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OUTLOOK

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Cup o' Cha

The fragrance and flavors of chai tea are warm and comforting; ginger, cinnamon, clove, cardamom, nutmeg, and black pepper. Some traditional recipes include star anise and fennel as well. Known in other parts of the world as *masala chai*, there is a charming legend that the origin of chai dates back over 5,000 years to the Assam region of India. A king desired a healing beverage to be used in treating the common cold. The addition of black tea leaves, milk, and sweetener came about years later.



The word *chai* actually means *tea* in many languages; derived from the Chinese word for tea, *cha*. There are many versions of chai. A larger ratio of ginger and black peppercorn makes for spicy chai whereas cinnamon, vanilla, and nutmeg make for a sweeter beverage. Some even add cacao and saffron for a more earthy flavor. I enjoy the many versions I find around town – savoring the rejuvenation that accompanies a cup of *cha*. It tastes like autumn and the joy that comes along with it.

I realize that in Texas fall doesn't really seem to begin until late October. I have many memories of trick-or-treating in the warm evening only to be blasted towards the end of the night with a bone-chilling cold front that quickly wraps up the festivities. But the sound and feel of *September* always primes me for the months ahead. Out come the sweaters – ready or not. I start making my lists for the holiday season; planning menus, thinking about presents to give, gatherings to hold, how to make our home even more inviting and comfortable for everyone. Even if it's still 90 degrees outside, I'll sip chai tea and let the happy, warming feelings of the latter seasons begin their slow descent.

Dripping Springs is an amazing town in which to experience the shifting of the seasons. All the excited activity during Christmas on Mercer and the treasures to be discovered all over. Not just that, but the beautiful natural surroundings that change along with us. And luckily, our slow drift into colder weather allows for even more time to enjoy the outdoors and a few more dips in the water before summer weather totally evaporates.

Warm greetings,

Cyle

DSOutlook.com



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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 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 Acopon Brewery 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@dsc.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. 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.
- Mon. September 6, Labor Day
- Sun. September 12, Grandparents Day

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Flu shots critical during pandemic

by Angela Solis, R.Ph.

As flu viruses and the virus that causes Covid-19 spread this season, getting a flu vaccine is more important than ever. Here are four reasons why you should commit:

1. It helps keep you healthy. Flu can cause signs and symptoms such as fever, cough, and body aches that can keep a healthy person home from work, school,

and errands for a week. The best way to prevent seasonal flu is to get vaccinated every year beginning in September. Flu vaccination helps prevent millions of illnesses each year.

2. Beat the bug. Flu vaccination can reduce doctor visits due to flu. Several studies have shown flu vaccination can reduce the severity of illness in people who get vaccinated but still get sick. And during seasons when the flu vaccine viruses are similar to other circulating viruses, flu vaccine was shown to reduce the risk of having to go to the doctor by 50%.

3. Care for each other. You may think of flu vaccine only as protecting yourself from flu, but getting vaccinated also protects the people around you. Many people are at higher risk of getting very sick from flu because of their age (infants and elderly) or because they have one or more of certain health conditions. Help CDC promote flu vaccination in conversations with friends, family, and neighbors.

4. Help the health care system. Getting a flu vaccine is more important than ever this season. A flu vaccine this season can help protect you and the people around you from flu, reduce the burden of flu on our health care systems during the pandemic, and save medical resources for the care of Covid-19 patients.

Beginning September 1, Dripping Springs Pharmacy & Lamar Plaza Drug Store will be scheduling flu appointments online at MartinsWellness.com for your convenience and will also honor walk-in appointments.

Stay healthy.

Angela Solis, RPh is the Pharmacist in Charge at Dripping Springs Pharmacy. You may contact Angela at 512-858-7935. Dripping Springs Pharmacy is located at 100 Commons Rd. Ste. 1.



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

by Breca Tracy, PhD



Can you imagine what life could be like without pain? Joint pain in knees, shoulders, hips, elbows, feet, hands, back and neck is not something you should “just have to deal with.” It is a part of life, yes, but today there are more answers, more solutions, and more non-invasive natural healing techniques and options available. Regenerative Therapy is rapidly becoming the newest and most innovative approach to healing degenerative and arthritic joints. It works with your body's natural ability to heal itself and can restore degenerated tissue to a healthier state.

REGENERATE in Dripping Springs offers painless, regenerative injections. These remarkable therapies can repair tissue in the body by pinpointing the impaired areas and healing them by regenerating or reviving (i.e. repairing, restoring) cells and tissues. Therapies are particularly effective with degenerative arthritis, degenerative cartilage and ligaments, bone spurs, degenerative joint disease, bursitis and tendonitis.

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

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

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

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

Back to the books *by Dr. Jeremy Kethley, PT, DPT*



It's that time of year again! Summer has come and gone and students are getting back to the classroom. With the school year comes hours of sitting and studying, which has detrimental effects to our posture that causes back pain, neck pain, and even headaches! Below are a few tips that you can use to improve your posture and decrease your chance of

developing neck and back pain. Even if you're out of the classroom, these tips can be applied to you!

Keep your head held high! Whether you're at a desk job or reading a textbook, neither of these activities promote good posture. It's a good rule of thumb to have your eyes in line with the top edge of your computer screen. You can achieve this by using a riser or stacking books underneath your computer. Additionally, constantly looking down at a book puts strain on the muscles in the back of the neck which can cause neck pain and headaches. This can be avoided by propping your book up on a wall or book stand.

Take a stand! Standing desks are on the rise and all for a good reason! Long hours of sitting results in muscle imbalances in your hips and low back that can cause pain. Ask your employer if they'd be willing to transition to standing desks or you can make sure to try getting up once or twice an hour to walk around and stretch your muscles. A little movement goes a long way! Additionally,

when seated at your desk or chair with feet flat on the floor, your hips and knees should be at 90 degree angles. This minimizes the stress on joints and muscles.

Motion is lotion! When sitting at your desk, there are a couple of exercises that can improve your posture. The first is a shoulder blade squeeze. Use the muscles in your back to pull your shoulder blades together. Hold for 10 seconds and perform 10 repetitions. The next exercise is a neck retraction. Keeping your gaze forward without tilting your head back, bring your head straight back and hold for 10 seconds. Perform 10 times. This encourages proper head posture.

If you've been experiencing back or neck pain that you haven't found relief from, consider visiting your doctor and getting a referral to Kethley Physical Therapy – we love to *keep Dripping Springs moving!*

Jeremy has been practicing and serving the Dripping Springs community for the past 21 years. 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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Backpack? Check. Booster shots? Check. *by Ron S. White, DDS* Teeth cleaning? Check!

Regular dental visits are important year-round, but a back-to-school check-up is key in fighting the most common chronic disease found in school-age children: cavities. In fact, dental disease causes children to miss more than 51 million school hours each year. Prevention and early detection can help avoid pain, trouble eating, difficulty speaking, and school absences. Here are some tips:

Encourage age-appropriate dental habits at home. The best kind of checkup is a cavity-free checkup. Moms and dads can help make this happen by encouraging kids to brush twice a day for two minutes and floss once a day.

Ages 6 and under.. At this age, your child might want to do all the brushing herself but doesn't have the fine motor skills needed to do a thorough job. Let them start and you can jump in when needed. During that age, the mouth is changing so much that children who are 5 or 6 are often brushing their teeth in the way they were when they were 2 or 3 years old. They're not accommodating the new molars and they're not accommodating the fact that the mouth is growing.

Ages 7-12.. By now, your child knows what to do, he just might not want to do it! Keep encouraging healthy brushing and flossing habits. Be aware that sometimes you have to take over! Early intervention can make a huge difference in long-term dental health.

Ages 12-18.. Research says that when cavities appear in kids, it tends to be in young kids. But another key time is the teenage years and early adulthood. Part of this has to do with the fact that teenagers may have gone for many years and never had a cavity. Don't let your teen's habits become out of sight, out of mind. The behaviors of the teenager are going to translate into the 20-year-old. Remind them to brush, buy them the new, latest and greatest electric toothbrush, discuss the cosmetic aspects as well as the health benefits of good oral health.

Back to school is a fabulous opportunity to remind our children as well as ourselves of the importance of consistent and excellent oral care.

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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Male body contouring: *Strategies to enhance your physique*

by Rocco C. Piazza, M.D

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

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

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

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

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



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Virus times: Déjà vu all over again

by Leslie Tourish, LPC

A week before my mom died in mid-December 2019, she did what a lot of people do when they're coming to the end of their lives – cast back into their history and tell stories of how what they did mattered. She brought up a story I'd heard about a dozen times, but I listened

carefully as she gave her final rendition. It was the mid-1950's and she was a nursing student in training at a hospital in St. Louis, Missouri. One of her rotations was to work the evening shift of the pediatric polio unit where children were battling the disease. There were two rows of her little patients in tank respirators, known also as iron lungs. Mom said it was emotionally wrenching to take care of these children, the majority of whom had never been away from home alone. And all made worse by them being ill and trapped in cylindrical metal contraptions that helped them breathe because their lung muscles were paralyzed.

She took a real shine to one patient, a small boy who showed pluck despite his situation. Mom would read him books late into the night when he couldn't sleep, and he gave her the nickname *Cookie*. Eventually he was discharged and she never knew what became of him. But she didn't forget his struggles, and the struggles of the other children under her care. So by the time she got married and had three children, by God, on schedule, we all got

our vaccines. And she wasn't alone. Magazine and newspaper photographs of children in iron lungs were a tremendous motivator for people to take advantage of the miracle of science delivered in shot form. And how many people do you know who have been diagnosed with polio since the vaccines were considered standard care in the past half-century? Yeah, me neither.

However, now ask yourself in the past month how many people that you know have been diagnosed with Covid-19? I'm writing this column in the second week of August, and as of this date, the number of people I personally know struck with the virus is around twenty in the month of July. June, by contrast, had been pretty quiet. And, no news flash here, these folks were all unvaccinated.

One person I spoke with last year told me how if he ever got Covid-19, he'd rest and drink lots of fluids because he was healthy and strong. It was just blown-up media hysterics, anyway. Two weeks ago, he was infected with the Delta variant and wound up in the ICU. It was like breathing through a straw, he said. Without medical intervention he would have died. And he added, as soon as he's cleared by his doctor to take his shot, he'll roll up his sleeve. I imagine what Mom would say: *Cookie says, get your darn shot!*

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



Insect bites: *What can I do?*

by Frank Shuman, DVM

Dogs and cats are naturally inquisitive creatures and are commonly sniffing and exploring unusual places. Flower beds, brush piles, or wooded areas, they are likely to happen upon biting or stinging insects. At one time or another, this adventurous behavior will lead to insect

bites on your dog. Although, you may think of it as a minor bite, many insect bites on pets lead to numerous reactions and allergies.

Insect bites are usually due to the sting of bees, wasps, hornets, or ants. If your pet is bitten by any of these insects, they may show symptoms within 20 minutes of the bite. You should keep a close watch on your pet as mild symptoms develop after 12 to 24 hours.

The most common place to observe insect bites on dogs is on the face, head, areas around the mouth, or hairless areas of the abdomen. Stings and insect bites on pets results in inflammation and pain. This usually takes about an hour to subside. In cases where the dog is bitten by honey bees or wasps, there will be redness and the sting site will feel hot to the touch. If the stinger is left behind, it contains muscle tissues that keep contracting and injecting more venom. The best way to remove the stinger is scrapping it off using a credit card or a similar object. Do not use a tweezers to pull out the stinger as it may cause the stinger to release more venom.

Dogs can also be bitten by spiders. There are some poisonous spiders. Spider venom can cause a reaction immediately upon contact with the skin. Most of the spiders cannot penetrate their fangs into the dog skin and do not pose much of a threat. However, black

widows can penetrate the skin and cause serious consequences.

Few insect bites on pets are extremely dangerous, but some can be very irritating and painful to your dog. At home treatment can include applying aloe vera gel, calamine lotion, or hydrocortisone cream to the affected area. Giving a dose of Benadryl at 1 milligram per pound is also safe and beneficial.

Pets can develop allergic reactions to bites and stings that require immediate veterinary attention. If bitten on the face, swelling may obstruct the dog's vision or breathing. If you find the dog is having trouble breathing or seems disoriented, take him to the vet immediately. If bitten by a spider then you may need to seek veterinary attention more readily as well, since their venom can cause a more serious reaction than bees or wasps. If possible, a picture of the insect is helpful so the vet can treat your pet most effectively. *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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Avoid dog-owner pitfalls

by Diana Ozimek

Dog trainers are often contacted for the following issues: separation anxiety, leash reactivity, social anxiety, and dogs bolting from the home. Focusing on the following areas with your puppy will help you avoid an uphill battle down the road.

1. Teach your puppy to self-soothe. All

dogs and puppies need the ability to be able to relax alone. I know it's easy to want your puppy with you all of the time but it can develop into an unhealthy relationship. Focus on making the crate and pen a safe and relaxing area.

2. Promote calm behavior. If your puppy equates new people and other dogs with excitement and playtime you will be challenged to have a dog who can walk past nicely or greet guests calmly. Ask guests to ignore the puppy while you work with them to set the expectation of how other people should be greeted. Don't use time on walks as a way to meet and greet other dogs. Set up specific playtimes instead.

3. Come when called. Recall is a big one and everyone asks for it. Calling your dog and winning against fun things like chasing a squirrel or going to see the dog down the street takes a lot of work. Puppies can start learning to come when called as soon as they come home. Build this early to avoid a lost dog later.

4. Avoid social anxiety. Early exposure is key to raising a con-

fidant dog who can take life in stride. Take advantage of parks, playgrounds, cafes, bike paths, and stores to help your puppy see as much as possible. Work on promoting calm behavior during your social outings. Be sure it's a positive experience, not an overwhelming one. Picture them sitting next to you snacking on some treats or kibble while they take in the sights and sounds. Be ready to halt everyone who wants to run up for their puppy fix.

Investing in your puppy's first year will give you years of successful and relaxed dog ownership.

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. GoodDogintheMaking.com, 773-899-1960.



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Omega-3s and your skin

by Karen Laine, Para-Medical Aesthetician



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

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

out this special type of fat on hand, the body must build new cells with inferior fats, resulting in less than optimal skin health. As we age, getting enough Omega-3s is even more important as they are necessary to ensure healthy cell membranes that keep skin hydrated.

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

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

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

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

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

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Myopia progression and current control options

by Dr. Bryan Marshall



Most people are familiar with myopia, more commonly called nearsightedness. It is one of the most common eye disorders in the world and is becoming more prevalent than ever. Roughly 40% of adults in the United States have myopia and that number is about 80% for Asian populations, especially Chinese.

In the early 1970s, only 25% of Americans were nearsighted. That number has nearly doubled since. Myopia is a highly heritable trait, meaning it is often passed down through our genetics but we know now that there are many environmental factors increasing its development. It is associated with increased near work, education, light and time spent outdoors to name a few. Basically living the modern life, looking at phones and tablets, studying and reading, combined with less time spent outdoors has contributed to a physiological change and elongation of the eyes causing myopia and rapid progression.

Myopia causes distance objects to be blurry. That is no good and a hurdle we must jump with contact lenses and glasses but may not be the worst part about this situation. Several common ocular conditions have been associated with varying degrees of myopia. Recent studies have shown that cataracts develop earlier in those with myopic eyes compared to normal, another study has tied in-

creasing glaucoma diagnosis to mild and moderate myopia, retinal detachments are four times more likely in those with mild myopia and ten times more likely in those with moderate to high myopia. So you see, there are larger concerns for this trend than just more people needing glasses or contact lenses.

What can you do to protect your children's eyes? Schedule regular eye exams so a trained doctor can monitor how much the eyes have changed and how quickly they are changing. If it is determined that the eyes are changing rapidly, there are measures that can be taken such as soft multifocal contact lenses, ortho-k contact lenses, pharmacologic intervention or special glasses lenses. All
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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From the outside looking into Haus of Jayne by Michelle McMurry

Immediately upon turning into the driveway of 766 Old Fitzhugh Road, you'll begin to feel relaxed. That's mostly because the owners Haley Hunt and Christy Spanton have created a culture within Haus of Jayne where visitors feel free to express their curiosities and explore the many benefits of the products carried within the boutique, all

of which are derived from or related to the cannabis or hemp plant.

But as mentioned it's not just the goods inside, it's the positive intent of Christy and Haley that gives the property its special vibe. Having started in 2019 under the name Trulevia, the business has grown and so have the owners. Both of the busy moms – who enjoy serving, sharing, teaching, and learning from the community they live in – saw a need for an alternative means of addressing issues such as pain, anxiety, depression, restlessness, insomnia, and the list goes on! However, unfortunately, many do not know or have not experienced the natural healing benefits of this plant. Most are also unaware that we *all* have cannabinoid receptors in our bodies that, unless this substance is introduced in some form, cannot help us by activating these receptors and fighting these common things that ail us.

Haus of Jayne wants to change that. It is their passion to educate, inform, and nurture their clients' overall sense of well-being.

Their goal is to put you at ease from the moment you arrive and be an open door to healing as our knowledge is ever-expanding and blossoming into the future. So even if you just feel the urge to stop by and ask questions, browse through some of the educational materials, or enjoy some relaxing time on the porch during your lunch break, the Haus is all-in on being the domain in Dripping for all things holistic, harmonious, and hopeful for our fellow friends, residents, and neighbors.

Only love.

Michelle McMurry is a native Texan who will never leave. Living in the DFW area her entire life, she has always dreamed of living in the Hill Country. Being a resident of Dripping Springs for the last year has been everything she imagined and more. Family is big with her, including the furry ones.



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How to marry the right person by Deborah Carter Mastelotto



Once I had a doctors appointment. While I was waiting in the office I went into the kitchen to get a cup of coffee. On the wall was a poster titled "How to be happy". The only one from the twenty-odd bullet points I remember is this: "Marry the right person". For some reason that one seared itself into my brain.

At the time, I wasn't married at all, but I'd been married to the wrong person before, so the advice really struck a

chord in me. And last June, *Time* magazine came out with an issue and on the cover, in huge lettering, were the words "How to Stay Married (and why)". It became one of the magazines best selling issues that year. *Time* had all sorts of dramatic covers, yet that one struck a chord in the hearts and minds of America as well.

So when recently an article about a 75-year study on relationships came out, it got me remembering. The article found good relationships keep us happier and healthier. Period. And, as anyone who ever suffered through a divorce can attest, marrying the wrong person can suck the happiness right out of you. I carried a book in my salon called *Advice to a Young Wife from an Old Mistress* by Michael Drury. Drury recounts a weepy conversation she had with her father one rainy night about her husband and their impending divorce. "But, I was such a good wife to him!" She wailed, feel-

ing wronged and expecting sympathy. "There's no such thing as a *good* wife," he told her. "Only the right wife for each person." Or husband, or significant other, or partner. Or best friend.

So just how does one discover that right person? The important answer is also the most elusive – be one hundred percent authentically who we truly are, and maintain a high level of happiness in our own authenticity. My mom used to say, "There's someone for everyone in this world," and it's true – I've seen it. Like attracts like – it's a physics principle. We need someone to love us for who we really are, so we need to be that person whole-heartedly. Then, choose well.

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

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Back to School

by Albert Gonzalez

The cost of a college degree has almost always outpaced inflation. Now with inflation running greater than 5%, it could further exacerbate the future cost of education. How does a family manage to save for these potential cost increases, that seem astronomical, yet develop a realistic plan

for the future?

Being a financial advisor and having experienced the cost of education allows me to help clients develop a plan. Today education savings plans come in all shapes and sizes. Many tout UGMA or UTMA accounts as a good savings plan, but may be subject to *Kiddie Tax*. Life insurance, Roth IRAs, and Coverdells are also viable alternative choices that grow money tax deferred. With the recent changes to the tax law, 529 plans or Educational Savings Accounts (ESA) may be the best way to pay for an education, also tax deferred. You can now use funds invested in a 529 plan to be distributed for private education K through 12, up to \$10,000 a year. However you decide to save, it's wise to start early and be consistent with contributions.

Tax credits, such as American Opportunity Credit and Lifetime Learning Credit may be available, but income limits may reduce their availability. Financial aid in the manner of Pell Grants, Parent Loan for Undergraduate Students (PLUS), Subsidized Stafford student loans are another alternative, but to be eligible you must

complete the Free Application for Federal Student Aid (FAFSA). Money is doled out on a first come first serve basis.

All three of my children attended a private college out of state and managed to only have a small amount of debt after graduating. I utilized several programs to help minimize the consequence of a large tuition bill along with room and board. I combined the Texas Tomorrow Fund, that was very generous when it was initiated, and a 529 college savings plan. We started saving when the children were young, putting money aside every month and over time increasing the amount. All three completed undergraduate work in 4 years.

If you're not sure how to start or need to review the options you and your child have for planning an education fund, I'm a great resource. Call me to help you develop that plan at 855-949-4400 now or email me at Al.Gonzalez@jtlwealthpartners.com.

This article is meant to be general and is not financial advice or a recommendation of any kind. Please consult your tax advisor before making financial decisions.

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 is a Financial Advisor with JTL Wealth Partners and securities are offered through LPL Financial. Member FINRA/SIPC. 512-765-6767. Al.Gonzalez@jtlwealthpartners.com

Litigation: Want to have a wreck?

by Roland Brown



Margin. *Margin*, a word probably most often heard in connection with word processing or wealth management, is actually a useful concept in life as a whole and, for purposes of this article, in one's decision to be involved in – or not to be involved in – a wreck. A book that I have re-read over the years is *Margin* (Richard Swenson, MD, 1992).


While written from a Christian perspective, its information on the value of margin in every facet of life is universal. It's still available for a few bucks (I am donating copies to the Wimberley and Dripping Springs libraries). I'll leave you to discover its valuable perspectives, but I note that one of its values for me has been the concept that we need space – "margin" – in which to operate our lives emotionally, physically, financially, and in time management. So, let's apply this concept to a topic that relates to my personal injury law practice as well as your everyday experience.

What not to do if you want to have a wreck.. *Don't* allow extra time to reach your destination. *Don't* leave enough space between you and the vehicle in front of you so that when it brakes hard to avoid that deer you have room to stop (it takes about two seconds to recognize a danger and begin to brake; at 60 mph – 88 feet per second – you will travel over half the length of a football field before you even begin applying your brakes.) *Don't* wait to read or respond to that text message. *Don't* pay attention to the


tread on your tires, the condition of your brakes, the fluid in your windshield washer, the bulbs in your vehicle lights. *Don't* pull over in a safe place and catch a quick nap when you are exhausted. *Don't* use your rear-view and side-view mirrors and, if available, your backup camera, when backing (if you back over someone, statistically it is most likely to be one of your loved ones.) *Don't* slow down on wet roads to avoid hydroplaning – you are always in control, right? – *not*. *Don't* take extra time to look twice for motorcycles, bicycles, pedestrians, kids darting out from behind parked vehicles. *Don't* look both ways at a controlled intersection – your light is green, right?

Well, you get the idea. Leave margin – space – extra time. Trite, but true – the life you save may be your own.

Attorney Roland Brown handles exclusively personal injury claims. Roland, who offices in Wimberley, has been voted HAYS COUNTY'S BEST PERSONAL INJURY ATTORNEY for 2020 and for 2021 in annual polls of Hays County attorneys. For more information call 512-847-2500 or visit RolandsLaw.com.



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Part time heart surgeons don't exist for a reason

by Steve Mallett

For most people heart surgery would be the single most important, and complicated, surgery of their lives. For many people selling their home is the largest single financial transaction of their entire lives. Can you imagine anyone scheduling heart surgery with a doctor who performs surgery as a

side hustle? They might meet the minimum qualifications but are they really the best surgeon for the task? People should want the best person for the job, yet everyday part-time agents are hired by people to sell or buy real estate.

Year after year people hire their bartender, lifeguard, librarian, or pool maintenance person to sell their homes. *I can sell your home and do you want fries with that?* do not belong together.

Competency in real estate sales is a full-time job. There are ethics requirements, legal changes, technology updates, state agency mandates, and contracts that are changing daily. Someone paying attention to those things part-time will always be behind. Keeping up with the minimum competency requirements can be difficult but staying current on all the latest tools, techniques, and market trends can be overwhelming even for the most dedicated agents.

There are some decent part-time agents out there. They work

hard and keep up with families and full-time jobs. They can, more than likely, do an adequate job for you. But do you want adequacy or exceptionalism? If you are booking a hot air balloon ride do you book one with an adequate safety record or an exceptional one?

The bar for entry into real estate is very low. Compared to other financial transaction positions, the hurdles for entry are toddler height. It's an industry that takes a tremendous amount of time and training to be effective, but getting licensed is easy. It takes ongoing study, time in the trenches, and commitment to do a good job for the clients, to be an exceptional agent. Yet every year thousands of transactions are handled by agents who can barely write a contract because they do it so rarely. Professional agents sometimes hate working with part-timers because they constantly make mistakes and are hard to connect with during normal business hours.

Don't cut yourself short hiring an agent who doesn't take the job seriously enough to be engaged full-time. Make sure your agent has tools to negotiate effectively and help you navigate complex real estate transactions. Hire the part-time heart surgeon at your own risk. Everyone else should seek the best doctor in Austin. *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 and ranch. Call today 512-829-2062 or 512-627-7018.*

Paving the way for grandchildren

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



Don McGraw

If you're a grandparent, you don't need Grandparents Day, observed on September 12, to remind you of the joys of grandchildren. Yet, you might use this day to consider ways to help provide for their future. The type of gift or support you provide will be different at various stages.

When they're born.. Open a 529 plan. It's never too early to start saving for college or advanced education. Invest in a 529 education sav-

ings plan, which offers potential tax advantages if the money is used for qualified education expenses. If the grandchild ends up not using it, you can change the beneficiary to a qualified family member of the original beneficiary. (Be aware that a 529 plan could affect your grandchild's financial aid prospects.) A 529 plan can also pay for expenses related to apprenticeship programs offered through trade and vocational schools and registered with the U.S. Department of Labor.

When they're children.. Open a savings account for them and encourage them to contribute to it. Even offer an incentive, such as matching their contributions, in whole or in part. Consider a high-yield account – free to open and no monthly maintenance fees.

Establish a custodial account. Introduce your grandchildren to the world of investing by starting a custodial account (known as

UGMA or UTMA) in their name. You can put most types of investments, such as stocks and mutual funds, inside this account and track their progress along with your grandchildren. Children often enjoy learning about investing – and they may like owning shares of companies that make familiar products and services. Earnings generated by these investments can have tax implications, so consult with your tax advisor before opening the custodial account. You can't hold onto this account forever – once your grandchildren reach the age of majority, they gain control of the account.

When they're young adults.. Help with the down payment on a home. As you know, it can be challenging to come up with a down payment, so, if you can afford it, you may want to help. You'll be doing your grandchildren a big favor, because home ownership is a key element in building wealth.

Provide financial guidance. As your grandchildren join the working world, they benefit from guidance on various issues, such as setting short- and long-term goals, managing their 401(k) plans and choosing an appropriate investment mix. So, consider making an appointment for them with a financial professional.

Helping your grandchildren at different points on their road through life can make their journey more pleasant – and, in the process, you'll gain a lot of satisfaction.

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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Getting soft water doesn't have to be hard

by Randy Lawrence

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

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

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

priced units are often so proprietary that parts and service come at a premium. The goal is to find a reliable treatment system that can last for many years without paying too much.

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

Randy Lawrence is the owner of ProQuality Water Systems, a full service water treatment company. He is one of only six Class III Certified Water Treatment Specialists in Hays County (LIC# WT0002693). With over 20 years of experience he has serviced Wimberley and surrounding areas for over a decade.

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Why clean air ducts or your HVAC system?

by Susan Deitiker

Because they get dirty! Your heating and cooling system is considered the lungs of your home because it takes air in and breathes air out as it circulates through your house. At the same time, dust, dirt, dander, smoke, mold, and other contaminants accumulate inside the

walls of your ducts and on your HVAC equipment. While dirty ducts don't necessarily mean unhealthy air in your home, they may be contributing to larger health issues that could negatively impact those with respiratory health conditions, autoimmune disorders, allergy and asthma sufferers as well as young children and the elderly.

The two most common reasons for cleaning your AC system are improving indoor air quality and energy savings. Indoor air quality is one concern that homeowners have when they decide to research air duct cleaning. We continuously bring contaminants and air pollutants into our homes, which are pulled into the HVAC system through the return and re-circulated average five to seven times per day. Over time, this causes a build-up of contaminants in the duct work, which can lead to poor air quality.

According to the U.S. Department of Energy, 25-40% of the energy used for heating or cooling a home is wasted. A dirty heating and cooling system has to work harder which also shortens the

lifespan of the system. When a system is clean, it doesn't work as hard resulting in lower energy bills.

When choosing a contractor to clean your AC system, make sure they are certified and/or licensed to do the job right. Schedule an inspection to check your system first so they can provide pictures and an accurate estimate. A thorough cleaning takes on average 4-6 hours per system and should include the entire HVAC system.. evaporator coil, drain pan, blower motor assembly, air plenum, distribution boxes, heat exchanger, and the air ducts. This involves getting in the attic, accessing the plenum, vacuuming with compressed air and agitators, opening your air handler, and removal and cleaning of the grills, registers, and the return.

Avoid the scams. NADCA, the HVAC Inspection, Cleaning, and Restoration Association warns that homeowners should beware of *blow-and-go* air duct cleaning companies. These companies offer coupons with rock bottom prices and do a poor job of cleaning the system. They may also persuade a homeowner to pay for unneeded services by falsely telling them they have black mold and other toxins in their duct system – a fear tactic used to extort money.

Visit NADCA.com to learn more about air duct cleaning and how to locate a NADCA Certified company in your area. Call IAQ Experts for your HVAC System and Duct cleaning. 512-877-3775

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Fall into the season

by Lindley Pond



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

Removing some of our turf grasses and replacing with either mixtures of low native grasses and wildflower seeds is one way. Another, implementing large areas of native and adaptive plant beds. To add some interest, those beds can be bermed, with taller plants on the high points and lower trailing plants at front and back. Thus giving depth to an area that might otherwise be flat. If space is limited yet your kitchen is a second retreat, stock tanks raised up on limestone blocks can become herb and veggie containers without taking up too much room.

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

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

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

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. Or send me an email at lindley-pond171@gmail.com.



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7th annual Dripping Springs Songwriters Festival

by Hope Boatright

For three days in October, the music will come to the hills of Dripping Springs. The 7th annual Dripping Springs Songwriters Festival, taking place October 15-17, 2021, offers music lovers the up-close and personal chance to see, hear, and get to know some very

talented performers who have a deep passion for the art of songwriting.

Fans of words and music will walk the streets of downtown Dripping Springs from one welcoming setting to the next to hear their favorite singer/songwriter tell the tales of their songs and the stories behind them. The town itself is the venue and the bars, restaurant, cafe, and tasting room are the stages for the 70+ songwriter showcases.

Fifty extremely talented songwriters, coming from two countries and twelve states, will play *in-the-round*, Nashville-style, on seven intimate stages located at The Barber Shop, Mazama Coffee Co., Acopon Brewing, Sidecar Tasting Room, Hudson's on Mercer Street, Dog 'N' Bone, and the courtyard at The Warehouse District. The majority of the stages are outdoor and open-air, and all are within a safe, easy walking distance of each other in the quaint Historic Districts of downtown Dripping Springs. The stages are

sponsored by Estes Audiology, Crowdmouth, 6 String Ranch, Pilot Moon Films, Destination Dripping Springs, Sun Radio, Wedding Capital of Texas, and Dripping with Taste Trail. The event co-sponsor this year is Dreamland.

Performances run continuously on Friday and Saturday from afternoon to evening, and on Sunday the festivities include a spirited Gospel Brunch Showcase at Hudson's on Mercer Street, followed by the ever-popular Festival Wrap-Party in front of The Barber Shop. Parking is plentiful and food and drinks will be available at each venue. Admission to all the showcases is *free* with registration. During the DSSF weekend, a free mobile-exclusive digital pass will be available for Dripping Springs Songwriters Festival attendees to check in and redeem discounts at participating local partner locations within the Dripping Springs downtown area.

Since the Dripping Springs Songwriters Festival founding in 2014, it has proven to be one of the most successful events in Central Texas. Visitors of all ages come to hear great music and meet the musicians in a listening room atmosphere. Don't miss a single note of the 7th Annual Dripping Springs Songwriters Festival!

For more information about the 2021 Dripping Springs Songwriters Festival, visit DrippingSpringsSongwritersFestival.com, or call 512-858-4740.

Dripping Spring Chamber of Commerce Focus on Business: *Hometown Missions Building a Home in 30 Days for a Local Couple*

Hometown Missions in Dripping Springs has some exciting news to share about a new project, Home in a Month. This is Hometown Missions' first community-wide initiative to pre-build, and construct on site, a new home in a month. The approximately 730 square foot residence is for a senior-citizen Dripping Springs couple living in an unsafe environment. Their current home will be demolished, septic system installed, new foundation prepared, and construction of the home to be done in several phases. Current plan is to perform on-site construction in September, with pre-builds completed in August.

If you are not familiar with Hometown Missions, it is a 501(c)3 nonprofit organization dedicated to ensuring all residents in the greater Dripping Springs area live in safe and healthy housing. Hometown Missions has been actively changing lives in the greater Dripping Springs area for over eleven years. Since Hometown Missions began, 25 projects completed, with 28 adults and 34 children helped. We



partner with churches, homeowners, and volunteers to improve living conditions for those in need.

Not only is Home in a Month a huge event for our area, but also something in which everyone in the community can become involved. As ambitious as these sounds, it is modeled after the successful Home-in-a-Week process, which has done inspiring work in the Rio Grande Valley. This major Dripping Springs project does need a few things to accomplish the task:

- Participation of the community
- Volunteers engaged in many levels of the project process
- Partnerships with churches and businesses in our community
- Generous hearts supporting the project via donations of money and supplies

To learn more about Hometown Missions upcoming Home in a Month project, or to volunteer, please visit the website HomeinaMonth.org or call 737-900-4518.

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Cultural practices suppress pests



by Steven Austin

Maintaining plant health with sound cultural practices controls pest infestations. Proper pruning, soil health, correct mulching, and timely irrigation are routine considerations to maintain healthy plants and prevent pest problems. Some

of the most serious insect and disease problems include borers, bark beetles, cankers, and root disease.

Cultural practices play an integral role in suppressing pest populations. Pruning and surgery are used to eliminate diseased and insect infested branches and plant tissue.

Removing leaves at the end of the growing season reduces the potential of foliage diseases on susceptible species the following year. Eliminating fallen holly leaves effectively suppresses leafminer populations. Phytophthora root rot is largely controlled by good cultural practices. Phytophthora is discouraged by adequate amounts of soil organic matter to promote growth of antagonistic microorganisms.

Monitored irrigation also discourages the pathogen's growth and spread. Maintaining a soil pH near neutral or above will inhibit the disease. But the most important cultural practice is the design and planting of a landscape. Selecting plants that are suited to the site is key. Spacing plants to allow for future growth reduces disease problems later on by allowing better light and air circulation. Many insect and disease problems in new landscapes result from poor attention to basic planting techniques. Common mistakes like planting too deep and excessive mulch on root flares cause future issues.

Modern pest management relies on integrated combination of sound cultural practices. Releasing beneficial insects like ladybugs when possible, applying timely chemical treatments as necessary, and placing an emphasis on natural and organic products are all components of a good program of care. In landscape pest management, cultural practices form the cornerstones of the management program.

Schedule a consultation with a certified arborist to learn more!

Steven Austin is a member of the Texas Chapter of the International Society of Arboriculture and is an ISA Board Certified Master Arborist and ISA Tree Worker/Climber Specialist. Integrating pest management of trees and shrubs and state-of-the-art organic treatments. He holds a commercial pesticide license with the Texas Department of Agriculture and is Texas Oak Wilt Certified by the Texas Forest Service.



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