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Dripping Springs **OUTLOOK**

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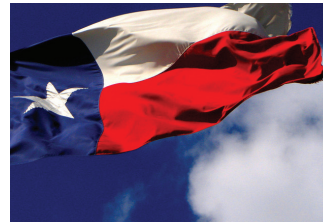


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Hello, 2022

Do you make New Year's Resolutions? If so, do you come back to that list throughout the year to check in on the priorities and goals you set for yourself? I love it. I relish getting a crisp, fresh planner for the new year and diligently writing down my criteria for moving forward into a brand new 12-month stretch. I guess the point is to improve a little bit, step-by-step, with each passing year.



There's something so exciting about a fresh canvas. Maybe it's the untapped potential just waiting to be uncovered. Functioning at our best; it certainly won't happen every day but it's a healthy goal and it's easier to get back on track when we have a plan in place. I really enjoyed reading Rachel Hollis' books, *Girl, Wash Your Face* and *Girl, Stop Apologizing*. I love that Rachel wrote about her own resolutions, if you will, and criteria for functioning at her best every day. She even named her daily steps – *five to thrive* – five things she does every day to make the most of it. She also recommends writing out dreams for the future and creating a list of small steps to work towards those aspirations a little bit each day.

However you plan to glide into this new year, I hope it's your best yet.

Warmly, *Boyle*

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Dripping Springs Chamber of Commerce Focus on Business: *Leadership Dripping Springs – Class 5*

The fifth class of the Dripping Springs Chamber of Commerce's Leadership Dripping Springs is underway! After taking a year off due to Covid-19, the program resumed in September 2021 with Class 5.

Sixteen classmates are taking part in a nine-month program that provides a deeper understanding of our community's inner-workings. On-site visits to local businesses, interactive firsthand experiences, and presentations from key Dripping Springs stakeholders allow participants the chance to gain knowledge while enhancing their own personal and professional skills. The class consists of business professionals representing numerous industries and careers; the resulting network of colleagues and associates is a long-term, powerful way to connect and engage with others who share their passion for leadership, philanthropy, and community. Graduation for Class 5 will take place in May 2022.

For more information on Leadership Dripping Springs or to express interest in Class 6 participation (2022-23), please contact the Dripping Springs Chamber at 512 858 7000 or email Susan@DrippingSpringsTX.org.





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At Functional Wellness Clinic & Consultation

I practice functional medicine which is a deeper dive into your health history addressing the whole person and not just isolated symptoms. As a functional medicine practitioner I have specific training that will help me to consider multiple factors affecting your health. How is that different from traditional medical practice? When you schedule an appointment for this type of evaluation you are bringing to this appointment your own unique history of environmental exposures, your genetic makeup as well as your epi-genetics (your external environment).

With the integration of best medical practices and an integrative and science based approach functional medicine helps our patients to uncover nutritional deficiencies, infection, hormone imbalance, gut dysbiosis (imbalance), unrecognized toxicities, and unrecognized in-flammation/

inflammatory foods that are affecting your overall well being. In looking at a more comprehensive picture through the functional medicine lens we are looking at larger functions such as ridding your body of toxins, digestion/absorption issues, inflammatory responses, hormone regulation, physiological structural integrity as well as the psychological and spiritual balance.

In using the functional medicine framework we start by understanding the origins, prevention, and treatment of complex chronic disease by using evidence based medicine to give you the best treatment plan possible. In functional medicine you are a partner and work collaboratively with me to create an integrative treatment plan that will guide you to optimal wellness. You need not be ill to schedule an appointment. You may just want to up level your overall health and learn how to intervene to avoid long term chronic illness.

In looking at the whole person and the body as a symphony in perfect harmony we can expand the tool kit to better serve you and to help you to restore your function. **How can I help you today?**



Gabria Cathcart, FNP-C, IFMCP

512-887-1817 • www.functionalwellnesscc.com



Eat too much during the holidays?

by Lauren Meyer

Pies, fries, and ribeye! Oh my!

Holiday foods sure are tasty but can leave you hurting when you eat too much too fast. Cheese, breads, cookies, cakes, and all kinds of meats will be plentiful around your holiday dinners and celebrations. Whether you eat them or not is your choice, but, if you do, we have a little

something that may help.

Digestive Enzymes Ultra by Pure Encapsulations is a great way to help you overcome those tummy blues after too many holiday foods. If you eat a little too much meat, try taking Digestive Enzymes with HCl. HCl, or *hydrochloric acid*, can help you break down those extra proteins and polysaccharides. If you have a little dairy or gluten intolerance (mild), you can try Gluten/Dairy Digest by Pure Encapsulations. We know that almost everyone is breaking their diet for the holidays and some of the symptoms may include bloating, gas, fatigue, allergies, and constipation. Curb some of these symptoms before they happen with a digestive enzyme. This is not your free ticket to eat everything under the sun, but if

you need a little boost to get over the tummy rumbles, give these capsules a try. Head in to Martin's Wellness Pharmacies at Dripping Springs Pharmacy or Lamar Plaza Drug store in Austin to speak with a wellness consultant about which digestive enzymes may be right for you.

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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How does aging work?

by Breca Tracy, PhD

Have you ever wondered what changes in the body as you age? More specifically, are you curious about the process and what you can do to help prevent the cascade of aging events?

If you dig deep and think about that previous biology class, you learned about NAD+ and ATP. You may not remember much about NAD+, but you probably remember ATP! ATP is what powers everything we do. The body's usable energy is created in the form of adenosine triphosphate (ATP).

NAD+ is a critical player in the citric acid cycle for ATP energy production within most cells of the human body. It is a fundamental substrate needed for this energy generation process and has been shown by numerous studies to significantly decrease as we age. Consensus shows NAD+ levels decline significantly with aging, which can be attributed to a wide array of age-associated pathophysiology. Additionally, many aging related enzymes, such as *sirtuins*, are dependent on NAD+, which regulates many longevity-associated processes such as metabolism, DNA repair, stress response, circadian rhythm, and much more.

So, what can we do to help you be preventive at REGENERATE... *a lot of things*, but regarding your overall aging process, we can provide NAD+ supplementation through intravenous infusions (otherwise known as drip therapies). Whether your goal is neuro-degenerative applications, anti-aging, or energy support, we have NAD+ therapies for you! When NAD+ is administered

through the vein (IV) your body has a greater chance of benefiting, meaning the body is much more capable of absorbing the IV infused NAD+ compared to oral administration.

At REGENERATE we are passionate about helping our community. Self-care isn't selfish, ya'll! If you don't take care of yourself, how can you take care of others? For more information, please contact us! We would love to further educate you on what we offer here in Dripping Springs.

We have a very unique team of experts here in Dripping Springs. Come see us, call us, or email us! Dr. Breca Tracy currently serves as Director of Science & Operations at REGENERATE. 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. NaturalHealingTX.com or follow us @naturalhealingtx.

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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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8 reasons to invest in your smile in 2022 *by Ron S. White, DDS*

1. Smiling makes us attractive. We are drawn to people who smile. There is an attraction factor. We want to know a smiling person and figure out what is so good. Frowns, scowls, and grimaces all push people away – but a smile draws them in.

2. Smiling changes our mood. Next time you are feeling down, try putting on a smile. There's a good chance your mood will change for the better. Smiling can trick the body into helping you change your mood.

3. Smiling is contagious. When someone is smiling they lighten up the room, change the moods of others, and make things happier. A smiling person brings happiness with them. Smile lots and you will draw people to you.

4. Smiling relieves stress. Stress can really show up in our faces. Smiling helps to prevent us from looking tired, worn down, and overwhelmed. When you are stressed, take time to put on a smile. The stress should be reduced and you'll be better able to take action.

5. Smiling boosts your immune system. Smiling helps the immune system to work better. When you smile, immune function improves possibly because you are more relaxed. Prevent the flu and colds by smiling.

6. Smiling lowers your blood pressure. When you smile, there is a measurable reduction in your blood pressure. Give it a try if

you have a blood pressure monitor at home. Sit for a few minutes, take a reading. Then smile for a minute and take another reading while still smiling. Do you notice a difference?

7. Smiling releases endorphins, natural pain killers, and serotonin. Studies have shown that smiling releases endorphins, natural pain killers, and serotonin. Together these three make us feel good. Smiling is a natural drug.

8. Smiling lifts the face and makes you look younger. The muscles we use to smile lift the face, making a person appear younger. Don't go for a face lift, just try smiling your way through the day – you'll look younger and feel better.

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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Contour TRL

by Rocco C. Piazza, M.D

No matter how diligent we are with sunscreen and anti-aging products, our skin is exposed to sun damage, collagen loss, and scarring over the years. The smooth complexion we once loved becomes rougher, lines and wrinkles appear, and the pigmentation in our skin becomes less even. We can actually take

years off your appearance and rediscover your most radiant skin with Contour TRL laser skin resurfacing and tightening.

What is Contour TRL? Contour TRL (tunable resurfacing laser) is a sophisticated Erbium laser skin resurfacing solution, capable of a wide variety of treatment options. Compared to other lasers, such as CO2 lasers, Contour TRL offers fewer side effects, better results, and shorter recovery times.

The ablative laser removes the top layer of the epidermis to significantly reduce wrinkles, lines, texture concerns, and pigmented spots. It peels this layer away at a depth specifically tailored to you, leaving behind as much healthy skin as possible. This process also stimulates collagen production, which generates smoother, tighter, more resilient skin and a younger look overall.

What does Contour TRL treat? TRL both reduces signs of aging externally and stimulates collagen production internally – ideal for treating many different concerns on the face and body. A few popular treatments include mild to deep wrinkles, deep lines around the mouth and eyes, acne scars and other forms of scarring, sun damage, pigmented areas, skin laxity, poor skin tone or texture.

What is Contour TRL recovery like? Contour TRL requires 10 to 14 days of social downtime as your skin heals. During this time, you will need to protect your skin from the sun and apply a topical ointment to keep it moisturized. We will give you detailed instructions and follow your healing closely in the days after your procedure to make sure all your questions are answered.

Nothing can stop the aging process, but Contour TRL takes several years off your appearance and effectively turns back the clock by treating signs of aging. Most people find their smoother, younger-looking skin lasts as long as 10 years after just a single treatment. To learn more about this technology, please call us at 512 288 8200 or email us hello@thepiazzacenter.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 website ThePiazzaCenter.com.



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Intentions are the heart

by Leslie Tourish, LPC

Who doesn't love a fresh start? For centuries people have loved the idea of counting down the clock on December 31 to midnight, and presto – a new year!

Maybe this will be the time of a fresh start. What lessons have we learned (hopefully) from the last year? And what

about the promise of these twelve months before us? But, what to do with the possibilities? That can be daunting. That's where our intentions are born – from a yearning or curiosity within us.

In essence, our New Year's resolutions are our dreams, spoken out loud, even if it's just something we promise to ourselves. But it's an important step from thinking about a goal to actually making an action plan. Without that energy, nothing happens. I believe people are born with innate talents and gifts. Not just the geniuses and masters, such as Mozart and Michelangelo. But an essential spark that pulls us toward learning something new. We're not always sure why. But when we try it, maybe something just clicks.

Years ago I had a client who always dreamed of being a bass guitarist. She didn't know why, exactly, but whenever she watched a band, she was drawn to watching the bassist. After awhile she saw that the bassist was more in synch with the drummer than the lead guitarist. The rhythm foundation was hypnotic for her.

So it was the brave New Year's Eve, when she vowed that this

was the year she was going to pick up a bass and at least strum a cord. Later that week she walked into an Austin guitar store and wove her way to a back wall lined with gleaming guitars. When an employee came up to help her, she collected her courage and asked him if she could just play a few notes. He obliged, handing her a canary yellow guitar. He plugged the guitar into an amp while she slipped the shoulder strap over her head. Her first thought was, *Oh man, this thing is heavy!* Then she strummed the four strings.

Power traveled up her hand into arm, landing into the center of her heart. An hour later, she walked out with her new ax and the first of many amps. You can see where this is going, right? Years later she's now playing in a band, writes her own songs, and her heart is filled each time she plays her instrument. Now it's not her day job, only a fun side gig, but it makes her feel alive. And that's enough. You don't have to be John Entwistle of The Who or Paul McCartney of The Beatles. But you do have to show up if you ever want to soar. So this year, as the clock counts down, ask yourself what you really, *really* want. And then take that spark of an inner desire, and just show up by taking the first step. Don't even worry about the second step. The first step is all the magic you need to conjure up your intentional resolution.

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



Leave wildlife in the wild

by Frank Shuman, DVM

There are many reasons why people think it would be great to keep a wild animal as a pet but the reality is these unique and amazing animals weren't meant for captivity. It is against the law to catch and keep wildlife. Almost all native birds and mammals in Texas are

protected by state and federal laws, and it is illegal for you to keep them. These laws exist because wild animals have special needs and it is difficult to keep them healthy and alive in captivity. You cannot domesticate an animal you find in the wild by bringing it home to live with you. It is possible to raise some species of young animals to be unafraid of people, but this is not domesticating wild animals, it is robbing them of a critical survival trait – fear of humans and other predators.

A wild baby animal cannot eat the same foods you or your pets eat. It must have special foods. Proper nutrition is essential for normal development and any deficiencies may cost the animal its life. Some animals have to be taught how to find their own food. Others must be socialized with their own kind at the right age to learn survival skills in the wild.

Raising orphaned wild babies is a job for professional rehabilitators who have the training and skills necessary to provide the proper conditions for meeting the orphans' needs. They also have the necessary licenses and permits through the state and federal government to keep them temporarily.

A wild baby animal raised by people may be cute but it will grow up to be a wild adult, and may become aggressive and dangerous in captivity. It will not know how to take care of itself when released in the wild and it will not know how to interact with members of its own species.

Unlike our pets, wild animals are not vaccinated for diseases, or dewormed, nor do they see a veterinarian regularly. Consequently, wild animals may carry infectious diseases and parasites that may be harmful to you or your pets. A captured wild animal is essentially a prisoner caught between its instincts and its dependence on humans to survive.

If you do find wildlife that is injured you can contact your veterinarian, county animal control, or a licensed wildlife rehabilitator to properly get it cared for. Experienced wildlife handlers can determine if the animal can be re-socialized with its own kind and forage for itself. A wild animal that has been raised by humans has not been properly prepared for life in the wild. To release such an animal is almost certainly dooming it to suffer starvation, or unnatural predation. Contact with humans it sees as friendly but who may not be, or make it unable to socialize with members of its own species. For animals that can't be released there are sanctuaries that can provide a more controlled environment for them to live.

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.



New year, new relationship

by Diana Ozimek

My dog doesn't listen to me. I often hear this from people calling in for training. Why doesn't your dog listen to you, give their attention when asked, or respect you? It's most likely a relationship issue. What does your day look like with your dog? Is breakfast delivered with little thought? Are they sniffing and pulling on their walks? Do

you give them toys or do you engage them with toys? The above doesn't equal a good relationship, it equals a spoiled pup. Here are a few ways to rebuild the relationship with your dog and get the behaviors you're looking for.

Have your dog work for meals. Simply handfeeding them is a good place to start, asking them to engage with you is better. Reward for eye contact, sits, following you, downs... Meal time is training time and their food comes directly from you, not the bowl. Don't just fill a basket with toys, play with them! Throwing a ball is fine, ask them to do something to get you to throw the ball. Teach them to sit next to you or a touch command and throw the ball as a reward. Tug is a great game to play with your dog, it's totally interactive and they get the reward of you being on the other side of the toy. Tug should have rules, a good release when asked and biting the tug when asked. Don't just be the anchor on the end of the leash in your walks, make your walks challenging and fun.

Find natural, outdoor agility to do with your dog. Get up on rocks, jump logs, climb bleachers, and reward them for doing it. Get their attention off of everything else and make yourself important. Enforce rules in the house. A leash is the easiest way to communicate and stop bad behaviors. Counter surfing, walk them away with the leash. Jumping on you, use the leash to remove them and put their paws on the floor. Engagement and rules equal a balanced relationship. Stop being the delivery person and become their most important resource.

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



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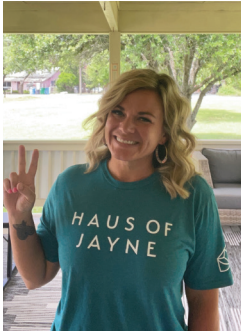
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2022 will be a better year. *Can I get an amen?*

by Haley Hunt, RN



As the new year rolls around, we at Haus of Jayne like to be reflective of our successes this past year while evolving our goals and focusing on our systems and standards moving forward in the new year.

We believe there has been a shift in the social acceptance and availability of cannabis products in Texas and

strive to deliver unique, high-quality, third-party tested products to Dripping Springs and the surrounding communities.

As the industry evolves, so to do the products we will offer. We will continue our due diligence on every product on the shelf to insure we continue to be your trusted cannabis source! Advancing our education is essential in this industry, and we pride ourselves on staying up to date with evidence based resources and approaches to support our clients' use of cannabis for health and healing.

After all, our bodies contain the endocannabinoid system. ECS, known as the *master regulator*, regulates all other organ systems to maintain a state of homeostasis – a stable internal environment despite fluctuations in the external environment. This system can be managed with phytocannabinoids.

CBD, THC, and other cannabinoids, terpenes, and flavonoids, diet, and lifestyle modifications such as massage, acupuncture, and exercise help us maintain homeostasis. Stress management tech-

niques such as meditation and deep breathing all increase our endocannabinoid tone, which may help us reduce our risk of illness and disease.

This year, we will be collaborating with other amazing local businesses to bring a total wellness mentality to our minds and bodies. Be sure and follow us on our social media platforms for news and save the dates. Cheers!

Haley and Christy got together, dreamed big, became mindful of those dreams and goals and formed a boutique hemp dispensary called Haus of Jayne. They created the company on the foundation of transparency and are committed to work with responsible farmers and growers to provide organic, certified, and pesticide-free cannabis. Follow Haus of Jayne on social media: hausofjayne_official on Instagram and Facebook.com/HausofJayne.



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Which water filter is right for you? by Randy Lawrence



If you ever consider buying a filter for drinking water, it will quickly become apparent that there is a wide range of pricing and technologies to choose from. It can be difficult to determine which type of filter is appropriate for your water supply.

Often referred to as *taste and odor filtration*, the most common type of water filter is *activated carbon*. Its primary use is to remove chlorine from the water, improving taste and odor. Filters that utilize carbon include refrigerator filters, faucet attachments, and filtration pitchers. Note that some of these filters don't appear to live up to the claims made by their manufacturers. Independent testing results that show this are readily available online. There are types of carbon which can remove lead and other heavy metals, but the majority of store bought filters will have little effect on these and other contaminants. They are often used as part of a larger filtration system.

One example of this is reverse osmosis, which is a more comprehensive method of filtering drinking water, accomplishing a much greater level of filtration than a simple inline or pitcher filter. An RO unit commonly consists of two or three stages of pre-filtration, often including sediment and carbon filters, before forcing

the water through a semi-permeable membrane which removes fluoride, lead, and other heavy metals. This membrane reduces the dissolved solids content of your water by 90-95%, producing high quality drinking water stored in a small pressure tank under the sink. The water is forced through a final *polishing* filter before being dispensed through a separate drinking water faucet installed at your sink. A licensed Water Treatment Specialist can explain the quality concerns specific to your home's water supply and help you to determine which type of filtration system best fits your needs.

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

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Litigation: *Our courts are saving us* by Roland Brown

Nearing the end of another volatile year in our nation's history, two high profile trials ended just before Thanksgiving providing a positive reminder of the amazing role our court system plays in our democracy. I view jury trials and appellate decisions

through the lens of fealty to the law and dedication to factual inquiry tempered with a recognition that decisions are sometimes skewed by factors such as political leanings, social standing, racial prejudice, religious beliefs, and public opinion. All in all, I have been thankful that our court system has, for the most part, risen above the dysfunction that has rendered the other two branches of our government virtually impotent. I would suggest that United States Supreme Court Chief Justice Roberts has, perhaps to the surprise of many, been the most statesmanlike individual in our nation during the social and political turmoil that has divided us in recent times.

Turning to the two recent verdicts, I would offer a perspective that you might not have heard during the intense public scrutiny of these two trials. I am of the opinion that both the Rittenhouse not-guilty verdicts and the Arberry guilty verdicts would likely have been the same even had those trials occurred in some other place

and time where neither the political nor the racial overlay existed. In other words, despite my displeasure that the judge in the Rittenhouse case seemed intent on creating political theater, I believe the outcome in each case was primarily based upon fealty to the law and dedication to factual inquiry. Space here limits explanation, so I'll just say that of the two trials, the acquittal of Rittenhouse is probably harder for a lot of folks to digest. My belief that the burden of proving guilt beyond a reasonable doubt is critical to all of us, coupled with what I heard of the facts on which the defendant claimed self-defense and the fact that the jurors obviously took their role seriously and limited their determination to the exact crimes alleged in the indictment while spending more than two days considering their verdict, underpins my belief that the outcome was not the product of political or racial bias and would have been the same in another place and time. Let's hope our courts can continue to function independently and serve as a model for reasoned outcomes as well as acting as a continued check on any abuse of power by the other branches of our government.

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



Did you plan for 2022? by Steve Mallett

The New Year snuck up on us like no one was watching. 2022 promises a fresh start with a pandemic in our rear view mirrors and a new road ahead. The New Year brings renewed optimism – like the reset button was pushed. What will you do differently this year to make this your best year?

Jim Rhon famously said, "If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much." Goals set you up for contentment and written goals are the only goals that count.

Sit down and write down the five things you want to accomplish this year. A list could look something like this:

1. Pay down my mortgage by \$5,000.
2. Visit my sister at McMurdo Station in the Antarctic.
3. Buy a rental property and get it leased.
4. Run naked on the Super Bowl field without being arrested.
5. Buy the lot next door to me and sit on it until I retire.

When you write down your goals you have a road map to follow to get to your destination. Every decision you make can be filtered through this list. Thinking about a new car? Can you buy the new car *and* pay down your mortgage? If not, should the new car be a 2023 goal? Is your 10 yard dash slower than an I-35 drive? Maybe you need to start training before you jump out onto the field at the Super Bowl!

Want to run a marathon in 2022? Write it down. Print it and put it in a place where you see it every day. It's easier to get up for a 5:00am run when you have a goal that depends on your grit. If you blow the run off your goal gets farther away.

When you have big goals you naturally break them into smaller bite sized goals. Want to pay down your mortgage? Pay it down \$500 at a time. Don't try and go all the way in one gulp. A marathon starts with getting out the front door and then running the first mile. The others will follow. Starting is the hardest part.

Goals must be defined to be considered a goal. If you write it down, it must be achievable, and you need to achieve it. Don't let life drag you along. Write down goals that make you want to jump out of bed everyday. Happy New Year! Where are you planning to go this year?

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 512 829 2062 or 512 627 7018.



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What should you know about investment risk?

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



Reagan Smith

When you invest, you incur risk – there’s no avoiding it. But the concept of *risk* may be more expansive than you realized.

The most common perception of investment risk is simply the risk of losing money. When you invest in stocks and stock-based vehicles, such as mutual funds, there are no guarantees that your principal – your initial investment amount – will be preserved. Generally speaking, if you

hold stocks or mutual funds over a period of years, you can reduce the likelihood of sustaining losses that could send your investments’ value to zero. Hopefully, the value of your investments will rise over time. Since the Great Depression, US stocks have averaged 9.59% annual returns, according to *Morningstar Direct*. However, past performance can’t guarantee future results.

You can’t avoid all risk by avoiding stocks and putting your money into other types of investments. Consider bonds, for example. When you purchase a bond, you typically receive regular interest payments and you get back your initial investment when the bond matures, provided the issuer doesn’t default. But if interest rates go up and you want to sell your bond before it matures, you’ll have to offer it at a *discount*, because no one will pay the full price for your bond when they can buy new ones at a higher

rate. Manage this type of interest rate risk by owning a variety of bonds with different maturities. When interest rates are rising, you can reinvest your short-term bonds at the new, higher rates. In a falling-rate environment, you can still benefit from your longer-term bonds, which typically pay higher interest rates.

Foreign or international investments also contain specific risks. When you purchase foreign stocks, fluctuations in the value of currencies relative to the US dollar can affect your returns. Also, international investments may carry political risk, since some foreign governments and political systems may change in ways that work against businesses in those countries. Maintain an appropriate allocation of international holdings and diversify across regions.

Ultimately, your most broad-based defense against all types of risk is to build a diversified portfolio containing US stocks, international stocks, corporate bonds, mutual funds, government securities, and other investments. Diversification works because it helps reduce the impact that market volatility can have on your portfolio. However, diversification can’t guarantee profits or protect against all losses. And you’ll also want your portfolio to reflect your individual tolerance for risk.

Create a strategy that offers the potential to help you achieve your important goals, such as a comfortable retirement. You’ll avoid the greatest risk of all – not investing for your future. *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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Self-fulfilling resolutions



by Lindley Pond

Happy New Year, everyone!

As I write this, I am hoping this finds everyone doing well and starting 2022 off with flying colors.

I'm choosing to look at the whole *New Year's resolution* thing a little differently – by focusing on our home. Home is our safe haven, our places of refuge from all the outside pressures.

With that in mind, maybe we don't have to worry about possible failure when it comes to diet, bad habits, and the like.

As with the resolution, we can start by looking at what's not working in our space. Enjoying our outside world is the key to our health and happiness. Why not make it something wonderful?

By coming up with some ideas about your lifestyle, as a start, you can more easily see if you would really enjoy that fire pit. Do you really love all that grass and the watering it requires? Or could you do away with some of it and utilize the space for either native evergreen and perennial plantings or maybe even your own veggie and herb area? Are there areas that have mechanical stuff, AC, electricity, or where you stash stuff so it's hidden? Why not remove any sod and go with either a mulched area or a river rock area over weed block?

Little things will make a huge difference in the overall appearance and feel of *home*. Additionally, it will lend room for more free time to enjoy your space.

If you are stuck and need a gentle nudge, give us a call. We'd love to help! We offer free consultation and design.

Happy, healthy 2022 to all.

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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