multiple carriers. His new phone number is 512.765.6767 and email is Al.Gonzalez@jtlwealthpartners.com Securities and advisory services offered through LPL Financial. Member FINRA/SIPC

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Three things real estate agents say that make no sense to normal people

by Steve Mallett

Everyone knows a real estate agent, and most know at least three. They can be quirky and odd at times. Agents consider everyone they meet a possible client and it is hard for them to turn that off. When you talk to an agent you sometimes get the feeling they are kicking your tires trying to decide if they want a

test drive. Agents even have their own language that can confuse "normal" people. Here are a few phrases that agents toss around like candy at the Founders Day parade.

Touches – "Have you touched your client today?" Even in the pre-Covid world this sounded creepy. In realtor speak this means to have an interaction with a client. It can be a phone call, text or email. It's how agents ensure you don't forget about them. Because as soon as you forget them you hire a different agent. When this happens wine and whining are added to an agents to-do list.

Lead Generation – This is all about finding the next deal. When an agent is "lead generating" they are figuring out ways to get your attention. Got a call from a realtor during dinnertime last night? Blame lead generation. Postcard? Yep. Lead generation. The most obnoxious agents call and say, "Who do you know that I can call about buying or selling a house?" If you need someone to unfriend you, go ahead and give the agent their name and number.

Funding – Funding is the final step that allows the title company to cut the agent a commission check after a closing. It's the end of a long process where the agent is herding cats while juggling flaming chainsaws. When the deal has funded the agent is like a bull rider hearing the eight second bell. Hats are flying everywhere! Ding, ding ding!

When you hire a great agent you will stick with them like a wool blazer to your back in the Texas summer. You don't have to know the lingo to know to hire a good agent, but it does help.

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Litigation: *Something old - Something new*

by Roland Brown



Some of you who have read my articles over the past 11 years may recognize some of the articles I'll be updating and publishing here over the next few months. Some newer readers will see those articles for the first time, while I hope that others of you will enjoy being reminded of some of the information I've sought to pass along over the years. Since

some of my articles address legal issues suggested by current events, I may occasionally throw in current information, either as an update of an earlier article or as a completely new piece.

I have gotten to know many of you as a byproduct of these articles. Some of you have sought my assistance, and when your need was better addressed by a different flavor of lawyer, I've tried to suggest one or more of the other fine lawyers who serve our communities. I was honored recently when many of those lawyers selected me in a poll conducted by a county-wide publisher as Hays County's best personal injury lawyer. [San Marcos Daily Record, Wimberley View and Dripping Springs, Dripping Springs Century News: <https://rolandslaw.com/hays-county-best-attorneys/> Whether that distinction is deserved or not, my current practice is, in fact, almost exclusively focused on helping victims of other's negligent conduct to recover damages for their injuries. Nevertheless, I continue to welcome the opportunity to assist folks who contact me in finding lawyers who can help them with other types of cases.

Titles of articles you'll be seeing in the months ahead will include some such as How to Stay Out of Court, Sit Down. Shut Up., "My Lawyer Sold Me Out", "We Won?", Why Trial Lawyers Try, You Lost, What's Next? I do my best to make these articles interesting, entertaining, and potentially useful to you in the event you or someone close to you becomes involved with lawyers and litigation. Some of the articles become a part of my blog found at www.your-personal-injury-lawyer.law where you can review them. Some of my colleagues from other parts of the state are surprised when I tell them how much feedback I get from the articles. I then share with them how privileged I feel to live in an area where so many people are passionate about expanding their horizons. Thank you for being part of that wonderful audience.

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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Clutter: As a good thing

by Deborah Carter Mastelotto



Like half of the world, I too bought Marie Kondo's book, *The Magic Power of Tidying Up*, when it came out. I read her perfect little book and I too bought into the concept of minimalism just like everyone else. I dreamed of uncluttered closets, neat linen cupboards, stark modern walls. Her philosophy appealed to me. She wrote, "The question

of what you want to own is actually a question of how you want to live your life." Of course, I wanted to live my life in a clean, uncluttered space—who wouldn't? Miss Kondo promoted a technique that made perfect sense—tidy by category not by room. She suggested holding each item and keep it only if it "sparks joy" and if it doesn't, out it goes.

While the book was sweeping the country, reports from goodwill stores and second hand shops reported trash bags full of discarded possessions dropped off in record numbers. It was a movement, and I wanted to sign up. Until, that is, I got to the chapter about books. Miss Kondo's book philosophy was to my mind, "read it once, give it away." Oh no, that wouldn't do. At. All. What if looking at a filled-to-overflowing book shelf sparks joy? I've loved collecting books for as long as I can remember. I'll give away my mass-market paperbacks, but my treasured hard back collected works of Herman Wouk or Isabelle Allende? What about my big colorful art books? Sorry, no way. She also says, "But when we really delve into the reasons for why we can't let something go, there are only two: an attachment to the past or a fear for the future." Well, holding on to beloved books isn't a fear for the future, so is it an attachment to my past, remembering how much I loved reading them?

In the process of reading Kondo's book, I've realized that maybe Pat and I are just clutter-y people. We like to look at things that give us an emotional charge and we have that in common, so I guess we're well matched. I was determined I would declutter our lives but—I love to look at the clutter of framed family photos on the piano, I love the clusters of roses from my crazy garden in collected shot glasses on my windowsill. Too many roses? Is that even possible? These all spark joy in me. In these days of Covid we find ourselves spending so much time in our homes we want, maybe need, to see things we love all around us. Let's not be so quick to throw out our past. Maybe it is fear of an uncertain future that makes the clutter of memorabilia feel essential. So, that brings us back to what's important right now, what sparks joy.

It just might not be minimalism.

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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Thanks in a turbulent year

by Laurel Robertson



It has been quite a year! But strange as it may sound, the Farmers Market has a lot to be thankful for in the wake of all the turmoil.

Last March, when panic from a newly emerged pandemic emptied local supermarket shelves of essential groceries, our local growers were right there with prodigious amounts of healthy food, straight from their farms to you.

While the number of shoppers swelled to three- or four-times normal amounts, our farmers, ranchers, bakers, and chefs were able to meet the anxious crowd's needs with a robust supply of local food. We thank them for their continuing hard work that keeps our community fed.

With the backing of the City of Drippings (who owns and operates our Farmers Market), we were able to petition the Hays County Judge to classify all area farmers market as Essential Services, the same as supermarkets. We were back up and running within a week of the initial March shutdown – with several new COVID protocols (social distancing, hand washing stations, limited non-food vendors) in place. We're grateful for our local governments' unwavering support through eleven years of market operation.

A long summer, followed by welcome soaking rains in September, has issued in a bountiful fall harvest from the Hill Country Market is currently filled with both warm and cool weather pro-

duce – the best of both seasons! Crisp fall weather makes afternoons out on the grassy Triangle Park exceptionally pleasant. With plenty of fresh air, open space, and masks required, customers can safely shop for healthy foods and yummy treats. Our loyal customers (both old and new) keep our market vibrant and growing. We do our market for you! Thanks for all you do for us in return.

Here's wishing everyone a safe and blessed Thanksgiving holiday!

The Drippings 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 (Drippings Springs Farmers Market – Official) and through our weekly newsletter (signup at <http://www.cityofdrippingsprings.com/page/fm.home>).



Wednesdays
3 – 6pm
The Triangle
(Hwy 290 ↗ RR12 ↗ Mercer)
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