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# Dripping Springs

# OUTLOOK

Volume 18 Issue 7 • Dripping Springs, Texas • October 2021

Postal Patron



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# Thriving

Reading through our October issue a common theme jumps out at me: *life*. Whether we're talking about respecting the life all around us or improving and adding to our own, this issue is full of ideas and insights.

I can't think of a better way to begin the latter season of this year than by contributing what we can to life within and encompassing us. After so many months filled with fear, let's bring in the cooler weather and holiday season at our very best.

This magazine is blessed to have such a wonderful spectrum of contributors. Every article is thoughtfully written and has something to offer just about everyone. Dripping Springs, itself, is a magical place – vibrant and alive and teeming with possibilities. Walking down Mercer recently, I reflected on how much growth has taken place over the past ten years. The restaurants, shops, and businesses that have endured the years and changes that came our way, and all of the new places to explore and enjoy as the town grows. Dripping Springs thrives in so many ways; Dripping Springs athletes are a force to be reckoned with and our practitioners and business owners are at the top of their games.

This month the Songwriters Festival breathes fresh life into town as well. The musicians featured on the cover, Bob Simpson and Lyndy Butler, are just two of a bevy of talent playing the Festival this year. It's such a unique and exciting event. I can't think of a better, more perfect setting for such a fun live music experience to take place than Dripping Springs.

October itself is a celebration of life. Harvest festivals and pumpkins patches, hay rides and trick or treating all await us. The excitement in the air is building and will carry us through until the new year.

I hope this is your best month yet.

*Cyle*



## Dripping Springs Outlook

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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](http://DrippingSpringsRotary.org).
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512-858-7825 or [DSCL.org](http://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](http://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](mailto: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](http://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](http://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](http://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](http://DSCL.org), 512-858-7825. Newcomers welcome. Email [AdultServices@dsc.org](mailto: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](http://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 with a mental health condition. Meets at St. Martin de Porres Catholic Church, Room 1. Contact [info@namicentraltx.org](mailto: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](http://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](mailto: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.
- Fri.-Sun. October 15-17, Dripping Springs Songwriters Festival (see article page 20 and ad page 21).
- Sat. & Sun. October 30 & 31, New Braunfels Railroad Museum Train Show, New Braunfels Civic Center

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## Viracid: Protection against infection

by Lauren Meyer



Worried about the cold and flu? Make sure you take the proper precautions to stay healthy and know that the right supplements have your back! Viracid is one of the most popular supplements for immunity. It has a great track record for getting people out of immune trouble. You can take it preventatively before symptoms arise to make sure you don't catch that seasonal cold or flu.

Viracid is a powerful combination of some key herbs for immune defense such as elderberry, echinacea, adrographis, and astragalus. Some well-known vitamin and mineral immune boosters are added to give the formula that extra kick: vitamin A, C, pantothenic acid, B12, zinc, and l-lysine.

Black elderberry has been shown to enhance immune cell-killing potential by supporting healthy cytokine production. Astragalus has immune-regulating effects including cytokine boosting T-dependent antigens, and lymphokine-activated killer (LAK) cells and macrophage activity. Andrographis has been shown to clear up symptoms of respiratory infection, sinus infection, and help prevent the common cold.

Echinacea has been used for centuries in Native American medicine. Vitamin A helps support mucous membranes, which are critical to keeping foreign invaders out of the body. Vitamin C and

zinc are well known for supporting the immune system. Both nutrients have been thoroughly studied to reduce the risk, severity, and duration of many infectious diseases.

Viracid can be used preventively with a maintenance dose of two capsules daily. For the onset of any illness symptoms or a full-blown sickness, the recommended dose is one capsule every hour. Come in to speak with a wellness consultant at Dripping Springs Pharmacy to see which supplements are right for you.

Stay well. Stay healthy!

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

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## Does your body need a tune up?

by Breca Tracy, PhD



You take your car in for routine maintenance, correct? When is the last time you checked in on your body? Unfortunately, our bodies don't have a message that pops up on the car dashboard indicating it's time for maintenance. Even if our bodies did have an indicator light, nutrition usually isn't on the top on the list of boxes to check regarding our bodies proper function. More often than not,

our bodies do not receive the needed amounts of nutrients from the foods we eat. This is where intravenous (IV) nutrition therapy comes in!

Nutrition deficiency is an often-overlooked problem that has shown to worsen many illnesses. Delivering nutrients directly into the bloodstream (by an IV infusion) is one of the most effective ways of correcting the essential vitamin and mineral intracellular deficits. You may ask why. Direct infusion into the bloodstream bypasses any obstacles in our digestive system that would block direct absorption. Cool, huh?

You may remember a previous article speaking about bioavailability. This is why we, at REGENERATE, offer vitamin therapies. We want your bodies to receive the best vitamin and minerals possible, as efficiently as possible. That's *bioavailability*. Your body has the capability to absorb as much of those vitamins and minerals when directly infused into your bloodstream, as it needs. Thus, the bioavailability of IV infusion is much great than oral

administration.

Do you feel your body is running on E? Do you feel like something is missing? Are you struggling with allergies or cold, flu and viral season? Have you been sick and just aren't recovering? Come see us! Did you know we even offer concierge in car vitamin infusions? For more information, please contact us and we would love to further educate you on what 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. Natural-HealingTX.com.

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# Physical therapy: *Reducing frequency of ACL injuries*

*by Dr. Jeremy Kethley, PT, DPT*

All it takes is a quick change in direction on the soccer/football field or a shaky landing from an explosive jump during basketball/volleyball and an athlete can tear the anterior cruciate ligament (ACL). Each year, the United States sees from 80,000 to 250,000 ACL injuries, resulting in 100,000 ACL reconstructions, according to the *Journal of Orthopedic and Sports Physical Therapy*. Statistics also show the prevalence of ACL injuries has surged in recent years alongside a spike in youth sports participation. With a reported 36 million kids (ages 5-18) playing organized sports, chances are high that someone will tear their ACL.

The two populations at most risk are young female athletes, nearly 10 times more often than males, and single sport athletes that specialize at a young age. Single sport athletes have also been shown to have higher proportion of overuse injuries. Experts suggest that athletes spend no more than 8 months training for a specific sport and not to exceed more hours per week than their age (ie. 16-year-old should not train more than 16 hours per week). To avoid the physical, emotional, and economic toll of such an injury, more and more athletes are beginning to embrace preventative programs. The average/normal post-operative rehabilitation will last around 9 months before an athlete can return to full sport.

Studies show that three-quarters of all ACL tears are non-contact injuries, occurring when an athlete cuts, decelerates, or jumps. Sports including basketball, soccer, volleyball, and football put athletes at a higher risk for injury. An *American Journal of Sports Medicine* study concluded that incidents of ACL injury drop by about 50% when the athlete participates in a preventative program led by a physical therapist to include neuromuscular and educational interventions to address a muscle imbalance. The biggest imbalance being between the weak hamstrings and the strong quads. Other muscles to take into account are the core muscles including, but not limited to, the hip external/internal rotators and abdominal muscles.

The physical therapists at Kethley Physical Therapy are trained to develop an individually tailored program to assess an athlete's functional deficits in motion, strength, and control. The program will address strength, flexibility, coordination, and correct existing movement patterns that may be damaging the joints.

*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 eleven physical therapists ready to help you or your athlete. Voted Best in Dripping Springs 2021 and for the past 6 years.*

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# Prevent tooth decay this Halloween

by Ron S. White, DDS

Tooth decay is the destruction of tooth structure and can affect both the enamel (the outer coating of the tooth) and the dentin layer of the tooth.

Tooth decay occurs when foods containing carbohydrates (sugars and starches) such as breads, cereals, milk, soda, fruits, cakes, or candy are left on

the teeth. Bacteria that live in the mouth digest these foods, turning them into acids. The bacteria, acid, food debris, and saliva combine to form plaque, which clings to the teeth. The acids in plaque dissolve the enamel surface of the teeth, creating holes in the teeth called cavities, or caries. To prevent tooth decay:

1. Brush your teeth at least twice a day with a fluoride-containing toothpaste. Preferably, brush after each meal and especially before going to bed.
2. Clean between teeth daily with floss or interdental cleaners (Oral-B Interdental Brush, Reach Stim-U-Dent, or Sulcabrush).
3. Eat nutritious and balanced meals and limit snacks. Avoid carbohydrates such as candy, pretzels, and chips, which can remain on the tooth surface. If sticky foods are eaten, brush your teeth soon afterwards.
4. Check with your dentist about use of supplemental fluoride, which strengthens your teeth.
5. Ask your dentist about dental sealants (a plastic protective coating) applied to the chewing surfaces of your back teeth (mo-

lars) to protect them from decay.

6. Drink fluoridated water. At least a pint of fluoridated water each day is needed to protect children from tooth decay.

7. Visit your dentist regularly for professional cleanings and oral examination.

Researchers are developing new means to prevent tooth decay. One study found that a chewing gum that contains the sweetener xylitol temporarily retarded the growth of bacteria that cause tooth decay. Several materials that slowly release fluoride over time, which will help prevent further decay, are being explored. These materials would be placed between teeth or in pits and fissures of teeth. Toothpastes and mouth rinses that can reverse and *heal* early cavities are also being studied.

*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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## BroadBand Light therapy: *Forever young* by Rocco C. Piazza, M.D

For patients who want to reduce the appearance of fine lines and wrinkles, fade dark spots and redness, reduce the appearance of acne scars, and give their skin a youthful glow, BroadBand light therapy (BBL) treatments at The Piazza Center may be the answer. We will create a customized treatment plan for you

to help improve the appearance of your skin.

At The Piazza Center, we believe that beautiful results are enhanced by leading a healthy lifestyle. Our aim is to help you achieve your cosmetic goals and desires. If you would like to find out more about BBL, you can request an in-person or virtual consultation online or call our office at 512-288-8200.

BBL is an innovative light-based technology that sets new standards for treating skin conditions associated with aging, active lifestyles, and sun damage. BBL light energy allows your clinician to design treatments personalized for your skin and precisely treat age and sun spots, small facial veins, and many other skin defects. BBL phototherapy is noninvasive so you can receive comfortable and effective treatments to fit your schedule, even on a lunch break.

BBL deposits pulses of light energy that gently heats the upper layers of skin. Within the skin, the light energy is absorbed by targets, such as fine, broken vessels that cause redness and brown spots or pigmented lesions that are caused by an overproduction of melanin. This scientific and biological process destroys the target, eliminating it from the skin and restoring it to its natural beauty,

blending its natural tones, making it more vibrant and youthful in appearance and touch.

Treatment areas:

- Pigmented lesions (e.g., freckles, age spots, melasma)
- Vascular lesions (e.g., small blood vessels, rosacea, and other micro-capillary flushing conditions)
- Acne
- Skin laxity
- Uneven skin texture
- Unwanted hair

BBL can also be combined with either HALO hybrid skin resurfacing or Erbium laser skin resurfacing for more noticeable rejuvenation.

*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](http://www.ThePiazzaCenter.com).*



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## Virus times: *Creating order out of chaos* by Leslie Tourish, LPC

A woman told me that during the worst part of the pandemic shutdown, she started putting together complicated puzzle games. Several times a day she'd sit with a puzzle, scanning the jumble of pieces in search of the perfect fit to snap into a missing gap.

"I don't know why I find those darn things so satisfying, but I just do," she said.

I shrugged, "Because you're creating order out of chaos?"

Her eyes flew open and she snapped her fingers. "That's it! And when the puzzle is done, I see how the whole picture comes together. It just feels so good."

These past two years we all have been putting pieces of our lives back together that have been broken up, thrown into the air, and landed wherever. While humans need change in order to grow, we like change to be on our schedule, not thrust upon us. It's the rare person who invites chaos. But there are those who are weathering the storms better than others. If I had to put it into steps, I'd say there are three things you can do that make a difference.

First, notice the parts in your life that are working and the parts that aren't. Take an honest inventory of what nurtures your happiness versus what feeds anger, resentment, helplessness, and self-doubt. What exactly is your internal dialogue, the insistent chat-

terbox, telling you? If the messages are unkind and kill motivation, work to redirect such thoughts to more positive, loving self-statements. Also take a break from negative people, news outlets, and social media. They are jet fuel for negativity.

Second, take better care of yourself. I know how simple that sounds, but it can be harder to do in practice. Treat yourself like you matter. People often care for their pets better than they do their own selves. Healthier people believe it's an imperative to engage in healthy self-care to function better in this challenging world. Be around healthier people, places, and things. Challenge your mind to work on something difficult until you come away proud.

Third, create a bliss station. This idea comes from the professor and author, Joseph Campbell, who wrote, "This is a place where you can simply experience and bring forth what you are and what you might be. This is the place of creative incubation. At first you may find that nothing happens there. But if you have a sacred place and use it, something eventually will happen."

If you continue to work in your bliss station then, bit by bit, you're going to start creating habits which may produce surprising results. This could be another puzzle piece to snap into place that creates order out of chaos.

*Leslie Tourish, LPC, is a Dripping Springs psychotherapist in private practice. To contact Leslie, please go to [www.LeslieTourish.com](http://www.LeslieTourish.com) or [www.LATourish.com](http://www.LATourish.com)*



## Low stress visit

by Frank Shuman, DVM

At Dripping Springs Animal Hospital, we believe that your pet's emotional health is just as important as her physical health. We recognize that a trip to the veterinarian can be a stressful event for many pets – they may be injured or ill, nervous about the sounds, smells, and

sights of a new place with new people, or may have fear associated with previous negative experiences. As pet lovers, the last thing we want to do is cause any stress or fear in our patients. Because we cannot explain that to them in words, we must let our patients know they are safe by making their environment and our interactions with them as low stress as possible.

Our staff is trained to read pets' body language and use a low stress approach. This means we may avoid initial eye contact with your pet and allow them to approach us at their own pace. Unless it is medically inappropriate, you can expect us to use many small, tasty treats to distract and reward your pet during the exam and any medical procedures. We want your pet to associate veterinary visits and handling with wonderful things! During your visit, we will take time to learn your pets' individual preferences and determine which rewards and techniques work best to reduce their fear so each new visit can be better than the last.

By being prepared for your next visit to the veterinarian we can hopefully provide a less stressful experience. Bring your pet with a healthy appetite. Reducing the amount of food your pet consumes prior to their visit can help prevent nausea associated with

car rides and make the food rewards we use during the visit more appealing. Let us know what treats and rewards your pet prefers. Bring your pet's favorite food cut into small bites or their favorite toy. If your pet or family have any food allergies, please let us know so we can avoid those items.

Budget plenty of time for your visit to avoid being rushed. If you are stressed, your pet will be too. Talk to our team about options if you think anti-nausea or anti-anxiety medications would help your pet have a more pleasant experience. Our team strives to do all we can to minimize your pet's stress, fear, and anxiety related to examinations and procedures every time they visit us.

*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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## But my last dog...

by Diana Ozimek

Train the dog in front of you, not the dog you wish you had. I constantly hear, *my last dog did this, my last dog did that, my last dog...* Stop. Every dog is an individual. Even if you get the same breed, it won't be the same dog. You may get similar breed characteristics but every dog has their own personality and genetics. I've had puppies from the same litter who are completely opposite; one puppy is confident and a fast learner while the other is fearful and not willing to engage. How do you get the most out of the dog you have?

It's a great idea to set goals for your new puppy or dog. Everyone envisions how they would like to spend time with their dog and things they can do together. But what if you hit a wall?

This is when you really have to dig in and understand the dog in front of you. Just because your last dog was perfect, it does not mean this dog won't be, it just might be in a different way. This can be heartbreaking for some people. If the goal was to reinvent your last pup, you'll most likely be disappointed. This is the time to really understand where your new dog excels and what their limits are. After you figure that out, adjust your goals and expectations, make new ones, and enjoy the dog you *have*.

I adopted a dog with the idea to do outreach work with him.

He's a three-legged pit bull and I really thought he was a great candidate. He's extremely sweet but has a very hard time functioning in public – he's completely over-stimulated. We hit a wall. It was disappointing but it is reality for the dog I have in front of me. He may not be doing outreach for pit bull type dogs or amputees but he's the sweetest couch potato we could ever have. If you are struggling with your current dog, I hope you'll reflect and find the right path.

*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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## Are you seeing spots?

by Karen Laine, Para-Medical Aesthetician



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

Wear sunscreen – applied generously and often. The number one cause of premature skin aging is sun damage and exposing your skin to the sun can bring out sun spots. How generously sun block is applied, then re-applied, when outdoors is more important than the SPF number. If lotion type SPF doesn't suit your needs, try the new mineral powder sunscreens which go on dry and last for hours.

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

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

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

stimulate melanin activity, resulting in brown spots. Unfortunately, no matter how diligent you are about sunscreen and staying in the shade, you still may not be able to avoid pigment formation. Keep skin as cool as possible and use a pigment suppressor.

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

Get monthly facials. Professional facials give your skin increased results far beyond your home care products. Many tend to neglect their skin in the summer and come back in the fall to seek skin repair. Anti-oxidant facials are a great way to prevent damage. Go easy on chemical peels or laser, as those are best reserved

*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.*



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

by Dr. Bryan Marshall



In today's world, extended periods of computer or tablet work are common place. The average person spends more than 10 hours a day on a computer or mobile screen. *Wow!* But is it really damaging to your eyes? New studies show the answer is yes.

First, we need to consider the accommodative demand on the eyes. That is to discuss what happens to the eyes when asked to focus on some-

thing at arms length for extended periods of time. The muscle in the eye has to flex to pull the lens into shape, and like other muscles, it can get fatigued. For this, I always recommend taking breaks and looking up for one minute every fifteen minutes. This gives the lens and muscle time to recover.

The next area of concern is centered around blue light. Blue light is part of the visible spectrum that makes up white light which is emitted from the sun. It is the higher energy portion of the spectrum right next to ultra-violet light. This wavelength causes digital eye strain and can cause oxidative damage and early retinal degeneration that is non-reversible. The highest emitters of blue light are the sun, LED lights, flat screen LED TVs, computer monitors, smart phones and tablets. An NEI-funded study showed that chil-

dren's eyes absorb more blue light than adults from digital device screens.

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

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

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## Caring for aging parents

by Albert Gonzalez

Many adults have aging parents who are in need of living and health care assistance. There are a number of resources today that can help them grow old gracefully, either in their existing home or in a facility, along with multiple options for financing the cost of the care.

Living alone... Depending on the independence of your parents, living alone in their existing house may be an option. However, you may need to make several modifications – some of them expensive – to make their home environmentally safe and suitable for an aging person. If your parent requires assistance with meals or chores, there are several services which can provide support, such as Meals on Wheels, which are free for anyone over 60.

Living with family... Some families choose to move an aging parent into their own home. If you can do this with minimal conflict, this can be beneficial as it avoids having to maintain a second home and of course can be less expensive.

Assisted living... If your parents are independent and can care for themselves, they may be eligible to enter a continuing-care retirement community, where they can rent (or purchase) an apartment and be eligible for nursing care, if it becomes necessary. Consider purchasing long-term care insurance, which can help pay

for nursing home costs or the cost of an in-home aide.

Nursing home... If your parents need more extensive care and require a nursing home, research the options extensively. You may need to reserve a space far in advance, as waiting lists are often long at popular facilities. The government provides limited financial assistance for families paying for nursing home care.

Financing long-term care... With the cost of elderly care continually on the rise, financial planning can be an important step in providing adequate support for your parents' future well-being. Consider purchasing long-term care insurance, which can help pay for nursing home costs or the cost of an in-home aide.

*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: Being a healthy cynic

by Roland Brown

*"When I use a word," Humpty Dumpty said, "it means just what I choose it to mean – neither more nor less." – Lewis Carroll, Through the Looking Glass*

It seems that Humpty Dumpty has recently been cloned millions of times over and is busily undermin-

ing the single most critical factor in our ability to live in community with one another – truth.

A trial court employs numerous rules designed to distill the truth from the competing claims of the litigants. It is an imperfect system but has served us well for centuries. An example of these rules are the tests applied by Texas courts to determine whether a proposed expert witness is qualified to testify on the topic he or she intends to opine on. These tests, sometimes referred to as the Daubert/Robinson factors after two cases in which the rules were set forth, inquire into the expert's education, experience, and reputation among peers and the methodology used to arrive at the expert's opinions. If the court determines that those factors do not suggest reliability, the expert is not allowed to testify. Why? Because the court wants the jury to be armed with reliable information, not someone's opinion based upon *it means just what I choose it to mean*. In other words, the court is looking for the truth.

Social media has formed an unhealthy link with self-serving

politicians, media personalities, conspiracy theorists, and other self-described experts to open a Pandora's box of misinformation unfiltered and unfettered by that critical factor of a search for what is actually true, that is, the sort of facts that can stand up to a withering *cross-examination* by one who is armed with reliable, researched, and tested information.

Outside of the courtroom, how do we return to a rational search for objective truth when everyone seems to consider themselves an expert on nearly every topic? I suggest beginning with a healthy cynicism about virtually everything coupled with a healthy belief that most folks really believe what they say even when it defies logic. Identify your own biases and try to set them aside. Then ask questions. Who are the sources of the information? What are their biases? Where does their information come from? If they are using statistics or studies, are they reliable, logical, recognized by other experts in the field as being reliable? Be your own judge and test the qualifications of the purported *experts* and demand that others do the same.

*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.*

## Halloween tales of real estate

by Steve Mallett



Halloween brings out ghouls, ghosts, and sometimes princesses. It's hard to believe that there would be any real estate connection to this fun holiday but life as a real estate broker can be full of nightmares.

During the option period on a luxury listing the septic system was being inspected. When the inspector removed the concrete cap the entire concrete lid collapsed and fell into the hole. Effluent sprayed into the air and landed all over the inspector and the yard. The broker scrambled to help the seller get a new septic system designed, installed, and inspected prior to closing. In the end they closed on time but it took all of the agent's skill and knowledge and a few curse words along the way to get it done.

A large estate home in Dripping Springs was listed and quickly went under contract. During the option period the buyer terminated the contract because, "There is a paranormal presence and ghosts in the house." Ghosts may have once resided there but now a lovely couple from Boston owns it and loves it.

There was a very small house being prepared to be listed in Tarrytown that was home to nine very frisky cats that were not housebroken. The felines had their own bedroom with walls covered in plastic sheeting so that the cat *spray* wouldn't soak into

the walls. The plastic didn't work. The agent ended up getting the room painted with odor destroying paint, removing all the carpet and treating the concrete. The smell persisted. The agent had no choice but to list the property as the smell wasn't going away. It sold in 2 days for \$10,000 over the asking price. Every home has a buyer.

An agent cannot be in the business very long without running into a couple that is divorcing and has to sell a home. Sometimes these are amicable and everyone works together well. Other times the entire process is so difficult that only the best agents can navigate keeping everyone focused and calm. Both parties need to have a successful outcome, but sometimes getting them on the same page can be as messy as carving a pumpkin with a chainsaw. If an agent leaves the closing with two happy divorce clients they've done a great job. It's like coming home from trick or treating with a bag full of Baby Ruth's, Butterfingers, and M&M's. It's a great feeling.

When you get a real estate license you think you are prepared for everything that might come your way. It's only after you have been working for a few years that you realize every day can be *tricky*. But in the end working in this business is always a *treat*.

*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.*

## Financial moves for women business owners

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



Pat M. Woodman

If you're a woman who owns a business, you may have some challenges not shared by your male peers – but you also have opportunities to improve your financial future.

Refresh your network. Network with other women business owners. Many have insights into issues women face in the business world and suggestions about lending programs and business-friendly banks.

Review your business structure. As a sole proprietor, you'll have to report your business income on your personal income tax return. If you incorporate or form a limited liability company (LLC), you can protect your personal assets from creditors because these assets will be separated from your business assets and debts. Consider C and S corporations. There's no single *correct* business structure and the most appropriate one for you may change over time, so, in choosing one that's right for your needs, consult with your tax and legal advisors.

Invest for growth. Ideally, hard work produces results, and one of the main results you want from investments is growth; you want your investments to appreciate in value so they can eventually help you meet your goals. But if you are overconcentrated in vehicles such as certificates of deposit (CDs) and government securities,

you may end up lowering your growth potential. That's not to say that CDs and Treasury bills are in some sense *lazy*. They can provide you with income and help reduce the impact of market volatility on your portfolio. But to achieve most of your goals, you'll need a reasonable number of growth-oriented investments, with the exact percentage based on your needs and life stages.

Do an insurance checkup. To protect yourself and your business, review your insurance to make sure you have the right kinds and amount of coverage. General liability insurance can be appropriate for sole proprietors, if you've established an LLC or you've incorporated your business. If you provide some type of professional service you might need professional liability insurance. No matter what business you own, consider disability insurance.

Consider retirement options. You've got several attractive options, including an *owner-only* 401(k), a SEP-IRA, and a SIMPLE IRA. Consider the number of employees, if any, and the nature of your business. All these plans are relatively easy to set up and administer and offer potential tax benefits. Establish or review your own retirement plan – you'll need all the resources you can accumulate to enjoy life as a former business owner.

Find valuable information on programs for women business owners at [SBA.gov](http://SBA.gov) and searching for *women-owned businesses*. *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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## Buyer beware

by Randy Lawrence

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

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

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

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

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

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

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

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## Five symptoms you should not ignore

by Steven Austin

You know there are health symptoms people should not overlook. Well, it's the same for trees. They often display key symptoms indicating that serious problems exist or could develop if ignored.

Here are symptoms that merit calling a certified arborist for assessment.

1. Obscured root collars.. Most trees, even young ones, exhibit a distinct, visible flare where the stem (trunk) joins the root system. If this flare is covered by soil or mulch, then disease, girdling roots and insect infestations are more likely to occur. If this condition is allowed to continue untreated and disorders develop, the interruption of water flow from the roots to the branches will lead to the crown's decline. Once the crown is affected, remedial treatments may be unsuccessful in arresting the failure. So, inspecting this critical region for disorders is important. Excavation of the buried root collar is a priority.

2. *Bleeding* on stems and branches.. Wet spots on branches and stems indicate sap flow from wounds that could have been created by insect borers, disease pathogens or environmental disorders. The sap may be colonized by bacteria and other microorganisms resulting in a discolored flux that may have a sour odor.

3. Delayed budbreak.. Trees initiate new growth in spring depending on species, weather conditions and the health status of the individual plant. If a plant seemed later than usual breaking bud

and if the resulting new growth appears sparser than normal, this could indicate a root or vascular disorder. Delayed bud-break and a sparse crown are expected on newly planted trees.

4. Yellowing and premature loss of leaves in summer.. Yellowing and loss of leaves on the interior portions of the crown may simply be indications of water stress (too little or too much) soil moisture. These symptoms commonly occur on birch, maple, tulip tree and other shallow rooted plants. In some cases, these symptoms may be an early indication of a root or soil disorder that is inhibiting water uptake.

5. Premature autumn color and leaf drop.. Trees under stress will frequently develop autumn coloration early and cast their leaves prematurely. This condition is most commonly associated with serious root and soil disorders but also can be caused by vascular diseases and certain boring insects.

A yearly check up is great for the health of your trees. *A Wimberley resident, 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. His expertise includes integrated 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. Steven is an Arborist Representative for Bartlett Tree Experts. Call 512-392-1089 or toll-free at 800-443-8733.*

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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 lindleypond171@gmail.com.*



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# How to die better

by Deborah Carter Mastelotto



Last week I got an interesting request from a friend in Los Angeles. He's a member of the Forbes Communication Council, and he was looking forward to participating in a conference called *How to Die Better* – what happens when an experience architect decides to fix funerals. His request of me was apparently part of his homework: “Hi Deborah, I'm participating in a virtual *Design Experience* campfire discussion. I am to ask two people:

1. What would your funeral look like?
2. When people think of you after you're gone, what do you want them to think?

Do you mind responding? I think you will have interesting perspectives.”

Well. I have been thinking a lot about death lately – who hasn't? We are living in the epicenter of a worldwide pandemic, and people around me are still dying of other things as well. I just lost an acquaintance to a rare and insidiously speedy form of cancer. She was too young to go and it caught us all off guard. She was forced into the position of having to plan the details of her own death and the words her partner wrote after her passing didn't mention her worldly accomplishments. Rather, he spoke of her loving nature,

how she was moved to help anyone in need, and how he never knew a kinder, more compassionate person.

So this made me put some thought into how I'd like my own passing to be handled. Just how would I like to be buried? And of course, the bigger, more important question – how do I want to be remembered after I'm gone? A friend and her mother inherited a graveyard in San Antonio and they're embracing and promoting *natural burials*, so that part is handled. The body is shrouded in linen and placed directly in the ground – no embalming. Weird? Probably, but it's what I want and it seems pretty simple. Answering that other question is a bit more complicated.

How will I be remembered? I don't want to think of my life in terms of accomplishments, read like a resume. I would rather be remembered for how I made people feel. I'd like to be remembered as someone who made things prettier, but also I'd like to be remembered as someone who really loved people – all kinds of people. I'd like to believe I made the people I came in contact with feel good and appreciated, valued – at least by me. And I'd like to be remembered as someone who truly loved. In a world like ours, I think that must be the one, truly important accomplishment.

*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.*



## 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 seventh 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, please visit our website at [DrippingSpringsSongwritersFestival.com](http://DrippingSpringsSongwritersFestival.com), or call 512-858-4740.*



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# Conscious movement

by Sarah Geenberg



In private sessions, Sharrin Michael has expanded my awareness of my movement, in yoga and karate, but really at a much deeper level. A small example – she says I round my shoulders to protect my heart. If I choose to keep protecting my heart, it does not matter how much I try to keep my shoulders back. With her guidance, I see what to do.

Sharrin wrote this, and I want to share it. She will be doing talks and meditations in our school this fall as her public service.

“Most people live at odds with their body. They work around or through the pain, stiffness and lack of movement, efforting though the day. This beautiful, graceful, even elegant physical body; is your Avatar. It can be an easy, fun, flexible, creative, even a playful place to live. This all depends on your relationship with your own body. It is capable of so much more than the way you *use* it now.

Our avatar body is conscious, awake, intuitive, adaptive, and intelligent. Have you ever actually listened to all the amazing feedback and sensory output that it gives you every minute? What would it be like to be able to really listen to your body and respond in kind? Your body was present for everything you’ve seen, done, and felt, even if you weren’t. That is how patterns and postures show up in the body. It is just playing out your script; the way you move, injuries, illness, trauma’s, sickness, heart breaks, and heart expansions. Your avatar body is the deepest most honest relationship you have!

The simple act of sitting describes how you relate to the world. Is it upright, alive, flexible, vital, easy, and comfortable? Or is it painful, strained, stiff, taxing, an effort to be there, or unconscious? These are functional holding patterns: adaptations from life, your body has taken on trying to accommodate you. These patterns are a loop that replays again and again, keeping you stuck in the past and unaware of how to move into the present moment.

You have the ability to create instant change and break these looping patterns if you actively work and play with your avatar body from a loving, respectful, reverence. Your body can shift, change, and assist in altering how you experience and feel in your daily life when you cooperate with it. Listen and respond to the wealth of knowledge it has to share. Use respect and cooperation instead of override and competition.

You only get one body per lifetime, enjoy it, instead of fight it.”

Sharrin works with all ages who are ready to create change – utilizing decades of training, combining biomechanical and energetic approaches.

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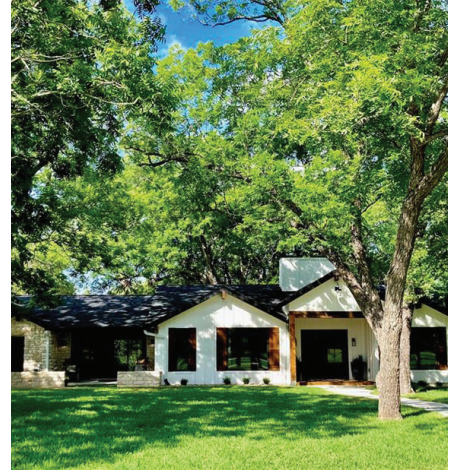
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Long Hill Country Views,  
gorgeous sunrises and sunsets,  
on 10+ acres hilltop.  
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4 bedrooms 3.5 baths 3240 Sq.Ft. In an  
exclusive gated community on Canyon  
Lake, panoramic lake views on hill top  
property, 1.163 acres  
\$1,650,000



4 bedrooms, 3.5 baths, 3285 Sq.Ft.  
Modern farmhouse on 10 private acres,  
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pond and creek.  
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