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OUTLOOK

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The showers and the flowers

Happy Spring, Dripping Springs! Is it just me or did this season flip a switch and immediately get to work? Buds, green space, birds singing, flowers bursting forth – it's like nature was just waiting for the moment when it could unleash the life and beauty hiding beneath the surface of another cold winter.

This May issue is full of so many ideas for health, happiness, and summer activities. I'm always blown away by the caliber and expertise of the business owners and service providers in this community. Their voices and what they offer are some of the many treasures that make up Dripping Springs.

It's interesting to me that the month of May seems to be filled with holidays centered around gratitude. Gratitude for those who bravely serve our country and those who birthed it. Gratitude is such a beautiful moment of pause – to remember, to respect, and to reset our perspectives at times. It's a dose of inspiration to seize the day and make the most with what we have. To quote Eckhart Tolle, "Realize deeply that the present moment is all you ever have."

As you make your plans for summer, I hope this issue is a resource for planning, inspiration, and seizing the day.

Warmly,



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Dripping Springs Outlook

Calendar of Events

- Every Mon.-Fri. The Hill Country Senior Center at 1310 W. Hwy 290, Dripping Springs, offers a delicious lunch served at noon. Call in by 10:30 and order it to go, too. For more information or to see menu: HCSeniorCenter.org
- 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 Mon. 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 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 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. 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 Dr. Pound Farmstead (beginning March 23), 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. 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.
- Thur. 7pm, Celebrate Recovery for people with hurts, habits, or hang-ups. A Christ-centered recovery program. ChurchoftheSprings.org/CR
- Every 1st Thur. 7pm Vince F. Taylor American Legion Post 290 of Dripping Springs invites all eligible veterans to 101 Old Fitzhugh Rd. For information call 512 858 5637.
- Every 1st Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, DSCL.org, 512 858 7825. Newcomers welcome. Email AdultServices@dscl.org for details.
- Every 3rd Thur. 7pm, DS VFW Post 2933 invites all eligible veterans with foreign service to 101 Old Fitzhugh Rd. Call 858 5637.
- Every 3rd Thur. 7pm, Family Support Group for family members, parents, adult children, and partners of individuals living with a mental health condition. Meets at St. Martin de Porres Catholic Church, Room 1. Contact info@namicentraltx.org for more information.
- Every 4th Thur. 6:30-8:30pm, Photographers of Dripping Springs (PODS) meets at the Sententia Vera-Cultural Hub, 4002 E. Hwy 290. 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.
- Sun. May 1, May Day
- Thurs. May 5, National Day of Prayer
- Sun. May 8, Mother's Day
- Sat. May 21, Armed Forces Day
- Mon. May 30, Memorial Day

Have something to add to the Calendar of Events?
Contact the Outlook at Info@DSOutlook.com or 512 375 5590.

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Intravenous & intramuscular therapies: *Why do we provide them? How to stay healthy & positive!* by Breca Tracy, PhD



Life is a challenge – absolutely – but there is one thing we are always in control of! Staying positive and treating our bodies right. Can I get an *amen*?

Question: *Are you providing your body with the proper nutrients and vitamins it needs to perform its best on a daily basis?*

Let's not take our health for granted; let's

be proactive and treat ourselves and families to something great!

Have you heard of immune supporting intravenous (IV) therapies? We, at REGENERATE, are the biggest fans of IV therapies, including high-dose vitamin C. Vitamin C is essential to life itself. We can't live without it and our bodies can't make it. A very small percentage of the vitamin C we consume is absorbed by our bodies. However, when it's delivered by IV, vitamin C is much more available for your body to absorb!

High-dose vitamin C is especially useful when you are under greater than usual amounts of stress, feeling excessive fatigue, or when your immune system needs bolstering. Providing vitamins and nutrients intramuscularly (IM) and intravenously (IV) is the most effective way of correcting the essential vitamin and mineral intracellular deficits. *Why?* Because the vitamins and nutrients are delivered directly to the bloodstream, bypassing any obstacles in our digestive system that would block direct absorption.

Intravenous IV treatments are exceptionally powerful because they bypass issues with oral administration, including upset stomach, absorption issues, and potency loss. In addition, very large doses can be administered via IV without gastrointestinal side effects, which can limit dosing.

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Here at REGENERATE, we are passionate about serving our local community! One of the ways we serve is by providing quality products and services to help support the body's immunity. Let's be healthy and well together, what do you guys think?

For more information, please contact us! We would love to further educate you on 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 REGENERATE Dripping Springs. Breca has resided in Dripping since 2007 after obtaining her Ph.D. in Biochemistry and Molecular Biology from the University of Oklahoma Health Sciences Center. Contact us at 512-368-4548, 800 Hwy 290 W, Building F, Suite 200. Natural-HealingTX.com.

Kindness comes from strength

by Leslie Tourish, LPC



If one comes across some random weirdness in a local grocery store parking lot, these are strange times indeed. And one, being me, found such weirdness in the form of a torn out piece of loose-leaf notepaper on the ground, where I picked it up and promptly read it. Which says a lot about my weirdness. But that's another

story for another day. Okay, ready for some drama? Here we go: *Only a greedy apple-picker* (although the author didn't use the word apple-picker) *takes two parking spaces for their oversized "big ego" car to compensate for their small minds, etc...*

The last bit emphatically underlined. I love the etc... part. Sort of puts a fine point to it, doesn't it? Wow, I thought, this is really good, especially since the author wrote in a girly pink ink with a sweet Palmer-style cursive. You almost expected to see hearts above the i's. But there was more; a response in a stately blue ink penned below. *I'm very sorry to have made you so angry. I should have checked to make sure I was parked correctly. I sincerely hope your day goes much better than this unfortunate beginning.*

That, my friend, is a diagram of a good apology – no firing angrily back, no calling Ms. Pink Ink a bigger apple-picker, no justifying how they can poorly park their massive SUV across two parking spaces anytime they want because might makes right. Accountability. Apology. Acknowledging the wounded party's value in this world. And do you notice how this author wasn't diminished

by admitting she was at fault? In my eyes, my respect for her grew.

This parking lot kerfuffle points to a bigger issue. People are overwhelmed these days after holding it together for such a long time. Pull the camera back. Two individuals entered a grocery store where some wear masks because of fears of Covid-19. They probably ended up spending much more on groceries that day than this time last year. Had been listening to the news on the way to the store, they might have heard about a Russian military unit blowing up civilians in a train station, apartment building, or a maternity ward. Unsettled times don't always bring out the best in us.

We might not have the power to stop viruses, inflation, wars, bad parking, or snarky comments; we can choose to be curious to what we're telling ourselves in the face of such events. When we're angry we tend to feel victimized. It's personal. Stop and consider – have we really been harmed? Someone is rude or calls you a name – what have the actual consequences been? If we personalize an unhappy encounter, we absorb it and become diminished.

Former slave who rose to become Greek Stoic philosopher, Epictetus, wrote: *Another person will not do you harm unless you wish it; you will be harmed at just that time at which you take yourself to be harmed.*

Each day is precious and our energies are finite. Decide to use your energy where you have the power to do good. What you put out there – you're the first one in the receiving line.

Leslie Tourish, LPC, is a Dripping Springs psychotherapist in private practice. To contact Leslie, visit LeslieTourish.com or LATourish.com



The use of dental implants with crowns, bridges, and dentures

by Ron S. White, DDS

If you are self-conscious because you have missing teeth, wear dentures that are uncomfortable, or don't want to have good tooth structure removed to make a bridge, then dental implants are your answer.

Dental implants are a popular and effective way to replace missing teeth and are designed to blend in with your other teeth. They are an excellent long-term option for restoring your smile. In fact, the development and use of implants is one of the biggest advances in dentistry in the past 40 years. Dental implants are made up of titanium and other materials that are compatible with the human body. They are posts that are surgically placed in the upper or lower jaw, where they function as a sturdy anchor for replacement teeth.

There are generally three phases to getting an implant. First, the dentist surgically places the implant into the jawbone. Next, the bone around the implant heals in a process called *osseointegration*. What makes an implant so strong is that the bone actually grows around it and holds it in place. Osseointegration means *combines with the bone* and takes time. Some patients might need to wait until the implant is completely integrated, up to several months, before replacement teeth can be attached to the implant.

Finally, it's time for the placement of the artificial tooth/teeth. For a single tooth implant, a dental crown is customized for you. The crown will be based on size, shape, color, and fit, and will be

designed to blend in with your other teeth. If you are replacing more than a single tooth, custom-made bridges or dentures will be made to fit your mouth and your implants. (Note: *The replacement teeth usually take some time to make. In the meantime, your dentist may give you a temporary crown, bridge, or denture to help you eat and speak normally until the permanent replacement is ready.*)

Another amazing function of implants is their use with dentures. In this case, implants are used to anchor a patients existing denture with little modification. The denture simply snaps in to place and is much more stable.

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

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The importance of weight and plastic surgery

by Rocco C. Piazza, M.D

Many of our patients ask: *what is a healthy weight to move forward with surgery and am I a good candidate?* This is great question! For the best results, a patient should be as close as possible to their ideal weight. To determine if a patient is at a healthy weight range, we use your BMI. *BMI*, or body mass index,

is the standard measure of body fat based on weight on height.

- Under 18.5 – underweight
- 18.6 to 24.9 – normal/healthy weight
- 25.0 to 29.9 – overweight
- 30.0 and above – obese

Having a healthy BMI before plastic surgery can increase your chances for a successful procedure and provide esthetically pleasing results. If your BMI is above 30, it can cause complications such as wound healing and long-term results are not as satisfactory. Sometimes, this may require revisions in the future.

To get the results you are dreaming of when you are not at a healthy BMI, we suggest:

- Set a healthy goal weight which places your BMI below 30.
- Start an exercise regime.
- Eat meals with lean proteins, vegetables, and fruits.
- For long-term weight loss, plan to lose 1-2 pounds per week.

Remember this is an investment in *you!*

The EMSculpt NEO bus is on tour and it's making its way to The Piazza Center! Come try our newest treatment to tone and sculpt your body. We are offering a free demo for the most advanced nonsurgical technology to build muscle and reduce fat in as little as 30 minutes. We will have raffles and giveaways for guests that day. Hop on board the bus!

Register for this free event using the QR code.

When: Saturday, May 21, 2pm to 4pm

Where: The Piazza Center

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 ThePiazzaCenter.com.



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Fish oil and healthier skin

by Karen Laine,
Para-Medical Aesthetician



You've heard about omega-3s benefits for your health, but did you know they are crucial for supple, clear, healthy skin? Skin cells are short-lived with a rapid turnover rate, meaning nutrients needed to build new cells must readily be on hand. Omega-3s are a key component in the fatty membranes of skin cells. Without this special type of fat on

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

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

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

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

Whether you're 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 14500 Ranch Road 12, suite 20, in Wimberley.



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Do the math

by Kern Deschner



Do the math, they say. *They* don't realize that's kind of hard for us to do. America is the land of the free, but also of the not-so-good at math. An example is what happened to Arby's a few years ago. Impressed with the quarter-pounder hamburger sold by McDonald's, Arby's decided to introduce a third-of-a-pounder, for the same amount of money. It was

a flop. The problem seemed to be that no one would buy it because they thought a third-of-a-pound was less than a quarter pound. Four is bigger than three, right? Unless it is the denominator, of course. So Arby's has come back and re-branded it as the 3/9 of a pound burger. Arby's says it's selling like crazy now. Their inside joke is that you can request a 2/6 of a pound burger if you're not that hungry.

But math failure is not limited to Americans. Oh no. There is a Japanese talk show called *Truth or Dare* which is kind of like what you would think it would be. People admit to a truth, or take a dare. One contestant thought he had it made if he held the truth and took the dare instead. In fact, he could win \$10 million if he took the dare! All he had to do was double the number of Japanese rice snacks he ate every hour for 24 hours. When he was eating one snack, two snacks, four, eight, that was no problem. What he did not realize at first was that, by the time he was to reach 24 hours, and the 10-million-dollar prize, he was having to eat over 8 million snacks that final hour. He only got to about hour 8 before he got out his phone calculator and realized what was happening. Needless, to say, he lost the challenge. I guess at least one of the Japanese isn't very good at math either.

We have a lot of numbers to deal with these days. This time of year is time to plan breedings and we are always on the lookout for the best breedings we can get since our prize herdsire has aged out of the breeding program. Every herdsire owner in the country says theirs is the best and they trumpet their show-wins as proof. The problem is that we want to know what kind of babies they produce, not how they did in shows. Fortunately, we have mathematical calculations known as Expect Progeny Differences or EPD's. Rhonda is able to use her calculator to figure out the best breeding we can get and it seems to be working. We used to just *eyeball* breeding decisions and now we can kind of figure it out at home on the computer. Now our breeding calculations add up to a better outcome. Trust the math, right?

Rhonda and Kern Deschner are experienced alpaca ranchers raising alpacas through all kinds of Texas weather since 1997. Tierra Prometida Alpaca Ranch can be visited by calling Rhonda at 512 753 9962, or at tierra@alpacausa.com.

When outside exercise isn't an option by Diana Ozimek



Do you have an energetic dog who relies on outside activity daily? Here are some indoor ideas to keep them fulfilled when the weather isn't conducive to outdoor exercise. Snuffle mats and puzzle toys. These are great options for food motivated dogs. A snuffle mat is a mat made with long felt pieces, like a shaggy rug, you can hide pieces of kibble down deep into the mat and your

dog has to work with their nose to find each piece. There are tons of puzzle toys on the market from easy – for beginner puzzle puppies – to advanced for a more experienced dog.

Nose-work games. One easy way is to collect 5-10 small boxes or shoe boxes and spread them out in an open area. If your boxes look alike, use a marker to mark the bottom of the box you will use for treats. Hide a few treats in one box and spread the boxes out. Have your dog in another space until you are ready. Bring them out and allow them to sniff around the boxes. Once they alert, paw the box, try to open it with their nose, or whatever their signal is that they have found the treats, open the box and let them eat the treats. You can do this several times moving the treat box to a different space. You can also change it up by changing the number of boxes, putting them in different formations or areas.

Hide and seek. This is a great game to get your dog running

around and burning some energy. Here's how we play the game in our house. We throw the ball down the hall for our dog to get it, then we run and hide. She will go all around the house looking in rooms, closets, bathtubs... until she finds us. Put this on repeat until you are both tired! If your dog doesn't understand what to do when you disappear have another household member help them the first few times then they will start to catch on.

And of course, you can always practice their obedience training around the house or Google a new trick and start teaching it.

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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Yoga: Standing

by Sarah Geenberg



This is how yoga classes often start... Stand with your feet straight. Relax your knees. Notice any tensions in your legs and let them go. Take a deep breath.

Feel your hips. Is there any work where your leg meets your pelvis or is all the work at the top of your pelvis? Adjust a little and see if you can feel the work more where you leg meets your pelvis.

That probably will require you to slightly engage your bum. Relax.

Now think about the arch in your low back. You can slightly rotate your pelvis so the top of it goes forward and back. Find a comfortable, neutral spot for your lower back.

Feel the top of your shoulders where they meet your neck. Is there any tension? Lower your shoulders to relax. As you lower your shoulders feel your shoulder blades come slightly together in the back. And your shoulder blades might also drop. Don't do too much or push. Just let go. Breathe deeply and feel your mid-back expand and then relax.

Notice your neck. Any tension? Move your head a bit to find a spot where your head feels like it is resting easy on your neck. Breathe and pay attention to how your body feels. Do you feel any tension in a particular spot, or does it feel like there is a spot that is working more than any area of your body? If so, slowly let that tension go. Notice your patterns of tension. Take a few breaths in this position, searching for more tensions and letting them go.

The goal is to relax into a position where all the muscles are working just a little rather than having hot spots that are working too much. Those hot spots turn into surgery spots with time. Being aware of small tensions throughout the day and simply letting them go can bring great results.

Yoga is both extremely simple and yet can be extremely deep at the same time. You never know what you might find out when you slow down and listen.

Sarah Geenberg is the owner of Wimberley Karate and Yoga Studio, near Blue Hole, and OnlineSeniorsYoga.com. The yoga, Tai Chi, and karate classes are building again. Classes are offered indoors, outdoors, and online. Feel free to come check us out.

Wimberley Karate and Yoga Studio



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Parent to parent: *How EVERY Child Can Benefit From Performing Arts Training, Part 2* by Norah Martin

Last month, I wrote about how children with performing arts training are more confident public speakers, able to learn history in a memorable way, have deeper emotional intelligence. I'm back to continue the reasons why performing arts training benefits all children, regardless of what they choose to be as adults.

Children have access to a huge umbrella of experiences. In theater, children are exposed to a vast array of different creative activities in addition to acting, dancing, and singing. These include sewing, mask making, and millinery skills in costuming; crafting and procurement in properties; the technical aspects of lighting, sound, special effects, and rigging; woodworking, design, and visual arts/painting in set creation; people management and organization in stage management and directing; hospitality for front of house activities; historical research in dramaturgy; as well as design and marketing for publicity and playbill – to name just a few! This is access to an all-you-can-taste buffet of potential future interests not readily found anywhere else.

Much of a child's day is spent receiving information from teachers, families, friends, and social media. Children need to transmit ideas – or flex their creative muscles – to foster their imaginations. In performing arts children use their imaginations to embody a witch, a tin man, a scarecrow, a lion, a lost girl from Kansas, or her little dog (too). Ability to think creatively is an important asset as

children grow and join their respective work forces.

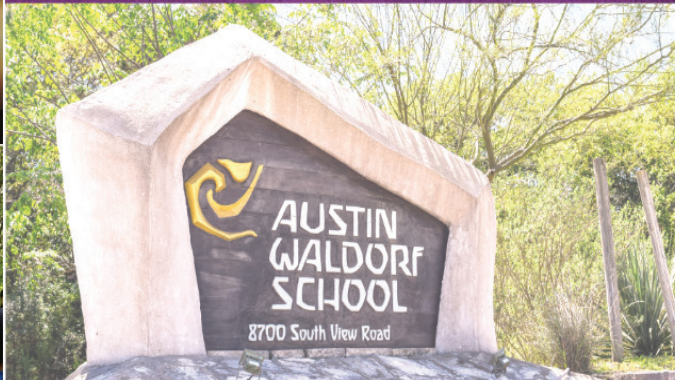
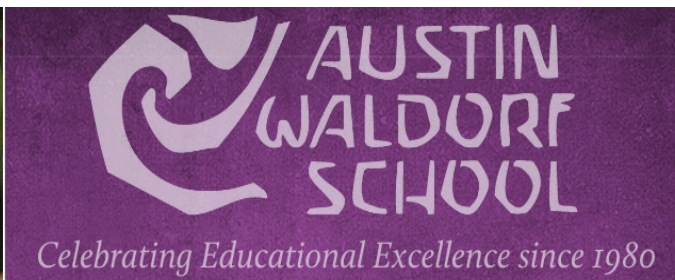
In performing arts, children work collaboratively to meet deadlines, polish difficult scenes or choreography, and create a piece of work in a finite period of time. They use collaboration to accomplish the main goal of bringing a production to stage, however, they learn to set smaller goals with their individual contribution to the main goal – learning a chorus or their lines for a particular scene. They learn – and live – that making a production is much like the old saying about how to eat an elephant. Small goals as foundation for a larger goal.

Now and through May 20, registration for our performing arts summer camps is available through DSISD's Revtrak. Find us under Summer Programs > Performing Arts Camps.

We are offering two camps, The Lion King Jr. and Seussical Jr., for children grades 4-9. These are each three-week long camps and will culminate in full productions open to the public. Children will participate not only in the musicals, but also assist with creating their own costumes and props as well and set construction.

We are offering several mini camps for grades 2-6 which children will learn and perform choreography and songs from the beloved tales of *Encanto*, *Frozen*, and *Sing*. On Stage Ready offers year-round performing arts curriculum at our new Dripping Springs-based performing arts school. Visit OnStageReady.com.

Norah Martin is the co-founder of both Meteor Theatre (a non-profit community theatre in Dripping Springs) and On Stage Ready (a performing arts school in Dripping Springs).



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The truth about refrigerator filters

by Randy Lawrence



Almost every new refrigerator available today comes with a built-in activated carbon filter designed to improve taste or odor. Most models also have some type of reminder system that tells you when to replace the filter cartridge. Many people have questions about these filters. Is it necessary to have the filter in the first place? If so, how important is it

to change that filter as soon as the reminder is activated? Here are a few interesting facts about these filters that may help clear up some confusion and possibly save you some money in the long run.

There are two main types of filter change reminders in today's refrigerator models. The most common is a basic timer system. This system will simply count down a pre-set amount of time (usually six months) and then activate a light which tells you to replace the filter. The main drawback to this method is that it does not take into account the volume of water used. For example, you could go six months without using the ice or water dispenser and the unit will still indicate that it's time to change the filter. It's a fair assumption that the majority of these filters are thrown away far too soon. The other type of reminder system is a little less common. It involves a flow meter which counts gallons as they are used through the dispenser. This is a more efficient method than the timer because it actually measures water usage.

Unfortunately, neither technology knows what your incoming

water quality is. This can greatly affect the lifespan of the filter. If you are on a chlorinated water supply, your filter life will be shorter. If you have a whole house treatment system, like a softener or carbon filter, then the life of your filter would be greatly increased. If your refrigerator is fed by a reverse osmosis system, then your built-in filter becomes completely unnecessary and can be removed or bypassed.

Each case is slightly different, but at \$40-\$60 per filter it pays to know the facts so you aren't wasting money on unnecessary replacements.

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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Litigation: *The process*

by Roland Brown



Recently I filed suit on behalf of a nice young client because the insurance company wasn't taking her claim seriously. A call from the client reminded me that most people who become involved in litigation find themselves in a very unfamiliar world. I was happy to walk her

through the steps in the process.


We talked about how we would wait until the defendant got served with the lawsuit at which point a lawyer provided to him by his insurance company would file an answer to the suit. I explained that both sides would then provide written information and copies of documents about their case and that at some point both she and the defendant would tell their stories to the opposing attorneys in depositions, usually with a court reporter recording everything that is said. I said that more often than not these depositions are done via Zoom, a process which became popular as a result of Covid. Of course, I assured her that I would be preparing her and assisting her at every step.

What other things are going to happen as this case progresses? Medical records and bills are likely to be obtained and provided to the opposing party to lay groundwork for introducing them as evidence at trial. Depositions of other witnesses, such as persons who witnessed the collision that injured the client and doctors who treated her, are likely to be taken in order to determine what their

testimony will be and to create a sworn record that can be read to, or if videoed, shown to the jury if the witness is unable to testify live at trial. There may be hearings before the court to determine issues such as whether certain experts are qualified to testify or whether information withheld by the other party must be disclosed.


At some point the parties will meet with a mediator, often via Zoom, in an effort to reach a settlement agreement. Along the way, I may present portions of the case to a focus group in order to see how various factors may influence a jury. The information gleaned from the focus group may then help us in analyzing settlement offers or crafting trial strategy. My young client expressed appreciation for the explanation and will hopefully find the road ahead less uncertain as we move through the process.

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.



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Don't fear the budget

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



Reagan Smith, CFP®

When you hear the word *budgeting*, your first thought might be that it's mostly for young people starting out in their careers and adult lives. Yet, budgeting can be important for everyone, no matter their age. And even if you feel that you're in pretty good financial shape, with a reasonable amount of savings and investments, you can still benefit by establishing a budget or improving your current one.

Not knowing where your money is going can be bewildering. A budget gives a clear picture of your money movements. You'll feel more in control of your finances – and possibly your life, too.

A budget is, first of all, a practical tool that can help you manage your finances by showing what you must spend on your needs – mortgage, utilities, car payment, and so on. But a good budget should also have space for your wants – which can range from mundane things, such as new clothes and entertainment, to more aspirational items, such as gifts to charitable organizations you strongly support. Having your needs and wants in front of you, on a piece of paper or computer screen, you can determine if you're spending too much on things that aren't important to you and not enough on those that are. You may be able to adjust your budget in a way that allows more financial weight behind your priorities.

You never know when you'll need a major car repair or a new furnace or face a large medical bill – all of which can be true budget busters. That's why, within your monthly budget, you should designate a certain amount to an emergency fund, with the money held in a liquid, accessible account. To make it easier to contribute to this fund, you can set up automatic transfers from your checking or savings account into a separate, liquid, low-risk account. It's a good idea to keep at least three to six months' worth of living expenses in your emergency fund.

By sticking to a budget, you can determine how much money you can devote to paying down your debts. And if you find opportunities within your budget to cut back on your spending, you can use the savings to reduce your debts further.

Here's another important category for your monthly budget: *the future*. You should always try to put away some money, even if it's only a relatively small amount, to a retirement account such as an IRA. As your salary goes up, you can increase these amounts. You may already be contributing to a 401(k) or similar account where you work, but you could spend decades in retirement, so you'll want to accumulate as many resources as you can for those years.

A budget is a humble-appearing document. But, as we've seen, it can play a far more meaningful role in your life than you might have thought – so use it wisely.

Reagan Smith, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. She can be reached at 512 894 3793.

Dripping Springs Chamber of Commerce Focus on Business: *Dripping Springs Vision Center: Where eyecare meets fashion*

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We are the Dripping Springs community's original eyecare providers who personally and professionally manage your family's eye health needs. With each visit, our patients get to know us more and we get to provide them with a customized treatment plan fit for their needs. Our practices offer all eye care services from comprehensive eye exams to custom LASIK consultations and the management of medical eye concerns. Also, if you're not a fan of getting your eyes dilated, we offer the option to have a retinal image taken of your eyes using the Optomap instead. That way, you won't have to worry about driving right after your eye exam. We also specialize in fitting contact lenses for first-time wearers and people who have previously had difficulties wearing contacts. No matter what, we will give you the attention and care that you deserve.

Not only do we have some of the top optometrists in the state on our team, but our fashion-forward eyewear collections are sure to wow at your next luncheon. Each of our Eyeglass Galleries feature a wide selection of exceptionally stylish eyewear, crafted by the finest European and U.S. designers, so you're sure to find a pair of glasses to fit your style and budget needs.



*Meet our therapeutic optometrists:
Brad Dobson, O.D. and Alexandra Nelson, O.D.*

Our doctors make the perfect team who bring their world-class skills along with their authentic care for their patients. Dr. Brad Dobson is originally from the Kansas City, Kansas, and the

Lake Ozark, Missouri, areas, but he now calls Austin, Texas home, and Dr. Alexandra Nelson was born and raised right here in Austin.

Both Dr. Dobson and Dr. Nelson are licensed Therapeutic Optometrists and are active members of national and state optometric associations. Dr. Dobson particularly enjoys pediatric optometry and advanced contact lens fittings, while Dr. Nelson's special interests include contact lenses and the treatment and management of ocular diseases.

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The Dripping Springs Vision Center is a full-service eye care provider offering everything from comprehensive eye exams and contact lenses to the hottest trends in eyewear from top designers. We take your eyes seriously, and our doctors and staff are committed to giving you the best experience and care possible. Give yourself and your family the gift of clear vision this season and stop by the Dripping Springs Vision Center where eyecare meets fashion.



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The advertisement is a vertical rectangle with a blue border. On the left side, there is a white background containing the logo for Crystal Springs Custom Pools, which features a stylized sun, a palm tree, and a person jumping into a pool. Below the logo is the company name in a blue, cursive font. Underneath that is a bold orange headline, followed by the address and phone numbers in bold orange text. At the bottom left, the website and email addresses are listed in blue. On the right side of the advertisement is a photograph of a swimming pool at night. The pool is illuminated with blue lights, and there is a waterfall feature on the right side. A large tree trunk is visible in the foreground on the left, and the background is filled with trees and some outdoor lighting.

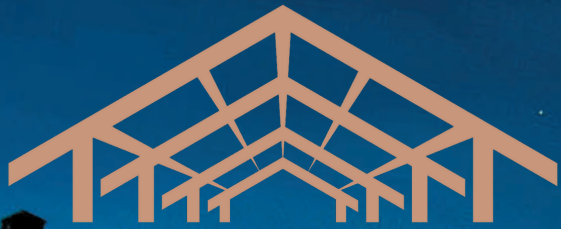
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