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OUTLOOK

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Freedom train

We all know that the Declaration of Independence was signed on July 4, 1776, and that it proclaimed our separation from England and its king. It has been a long time since I, and perhaps you, have read the reasoning behind such a bold act. I took the time to read it again, and I must say that the vision exhibited by those men who drafted this document was far reaching yet resolute in tone. It set a standard for a new awakening in government not seen since ancient Roman times. Here is the first part of this remarkable proclamation. I hope you find it as inspiring as I did.



When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.--That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, --That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security.

Victoria

DSOutlook.com



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Pedal Ranch Publications

Dripping Springs Outlook

CALENDAR of EVENTS

- Every Sun. 12:30. Christ-centered anxiety/depression Hope Group Zoom Meeting. Contact Marsha Young at 512-738-5109.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit DrippingSpringsRotary.org.
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512-858-7825 or DSCL.org for info. No exercise on library holidays.
- Every 1st Mon. DS Ag Boosters meet in Ag Building behind DS Middle School at 7pm. Visit DSAgBoosters.org for updates.
- Every 1st & 3rd Mon. 6:30pm, Lions Club meets at Dripping Springs Ranch Park located at 1042 Ranch Road 12. Across from the DS Elementary School. For information call Sharon Goss at 512-923-8630 or email dslionsclub@gmail.com.
- Every 2nd Mon. G.O.D.S. Moms. Free Childcare. Contact Joanne Thomas at 512-894-0581 for more details.
- Every 2nd Mon. Dripping Springs 4-H Club meets at 6:30pm at the Ag Booster Building (located behind DS middle school).
- Every 3rd Mon. Eastern Star meets at Rambo Lodge at 7:30pm. Call Kathy Clark for more info, 512-858-7004.
- Every 3rd Mon. 7pm. Hill Country Centering Prayer Community meets at a local residence. Call Myra at 512-496-1531 or Sharon at 512-413-3248.
- Every Tues. 6:30pm Toastmasters of Dripping Springs meet at Pioneer Bank, 100 Creek Rd. Visitors welcome. For more info visit DSToastmasters.com.
- Every Tues. 5:30pm Al Anon meeting is being held at the Dripping Springs Presbyterian Church, 26650 Ranch Road 12. It is a general discussion meeting. Childcare provided.
- Every Tues. 6pm Nar Anon Family Group at Friendship Creekside Fellowship 14455 Fm 1826. Nar Anon is a 12-step program for family and friends of drug addicts. We share our experience, strength and hope.
- Every 2nd Tues. Bluebonnet Auxiliary meets at 2pm at Hill Country Care Nursing and Rehab Center, 1505 W. 290. Call Janice Ruyle, 512-264-2538 for more information. Volunteers needed. The Bluebonnet Aux provides entertainment and special events for the residents of HCC.
- Every 2nd, 3rd and 4th Tues. 7pm, DS Boy Scout Troop 101 meets at the DS United Methodist Church. Call Tim Short at 512-743-2537.
- Every 4th Tue. Artists Alliance of the Hill Country meet alternating between The Barn on 4000 Bell Springs Road in Dripping Springs and Artists studios. For more information visit ArtistsAllianceHC.com.
- Every Wed. - Sat. Noon-3pm, Dr. Pound Pioneer Farmstead and Museum is open for tours. Call 512-858-2030.
- Every Wed. Farmer's market at the Triangle, 3-6pm. For more info contact CityofDrippingSprings.com or 512-858-4725.
- Every Wed. at 8:30am. The Hill Country Christian Business Networking Alliance meets at El Rey. For more info visit Hill Country Christian Business Networking Alliance (HCCBNA) on Facebook.
- Every Wed. 5-6pm. Christ Centered Prayer, meditation and class. McArthur Hall Meeting Room #1, St. Stephen's Episcopal Church 6000 FM 3237. For more info call 512-847-9956
- Every 3rd Wed. Dripping Springs Cook-Off club meetings in the Acopon Brewery in Dripping Springs. For more information call Michele Ryon 512-299-7455.
- Every 1st Thur. 7pm Vince F. Taylor American Legion Post 290 of Dripping Springs invites all eligible veterans to 101 Old Fitzhugh Rd. For information call 512-858-5637.
- Every 1st Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, DSCL.org, 512-858-7825. Newcomers welcome. Email AdultServices@dsc.org for details.
- Every 1st Thur. Apr.-Dec. *First Thursday Dripping Springs*, merchants extend their hours until later in the evening and have a variety of specials which might include one-day sales, special activities, food, music and art. For more info visit FirstThursdayDrippingSprings.org.
- Every 3rd Thur. 7pm, DS VFW Post 2933 invites all eligible veterans with foreign service to 101 Old Fitzhugh Rd. Call 858-5637.
- Every 3rd Thur. 7pm, Family Support Group for family members, parents, adult children, and partners of individuals living a with mental health condition. Meets at St. Martin de Porres Catholic Church, Room 1. Contact info@namicentraltx.org for more information.
- Every 4th Thur. 6pm, Photographers of Dripping Springs meets at the Holy Spirit Episcopal Church, 301 Hays Country Acres. Visit PhotographersofDS.us or on Facebook.
- Every 2nd Fri. Mothers of Preschoolers (MOPS) group meets at 9am at the Episcopal Church of the Holy Spirit (301 Hays Country Acres at Hwy 290W). Childcare available. For information call 512 858-4924 or email DrippingSpringsMOPS@gmail.com.
- Every 1st Sat. On or after the full moon, 7:30pm, Rambo Masonic Lodge 426 meets. Dinner at 6:30pm. Call 512-858-7177.
- Sun. July 4, Independence Day

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What exactly are the B vitamins?

by Edwin Dossman

Although several vitamins are referred to as a B vitamin, each one has a unique chemical structure and is differentiated from the others by a number after the B – from B1 to B12. Eight water-soluble vitamins comprise what is called the *B complex*. Besides numbered names, they

also have unique names. Two of them, *biotin* and *folate*, are more commonly referred to by their unique names.

- B1, Thiamin; Benfotiamine
- B2, Riboflavin 5'-Phosphate
- B3, Niacin; Niacinimide (non-flushing form)
- B5, Pantothenic Acid; Pantethine
- B6, Pyridoxine; Pyridoxal 5'-Phosphate
- Biotin
- B9, Folate (folic acid, folinic acid, 5-MTHF)
- B12, cobalamin (methylcobalamin and adenosylcobalamin)

So what happened to B4, B8, B10, and B11? Although these were once considered to be vitamins, it was later discovered they were either made in the body or not absolutely essential for human health. Vitamins are nutrients necessary for human life but they must be accessed via food or supplementation because they can't be made in the body. These are as listed:

- B4 – Choline
- B8 – Inositol
- B10 – PABA

• B11 – Pteryl-hepta-glutamic acid. Turns out it's one of the folates.

If you are able to eat large amounts of foods that are rich in B vitamins such as fruits, vegetables, and grains, you might still typically fall short of the desired daily intake of B's. Our Wellness Consultants at Dripping Springs Pharmacy recommend Premier Complete B capsules by Premier Research Labs as it provides a full spectrum B vitamin formula with all eight types of critical B vitamins that are all present in their bio-logically active forms.

Be Well.

Edwin has a BA in Sociology/Anthropology from Texas Tech University and has been a Wellness Consultant for over 23 years; he is very knowledgeable about human physiology and wholistic approaches to health.

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Do you suffer from pain?

by Breca Tracy, PhD



Previously we discussed life without pain, specifically joint pain. This month we are focusing on how this can become your reality. We will discuss what techniques can be utilized for more permanent joint pain solutions versus standard of care temporary Band-aid approaches.

Regenerative approaches, such as utilizing quality tissue products, have the capability to become more permanent solutions for joint pain. The science behind how this process works, as we understand it, is pretty phenomenal. For instance, once a tissue product is injected directly into a joint or tendon, many things can happen. The recipient can start to experience an anti-inflammatory effect as the body responds to the injected product. Many components exist within the tissue products that play roles in the healing process. There are agents that signal communication to the body on how to repair itself. There are also agents that serve as scaffolding to provide a protective cushion that supports damaged joints, cartilage, tendons, ligaments, and other soft tissues.

In conjunction to the anti-inflammatory benefits, the regenerative aspects also begin. Soft tissue restoration and cushioning are permanent. Regenerative therapy is a means to introduce a new cushion – newly incorporated soft tissues into your body – which become a part of you for the rest of your life. How long do they

last? No one can take them from you. It really depends on how far you push your body and your joints.

Alternative therapies for joint pain exist, such as steroid injections and gel injections. These methods can help with joint pain, but are most likely temporary and sometimes have negative long-term side effects. For more information, please contact us. We would love to further educate you on the regenerative 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, NaturalHealingTX.com.

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Healthy running

by Dr. Joey Przybyla, PT, DPT

It could be argued that running is the most efficient and accessible form of exercise, only taking a pair of shoes and a bit of motivation to get started. Contrary to popular belief, it's even tolerated well by our joints if performed responsibly!

Recent research in JOSPT noted that running at the recreational level was linked with significantly lower odds of having osteoarthritis (joint disease) compared to non-runners. Unfortunately, because of the simplicity of the sport, most overlook aspects of healthy running. Three important variables to consider for a runner are training practices, physical fitness, and technique. It could be argued that these variables are listed here in order of importance, but all are vital.

Addressing your training is a great way to decrease likelihood of injury and maximize fitness. The body needs time to adapt to the repetitive loading on the road, track, and trail. Always increase your running mileage gradually; 10% or less is considered a safe increase. Other factors of training include intensity and recovery. It is a good rule of thumb to run no more than 20% of your mileage as *high intensity* training. Also, recovering with proper rest, diet, sleep, and nutrition will make or break a runner.

The second pillar of a healthy runner is physical fitness. Ensure that muscles, tendons, and joints are well-prepared for the hills, sprints, and long-runs ahead. The primary muscle groups to focus

on with training include the quadriceps, hamstrings, and calf complex. Additionally focusing on the lumbopelvic stabilizers, commonly called the *core*, will help reduce bodily stress and improve efficiency.

As you may guess, lower body injuries are the most common with runners but many manage to develop aches and pains to the back, neck, and shoulders as well. Proper technique is essential to avoid over-use injuries; this is often referred to as running form. Good form running can look slightly different from person to person and can even change for an individual throughout their life. Running technique is not meant to be black and white but rather a variable to manipulate when a person develops injury, needs to improve performance, or prevent additional stress to a particular area of the body. Physical therapists and running coaches are go to professionals to help you address the complexities of running so that you can avoid and recover from injury, allowing you to focus on your personal running goals. Let Kethley Physical Therapy help you *keep Dripping Springs moving and running!*

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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Stop snoring *this* summer

by Ron S. White, DDS

Happy summer! Planning a vacation? If so, don't be *that* guy or girl who wakes up the extended family snoring all night! There is a solution.

Nearly 60% of the adult population suffers from problem snoring. This percentage increases each year in people aged 50 and older, as tissues in the upper

airway lose elasticity and tend to vibrate more during breathing, increasing the incidence of snoring.

Snoring occurs when air travels faster through a narrow tube than through a broad one. This rapidly moving air causes the relaxed soft tissues of the throat to vibrate. It is this vibration that creates the sound of snoring.

This narrowing of the upper airway can be due to large tonsils, a long uvula (the small piece of soft tissue that dangles from the soft palate over the back of the tongue), or excessive flabby tissue in the throat. In other cases, nasal congestion from allergies or deformities of the cartilage between the two sides of the nose can contribute to narrowing of the airway.

However, the most common cause of narrowing of the upper airway is a tongue muscle that becomes too relaxed during sleep. When relaxed, the muscle is sucked into the back of the throat with each breath taken.

- 60% of men and 40% of women over the age of 40 are habitual snorers.

- Snoring is common in children between the ages 2 and 7, particularly if they have a chest infection or enlarged tonsils.

- Snoring is also commonly experienced by women during the later stages of pregnancy.

Snorers experience fatigue, morning headaches, dry mouth, relationship difficulties, lower blood oxygen levels, and other associated consequences. Also, taking into account the snorer's spouse and children, as many as 160 million people are negatively affected by snoring. Snoring can also cause embarrassment or humiliation when traveling with others.

But there is hope! Snorers can fight the condition with affordable, custom-made snore prevention devices that are flexible, thin, and comfortable! These dental appliances help reduce or eliminate snoring by moving the lower jaw forward, opening the airway to allow air to move more freely. The device can be made with just a few easy dental impressions and usually takes about a week to fabricate.

Spare your family. Get a snore guard so you *all* can rest.

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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Top 7 things you should do to look your best on Zoom

by Rocco C. Piazza, M.D

The new norm of Zoom homeschool, virtual happy hours, video family gatherings, and collaborative conferencing on camera has many of us asking ourselves, *wow, do I really look this bad?* The answer is no. Or, at least, it doesn't have to be. We came up with a few tips

to put your *best face forward* as we adapt to virtual life.

First things first – *appearance*. We really must start here with the basics. Keep a professional appearance. If you want to take it to the next level, avoid loud prints as this can be a bit distracting.

Lighting. One of the things that can make the biggest impact on the quality and effectiveness of you on camera. The light needs to be bright, but not too bright, coming toward you (behind the computer screen). Avoid shadows on your face – for example when the light comes from the side or straight down. Avoid lighting coming from behind you. One of the simplest ways to maximize light is to sit in front of a window. If this is not an option, an LED Ring Light can provide great lighting to keep you looking fresh for \$19.99.

Camera position. Though my photo above doesn't demonstrate this, it is very important that the camera is positioned at eye level. You really must avoid the *look inside my nostrils* view when the camera is positioned too low in relation to your face. Some people like the camera a bit higher than the eye, but it can look like an overdone selfie. Stack books under your laptop to raise the camera.

The background. This can make the biggest impact on your audience and make you the center of attention. If this is work related,

be mindful of the kids and the dog walking in the background. Avoid busy or disorganized backgrounds as this can look sloppy – the unmade bed in the background. I love a well-positioned piece of art work in the background or a small console table. If none of the above are an option, purchase a green screen on Amazon for a little as \$14.98 and post your own unique photo as a background.

Camera lens. The lens you use can absolutely change your appearance. The screen side of the camera phone is a wide-angle (fish-eye) camera and will make you look a bit distorted. Laptop cameras are not excellent, but are better. The new iPad Pro has a great camera lens for video conferencing. There's also an HD camera that you can clip on your computer (\$19.99 on Amazon).

Sound. Don't be too far from the microphone. Mute yourself when you are listening so unexpected distractions don't happen. And if you are like me and love typing notes (or maybe checking email) while on a call – try to type as quietly as possible.

We are excited to offer you these tips! Now, you are all set to get on that Zoom meeting and put your best face forward! Please let us know if we can help in any other way possible by requesting a consultation or calling us at (512)994-4136. Remember that a Hydrafacial®Glow Treatment, Microneedling with SkinPen®+ Growth Factor Booster, and a quality medical grade at-home skincare program can keep your skin looking its very best.

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.



Virus times: Taking time to breathe

by Leslie Tourish, LPC

Oh, thank heavens it's July. Life can slow down a bit and people breathe a little easier. School is weeks away, vacations are unfolding while summer days melt into cooling nights. All while under the larger scope of transition into a life more opened up as we figure out our new normal

with Covid-19 numbers continuing to decline. Our reward for having endured these past 18 months. As William Faulkner wrote, "Man performs and engenders so much more than he can or should have to bear. That's how he finds that he can bear anything."

Slowing down benefits our physical, spiritual, and mental health. By stepping away from our everyday world, we can rethink a problem and explore what's really important. But we need that elusive thing – time. Does it ever seem as though the minute you wake up in the morning, you're dealing with a non-stop flow of incoming? We literally make thousands of decisions a day, many of them with us being barely conscious of doing so. When we finally relax before falling asleep, then our emotions surface as we reflect upon our day. We're tired, so we fall asleep without allowing ourselves that elusive and necessary time to pursue such thoughts. The last refuge for our thoughts may be in our dreams. There the unconscious mind tries to unravel all that the waking brain had

processed. No wonder it can be so hard to think and judge clearly, because the next morning, we're back on the hamster wheel.

I knew a man with an extremely busy and successful life. One of his secrets was once a week he scheduled 90 minutes of uninterrupted time to contemplate and journal his thoughts. That one act, he said, allowed him to check in with himself with how his projects and life were evolving. And if he was dissatisfied, he'd re-plot his course rather than continue going in the same forward motion without deeper thought. Once he made his plans and swung into action, he swore the universe conspired to help him along.

One of his favorite quotes that he shared with me was by W.H. Murray, a pioneering Scottish mountaineer. "The moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help that would never otherwise have occurred. A stream of events issues from the decision, raising unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way."

Of course, none of our dreams can come true unless we slow down and remind ourselves that we're worth the time it takes to have such dreams.

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

Is your dog well-mannered or obedient?

by Diana Ozimek



This is a good question to consider when you are raising a dog; do you want a well-mannered dog or an obedient one? You may want a little of both but it's good to consider this when setting up goals and a training plan.

What is the difference? A well-mannered dog is a dog that people consider an all-around good dog. You know the dog in your neighborhood who relaxes on the porch, is kind but neutral to guests, an easy going dog. An obedient dog is one who knows and responds to commands like sit, down, come, and place. An obedient dog may only look well-mannered when they are obeying a command, not because they choose to.

How can you strive to have a well-mannered dog with a little obedience mixed in? If you don't have a naturally well-behaved dog, there are exercises you can do to promote these types of behaviors. These are passive exercises. You aren't telling your dog to *sit*, *down*, *no*, you are teaching them to make the right decision in situations. Examples of these are, The Art of Doing Nothing and Sit on the Dog. Sit on the dog isn't what you think it is. Both of these are exercises where a leash and flat collar are used to communicate the only two acceptable behaviors, sit or down next to the person. There are no treats, very subtle praise, a lot of time, and patience. The goal is for your dog to learn to relax whenever they are on leash with you and you are still. Sitting at a restaurant or an-

other public venue is a great place for these behaviors to come into play. These become a natural default and mindset for your dog.

You don't have to choose one or the other, you can have a dog who acts appropriately in public situations but also comes when called. The part that you, the owner, needs to remember is this all takes time. A well-mannered and obedient dog can take 1, 2, 3 years to fully develop and then you need to maintain it. Have fun and get to work!

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



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[good_dog_in_the_making](https://www.instagram.com/good_dog_in_the_making)



Why rehabilitation?

by Frank Shuman, DVM

Veterinary rehabilitation is much like human physical therapy. We use therapeutic exercises and therapeutic devices to decrease pain, aid in tissue healing, and strengthen muscles to regain normal function. Therapeutic devices can include therapeutic laser, therapeutic ultrasound, underwater treadmill therapy, neuromuscular electrical stimulation, extracorporeal shock wave therapy, among others.

Rehabilitation, while it is a slow process, has long lasting effects that improve our patient's quality of life. At Dripping Springs Animal Hospital, we are proud to offer a wide variety of therapeutic exercises, the mainstay of rehabilitation, as well as therapeutic laser. Rehabilitation at Dripping Springs Animal Hospital is led by Colleen Dudley who is finishing up her Certification as a Canine Rehabilitation Practitioner with the University of Tennessee.

Rehabilitation is essential for maintaining mobility in our aging patients, especially those that suffer from osteoarthritis. In rehabilitation sessions, we seek to decrease pain so that our patients have more desire to exercise. We help our patients regain their awareness of limb placement in space to make them steadier on their feet and strengthen muscles that are often weakened from chronic disuse due to under-treated pain. The goal for a rehabilitation program in a patient that has osteoarthritis is to regain mobility. This may take several months of regular visits for in-house rehabilitation with our staff, as well as a home exercise program.

Duration of rehabilitation is highly dependent on severity of osteoarthritis, other health factors, as well as the family's goals. Once our patient's goals for mobility have been achieved, we often recommend them graduating to an exercise program.

Human surgeons never perform orthopedic surgery without sending their patient for physical therapy afterwards. Likewise, in veterinary medicine, rehabilitation after orthopedic surgery is essential for the best success – predictable and successful outcomes and allow for complications to be spotted and resolved sooner. Soft tissue injuries are often under-diagnosed in veterinary medicine and frustrating to treat. They often reoccur after traditional treatment with non-steroidal anti-inflammatories and strict rest. Rehabilitation can help with pain management, promoting tissue healing, and strengthening muscles and tendons.

Rehabilitation helps our neurologic patients regain mobility sooner than the traditional management of the neurologic patient. Goals for rehabilitation in neurologic patients include mental stimulation, recumbent care, and regaining mobility. Goals include pain management, decreased inappropriate scar tissue formation, to facilitate appropriate limb use, and limb strengthening. Often regular visits for in-house rehabilitation combined with a home exercise program. Program length depends on other factors as well, including other health concerns, as well as the family's goals.

Frank Shuman IV is the Medical Director at Dripping Springs Animal Hospital, serving the area for over 30+ years. Located at 1520 E. HWY 290. He can be reached at 512-858-4787.

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.

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.

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.

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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Grandmother energy

by Deborah Carter Mastelotto



I recently read an article written by an elderly woman, telling her story of being old. She talked about feeling invisible, about having no voice in society anymore, about feeling forgotten. This led me to wonder how we got to this point – where we are dismissive to those among us who have accumulated the most human experiences. When did

we lose our appreciation for Grandmother energy?

Our society often dismisses grandmother energy in favor of worshiping youth, and it is the worse for it. In many other societies the wisest among the group, the ones revered and consulted on all important issues, were/are the grandmothers. Grandmothers have seen the beginnings of things, then the middles, then the ends, and they know how that cycle often plays out. Grandmother energy is powerful. It's ancient. It represents generations of women, feeding, nurturing, teaching, bringing new souls along with their wisdom. They are founts of wisdom born of personal experience, observations over very, very long periods of time, and also a lifetime of observing people. They understand human nature, sometimes too well, and their days of tolerating fools and foolish behavior are usually far behind them. They are the possessors of an instinctual knowledge passed down from generations and generations and

generations of grandmothers. They see things. They know things. They are very aware of their past mistakes and are reminded of them, especially when they see those around them making those same mistakes. They know when to speak up and when to hold their tongues. They speak their minds. But they can be depended upon to step in and help, and nurture, when they are needed.

So why am I talking about grandmothers? We women are inundated with ads for *age defying* creams and made to feel guilty for aging, as if it's a bad thing instead of the glorious gift we are becoming to our communities. Society at large throws shiny, sparkly, impossible-to-achieve goals at women. It's almost as if our culture does everything possible to keep women busy with trivia, and distract us from the really important business of coming into our power. Our job, as we age, is to help inspire, advise, and lead our communities to become stronger. Let us resist the distractions and take on the challenge of becoming wise women. Let us embrace Grandmother energy. Our worlds are better for it.

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



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Gabria Cathcart, FNP-C, IFMCP

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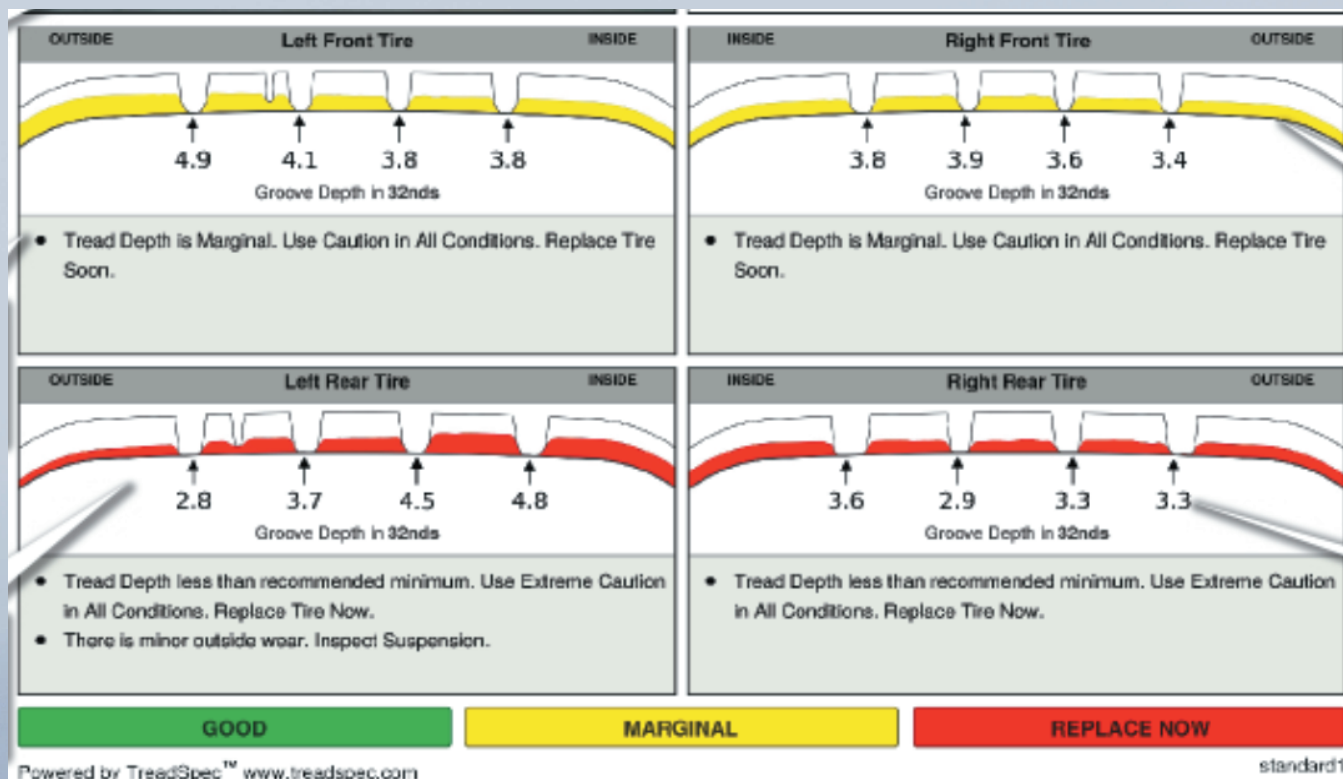
We purposefully keep our practice small to give you the quality time that you need to obtain optimal health. We work to keep you well. We believe deeply in holistic care as we have seen it time and time again to help patients get better when you are looking at the whole person not just a set of symptoms. Changing your health takes time and dedication both from the practitioner and the patient. In working with you from this perspective better health outcomes are achieved. At Functional Wellness Clinic and Consultation, we are a clinic that is all about root-cause resolution... digging deep into what causes your disease. Start your journey to health today with one of our wellness packages, the functional medicine membership or a new patient appointment.

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Financial independence for life

by Albert Gonzalez

As we celebrate living in this great country with the freedoms we enjoy, know they were paid for by many who preceded us by their actions and intentions.

“We must be free not because we claim freedom, but because we practice it!” – William Faulkner

You see many ads on TV showing older couples and individuals being able to enjoy themselves; beach vacation travel, supporting children, global travel, second home, playing golf, travel... What you don't see is the probable struggle, the saving, and intentionality of having a plan to make things play out. The best designed plans don't always come to fruition, but it's a great place to start! Creating a vision of what you'd like to live into for yourself and your family is a key to the possibilities of obtaining your goals.

Young individuals and couples (25-35) have the advantage of time, and most likely health. It's a fun time to spread your wings and begin relationships that may last a lifetime. Careers and businesses are launched, families are formed and what you don't know is at an all-time high. These foundational years are a great time to plan for now and the future. Keeping expenses in check is challenging as the road ahead seems all but assured to provide more.

Maturing individuals and couples (36-49) should have developed a good financial foundation to build upon, but life gets busy, and interrupts plans. If you've stumbled along the way with careers, businesses, or marriage, there is still plenty of time to re-

cover and establish a good base to build upon. Keeping it simple is best from this point on.

Seasoned adults and couples (50-65) are now becoming increasingly challenged if plans have not been established as life continues to pile on opportunities to delay planning. Health and family always play an important role in priorities or creating obstacles. The earning runway has shortened a great deal, but the opportunity still presents itself if taken head on. Retirees (65-100) have the remainder of their life waiting for them to execute the plans they've established. Family genetics and your savings will dictate the kind of life you'll get to enjoy. As we live longer the challenge is making sure our resources will last!

Strategizing the accumulation is only the first part of plan. Creating an efficient distribution plan of your savings is key to utilize in the Golden years. Working with a financial professional provides you with strategies and insight to developing the right moves throughout your life. Stop procrastinating and create your financial independence plan now. Call me to help you develop that plan.

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 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



Why trial lawyers try

by Roland Brown

Why do trial lawyers represent folks in disputes and try lawsuits? There are numerous reasons and they vary from lawyer to lawyer. For me and many other trial lawyers, I believe it is largely to fulfill an inherent need we have to fulfill needs that folks who seek our assistance

have. Stated succinctly, we want to help others get to where they want to be because doing so makes us feel good about ourselves.

Do we need the money? Of course. Are we naturally competitive – driven to engage in battle and win? Sure. Do those things alone satisfy that inner urge that leads us to learn and labor and litigate? I think not. When a case concludes and the client lets me know – with a heart-felt *thank you*, a bear-hug, or a simple note of thanks – that she or he knows that I was their friend as well as their advocate, that is when the continuing process of staying current on the law, the untold hours of preparation, the carrying of the burden of responsibility for another person, and the pulling together of all of the creative resources available for the benefit of that other person, become something that satisfies the trial lawyer's inherent need to be needed and appreciated.

Of the numerous written thank you notes I've been privileged to receive, perhaps none meant more to me than one received, not

from the client, but rather from a devoted employee of the client. Her genuine concern for her boss and appreciation for my assistance to her boss motivates me to this day as her note remains permanently before me in my office. She began, "Roland, I would like to personally thank you for all that you did for Mike's case. Although I was not your client... I felt that you were fighting not only for he and (his wife), but also for me and the entire staff." She concluded, "Thank you for helping an honest man receive the justice he deserved. Sincerely, ...".

Why do trial lawyers do what we do? Perhaps you have a little better idea now. Like you, we need to feel that what we do matters.

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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My best friend's mother's boyfriend is a real estate agent

by Steve Mallett

People are bombarded by real estate opinions these days. Even your dentist and car mechanic are happy to offer their thoughts on selling your home. You'll rarely see a real estate agent offer advice on cavities or fuel injection, but these days everyone seems to think

they are real estate gurus. Knowing whose advice to trust is harder than it has ever been. That makes choosing your real estate professional harder than ever too.

Only about 5% of agents that launch a real estate business end up being able to make a career out of it. That means that at any one time you have a 1 in 20 chance of picking an experienced and savvy agent to sell your home. Many people just hire someone familiar or someone they met at the gym. It's like choosing your spouse based on how close they live to you. Familiarity shouldn't be a factor in choosing the best agent.

A seller should always seek out experience, market knowledge, personality fit, and superior negotiating skill in the agent they hire. It's okay to ask for references and subject the agent to an interview process. Always ask about the agent's background. There are many good agents out there but an agent with a few hundred trans-

actions under their belt will do a better job for you.

Good agents know what is happening in the trenches of real estate. *What are other local agents saying about your neighborhood and the market overall? What are current inventory levels?* Supply and demand are the most important factors in determining your property's value. Always hire a good negotiator. Weak negotiators let your money evaporate like water on a hot August sidewalk. A good negotiator does not have to be tough or offensive. The best negotiators can get what they want with no friction at all.

Make sure your agent is a good fit for you. Hire someone you will trust and listen to. Without trust you will second guess every decision you have to make. The agent you hire is the single biggest factor in how smooth your transaction will be and how much money you will make. Select carefully and interview to determine which agent will give you the best outcome. Good agents appreciate being interviewed. It shows that the client wants to hire the best person to guide them through one of the largest financial transactions of their life.

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.

Emotion and investing

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



Reagan Smith

You have heard that it's important to take the emotions out of investing. But is this true for all emotions?

Some emotions can potentially harm your investment success. Consider fear. If financial markets are going through a down period – a normal part of the investment landscape – you might be so afraid of sustaining losses that you sell even the investments with good prospects.

Greed is another negative emotion. When financial markets are rising, you might be so motivated to *cash in* on some big gains that you will keep purchasing investments that might already be overpriced.

But other emotions may prove useful. For example, if you can channel the joy you'll feel upon achieving your investment goals, you may be more motivated to stay on track toward achieving them. To illustrate: You may want to see your children graduate from college someday. Can you visualize them walking across the stage, diplomas in hand? If so, to help realize this goal, you might find yourself ready and willing to contribute to a college savings vehicle, such as a 529 plan. Or consider your own retirement: Can you see yourself traveling or pursuing your hobbies or taking part in whatever activities you've envisioned for your retirement lifestyle? If you can keep this happy picture in mind, you may find it

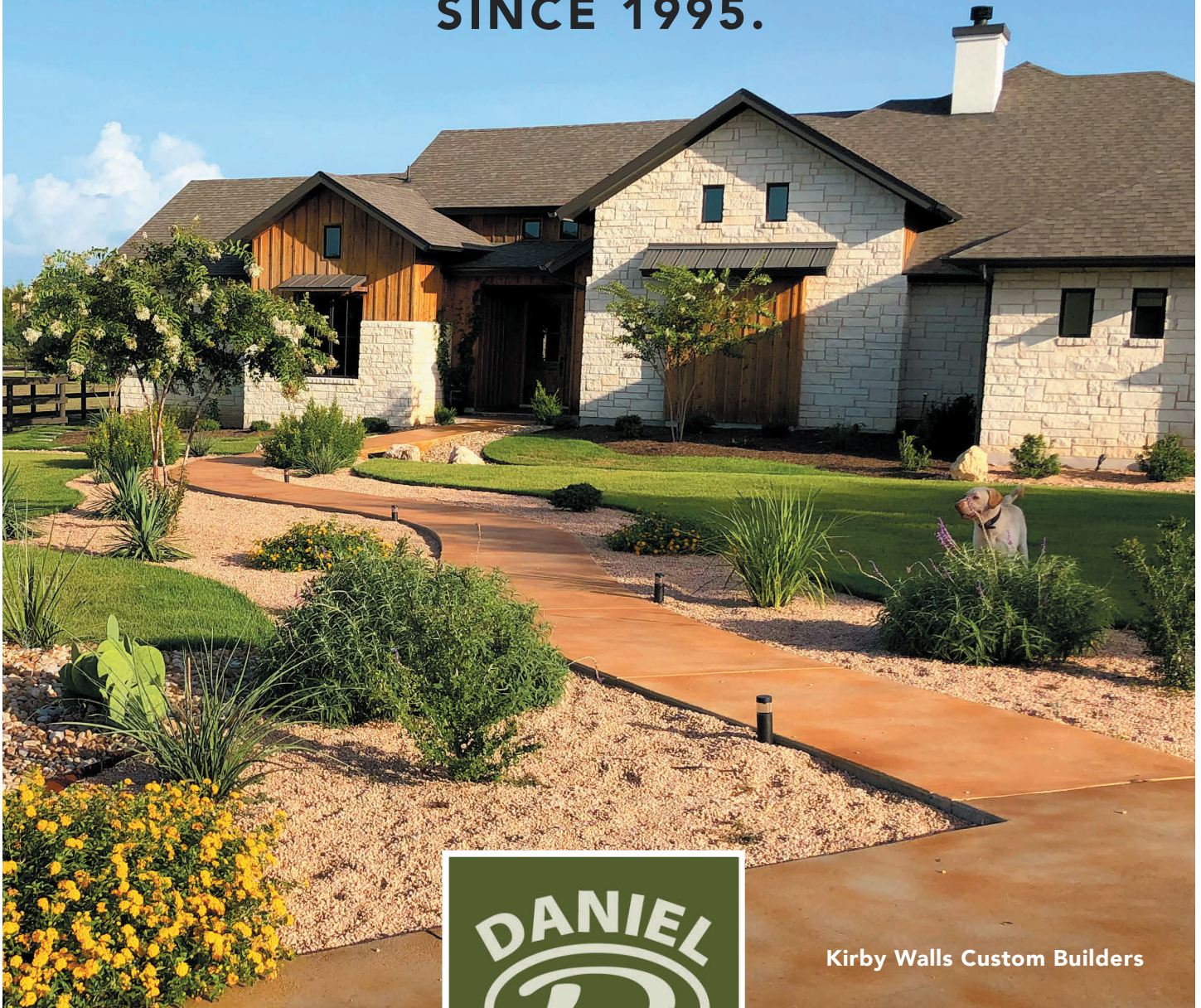
easier to maintain the discipline needed to consistently invest in your IRA, 401(k), or other investment accounts.

Another motivating force is the most powerful emotion of all – love. If you have loved ones who depend on you, you need to protect their future. One key element of this protection is the life insurance necessary to take care of your family's needs – housing, education, and so on – should something happen to you. Your employer may offer group life insurance coverage, but it might not be sufficient, so you may want to supplement it with your own policy.

You may need to protect your loved ones from another threat – your own vulnerability to the need for long-term care. Someone turning age 65 today has almost a 70% chance of eventually needing some type of long-term care, according to the U.S. Department of Health and Human Services. This type of care – extended nursing home stay or the help of a home health aide – is extremely expensive, and, for the most part, outside the reach of Medicare. To pay for long-term care, you might have to drain a good part of your resources – or depend on your grown children for financial help. To keep your financial independence and avoid possibly burdening your family, consult with a financial professional on a strategy and appropriate solutions to cover long-term care costs.

By drawing on positive emotions, you can empower yourself to make the right financial moves throughout your life. *Reagan Smith, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. She can be reached at 512-894-3793.*

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Microbiological safety of your water

by Randy Lawrence

The subject of water quality is widely discussed and certainly becomes a topic of interest to new Hill Country residents who may have relocated from a more urban setting and find themselves faced with water problems.

Paramount among these issues is ensuring that your water supply is free of bacterial contamination and therefore safe to drink. The most common type of bacteria found in untreated household water supplies is *coliform*. Ingesting this type of bacteria typically causes varying levels of stomach upset and intestinal issues.

If you pay a water bill each month, you can typically rest assured that the water is being disinfected with chlorine, or *chloramines*, before being distributed to your neighborhood. However, if your household water is supplied by a rain water system, or a privately owned well on your property, it is very important to be aware of the microbiological safety of your water. Without outside interference, it is fairly uncommon for water pumped directly from a conventional water well to be contaminated with bacteria. Examples of outside sources of contamination can include animal enclosures or septic drain fields in close proximity to the well-head. One common cause for bacterial contamination in household supplies is often a large storage tank which is filled by the well or by a rain water collection system. As beneficial as these storage tanks are, this water is unavoidably exposed to the possibility of contamination, making it necessary to consider adding a disinfection

step to your home water treatment system.

Compared with the maintenance hassles associated with adding chemicals to your water, ultraviolet disinfection is a much more user friendly method of sterilizing your water supply. These wall mounted units are most effectively placed as the last step of treatment in your system. This way the water is already filtered or treated for minerals before entering the UV unit, which helps to minimize ongoing maintenance. It is important to note that UV bulbs should be changed once per year to maintain maximum effectiveness. Contact a licensed water treatment specialist if you have any concerns about the quality of your water supply.

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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Dripping Springs Chamber of Commerce Focus on Business:

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The Dripping Springs Chamber of Commerce held its annual Star Awards at Dreamland. The following businesses were named the winners in each category:

- Non-Profit of the year: Dripping Springs Helping Hands
- Hometown Hero/Ed Sims Memorial Award: Martin Garza
- Up & Coming Business of the Year (tie): Grawlix Lounge & Dripping Springs Country Club
- Outstanding Customer Service: Springs Veterinary Care
- Business Person of the Year (team): Chris Pesek (Dripping Springs Outlook



Spring Home Team) & Ashley Tullis (Keller Williams Realty)

- Business of the Year: Wild Birds Unlimited

This year's Above & Beyond Award was given in recognition of the generous contributions to our community over the past year: Chick Fil A, Desert Door Distilling, and H-E-B

Thank you to our Supernova Sponsors: Belterra Village, Dreamland, H-E-B, Merrill Lynch Private Bank –

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For more about these and other Chamber members, as well as information on how to join the Chamber, please visit our website: DrippingSpringsTX.org

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First time is a charm

by Lindley Pond



By now, I'm sure we are all deep in the throes of summer and its inevitable heat. I'm writing this article in the first week of July, so haven't a clue what we will experience this month. May proved to be unusually wet and it's nice to see the greenery as well as to know our water tables are up. We'd gotten so used to our severe drought situation that our *fixes* for drainage –

new hardscaping and usage of some products – seem to have been done in vain. I witnessed this at my own home.

Since we can no longer swear to hot, dry summers or super cold winters, it's not a bad time to think about the *what if's*. This approach could save not only dollars, but the headache of redoing what we were sure was going to work. Careful planning for all our outdoor wants can not only give us the desired results, but protect them. There are many simple things to implement before more permanent things such as patios, walkways, and a seating area are installed. Area drains, swales to redirect water, berms to maintain the water's movement, positive drainage away from homes, as well as slight crowning on hardscaping surfaces will help water not pool and move it away from areas it doesn't need to be.

Normally, I'm not a fan of planting in July unless your schedule allows for much TLC to get things established. If you must, try to keep things small as our ground has already heated up, putting undue stress on plants' root systems. Take time now to use what you have seen with the water to come up with a plan that can be implemented as the war chest allows, keeping in mind that sometimes the pot of gold has to wait for the essentials to be put in place.

All worth it at the end of the project that was done only *once*. Happy July! Give us a call if you need some help, we'd love to make the project perfect.

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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