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# OUTLOOK

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# Who eats watermelon with a fork?

We're moving into watermelon season. The flora around us has bounced back into action after our rare winterscape in February. Temperatures flirt with hotter numbers and just as quickly slip back to cooler winds that have us once again pulling out our favorite long-sleeved shirts.



Watermelons have always reminded me of my mother. If you've ever been in her kitchen you'd know why. She has fond memories of sitting on a porch with her cousins eating watermelon on a hot day. She started this magazine 18 years ago, when Dripping Springs was still a green bud waiting to explode. She has been teaching me how to run the magazine but more than that showing me how she runs it and what has worked for this community for the past two decades.

We all have our preferences, our *modus operandi*. We have our comfort zones, autopilot modes, and individual reactions and coping mechanisms.

Whether you eat your watermelon with a fork, a little salt, lime juice and splash of chili seasoning, or forgo the watermelon altogether — the decision is yours. We take in the necessary information with gratitude and then forge our own way.

## Cyle

## DSOutlook.com



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# Dripping Springs Outlook

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

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## Pedal Ranch Publications



# Dripping Springs Outlook

## CALENDAR of EVENTS

- Every Sun. 12:30. Christ-centered anxiety/depression Hope Group Zoom Meeting. Contact Marsha Young at 512-738-5109.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit [DrippingSpringsRotary.org](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 Sun. 12:30. Christ-centered anxiety/depression Hope Group Zoom Meeting. Contact Marsha Young at 512-738-5109.
- Every 1st Mon. DS Ag Boosters meet in Ag Building behind DS Middle School at 7pm. Visit [DSAgBoosters.org](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 VFW hall in Dripping Springs. For more information call Michele Ryon 512-299-7455.
- Every 1st Thur. 7pm Vince F. Taylor American Legion Post 290 of Dripping Springs invites all eligible veterans to 101 Old Fitzhugh Rd. For information call 512-858-5637.
- Every 1st Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, [DSCL.org](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 a with 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.
- Mon. May 31, Memorial Day.

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## Don't let your guard down with Covid

by Lauren Meyer

We are still in the middle of the Covid-19 pandemic and now that the vaccine is becoming more available, this in *not* the time to let your guard down.

If you want to stay as healthy as possible, one of our recommendations is to take preventative measures to keep your immune system strong and ready to

knock out any challenges. A healthy, regulated immune system is your best defense against any illness whether it be a cold, flu, novel virus, or autoimmune challenge. At Martin's Wellness Pharmacy we have created an easy supplement combo-pack to take the guess work out of immune support. It's called the Immunity Wellness Pack and contains four different supplements for your daily dose of vitamins, minerals, and herbs.

• **Vitamin D3 2,000 IU by NuMedica** This vitamin is very well known for its immune and defense benefits. Taking the *sunshine* vitamin can help boost immunity, shorten the duration of illnesses, and elevate our mood.

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• **Wellness Formula by Source Naturals** This daily immune support multi contains more than 30 vitamins, minerals, and herbs for boosting your body's ability to fight off illness. It is filled with well-known herbs such as garlic, propolis, echinacea, elderberry, astragalus, and olive leaf.

The Immunity Wellness Pack can be purchased as a bundle or prepackaged into single packets for each day of the month. Simplify your life. Come to Dripping Springs Pharmacy or Lamar Plaza Pharmacy to pick up your Wellness Pack at 15% off retail price.

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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## Vitamin D, vitamin D, vitamin D3

by Breca Tracy, PhD



If we have heard it once this week, we have heard it ten times! Vitamin D is what it's all about. How much do you know about vitamin D and what it can do for your body? Do you know where to get it? Are you getting enough of it?

Vitamin D is an essential nutrient your body needs for many vital processes, including building and maintaining strong

bones. Many of us have heard we get our vitamin D (the sunshine vitamin) from the sun. *Get outside and get some vitamin D* – we often hear growing up. We also know fatty fishes such as salmon, sardines, herring, mackerel, tuna, etc. are loaded with heart healthy Omega-3 fatty acids and can be rich in vitamin D. Fatty fish and seafood are some of the richest natural food sources containing vitamin D. Vitamin D can additionally be found in other foods and fortified juices such as egg yolks, mushrooms, and orange juice.

Research has shown that adequate amounts of vitamin D can help assist your body in fighting off disease and illness. Vitamin D is one of the most important immune system-strengthening nutrients that can help reduce the risk of colds and viruses. It's hard to get too much vitamin D right now, especially with it being such a prevalent season for colds, allergies, and viruses. *Load up!*

Last, but not least, if you have a deficiency in vitamin D, REGENERATE can help! We offer vitamin D3 shots (quick pokes

into your arm muscle). Your body can absorb and utilize vitamin D3 through the muscle much more effectively than when taken orally (typically D2). Both forms of this vitamin can raise circulating vitamin D levels, though research suggests that D3 may raise levels more effectively and efficiently than D2. Come talk to our team of experts at REGENERATE, 512-368-4548.

*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.*

**Breca Tracy, PhD**  
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## A pain in the neck

by Dr. Joey Przybyla, PT, DPT

If you are middle aged or older and are experiencing difficulty with neck motion, positioning, or have chronic discomfort, you may be suffering from cervical spondylosis.

Spondylosis or *osteoarthritis* of the neck is common in the general population with up to 50% of those 50 years and older experiencing symptoms. Your doctor will diagnose you with spondylosis due to observable findings upon examination and use of imaging like x-ray.

While spondylosis is a diagnosis frequently given to patients, it is a result of processes that occur naturally with time. In fact, the primary risk factor for spondylosis is age itself. The cervical spine is composed of seven vertebrae stacked vertically with the head above. In between these vertebrae are multiple joints, disks, and spinal nerves. General wear and tear of the small facet joints and disks with time results in limitations including pain, motion restriction, and possible nerve irritation. Arthritis occurs when *cartilage* – the substance that protects our joints – is worn at a rate that exceeds the body’s ability to produce new cartilage. In later stages of this disease process, nerve roots that emerge from the spine may actually be irritated or pressed on by bone or disc material. Often this results in radiating pain down one or both arms, extending as far as the hands.

With this brief explanation of spondylosis, one with chronic neck pain might be more concerned than relieved at this point, but the silver lining is actually very bright here. Most often individuals can benefit greatly and improve function with conservative care and may avoid possible surgeries all together.

Arthritis can limit one’s ability to look up or over their shoulder. It can make simple daily chores or a work day seem unbearable due to symptoms. One proven treatment to address mechanical neck pain and manage chronic pain is physical therapy. Other conservative care your doctor may recommend are medications, injections, and rest from activity. Physical therapy has been helpful to many individuals, addressing and educating patients on their muscle tightness, poor posture, muscle weakness, joint restriction, impaired movement patterns, and other triggers that increase the likelihood of cervical pain. Those experiencing difficulties mentioned in this article with greatly benefit from seeking help and guidance from their doctor or physical therapist to improve their neck pain and quality of life.

*Written by fellow runner and Doctor of Physical Therapy, Joey Przybyla. Kethley Physical Therapy has been providing physical therapy to the Dripping Springs and surrounding communities for over 15 years! KPT has two convenient locations and seven licensed physical therapists to treat all your musculoskeletal needs. We are open from 7am to 6pm Monday-Friday and can be reached at 512-858-5191 or at KethleyPT.com.*

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## Four easy ways to improve oral health by Ron S. White, DDS

Oral disease is one of the most prevalent conditions in the US; 9 out of 10 adults have tooth decay and almost half have gum disease. Gum disease has side effects like bad breath, teeth yellowing and has been linked to heart disease, diabetes, and Alzheimer's. Despite the prevalence of oral disease, the general

advice we receive is limited to brush and floss more.

Here are four easy and lesser-known ways to improve your oral health:

1. *Not brushing for 30 minutes after eating.* When we eat foods with high sugar or carbohydrate content (like sweets, pastas, or alcohol) the bacteria in our mouths convert the sugars into an acid that can erode the enamel in our teeth. One common method to prevent damage is to immediately brush after a meal, but this may cause even more damage. After eating a meal, the enamel in our teeth becomes softened and brushing it while softened can scrape off and further damage the tooth. Instead, it is recommended to wait 30 minutes after eating before brushing to allow time for your enamel to harden. Instead of brushing, opt for a quick water rinse or chewing sugar free gum to produce more saliva to remove the acid.

2. *Not rinsing with water immediately after brushing with fluoride toothpaste/products.* When using fluoride toothpaste, the fluoride particles need time to settle in on our teeth and integrate with

our enamel. Rinsing immediately after can remove the fluoride before it has had a chance to integrate. To avoid this wait 30 minutes after brushing before doing a full rinse with water.

3. *Using a straw.* Drinks with high acidity (wine and sparkling water) and high sugar content (soda and juices) can cause damage to teeth by eroding enamel, feeding acid causing bacteria, and staining by extended duration. A straw reduces the duration of contact between drinks and teeth, giving acid producing bacteria less time to feed on sugars, less of a chance for staining on your teeth.

4. *Flossing (correctly), upgrading your floss.* Most of us hate flossing. It can be painful, meticulous, and cause bleeding but that may be because of flossing with the wrong technique. The purpose of flossing is to remove food debris and plaque from between your teeth and to remove harmful bacteria that may live below your gum line. These bacteria are *anaerobic*, which means they cannot survive in oxygen, so they die when you move them above the gumline. Proper flossing technique should not apply pressure to your gums directly (which may cause more damage) and should focus on curving the floss around your tooth and gently guiding it into your gums. If done correctly, it should not be painful and get easier over time as gums become less inflamed.

*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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## Delivering an exceptional anesthesia experience

by Rocco C. Piazza, M.D

One of the biggest obstacles our patients face at The Piazza Center is managing the anxiety of the anesthesia process. We have listened to you and developed a new approach to relieve fear and stress for our patients. Since 2013, The Piazza Center has worked with independent anesthesiologist, Dr. Melissa

Cady. We have developed an exceptional anesthesia experience.

Two to three weeks prior to your procedure, Dr. Cady schedules an interactive video consultation call with you. During this call, Dr. Cady will connect with you to develop a meaningful relationship. She focuses on answering your questions and addressing your concerns so that you are confident and reassured on the day of your procedure. Safety is Dr. Cady's number 1 priority. During the pre-surgery call, she reviews your medical history, asks about your past anesthesia experiences, and shares her philosophy on the anesthesia process. The goal is to understand you as an individual so that she can develop a custom anesthesia plan to suit your needs.

Our goal is to provide an exceptional anesthesia experience for every patient. Melissa Cady, D.O. is the owner of Painless Wellness working as an independent anesthesiologist for The Piazza Center and a telemedicine pain consultant. Known as The Challenge Doctor, Dr. Melissa Cady is the author of *PAINDEMIC*, the founder of the PainOutLoud community and app, and the co-host of The Changed Physician podcast and community. Through social media, she educates and inspires others to recognize the capacity to change for the better with strategic challenge. One of

her missions is to re-define the patient anesthesia experience – all patients undergoing elective anesthesia should be well-informed and unrushed to ease fears and demystify anesthesia. Expressing concerns during video consultation, understanding what to expect, and knowing their options, patients make better decisions and have less anxiety going into surgery. It is important that patients not only feel safe, but also comfortable communicating with their anesthesiologist around the time of surgery. Patient safety and communication with the surgeon are of utmost importance to Dr. Cady, and she strongly believes that they should not be sacrificed by external influences. You can learn more about Dr. Melissa Cady at [ChallengeDoctor.com](http://ChallengeDoctor.com).

*Rocco C. Piazza, M.D is a Diplomate of The American Board of Plastic Surgery, a member of the American Society of Plastic Surgeons, as well as a national spokesperson for the ASPS. Call 512-288-8200 and visit the web site [www.ThePiazzaCenter.com](http://www.ThePiazzaCenter.com).*



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## Virus times: *Creating flow*

by Leslie Tourish, LPC

By all measures, my client was a Covid-19 lockdown champ. He'd learned how to adjust to Zoom meetings, received his second vaccine, and felt good to get out there more fully in the world. Then it got confusing. His post-vaccine goal was to get in better shape and maybe meet

someone nice to date along the way. So he made plans to attend a local hiking group for singles that went on Saturday walks. But as the day approached his enthusiasm waned and he told himself he'd do it the next week. That Saturday would roll by, and then he'd promise himself he'd join the hiking group next time. While part of him wanted to hike and meet someone new, another part of him was just *meh*. Instead he'd scan Netflix for a new murder show.

I'm hearing this from a lot of people. They've dialed down their lifestyles this past year and now it's hard to rev the battery back up. So what gives? We want to live more fully, but it's like (to borrow from an old chestnut) our *get up and go* has got up and went. When the shutdown first occurred we felt the loss of so many things that gave us meaning. We mourned and fought against it. But with time we adjusted, because one of the ways humans are such a successful animal is in our ability to be adaptive.

However, we also aren't always thrilled with change, even good change. And our brains can fight against something different. Our minds can view change as painful. This is called *resistance*. Resistance's opposite energy is flow. Once we get used to something and we make it more of a habit, then we create the state of flow. After awhile our new behavior becomes natural.

In order to create flow we need to rethink pain. It's natural to avoid pain but we grow by enduring painful situations and emotions while moving through the task that scares us. The trick is to rethink pain. Rather than avoid the pain, we make the choice to embrace it. Because within the pain is power and self-mastery.

What is it that you want to do but you find you're in resistance's grip? Notice your resistance in a non-judgmental way. Tell yourself you're going to lean into the moment and to bring it on. Tell yourself the pain will set you free. Then stay with the pain as you go forward with your task until you've come out the other end. Imagine how you might feel if you've faced your fears? That feeling is your reward. And the gift you give yourself by creating flow.

*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)*





# The Big G: Guarding

by Diana Ozimek

What is *guarding*? Guarding is the intent to watch over or control something. Dogs can decide to guard many things; food bowl, toys, bones, beds, people, space, random items... Working through this issue with a dog can be complex and often dangerous so let's talk about how to help prevent this type of behavior.

A popular method is to put your hand in your dog's bowl or keep taking it and giving it back. I don't find this one very helpful – eventually you might annoy a perfectly good dog to feel the need to guard their food. Do you want someone's hand constantly on your plate? Instead, make your presence valuable. You can start by hand-feeding, train with their meals, or make your presence near the bowl more valuable. If you approach the bowl, drop more kibble near or in the bowl. If they aren't that into their kibble you can drop a piece of cheese, chicken, beef, or whatever you know they love. They will quickly welcome your approach.

Create structured playtime with your puppy or dog. Teach them that interacting with the toy you have is more fun. Have two of their favorite toys or toys you bring out for special play sessions. Once they are interacting with you and the toy, let them have it and start making the other one more exciting. Staying involved with you and the fun toy will quickly become their first choice.

It's a good idea not to let your puppy or new dog take over

the couch or bed. These new, comfy spaces can quickly become important and valuable enough not to share. If you are seeing any signs of your puppy or dog guarding, growling when you come near them while eating or chewing on a bone or toy, growling or snapping if you try to move them off the couch, or guarding a person be sure to get help immediately. Even if it's a puppy, don't blow it off as puppy behavior – it's most likely more and should be addressed ASAP.

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



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# Check those ears

by Frank Shuman, DVM

The dreaded shaking of your dog or cat's head is usually the initial point where a pet owner realizes there is something wrong. Typically, an ear infection is the culprit and it could be time for a trip to see the veterinarian.

Ears, like all parts of the body, normally have a few bacteria and yeast cells present. External ear infections occur when bacteria or yeast organisms increase to an overwhelming number or are replaced by disease-causing organisms. *Otitis* in the outer ear is common because that's where your pet is most likely to be exposed to foreign bodies, bacteria, and yeast, ear mites, and lake water. If your pet's outer ear infection is untreated, over time your pet's eardrum becomes porous and infection travels from the outer ear through the eardrum to the inner ear. The eardrum can look intact, but bacteria can move to the inner ear. If an eardrum ruptures it can take 3 to 4 weeks to heal when the cause is addressed. If not, this can lead to deafness in that ear.

About 1 in every 5 dogs and 1 in every 15 cats that visit a veterinarian has ear disease – from mild inflammation to severe middle ear infection. In humid climates, the number of dogs with otitis is nearly 50%. Dogs can be predisposed due genetic tendency to have a particular type of skin or glands in the canal. Genetics can also influence the thickness of the hair in the canal, and pets with the most hair have the poorest air flow and the greatest incidence of infection. Other dogs are predisposed to develop otitis because

they have allergies which make their ears itch and produce more cerumen. Their ears itch, the pet scratches, and infection sets in. Approximately 80% of dogs with allergies develop otitis.

Taking swabs of the ears for testing will determine the type of infection so a focused treatment plan can be made. Your veterinarian will want your pet to start on medications that relieve pain and infection right away. Medications can include natural remedies, oral antibiotics, and antibiotics put directly in the ear.

An ounce of prevention is preferred to treating infection. Controlling predisposing factors like allergies, hypothyroidism, abundant ear canal hair, and swimming are important. Clean ears with a maintenance ear cleaner every 2-4 weeks and after swimming or bathing to prevent moisture and wax build up deep in the ear canal.

*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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## Edible beauty

by Karen Laine,  
Para-Medical Aesthetician

There are many options bombarding us with claims of being the Fountain of Youth. Edible beauty is taking the skin care industry by storm. What is fact and what is *snake oil*? The science on how our bodies utilize vitamins, minerals, and proteins makes a convincing argument for *you are what you eat*.

Rarely do we think about feeding the skin, which is the largest organ of the body. What does it need? What does it use? My approach to treating skin is an inside-outside approach which is based on topical treatment appropriate for the issue and internal nutrition to stimulate healing regeneration, protect against damage, and add resiliency to skin.

- **Collagen A** protein that makes up 75% of our skin and works with elastin. These two make up our connective tissue which makes up a large portion of a human body. Supplementing with collagen can help reduce or improve wrinkles, help bones and joints, and hydrates skin. Complete protein sources include beef, chicken, eggs, and bone broth.

- **Antioxidants** Found in multiple food sources and supplements such as A, C, and E. Antioxidants protect and heal skin and help brighten, moisturize, and soothe. Dietary sources include fruits, select veggies, berries, and leafy greens.

- **B vitamins** Most of the time when you see hair, skin, and nail supplements, they contain the three most important nutrients, biotin, vitamin C, and B12. Most B vitamins are for cell proliferation, carbohydrate metabolism, anti-inflammatory reactions, and

help keep skin hydrated. Food sources include almonds, dark leafy greens, whole grains, and eggs.

- **Healthy fats** Omega-3 fish oil, often thought of for heart health, is excellent for reducing inflammation, maintains the skin barrier, and combats damage from the sun. Food sourced for essential fats are fatty fish such as tuna, mackerel, and salmon, chia and flax seeds, walnuts and avocados.

A well-balanced diet is the best way to get proper nutrition your body requires. Always buy the best quality you can afford – organic, locally raised foods, if possible. However if you have food allergies, a picky eater, or dietary convictions, high quality supplements are the best insurance policy for your nutrition. Do your research and consult a medical professional, especially with underlying health conditions. Edible beauty is an excellent way to slow the aging process.

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

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## Let's talk about bread

by Deborah Carter Mastelotto

Let's talk about bread. Let's talk about a warm loaf, fresh out of the oven. Since our earliest beginnings, humans have used bread to connect and nourish. It's comforting, satisfying, and easy to share.

As a nation we seem to be baking a lot of bread right now. In the middle of the pandemic, markets all over the country were hit with surprisingly empty shelves where flour and yeast once lived and colorful bread baking books are now a hot commodity. When they couldn't find yeast, creative bakers got sourdough starter from friends or made it from scratch and switched to baking beautiful, crusty boules of sourdough – posting their results on social media pages.

Even novice bakers who never quite made it to sourdough pulled out their dusty loaf pans and made banana bread. But why bread? Why this obsession about baking instead of cooking? What is it about baking bread that fed us – not just physically – but spiritually during the pandemic? Maybe because bread has been the foundation of all civilization or because it has historically been considered life-giving, bread baking seems to be a thing we humans do in a crisis.

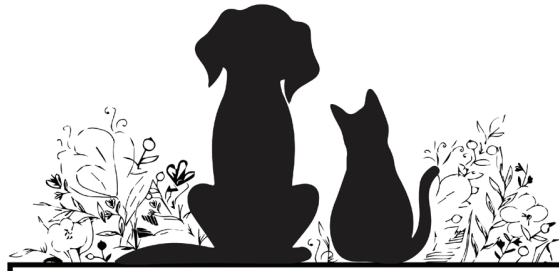
There is a satisfaction to baking bread – it's a sensory experience

It's combining the simplest of ingredients, kneading the dough, forming the loaves, watching the dough slowly grow, then seeing it brown up in the oven, slicing a warm loaf, slathering it with real butter, and sharing it with those we love. Or, just eating it ourselves.

Baking bread can bring us all sorts of psychological benefits. It's a productive form of self-expression and a kind of mindfulness. It gives us a feeling of control, so important when the world around is scary and uncertain. Making a loaf of bread is a healthy distraction and a great source of stress relief. Therapists call this *behavioral activation*. Homemade bread gives a sense that all's right in the world. Nothing smells better than a home filled with the aroma of fresh, baking bread. And, it brings us back to our roots. Life is confusing for all of us right now and none of us knows exactly what to expect from our immediate future. There's a certain comfort in kneading bread – knowing our mothers and grandmothers did the same thing to feed their family. Bread is fundamental. Bread is sustenance, wholeness, primal. Bread is magic. Bread is life.

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





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## Are you sure?

by Albert Gonzalez

Nationally Tax Day was pushed back a month to May 15. In Texas we've had it pushed back to June 15. If you've moved from another state, you still must file your state tax on the appropriate date. Do you know when?

If you're using software like Turbo-Tax or TaxSlayer are you getting the best results? Using a CPA who knows your history and can shed light on a strategy that may help save you the cost and give peace of mind that using a CPA could give you.

If you're planning a trip this summer for the family for vacation, have you looked at all the options based on your budget, time, and family preferences (beach or mountains) to enjoy? Have you spoken with your spouse, *bff*, or family members to gain consensus? Have you ever wondered why on large commercial airlines you have a pilot and co-pilot working the instrumentation panel that makes no sense to the average layperson? Why are two heads better than one? Well, have you talked through your financial life plans with anyone?

I think two heads are better than one when it comes to any kind of planning but specifically financial planning. First, speaking with someone else allows us a way to get different perspective. But there is more to it than just planning. Using a financial advisor can help you go through a checklist of items you may not have thought about for all sorts of areas in your financial life and journey. Here

are some considerations and conversations you should be having with your advisor: *Have you had your portfolio reviewed, not just for performance but the amount of risk you're taking to achieve that result? Do you have enough time to recover if we have a pull-back or runaway inflation, again? Are your beneficiaries set up correctly? Sure, you have the easiest one taken care of but what happens if they are not in the picture as well? Who is the contingent and are the guardians prepared to act upon your wishes for your family's future? Has your will or trust spelled this out? Have you taken full advantage of deferring taxable income with a strategy or plan either at work or in your business? Taxes are going up, sooner rather than later. Have you prepared for the consequences to your cash flow, saving, retirement, and possibly long-term care?*

These are the conversations I have with my clients. They are the ones you should be having with your advisor. Like a co-pilot, I go through a Financial Uncertainty Preparedness Checklist to avoid some of the pitfalls you may not know you have or anticipated. Call me if you'd like to make sure your goals, ambitions, and wishes are being addressed.

*Al Gonzalez MBA is a Senior Vice President/Partner with JTL Wealth Partners. He's affectionally 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: You lost. What's next?

by Roland Brown

You are sitting across the desk from your lawyer. Despite knowing that were right and had the best lawyer available, the jury marched back into the courtroom last week and handed their verdict to the bailiff who then handed it to the judge. The judge read it aloud – it was against you.

Days later it still feels like a big fist hit you right in the stomach. Two years of answering written questions, producing documents, giving and attending depositions, attending hearings, and, finally, the trial, seem wasted. You struggle to wrap your head around the words that seem to be pouring from your lawyer's lips – *motion for judgment non obstante verdicto, new trial, appeal, supersedeas bond, post-judgment negotiations*.

You like the sound of the *judgment non obstante verdict* or, as your lawyer says, *a judgment in spite of the verdict*. She will file a motion for judgment non obstante verdicto and argue to the judge that two of the jury's answers to the jury questions are in irreconcilable conflict with one another. That would make the verdict insufficient to support a judgment against you. She will also include in the motion an argument that she made during trial that there was insufficient evidence to submit one of the crucial questions to the jury and, therefore, the jury's answer to that question was not supported by the evidence and should be disregarded.

The queasy feeling in your stomach has eased a bit as you ask how long this will take. You learn that your lawyer will file the motion immediately and that the other side's lawyer will probably be promptly filing a motion for judgment on the verdict for his client. She explains that when the court hears these competing motions you can be present if you wish but that many times it's a *lawyers and judges only* sort of hearing.

You finally stand up to leave as your lawyer cautions you not to get your hopes up too much yet because judges tend to respect the efforts of the jury and are hesitant to undo what the jury has done. Still, you are assured by the words: *I have managed to persuade more than one judge to do just that*. You leave hoping your situation isn't as dire as it appeared when the judge read the verdict last week.

*Roland Brown is a litigation attorney with forty-plus years experience handling civil litigation throughout Texas. For more information call 512-847-2500 or visit RolandsLaw.com.*



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## Four signs that you didn't hire an elite agent *by Steve Mallett*

Many people have run a 10K but very few runners have run the 10,000 meters at the Olympics. Both are runners but very few are elite and at the top of their game. The same can be said for real estate agents. All of them are qualified but only a very few are the best at what they do. Finding the best agent can be hard. It's like finding

a good cantaloupe. You can smell it and squeeze it but at the end of the day you won't know until you get it home and experience if you made a good choice.

Here are some tell tale signs that you picked a bad melon as a real estate agent:

1. *Your agent blames everything on the other agent.* An agent that constantly complains about the other agent is a weak agent. It's easy to use the excuse that they are working with a bad agent when in fact they are being controlled by the competing agent. The agent's job is to work to get you what you want from the transaction. If they can't it's because they lack the skills to tilt the transaction in your favor. It shows they do not train to be at the top of their game.

2. *Your agent is constantly late.* Everyone is late occasionally, especially with Dripping traffic, but some people are always late.

Lateness is a sign of disorganization. Like an iceberg you only see the tip of the lack of organization. Lateness is a sign there are much deeper issues with the agent's business. Great agents plan, schedule, and strive to arrive on time.

3. *You never hear from your agent.* Being a good communicator is a must for the elite agent. If you are chasing them for information they are reacting to events in their business not driving the events in their business. The tail is wagging the dog.

4. *Your agent is more concerned about getting paid than they are about getting your transactional needs met.* Agents deceive themselves into thinking clients can't tell when they are focused on a paycheck, but they reek of misplaced priorities like an open septic tank.

Being an elite agent means focusing on being the best advocate and negotiator for your client. They treat each client the same regardless of how much money they make off of them. Elite agents constantly hone their skills and strengths to be at the top of their game. You deserve the best agent you can hire. Look for the Olympic athlete of real estate and you will have much better results in the sale of your home.

*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.*

## What to expect from a financial review

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



*Gavin J. Loftus*

The Covid-19 pandemic may have unsettled many aspects of your life – including your financial situation. Even if your employment and earnings were not directly affected, you might have concerns about whether you've been making the right investment moves in such a stressful environment. Different events can rattle financial markets. Changes in your

own life also can affect your plans. To prepare yourself for whatever tomorrow may hold, you may want to get some professional help – but what can you expect from a financial advisor?

A financial advisor will look holistically at your life – your family composition, your career, your hopes and dreams, your instincts about saving and spending money, your risk tolerance, and other factors. So, during your initial meeting, and at subsequent reviews afterward, here are some of the key areas you'll discuss:

• *Feelings about your financial situation* Numbers are important to financial advisors, but what's most meaningful to them is understanding what's important to their clients. Are you confident about your overall financial outlook? Cash flow? Distressed over volatility in the financial markets? Concerns about your career? By getting at the answers to these and similar questions, a financial advisor can gain a clear sense of who you are and what matters to you. Then follow an established process to build personalized strategies and take specific actions needed to achieve your goals.

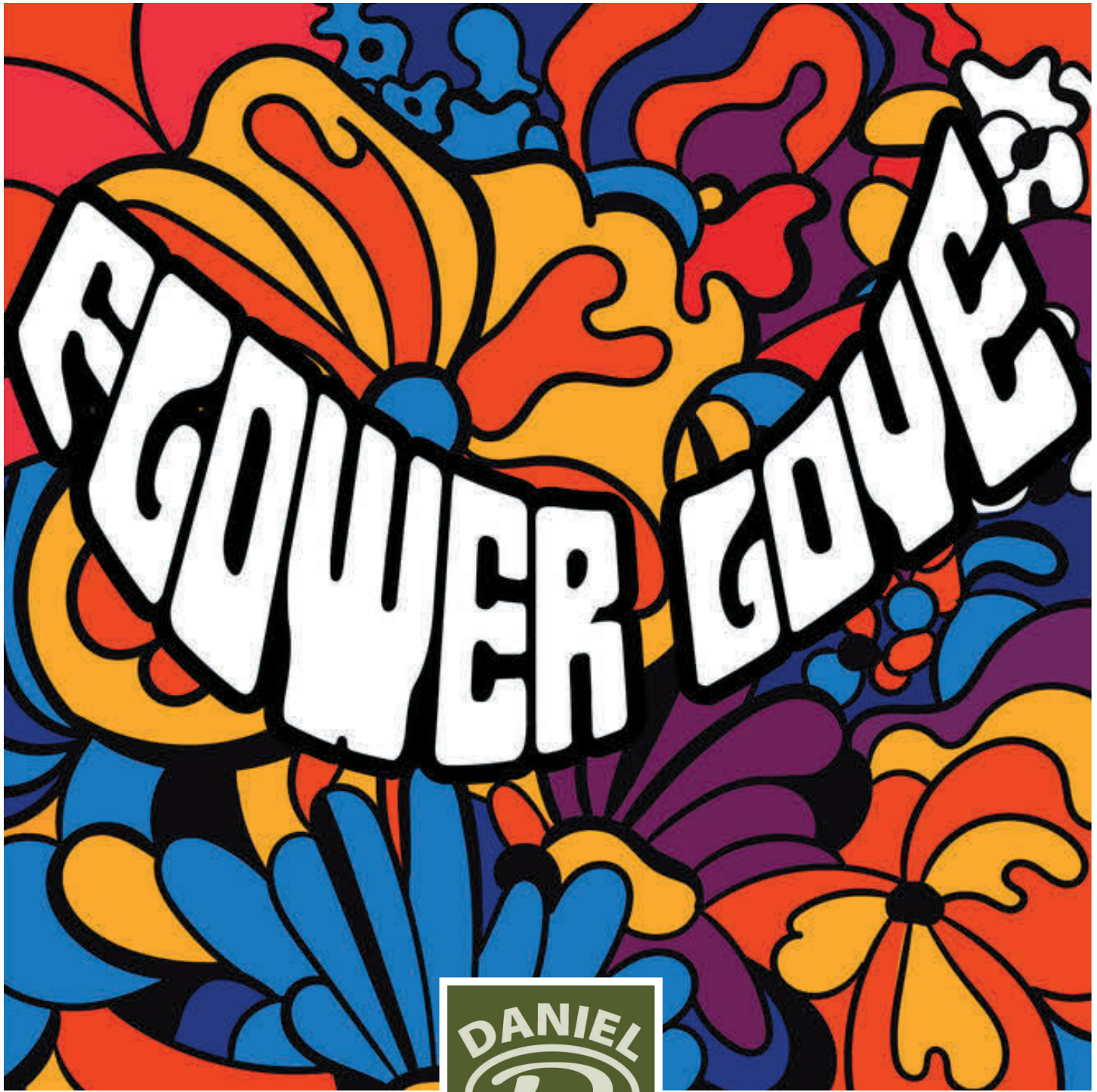
• *Progress toward your goals* It takes patience and discipline to achieve long-term goals. As you save and invest for these goals over the years, measure your progress regularly. If you seem to be falling behind, your financial advisor can suggest moves such as increasing your investments or adjusting your investment mix.

• *Changes in your family situation* Marriage or remarriage, the arrival of new children, the departure of children for college, caregiving responsibilities for older parents – any and all of these events can make a big difference in your goals. Your financial advisor will consider these changes when making recommendations.

• *Changes in your retirement plans* As you near retirement, you might decide that your original plans for this time of your life no longer suit you. For example, you might have once thought that, when you retired, you would stay close to home, volunteering and pursuing your hobbies. But now you've been thinking how much you would enjoy traveling, or perhaps even living abroad for a while. To accommodate your change in plans, a financial professional may recommend certain moves, such as working a couple of years longer or adjusting the amount you eventually withdraw from your 401(k), IRA and other retirement accounts.

As you work toward your goals, you may find it challenging to navigate the financial markets and respond to the changes in your life – but you don't have to go it alone. And knowing what to expect from a financial advisor can help smooth your journey.

*Gavin J. Loftus, CFP, AAMS, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-894-3801.*



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# Think about your water supply

by Randy Lawrence

With drought conditions and another Texas summer just a month away, thoughts are turning to alternative water sources and more efficient treatment techniques. Even with forecasts predicting less than average rainfall, more homeowners are looking to the sky in

hopes of preventing interruptions to their water supply. Rainwater collection systems are designed and built into many new homes. Although it can be tricky, it is usually possible to incorporate rain collection into an existing structure. When used in conjunction with treated groundwater, the stored rainwater can ease the burden on our aquifers.

One downside to rainwater collection systems, besides a potentially limited supply, is the cost of installation. Once the system is designed by a professional, you will need gutters, downspouts, collection lines, storage tanks, a booster pump, and pressure tank, as well as proper filtration and disinfection equipment. For many homeowners, their budget requires them to consider other means of conserving water. Often, this includes replacing appliances and fixtures with more water-efficient models. One of the most commonly overlooked, and misunderstood, household appliances is the water softener. It can be difficult to know whether it is operating at maximum efficiency.

There has been a flurry of advertising aimed at those who have had a traditional salt-based water softener. Many of these products have existed for years, and are simply repackaged and heavily marketed. Unfortunately, the results produced by these alternatives typically fall far short of the claims made by their distributors. This often leaves homeowners with no choice but to scrap their investment and start from scratch. The only proven method of removing calcium and other hardness minerals is traditional ion exchange softening, and that recent technological advances have made softeners far more efficient and user-friendly than ever.

In order to maximize the efficiency of your water treatment system, ensure that your equipment is up to date, and that the settings accurately reflect your particular water conditions. An experienced technician can test your water quality, check the condition and performance of your system, and make any adjustments or upgrades which may be necessary.

*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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## All good things

by Lindley Pond



Happy May and spring to you all. We have a lot to be thankful for this year.

As the temperatures are warming, trees budding, grasses turning green, we are thankful for the freezes that graced our areas. We might have lost a few things, but a freeze is nature's way to keep our balances in check and

ensure that fruit trees will fruit and bugs won't be near as prolific. Hard year for the cedar pollen if it gets you... so goes living in the Hill Country!

Let's be thankful that we have another glorious spring upon us with which to enjoy the fruits of our labor, be it veggies we grew in a green house or with lights or our trusty perennial goodies popping their heads out. We have the chance to see what worked and what didn't from our plan of last year. Landscaping and outdoor living is usually trial and error, hopefully more successes than failures. Moving into late spring, it's still a great time to come up with ideas that can be implemented now or with baby steps.

It's a wonderful time to install some of the bones that give us a palette to work within. Hardscapes can be planned out and installed, giving us a master plan to work with, coming up with ideas to take advantage of in the fall. That along with going easy on the pocketbook, make things seem a little less overwhelming. With our ever unpredictable weather – be it freezes, drought, or heat – making the right choices can mean the difference between perfection and money flying out the window.

Enjoy the beautiful weather and take your time – all good things. If you need any help, we are here!

*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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