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One for the books

Last New Year's Eve my husband and I were invited to a fun, dressy party in Austin. There was a dance floor crowded with people celebrating the end of the year and welcoming in the start of a new decade. Someone handed me a funny pair of big glasses whose eyeholes were the zeroes in 2020. I looked at them and thought, "Yes, twenty/twenty vision for the new year." I could not have been more mistaken.



I'm not the only person who didn't see what was coming – the sudden and drastic lifestyle changes, phrases such as "social distancing" and "self-quarantine" instantly entering our lexicon, and the world being challenged by a common foe. So much has happened to each of us this year, so many things in our lives altered, some permanently.

But here we are. And while it was a mighty test for us, we adapted. We learned how to work from home, have happy hours on Zoom with our friends, and appreciate locally-sourced food, if we didn't already.

Closing out this year and greeting 2021 I will do with high hopes. We grew a lot wiser this year, more aware and nimble. Writing a new year on a page is simply our human way of marking and measuring time. January first resonates with us mentally and emotionally, but practically it is just another day for us to do our best under whatever circumstances are presented.

The beginning of a new year won't mean our challenges are behind us, but the notion of a fresh start, of seeing 2020 as history, or as my grandmother would say, "one for the books," can give us hope. That's what I'm aiming for.

I wish you and yours a happy, healthy and peaceful holiday season. Thank you for joining us.



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Victoria Belue Schaefer

creative director

Cyle Johnson

ad design Joey Johnson

cover photograph

Kevin Schaefer

contact

512-709-6935 Info@DSOutlook.com

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

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

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Test kits and telemedicine consults



Martin's Wellness Pharmacies has partnered with Physician 360 to offer test kits and telemedicine consults for influenza, strep throat, urinary tract infections, and ear infections. Martin's Wellness cares about the health of our communities and we are proud to offer this unique service to expand access to healthcare in

a way that minimizes risk of exposure to other illnesses. Physician 360 kits can help you get the care you need without an in-person appointment with a healthcare provider. The kits are available for purchase at Dripping Springs Pharmacy and Lamar Plaza Drug Store. The price of the kit includes an easy self-administered test, an on-demand virtual appointment with a doctor to discuss your symptoms, the test results, and prescriptions if needed.

Once you purchase a kit, you can use it right away in our store, in your car, or back at your home. Or buy one in advance and keep it in your medicine cabinet just in case! The Physician360 doctors are available seven days a week from 8 am to 8 pm to discuss the results of your test. Once you have your consultation, any prescription you may need will be immediately filled for you by our pharmacy and available for pick up or delivery. Call 512-858-7935 and speak to one of our pharmacists today for details.





by Jillian Blackwell

Jillian Blackwell, Pharm D is a Clinical Pharmacist at Martin's Compounding & Wellness Pharmacies with three locations in the Austin area. Contact Jillian@cpdwellness.com

What is Regenerative Medicine? How can you benefit from it?

by Breca Tracy, PhD



Regenerative medicine is the wave of the future of medicine. It provides a natural alternative to an array of standardized medical care, including surgery. Think of regenerative medicine as a way to restore the body's natural capabilities needed to complete it's daily functions. How can you benefit from regenerative medicine? Common areas for regenerative medicine restoration are joints. Many people suffer

from joint degeneration, whether your discomfort stems from normal wear and tear (age), injuries, or an increase in weight. Regenerative therapies have the capability to restore soft tissue in joint spaces, such as cartilage, ligaments, and tendons. If you have been told you need a joint replacement, but do not want to undergo surgery, regenerative medicine might be your answer. The goal of this type of therapy for joints is to rebuild and restore the soft tissue components needed to provide daily function of joints, and also to provide a cushion (i.e., the joint space) between the bones to alleviate bone-on-bone discomfort.

Let's take a minute to talk about degeneration and regeneration. Degeneration is deterioration, physically or mentally. A solution to degeneration is regeneration. Regeneration is to build, grow, repair or create new tissue. Regenerative therapies are a natural way for your body to benefit from a natural restoration process. Regenerative medicine and therapies seek out degeneration and are effective in reducing inflammation. Cellular components and cell signaling

can be anti-inflammatory, and can contribute to reduction in inflammation upon administration. For more information, please contact us and we would love to further educate you on our clinic and the therapies we offer here in Dripping Springs.

Give the gift of health this holiday season. Help your loved ones become educated on therapies that could help increase their quality of life, and yours. Come in for a consultation and free education on us! We look forward to seeing you soon.

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.



Dripping Springs Outlook Page 5 December 2020



Chances are you or someone you know has had back pain. Each year fifteen percent of the population has their first episode of back pain, and over the course of our lives, eighty percent of us will have back pain. Even though back pain is common, the medical community

does a poor job managing it. Stories of chronic pain, opioid use, multiple surgeries, and a lifetime of disability are far too common.

Let's look at some of the common treatments for low back pain

Let's look at some of the common treatments for low back pain and see how they stack up against physical therapy:

- 1. *Medication:* Low back pain is the number one reason for opioid prescription in the US, however in 2016, the CDC recommended against the use of opioids for back pain in favor of "non-drug treatments like physical therapy."
- 2. *Imaging*: Research has *never* demonstrated a link between imaging and symptoms. As we age, degenerative changes on imaging is common. Ninety percent of people age 50 to 55 have disc degeneration when imaged, whether they have symptoms or not. In 2015, a study that looked at 1,211 MRI scans of people with no pain found that 87.6% had a disc herniation.
- 3. Surgery: The US has sky-high rates for back surgeries forty percent higher than any other country and five times higher than the UK. Surgical outcomes are terrible! A worker's comp study looked at people who had spinal fusions. The surgical group had a

one-in-four chance of a repeat surgery, a one-in-three chance of a major complication, and a one-in-three chance of never returning to work again.

4. Physical Therapy: Current clinical practice guidelines support manual therapy and exercise. Research proves that early PT leads to better outcomes with lower costs, and decreases the risk of surgery, unnecessary imaging, and use of opioids. A study of 122,723 people with low back pain who started PT within fourteen days found that it decreased the cost to treat back pain by sixty percent. Unfortunately, only two percent of people with back pain start with physical therapy, and only seven percent get to PT within ninety days. Despite the data showing that physical therapy is the most effective, safest, and lowest cost option to treat low back pain, most people take far too long to get there. Almost every state has direct access, meaning that you can go directly to a physical therapist without a doctor's referral. If you see your doctor for back pain, and physical therapy isn't one of the first treatment options, ask for it!

Jeremy has been practicing and serving the Dripping Springs community for the past 17 years in Dripping Springs. Kethley Physical Therapy has two locations at both ends of Dripping Springs and they have eight physical therapists ready to help you or your athlete.

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'I.COM (512) 894-2194 13830 Sawyer Ranch Road, Ste. 300 In The Medical Tower at Sawyer Ranch

Dripping Springs Outlook Page 6 December 2020

Snoring through the holiday season?

by Ron S. White, DDS



Snorers are often the brunt of many family jokes but "sawing logs" long term can lead to serious health problems. Sixty percent of men and forty percent of women between the ages of 41 and 65 are habitual snorers. Snoring increases greatly once people reach the age of 35.

Snoring is caused by a narrowing of the upper airway during sleep. This can

be due to large tonsils, a long uvula or excessive flabby tissue in the throat. All of these areas relax during sleep. However, the most common cause of narrowing of the upper airway is a tongue muscle that becomes too relaxed during sleep. When relaxed, the muscle is sucked into the back of the throat with each breath that is taken. The relaxed soft tissues of the throat vibrate and thus causes the sound of snoring.

Problem snoring, in which the tongue is completely sucked against the back of the throat and blocks breathing, can pose serious health risks. More and more research is concluding that the importance of a full night's sleep that is uninterrupted and includes all of the sleep cycles is vital to our well-being. When you sleep, your brain catalogues the previous day's experiences, primes your memory, and triggers the release of hormones regulating energy, mood, and mental acuity. Snoring interrupts this process.

Symptoms of snoring:

• Gasping (irregular or stopped breathing during sleep)

- High blood pressure
- Diabetes
- Morning headaches
- Extreme daytime sleepiness
- Memory deficit
- Depression
- Nighttime reflux, heartburn, GERD
- Nocturia

Increased risk factors for snoring:

- Genetics
- Gender (more common in men)
- Large neck (>15.7" for women, >16.9" for men)
- Obesity (BMI >30)
- Diagnosis of hypertension
- Excessive use of alcohol, sedatives and tobacco

There is an affordable dentist-prescribed solution for a more restful night's sleep. A custom dental appliance positions the lower jaw forward using special Side-Link connectors attached to upper and lower trays comprised of a soft inner layer with a hard outer layer, durable and BPA-free. All it takes is a quick impression of your mouth and a second appointment for the professional fitting. Reclaim your sleep and improve your health!

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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The ultimate technology in skin analysis

by Rocco C. Piazza, M.D

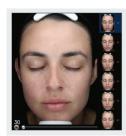
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Rocco C. Piazza, M.D is a Diplomate of The American Board of Plastic Surgery, a member of the American Society of Plastic Surgeons, as well as a national spokesperson for the ASPS. Call 512-288-8200 and visit the web site www.thepiazzacenter.com.



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Aestheticians and dermatologists: Similarities and differences

by Karen Laine, Para-Medical Aesthetician



Are you curious what sets aestheticians apart from dermatologists? Both understand and address skin conditions and are experts on the science of skin. Dermatologists are medical doctors with specialized training and experience in skin, hair, and nail conditions. Aestheticians, on the other hand, are trained, licensed skin care professionals.

Both aestheticians and dermatologists analyze skin conditions, suggest approaches and products for addressing concerns, and perform treatments to promote and maintain healthy skin.

Aestheticians and dermatologist perform a variety of non-invasive procedures. Common concerns include signs of aging and sun damage, acne, rosacea, and overly dry/oily skin. These conditions can be identified and remedied by either an aesthetician or a dermatologist. When meeting a client for the first time, an aesthetician will conduct a skin analysis, which identifies positive attributes about skin types and conditions, areas in need of improvement, and suggestions for treatments, products, and skin care regimens.

Aestheticians perform a range of skin treatments including facials, extractions, chemical exfoliation (peels), and microdermabrasion. Treatments are tailored to a client's skin type and condition. Dry patches, age spots, dull skin, and clogged pores each require a different approach. A dermatologist can also provide

these treatments.

Only dermatologists can perform medical treatments and write prescriptions. A dermatologist must perform biopsies, and any type of surgical removal. Dermatologists perform skin cancer and mole checks and can prescribe medications for skin diseases.

Aestheticians focus more on holistic well-being. Most dermatologists work in a clinical setting set up for medical procedures rather than relaxation. In contrast, most aestheticians create soothing environments that promote tranquility. Although a generalization, many dermatologists will look for clinical or pharmaceutical strategies, whereas most aestheticians will focus on holistic wellness and how lifestyle, nutrition, skin care routines and products, affect the skin's appearance. Aestheticians may be more knowledgeable about skin care trends, the mind-body connection, holistic health, and organic skin care products. Dermatologists may also be current on these topics, but their focus is likely to be on the clinical presentation of skin conditions.

Skincare provider choices are personal. Just as every person's skin is unique, so is their approach to maintaining healthy skin. Considerations include the extent of treatment or care that is needed, the range of desired strategies for healthy skin, the type of products recommended, and the environment in which skin care is provided.

Karen Laine is a para-medical aesthetician and makeup artist with 23 years experience. Contact her at 512-847-8052. Her office is located at 14500 Ranch Road 12, suite 20, in Wimberley.

Dripping Springs Outlook Page 8 December 2020



We were closed for nine weeks and in that time, we sorely missed our clients, our craft and each other. It was a little unnerving to reopen, but when Texas salons got the okay, we were served up with a big helping of rules to follow if we intended to open and stay opened.

We have continued since May to be strict about these protocols, and even though they are a bit confining, they have proved to be solid.

COVID-19 has interfered with everyone's lives, but as most of our clients will attest, salon services are an essential service. The Texas Department of Licensing and Regulations has given salons extremely strict protocols, which we follow to the letter. Protecting all of us is the most important service we can give. This is what we are doing: We email all clients our protocol list when they make an appointment. These must be followed.

When you walk into the salon, you must wear a mask, and we will always be wearing one.

We will apply sanitizer to your hands, as we have done to ourselves. Our stations, front desk, and shampoo bowls and chairs are sanitized after every client. Our masks must always be worn, covering both nose and mouth. The restroom is sanitized after each use. We will get your water or coffee for you in a disposable cup. Our stations are at least six feet apart. If you have not taken your temperature prior to arrival, we will take it for you. If you are sick at all, we cannot see you. No one sits in the reception area and we only take one client at a time per stylist.

Hopefully, one day, we will not have to adhere so strictly, but right now we must keep all of us safe and stay in business. We do miss your hugs.

Thank you for your kind understanding.

Lisa Gilliam opened Sophie's Garden Salon in 1999. She has been a stylist since 1980. One advanced training was at the Vidal Sassoon Academy in London. Sophie's Garden strives to be guest focused and grateful.



Lisa Gilliam

Sophie's Garden Salon 512.858.1828

www.sophiesgarden.com



Virus times: Holding out for hope

by Leslie Tourish, LPC

What seems like another lifetime ago, but was really only in March, I went shoe shopping before the COVID-19 shutdown. I bought two pairs of dress shoes, and was pretty pleased with my purchases. Nine months later they're still in my closet, nestled in their boxes, pristine as

the day I brought them home. And I have to ask myself, what was I thinking? Apparently I thought I was going to be going someplace where wearing dress shoes would be part of my day. Uh, no. Instead, I rarely get out of my sneakers since I now conduct meetings either on the phone or over Zoom. Either way, no one sees my feet.

These are such strange days of sameness while waiting for life to reassemble to our new normal. The backdrop of our election had a surreal effect of creating groundswells of hypervigilance and high-tension. Everything felt fraught and our emotions frothed. But like a fever breaking, we made it through the other side, either elated or disappointed. But still a democracy. And like coming out of a night ill and soaked from fever sweats, we may have felt exhausted and shaky, but we're still here to face another day.

Glimmers of hope came with the announcement by the pharmaceutical company, Pfizer, that their COVID-19 vaccine has tested more than ninety percent effective in their late-stage clinical trial. We'll have to see how effective it is in the long run against this virus. But that we're this close to slowing down the pandemic is amazing and historical. First shipments of the drug will be in December, enough for 15 to 20 million people. Then it will be exponentially produced and shipped out to millions more each month

Leslie Tourish
EMDR Certified, LPC

512.695.1660 leslie@leslietourish.com 3975 Highway 290 East Dripping Springs 78620

getting this first round of vaccines as the virus is cresting, we'll have to tolerate COVID fatigue a bit longer by wearing our masks and social-distancing. But hope is shimmering on the horizon.

While our landscape has drastically changed, with more than

until they're being manufactured in the billions. Since we'll be

While our landscape has drastically changed, with more than 230,000 Americans who have succumbed to this terrible disease, we long to rejoin life. To go back to work, to sit in a full classroom, to hug our friends and family, to attend our religious services, and to shop the grocery store without a mask. It's all out there, waiting.

Yet we have something that is the crown jewel of our resiliency – humans are naturally wired to be cooperative, to think beyond ourselves, lean toward good. By thinking of the bigger picture possibly by summer we can put away our masks and start being out in the world more fully. And maybe wearing our dress shoes again.

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

by Deborah Carter Mastelotto



Recently while shopping for a quiet meditation audiobook to help me sleep, I happened upon an odd title, The Gentle Way by Tom T. Moore. Its stated premise was "discover and strengthen your connections with guardian angels." It wasn't really what I was looking for, but it was cheap and the narra-

tor's voice seemed soothing to my ear, so I got it.

In the book, however, the author does this one thing that I really like, and I'm incorporating it into my life. He suggests requesting "a most benevolent outcome" on a daily basis. He asks this in regard to parking places, personal one-on-one interactions and really, anything and any time where the positive results of something are desired but unknown. He believes he is requesting this benevolent outcome from his guardian angels and when you do it, whether you believe or disbelieve in angels doesn't seem to make a difference in the result. The one thing that does make a difference is your sincere desire and belief in the benevolent outcome.

To practice this you need to find a quiet space where you can make this request out loud. It goes like this: "I request a Most Benevolent Outcome for (fill in the blank)." You can also add, "... and may the benefit be more than I expect or anticipate." There.

It's a small, simple thing, and it doesn't work if you don't believe it. Believing it kicks the whole quantum physics aspect in. Remember the physics principle, the observer affects the experiment? It's like writing an invisible program for your encounter, feeling so rock-solid in your expectation of a benevolent result that you become unconsciously motivated to affect the result, if not physically, then energetically.

Dissecting the meaning and roots of the word benevolent using Miriam/Webster: Benevolent can be traced back to Latin bene, meaning "good," and velle, meaning "to wish." Other descendants of "velle" in English include "volition" (the act or power of making one's choices or decisions), "voluntary," and the rare word velleity (meaning either "the lowest degree of volition" or "a slight wish or tendency"). So, requesting a benevolent outcome can actually be considered a "good wish" for your life, for yourself. It's a way of treating yourself kindly, wishing the best for yourself, and I love that. A benevolent outcome is always a win/win, and by requesting it you are choosing the highest path of and to joy. 2020 has been a hard year. Let's give ourselves a benevolent outcome to it.

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

Have a handmade, hometown holiday

by Laurel Robertson



This year, most of us will be celebrating a smaller, more intimate Christmas at home. You can transform that into a truly homegrown holiday with local foods and gifts you'll find at the Dripping Springs Farmers Market. In December, our market is chock full of local artisans and cooks offering unique products that will bring a smile

to those who appreciate high quality, handmade, and homegrown.

From handmade toys to the main entree for the family feast, you'll find things on your Christmas list – and some you never thought of! How about a bottle of fine local wine as a hostess gift, a beautiful succulent arrangement for an older relative, a real homemade pie for holiday dessert, or even a leg of lamb as a new holiday meal tradition? What child wouldn't delight to find straws of local honey in their stocking on Christmas morning?

Bakers abound at market this time of year, with scrumptious handmade cookies, cakes, pies, biscotti, fruit breads, sweet rolls, croissants, nut bars, macarons, crusty sourdough and seeded loaf breads – even cheese puffs and gluten-free treats. If you've a mind to make your own holiday baked goods, you'll find locally ground flours and fresh-shelled Texas pecans to make your efforts the highest quality.

There is no limit to the imagination and scope of our local crafters. You'll find booths full of native plant wreaths, local goatmilk soaps, herbal body butters and scrubs, pecanwood cutting boards, handspun and handknitted wool goods, handcrafted jewelry (both

fine and rustic), non-toxic soy candles, imaginative children's toys, unique tree ornaments, and more to inspire your gift-giving.

Homegrown and homemade foods are, of course, the heart of a Farmers Market. Choose from hundreds of consumable gifts, sure to please those who like to simplify their lives: gourmet nut mixes, homemade jellies, smoked cheeses and meats, handmade tamales, raw dog treats, gourmet sauces, custom tea mixes and much more.

Shop creatively and safely in the open air at the Farmers Market, enjoy live music, great ready-to-eat food, and plenty of social distancing. Don't forget – we require masks for everyone's safety! 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).



Dripping Springs Outlook Page 10 December 2020

Diana Ozimek

Owner/Trainer

The pandemic puppy



The demand for puppies over the past seven months has been at an all time high. The Pandemic Puppy term refers to a puppy brought home shortly before and during quarantine. Puppies coming home today are still considered Pandemic Puppies. Changes we've had to make in our

daily lives are causing puppies to miss out on vital skills.

One of the main challenges we are seeing is lack of separation. People are working from home, kids may be taking classes from home and families aren't traveling as much, so, it's the perfect time to raise a puppy. It sounds good in theory but it is also the perfect recipe to create separation anxiety. Puppies are not learning how to be alone and self-soothe in these situations. These are vital skills they will need. What happens when life starts to open up again, maybe your office opens or you go on a vacation? If your puppy doesn't know how to cope with this you may return home to destruction, accidents or a soaking wet puppy due to excessive panting and drooling.

How do we help puppies growing up during this time to make sure we have a successful, balanced dog? Be sure to crate-train your puppy. This is important to help them learn to relax in their own, safe space. Many puppies struggle being crated when you are at home and they can see or hear you. Put the crate in a quiet low-

traffic area. Many people don't need to leave their home regularly. It's important we make the effort to let them have alone time. Take the family on a walk or a drive. Do something to get out of your house most days of the week for a couple of hours. Before we were all working from home, this is something puppies had to get used to right away. Putting in a little effort now, will save you a lot of worries down the road.

Diana Ozimek is the owner and lead trainer at Good Dog in the Making. She is excited to bring her puppy training expertise to her new community and help families raise a confident, well mannered dog. www.gooddoginthemaking.com, 773-899-1960, training@ gooddoginthemaking.com

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Puppy socialization

by Frank Shuman, DVM

I have noticed a lot of new pets over the last year and a topic that I discuss at each visit is puppy socialization. This involves puppies learning how to interact appropriately in social situations with people, dogs, and their environment.

The goal is to condition your dog to accept the activities of everyday life beyond the security of your

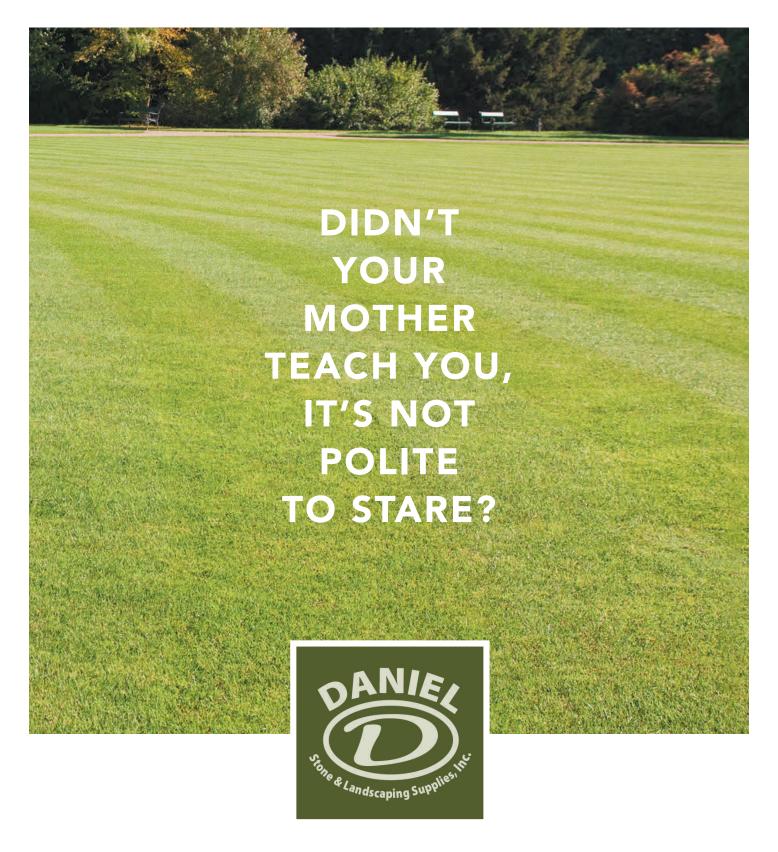
home. This learning will make your dog more self-confident, secure, and predictable. Since behavioral problems are the biggest reason for owner relinquishment of dogs, early socialization and training are essential and can help save the lives of many dogs. Properly socializing your pet can also improve your bond with them. It is a fun, active process for both of you.

The critical social development period for dogs is approximately between three and fourteen weeks. This is the age that they are most accepting, less cautious, and very curious about their environment. Even though socialization can occur at any age, it will be a slower process for an older dog than for a puppy that is under fourteen weeks of age. That is why it is critical to start early

A puppy's earliest encounters will shape its behavior throughout life, so make sure that they are positive. Always have small treats handy and be ready to reward them for good behavior. From the first day you have your puppy home, get them used to being handled. This will make your groomer and veterinarians' jobs a little easier, as well as save yourself and your dog some stress. During your experiences it is critical to observe your puppy closely for signs of stress; tucked tail, licking lips, yawning, shaking, and ears back. If observed, try to remove the puppy so they are not overwhelmed and don't associate the experience with fear! Keep encounters brief, especially in the beginning, and then as your puppy develops, they will become more confident and comfortable for longer experiences. Go out of your way to encounter different types of people, places, animals, walking surfaces, noises, and other situations. Give treats to friendly strangers to give to your dog; most people will happily oblige an obedient puppy.

The risk of your puppy developing serious behavior problems from being poorly socialized is far greater than that of infectious disease. But to be safe, only let your puppy interact with dogs that you know are physically and behaviorally healthy and vaccinated. In addition, do not let your puppy play in unclean environments, such as dog parks that may be contaminated with germs from unknown dogs until it has received all of his vaccinations, usually at sixteen weeks.

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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Simplicity is not too much to ask

Depending upon the quality of your water supply, water treatment systems can range in size from compact units designed to be tucked away in a small closet to multiple pieces of equipment requiring a large area. Often a system will have been modified over time with

plumbing repairs and the addition or replacement of equipment. In many cases, these modifications are done in a way which makes the installer's job as easy as possible. Simply connecting a brand new softener to an existing maze of old pipe or running unsupported pipes at odd angles to connect a new piece of equipment are examples of shortcuts which demonstrate a lack of concern for the finished product. The result is a pieced together system which makes access for service difficult, and typically takes up far more space than necessary.

While the operation of the equipment and the product water quality are the most pressing concerns, it is almost as important that the system be simple and streamlined to eliminate problems when the need arises for maintenance or service. When discussing the work to be performed, you should address any concerns you may have about the current system and clarify the scope of work to be done. If a piece of equipment is to be replaced, ask how the new connections will be made. Also, be sure to ask what will happen to the old unit. Many times, the equipment will be simply left in

the immediate area for the homeowner to dispose of. Obviously, it affects the equipment dealer's bottom line to perform work beyond a simple *cut and paste* installation, but it's reasonable to expect your water system to be carefully planned and installed in a user-friendly and space efficient manner.

It usually takes a little more time, and a few additional fittings, but when the technician puts forth the extra effort to simplify the system, it can make a world of difference. If you're concerned about the treatment equipment you currently have, a trained and licensed professional can suggest ways to improve the layout, performance and overall efficiency of your system.

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.





Time to start the ball rolling

by Lindley Pond

Happy December to all of you!

Too many days of triple digit highs left many of our gardens, whether vegetable or 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 upside 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. This helps save 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

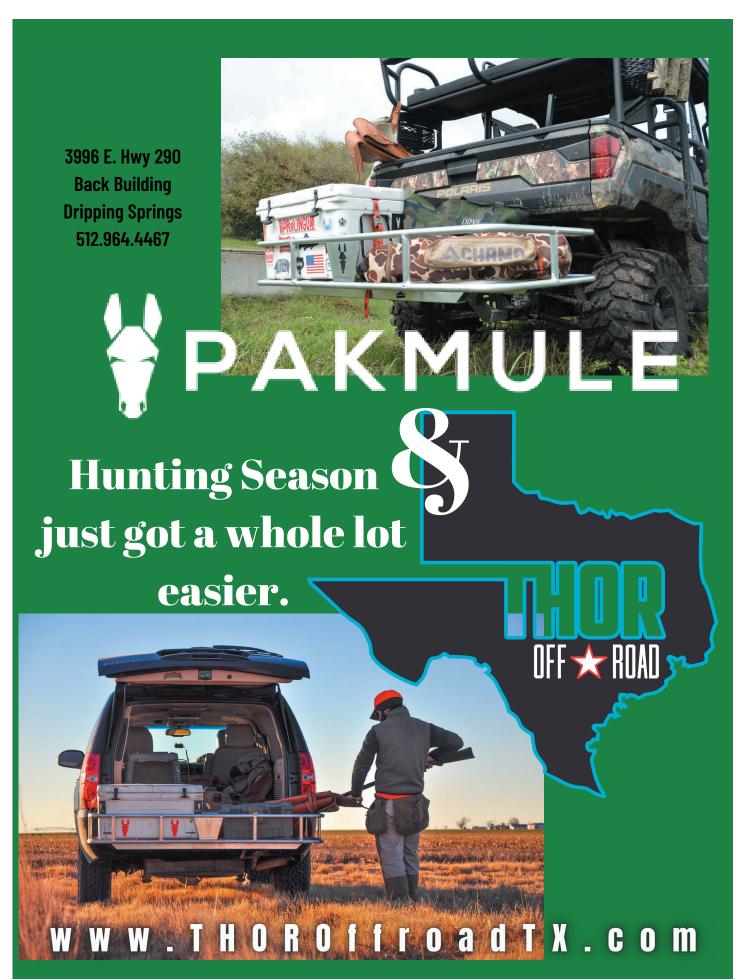
yourself. Do you want to spend more time doing maintenance or are you more content to enjoy your space? By starting with a plan, or list, we can figure out what will and won't work for you. Time to start the ball rolling, budget what you need and want where.

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!

We're here to help fulfill your "outside dreams." Call us for a free consultation and design. Lindley Pond is owner of Lindley Pond Landscaping. We've been helping folks in Central Texas for over 15 years. Give us a call for design and installation of your new "lawn" at 512-775-1629.



Dripping Springs Outlook Page 13 December 2020





Pat M. Woodman

Are you still planning to retire early?

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

Have your retirement plans changed due to COVID-19? Consider these factors:

Your retirement lifestyle: Your ability to retire early depends somewhat on what sort of lifestyle you're anticipating during your retirement years. If you think you'll be traveling

extensively or pursuing expensive activities, you might not be able to afford to retire as early as someone with more modest ambitions. There's no "right" or "wrong" way of living in retirement. But be aware that different lifestyles do carry different price tags and have effects on when you can retire securely.

Sources of retirement income: Obviously, a key factor in knowing whether you can retire early is the amount of retirement income you can rely on. So, you'll have to assess all your sources: Social Security, any other pensions you might receive, and your investment portfolio, including your 401(k) and IRA. The amounts you receive from these sources will depend on a variety of factors.

For Social Security, the longer you wait until collecting, the larger your monthly payments (although they will "top out" when you reach 70, excluding cost-of-living adjustments). In regard to your investments and retirement accounts, you'll need to establish a withdrawal rate that's appropriate for the length of time you expect to be retired. Taking Social Security earlier or later, taking more or less money from your retirement accounts - you can help determine if the retirement date you had in mind is viable.

Your feelings about work: Your goals are not static; they can change in response to any number of reasons. When you first decided you wanted to retire early, you might have been motivated by a weariness of your current job. But has that changed over time? Have you found new challenges that interest you at work? Or, if you were forced by the pandemic to work remotely, did you actually enjoy the arrangement and want to continue it?

Many employers have found that their workers can be just as productive working at home, so, even when we've gotten past COVID-19, we might see a sizable shift in the geography of the workplace. In any case, if your feelings about work have changed in some way, leading you to think you could work longer than originally planned, you'd likely gain some financial advantages. You'd make more money, for starters, but you'd also keep building your 401(k) and IRA, and you could even possibly delay taking Social Security.

The pandemic may lead to a reevaluation of many financial goals - and taking early retirement might be one of them. By thinking carefully about your situation and your options, you can come up with a course of action that's right for you.

Pat M. Woodman, Edward Jones Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-894-0665.



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Protecting your loved ones

by Albert Gonzalez



As we emerge from our homes and try to move forward like everything is "normal," we are left in the wake of tragic loss of life. We've lost more lives in the past four months than we did in the 14 years of the Vietnam War. This is truly catastrophic.

My brother-in-law passed away on April 15th due to the CO-VID-19 in Florida after retiring there 20 years ago. Fortunately, my sister did have a small life insurance policy on him and will be able to manage going forward without the major financial setback often encountered due to a sudden loss of a loved one.

Benjamin Franklin said there were two things certain in life: death and taxes. My goal in writing these articles on personal insurance is to help individuals and small businesses protect their families from the "What Ifs" we all wrestle with and to help make sure our loved ones are cared for by proper planning. I'll be providing an explanation on different types of life, disability and long-term care insurance and how to use them to care for those you love.

If you've not had your life insurance reviewed in 10 years or more, now may be the time to make sure not only that you have the right coverage, but you have assigned the right beneficiaries. If you have a business partner or you're a Sole Proprietor, you may need to review the valuation of your business to make sure you're properly protected. If you have older parents or live near your children and don't want to be a burden to them in your golden years, let's talk. I like to help my clients provide financial care for

themselves and their loved ones. I help my clients establish a base plan of insurance protection in developing their financial goals and plans. Having the proper protection based on your personal situation can help provide peace of mind going out into this new world of a new "normal."

Keep safe, maintain your social distancing and wash your hands often.

This article is meant to be general, and it is not financial advice or a recommendation of any kind. Please consult your advisor before making financial decisions. For more detailed information, contact Albert Gonzalez, MBA, a Financial Advisor with JTL Wealth Partners. He offers securities and investment products and services through Waddell & Reed, Inc. (WRI), member FINRA/SIPC. JTL Wealth Partners is a separate entity from WRI. Albert has worked in the insurance and financial services industry for over 15 years and has opened a new office at 13062 W HWY 290, Suite 204, Austin, TX. Contact information: agonzalez@wradvisors. com 817-247-6129 www.JTLWealthPartners.com



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Why the heck would you want to be a real estate agent?

by Steve Mallett



Do you text your doctor at nine o'clock at night asking him if he knows when your prescription will be refilled? Does he always answer the phone and then tell you to "sleep tight" at the end of the call? Do you call your attorney on Sunday morning at eight-thirty and ask if he can give you an update on the case he is working on? Since these things are

on your mind they must be as important to your doctor and attorney as they are to you, right? Hard to believe but real estate agents get these calls all the time. When people ask an agent what hours they work the reply should be, "all of them." Like the captain of a ship, agents are not in control of everything, but whatever happens is their fault.

It's a sad fact that over ninety percent of new agents never make it past year two. That is a staggering number. Can you think of any other career where the failure rate is so high? And yet, every year thousands of agents sign up to take their chances. Why? It's like climbing Mount Everest. People keep doing it even though they know that it has gone wrong so many times in the past.

The hours are long, and the chances of failure are high, but the rewards are incredible. You get to help people achieve a lifelong dream of homeownership. You get to learn new skills, strategies and tactics that help you not only in business, but in your everyday

life. Who do you think negotiates the best deals when buying a car? You get to meet the best people, many of whom will become great friends. You help people navigate through the most challenging times in their lives including divorce, death, aging. Also in the most joyful times when a couple gets married or has a child and outgrows where they currently live. Life is always changing and many times those changes involve a trusted real estate agent.

It's a rare job where you get to impact someone's life for years to come. Agents can make connections with people that no other career allows. Who wouldn't want to be a real estate agent?

Steve Mallett has been selling Real Estate in Dripping Springs and Austin since 2003. His team can help with all of your Real Estate needs. Residential, Commercial, Farm & Ranch. Call today 512-829-2062 or 512-627-7018.







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Litigation: Politics and judges



by Roland Brown

As I prepare to leave my office for the evening, I am considering my day tomorrow – Election Day 2020. I will spend thirteen hours as a poll watcher. I will observe as my fellow Americans exercise the right to vote. Over the past months you have likely been as concerned, frustrated, and sometimes mystified as I have

about the role of the courts in politics and the role of politics in the courts. I offer no great insights or solutions but will share some random thoughts.

We are blessed to be the beneficiaries of a tripartite system of government in which the courts play a pivotal role. Our federal and state constitutions were hammered out by visionaries who recognized that a society can only function when people of good will seek the common good and compromise to reach a consensus. (Caveat: I am neither blind to the rather elitist viewpoint of many of the framers, nor to their blind spots, but neither do I believe they were as unwilling to compromise for the common good as contemporary politicians seem to be.) Our courts are a product of that process and, by and large, serve their purpose of resolving disputes quite well. In Texas we elect our judges while our federal judges are appointed to lifetime appointments. Each system has benefits and drawbacks which we'll not address here. Whether elected directly or appointed and confirmed by those we elect, judges are necessarily affected by politics. It seems to me that the courts have increasingly become a battleground where our polarized political system meets almost daily seeking to gain political advantage for one party or another. Frankly, given the number of disputes, the vitriol, and the timing of the filing of some of these cases, my complaints about the outcomes are less than one might expect. I will wrap up with a thought and will likely expand on these thoughts soon in my blog at www.your-personal-injury-lawyer.law. My hope is that all of us will urge our elected leaders, whomever they may be, to abandon the winner takes all mentality that has put out courts in the position they are in, and insist on having all three branches of government doing the work of all the people to secure to each of us the greatest possible measure of life, liberty and the pursuit of happiness.

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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