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*Dripping Springs*

# OUTLOOK

Volume 18 Issue 11 • Dripping Springs, Texas • February 2022

Postal Patron



*The Gateway to Life in Dripping Springs*



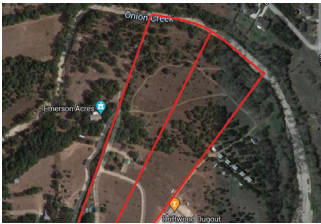
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## Love, sweet love

I love this time of year. The weather is fluctuating between sunny and chilly. The heart-shaped sweets and chocolates abound and bundles of red roses on display all over town. There's a certain warmth during this time of year that makes the winter more inviting.

Regardless of how you may feel about Valentine's Day – like it, love it, detest it, look at it as a day to boost Hallmark and floral sales – it certainly does bring to mind those we love and want to be near. When I consider the writings of Rumi, Shakespeare, the apostle Paul, Pablo Neruda – I think of how varied our understanding of what actual love is. I've heard it said that love is simple, love is crazy, love is all-consuming but what I've learned in more recent years is that love is steady and constant. Love can make you run head-on toward something or slow yourself down and just be in the present moment. I recently stumbled upon the Eckhart Tolle quote, "Wherever you are, be there totally. If you find your here and now intolerable and it makes you unhappy, you have three options: remove yourself from the situation, change it, or accept it totally." What is more precious than the gift of time? And when you give your time be there fully. Despite whatever circumstances come our way, we can chose in that moment to offer full acceptance or guidance in an effort to inspire change. As in the quote, there's also the option to remove ourselves entirely which can – believe it or not – also inspire change and work as an act of love under the right conditions.

This issue is full of ideas about love – be it self love, love for your children, love for your pet, love for your home, and for your surroundings. Love is such a driving force to inspire us and light that fire in us that is determined to reach the north star our hearts are set upon. I hope this year has been good to you so far, and that the practitioners and service providers in this issue serve to help you reach a higher love.

Warmly,

*Cyle*



# Dripping Springs Outlook

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**Pedal Ranch Publications**

# Dripping Springs Outlook

## CALENDAR of EVENTS

- Every Mon.-Fri. The Hill Country Senior Center at 1310 W. Hwy 290, Dripping Springs, offers a delicious lunch served at noon. Call in by 10:30 and order it to go, too. For more information or to see menu: [HCSeniorCenter.org](http://HCSeniorCenter.org)
- Every Sun. 12:30. Christ-centered anxiety/depression Hope Group Zoom Meeting. Contact Marsha Young at 512 738 5109.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit [DrippingSpringsRotary.org](http://DrippingSpringsRotary.org).
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512 858 7825 or [DSCL.org](http://DSCL.org) for info. No exercise on library holidays.
- Every Mon. 6pm Nar Anon Family Group at Friendship Creekside Fellowship 14455 Fm 1826. Nar Anon is a 12-step program for family and friends of drug addicts. We share our experience, strength and hope.
- Every 1st Mon. DS Ag Boosters meet in Ag Building behind DS Middle School at 7pm. Visit [DSAgBoosters.org](http://DSAgBoosters.org) for updates.
- Every 1st & 3rd Mon. 6:30pm, Lions Club meets at Dripping Springs Ranch Park located at 1042 Ranch Road 12. Across from the DS Elementary School. For information call Sharon Goss at 512-923-8630 or email [dslionsclub@gmail.com](mailto:dslionsclub@gmail.com).
- Every 2nd Mon. G.O.D.S. Moms. Free Childcare. Contact Joanne Thomas at 512 894 0581 for more details.
- Every 2nd Mon. Dripping Springs 4-H Club meets at 6:30pm at the Ag Booster Building (located behind DS middle school).
- Every 3rd Mon. Eastern Star meets at Rambo Lodge at 7:30pm. Call Kathy Clark for more info, 512 858 7004.
- Every 3rd Mon. 7pm. Hill Country Centering Prayer Community meets at a local residence. Call Myra at 512 496 1531 or Sharon at 512 413 3248.
- Every Tues. 6:30pm Toastmasters of Dripping Springs meet at Pioneer Bank, 100 Creek Rd. Visitors welcome. For more info visit [DSToastmasters.com](http://DSToastmasters.com).
- Every Tues. 5:30pm Al Anon meeting is being held at the Dripping Springs Presbyterian Church, 26650 Ranch Road 12. It is a general discussion meeting. Childcare provided.
- Every 2nd Tues. Bluebonnet Auxiliary meets at 2pm at Hill Country Care Nursing and Rehab Center, 1505 W. 290. Call Janice Ruyle, 512 264 2538 for more information. Volunteers needed. The Bluebonnet Aux provides entertainment and special events for the residents of HCC.
- Every 2nd, 3rd and 4th Tues. 7pm, DS Boy Scout Troop 101 meets at the DS United Methodist Church. Call Tim Short at 512 743 2537.
- Every 4th Tue. Artists Alliance of the Hill Country meet alternating between The Barn on 4000 Bell Springs Road in Dripping Springs and Artists studios. Visit [ArtistsAllianceHC.com](http://ArtistsAllianceHC.com).
- Every Wed.-Sat. Noon-3pm, Dr. Pound Pioneer Farmstead and Museum is open for tours. Call 512 858 2030.
- Every Wed. Farmer's market at the Triangle, 3-6pm. For more info contact [CityofDrippingSprings.com](http://CityofDrippingSprings.com) or 512 858 4725.
- Every Wed. at 8:30am. The Hill Country Christian Business Networking Alliance meets at El Rey. 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 Acoyon Brewery in Dripping Springs. For more information call Michele Ryon 512 299 7455.
- Thur. 7pm, Celebrate Recovery for people with hurts, habits, or hang-ups. A Christ-centered recovery program. [ChurchoftheSprings.org/CR](http://ChurchoftheSprings.org/CR)
- Every 1st Thur. 7pm Vince F. Taylor American Legion Post 290 of Dripping Springs invites all eligible veterans to 101 Old Fitzhugh Rd. For information call 512 858 5637.
- Every 1st Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, [DSCL.org](http://DSCL.org), 512 858 7825. Newcomers welcome. Email [AdultServices@dscl.org](mailto:AdultServices@dscl.org) for details.
- Every 1st Thur. Apr.-Dec. *First Thursday Dripping Springs*, merchants extend their hours until later in the evening and have a variety of specials which might include one-day sales, special activities, food, music, and art. For more info visit [FirstThursdayDrippingSprings.org](http://FirstThursdayDrippingSprings.org).
- Every 3rd Thur. 7pm, DS VFW Post 2933 invites all eligible veterans with foreign service to 101 Old Fitzhugh Rd. Call 858 5637.
- Every 3rd Thur. 7pm, Family Support Group for family members, parents, adult children, and partners of individuals living with a mental health condition. Meets at St. Martin de Porres Catholic Church, Room 1. Contact [info@namicentraltx.org](mailto:info@namicentraltx.org) for more information.
- Every 4th Thur. 6:30-8:30pm, Photographers of Dripping Springs (PODS) meets at the Sententia Vera-Cultural Hub, 4002 E. Hwy 290. Visit [PhotographersofDS.us](http://PhotographersofDS.us) or on Facebook.
- Every 2nd Fri. Mothers of Preschoolers (MOPS) group meets at 9am at the Episcopal Church of the Holy Spirit (301 Hays Country Acres at Hwy 290W). Childcare available. For information call 512 858 4924 or email [DrippingSpringsMOPS@gmail.com](mailto:DrippingSpringsMOPS@gmail.com).
- Every 1st Sat. On or after the full moon, 7:30pm, Rambo Masonic Lodge 426 meets. Dinner at 6:30pm. Call 512 858 7177.
- Mon. February 14, St. Valentine's Day
- Mon. February 21, President's Day

Contact the Outlook at [Info@DSOutlook.com](mailto:Info@DSOutlook.com) or 512 375 5590.

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## Seasonal allergies getting you down?

by Lauren Meyer



There are a lot of options to help with allergies, but not all are effective. Some may cause unwanted side effects. If you are looking to go the more natural route, I suggest you try some formulations that help allergies and also boost your immune system, act as an anti-inflammatory, and calm your body's over-active response to

non-threatening allergens like mold, pollen, and cedar.

One of our Wellness Consultant's favorite formulas is AllerDX by Plantiva. This herbal formula has done tremendous wonders for those who suffer during allergy season with that runny nose, itchy eyes and throat, and head-achy fatigue. It works in a matter of *twenty minutes*. It can calm sensitivity, improve nasal passage airflow, and clear up the eyes quickly. It is non-drowsy and contains no stimulants, so it is very safe to take at any time of the day or night. As a Chinese herbal formula, it works to strengthen adrenal and kidney health and detoxify and calm over-active liver function. Take AllerDX throughout the allergy season to give yourself a breath of fresh outdoor air without the consequences!

Another one of our most popular supplements for all types of allergies is a well-known product called Natural D-Hist by Ortho-Molecular. Its combination of quercetin, stinging nettles, bromelain, NAC, and vitamin C is designed to combat elevated histamine

levels, boost immunity, and break up mucus production allowing for more airflow in your lungs and nasal passages. It will not dry out your eyes and mouth like other antihistamines and is perfect for daytime support because it is non-drowsy. D-Hist also comes in a chewable formula to safely and naturally keep your kids clear through the season. Between these two products, you will surely find one that works for you. The most powerful remedies against allergies are a clean diet, healing your gut, and getting adequate sleep, but supplements help us along the way. Stay healthy!

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

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## How can you help support your immune system?

by Breca Tracy, PhD



Eating a healthy diet, exercising, and doing the best you can to keep your stress at bay are all important. In addition to those, making sure you are getting an adequate amount of the proper vitamins and minerals is also important. At REGENERATE, we offer a number of vitamins and minerals through intravenous infusions, shots, and boosters. Whether you are looking to support your immune system

during cold, flu, and viral season or just replenish due to depletion, check out what we have to offer! Some of the most common options include Myers Cocktail Infusion, Vitamin B Complex, B12, Vitamin D, Vitamin C, Glutathione Boosters, High-Dose Vitamin C Infusions, Hydration Infusions, Migraine Recovery Infusions and Athletic Recovery Infusions.

Many of our patients wonder if they should consider intravenous vitamin infusions. *If I'm already taking vitamin C and B supplements, is there an advantage to doing infusions?* The answer is, yes. Intravenous (IV) Therapy can be used as a method to deliver nutrients, such as vitamins or minerals, directly into the bloodstream. This is typically through a vein in the arm. By injecting substances directly into the bloodstream, you eliminate alteration of the nutrients, which may occur from the actions of digestive enzymes. The amount of nutrients in the blood can reach higher therapeutic levels much faster than what is possible when absorption takes place through the gastrointestinal system. Few people realize when you swallow a pill or a multi-vitamin, the body's natural

absorption process can render up to 85% of that vitamin useless.

Help your body begin to heal itself faster with IV therapy. IV nutrients enter your bloodstream directly and immediately, making them more "bioavailable" (ie, available for your body to absorb). We are happy to support our community by offering IV vitamin/mineral therapies via shots, boosters, and infusions. Whether you are looking to boost your immune system, hydrate your body, or just simply decrease stress, give us a call and our team will be able to steer you in the right direction to meet your expectations.

Education is one of our core values at REGENERATE. Please give us a call or drop us a line online, and we would be happy to educate you on what is most beneficial for your needs. Better absorb and utilize essential nutrients, with IV therapy!

High-dose IV Vitamin C has shown great anti-inflammatory activity and is a hot topic right now. Myer's Cocktail contains ingredients that have shown to improve many types of symptoms. Immune Boost adds glutathione and acetylcysteine to a Myer's cocktail blend for antioxidant and detoxifying properties. For more information, please contact us. We would love to further educate you on the therapies we offer here in Dripping Springs.

*We have a very unique team of experts here in Dripping Springs. Come see us, call us, or email us! Dr. Breca Tracy currently serves as Director of Science & Operations at REGENERATE Dripping Springs. Breca has resided in Dripping since 2007 after obtaining her Ph.D. in Biochemistry and Molecular Biology from the University of Oklahoma Health Sciences Center. Contact us at 512-368-4548, 800 Hwy 290 W, Building F, Suite 200. www.naturalhealingtx.com.*



# Functional Wellness Clinic & Consultation

## 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*

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## Make brushing fun again

by Ron S. White, DDS

Once again, we are celebrating National Children’s Dental Health Month. Establishing regular brushing routines and making brushing fun again is imperative to the success of your child’s dental health.

Here are some tips:

Have 4 minutes of fun. Don’t just set a timer and supervise – make brushing twice a day for two minutes an event! Crank up your child’s favorite song and have a two-minute dance party. Videos or brushing apps may also make that time fly by. Older children might enjoy the videos on 2min2x.com. Try reading a 2-minute story using all your best voices. Whatever you do, get creative and switch things up so brushing time is always a good time.

Start a routine and stick to it. You may be tempted to let your child skip brushing after a long day or during times when your normal schedule is off (like vacation), but keep at it. The more second nature brushing becomes the easier it will be to make sure your child is brushing twice a day for two minutes.

Reward good brushing behavior. What motivates your child? If it’s stickers, make a reward chart and let him add one every time he brushes. If he’s a reader, let him pick out the bedtime story. Maybe it’s as simple as asking to see that healthy smile, saying *I’m so proud of you* and following up with a huge high five.

Characters count. Who is the character your child can’t get

enough of? Many children’s shows and books, including Sesame Street, have stories about brushing. Watch and read them together, so when it’s time to brush you can use that character as a good example.

Make up a story. Haven’t found a story or character to inspire your child? Make up your own. Your child just might be the only superhero who can brush away the bad guys that cause cavities.

Go shopping. Let your child pick out his own toothbrush and toothpaste. Choosing a character toothbrush might make brushing more fun, and fluoride toothpastes come in a variety of flavors and colors.

Children’s teeth are meant to last a lifetime, and a healthy smile is important to a child’s self-esteem.

With proper care, a balanced diet, and regular dental visits their teeth can remain healthy and strong for life.

*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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## Slimplants

by Rocco C. Piazza, M.D

When we think about breast implants, we tend to conjure up images of women with an obviously augmented appearance. Afterall, that is the way the trend began – think Marilyn Monroe and the ever-famous Playboy Bunny look. Although we still see plenty of women interested in achieving a larger

result, typically based on cup size, the overall trend is skewing more toward a *did she, or didn't she?* augmentation result, think A cup to B cup or B to C cup.

What Are Slimplants? Women are increasingly requesting to be lifted and fuller but in a way that leaves them appearing as though they were born that way. Slimplants, or *mini boob job* could be the answer if you are looking for this type of result. This smaller implant size tends to be between 200 cc's and 275 cc's in comparison to the more common implant which starts at around 275 cc's and increases from there. Using a smaller implant gives patients that subtle increase in both volume and size as well as a lifted, firmer, and fuller look to the breast without crossing the line into an obviously augmented appearance.

How to you decide if Slimplants are right for you? A slimplant procedure is ideal for athletes, lean bodies, and petite frames.

If you are considering whether or not a mini breast augmentation procedure is for you, here are a few things that may help you feel more comfortable and better informed.

• A consultation with us will give Dr. Piazza the opportunity to get to know you and understand exactly what your hopes and expectations are.

• During consultation, your existing tissue, breast volume, and skin condition will be assessed to help you choose the right size implant and placement options in order to achieve your specific goals.

To learn more about this technology, please call us at 512 288 8200 or email us [hello@thepiazzacenter.com](mailto: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](http://ThePiazzaCenter.com).*



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## Tools for when the going gets tough

by Leslie Tourish, LPC

February is one of those months when we sometimes have to stretch to find the good things going for it. First, it's short. Barring a leap year, it's only twenty-eight days long. Secondly, there's Valentine's Day, although that can be it's own mixed bag of expectations. And number three,

well, it's my birthday month, so there's a bright spot. However, February can also be one of those gray sort of chilly months where we're financially recovering from all the holiday merriment, but still weeks away from softer, spring days. So, how do we take care of ourselves as we muddle through these middle winter times?

The tools I use are: Perception. Action. Will. As a caveat, I try to use P.A.W. all year long, but I find them especially helpful when energy flags with these short days and long nights.

Perception: The ability to see the events unfolding around you clearly. Reality-test your beliefs fueled by the mind's chattering inner-critic which likes to whisper in scarcity. Not enough love, beauty, money, time, or energy. Push back against such negativity and ask yourself, is this really true? Are you really powerless to the slings and arrows that come your way? Is there something you can do to advocate for yourself? Be compassionate to yourself when you feel discouraged and imagine the pep talk you'd give your best friend if they were struggling. Rarely are we as hard on others as we are on ourselves.

Action: There are all kinds of things you can do, but it's up to you to decide what to do in any given moment. Be in forward motion, not waiting for things to improve on their own. This is where taking a deep breath is important as you determine what is true. Then search for an action that is good, not only for you, but for those around you. This last piece is important because it gets you out of the microcosm of exploring your needs only, but how might it also benefit your family and community. This lifts your vision away from only your problems, but also ties you back into the world. A person solely wrapped up into themselves makes for a very small package.

Will: Serenity prayer, baby. Accept willingly the things you can neither control nor change. And by saying willing, I don't mean be a victim to your circumstances. But rather let go of expectations of how things ought to be, should be, must be – the real trifecta for disappointment. Take a clear, cold eye as to how things are then explore your options of what is a more loving, compassionate way to think, or action to take.

But of course, the stoic Marcus Aurelius, two thousand years ago said it best: "All you need are these: certainty of judgment in the present moment; action for the common good in the present moment; and an attitude of gratitude in the present moment for anything that comes your way."

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





## Why won't my cat eat?

by Frank Shuman, DVM

*Why won't my cat eat?* This is a question many cats owners have pondered with their fickle friends. Then there is the looming question of if its serious enough to bring the kitty in to see the vet. Cats can't go very long without eating. After a couple of days of refusing

to eat a cat starts to metabolize their liver to provide nourishment and energy. Cats are obligate carnivores which means they need to eat a meat-based diet to survive because they can't metabolize certain proteins from anything else but meat. After a short while the reserve protein from the liver is exhausted and the liver is inundated with fat that starts a chain reaction that causes kitties to become very sick with a condition called *hepatic lipidosis* or fatty liver disease.

Just like humans, your cat's emotions can affect their appetite. Cats are creatures of habit, so a sudden change to their daily routine can be upsetting. If he or she is feeling stressed due to a change in her environment or the presence of a new pet, for instance, they can respond by skipping dinner.

Other times, if your cat suddenly stops eating, it can be a sign that their sick of whatever you're feeding him, or if you recently changed their diet, he or she might disagree with your choice. In these cases, it can take trial and error to find a variety of food that your picky kitty likes.

Here are some pointers for stimulating these challenging kitties to eat. Heating up their wet food in the microwave to body temperature or adding a small amount of tuna juice, chicken broth, or small amounts of baby food. If your pet has taste aversions, you also could try using new dishes each time or disposable dishes to reduce the chances of your cat smelling traces of an old food they might not like. A more social cat might need a little companionship to eat. Try sitting and petting your cat while they eat. Conversely, if your cat isn't social, try placing their food in a quiet area of the home where they feel comfortable and can eat in peace.

Cats are excellent at pretending everything is fine when it's not. If a cat suddenly stops eating, it's possible that he has been sick for a while, and the symptoms have now become so severe that he or she can no longer conceal their discomfort. This is especially problematic when a cat stops drinking water as well. Cats will typically hide when not feeling well so if you haven't noticed your cat up to its usually activity and schedule then its best to pay more concerted attention. A myriad of illnesses can initiate anorexia in cats. Common issues are chronic kidney disease, intestinal obstruction, severe anxiety, urinary infections, oral pain, cancer, and many others. In any case, timely medical attention is vital to diagnose the disease before further compounding issues are set in motion.

*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.*



## When you're expecting

by Diana Ozimek

Many people have concerns about introducing their dog to their new baby. There's plenty of prep that can be done to make the introduction go well.

If your dog doesn't have basic skills, here are a few things that will make your life easier once the baby arrives. Leash manners, being able to walk your dog and a stroller together

will be important. If your dog is used to daily walks you don't want to suddenly leave them out. Teaching your dog door manners will make getting in and out of the house with the stroller easy. Once your dog understands how to walk nicely on leash, start adding the stroller into your walks before the baby comes to get your dog used to the new object.

A place command will come in handy when you are doing something with the baby and you would like your dog out of the way, nursing, changing, tummy time... It's a great way to have your dog near you, watching all of the new things but providing structure so everyone is safe and relaxed.

Set up all of the new baby products as soon as you get them, high chairs, walkers, pack-n-play... Let your dog get used to all of the new things that comes with a baby. This gives your dog time to acclimate before baby comes home.

Once you have your baby, have someone bring an item from

the hospital that the baby has worn. Let the dog smell the item and explore the new scent. When you come home with the baby, your dog will be excited to see you. Have each person take a moment to greet your dog and if possible, have a friend take the dog for a walk or give it some type of exercise before you come home. Give your dog short, supervised opportunities to see and smell the new family member. Have the baby in their carrier on top of a table or something at a good height that your dog can sniff without being in the baby's face. As your pup is more relaxed about their new friend you will get into a regular routine.

*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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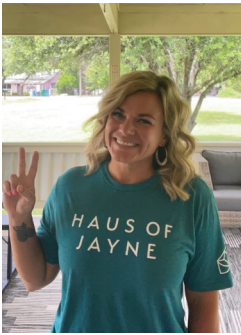
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## Self love for Valentine's

by Haley Hunt, RN



Since the day of hearts is upon us, we thought we would spread some love and offer a few ideas for you and your Valentine. Let's start with self-love. It has the power to heal you, empower you, restore you, and is the key to your mental, spiritual, and emotional health.

How can cannabis play a role in your journey? Let's begin with restora-

tion. Infused bath bombs are a wonderful option to allow yourself to pause, relax, and be mindful of the present. Follow it up with Quim Happy Clam Everyday oil which was formulated and designed to keep your quim happy, healthy, and moisturized! Ladies, this is a form of proactive lady part health. Moving on too night time unwinding and preparing our bodies for a night of restful sleep. We all recognize the importance of good quality sleep to keep our mind and body functioning properly, but sometimes life can throw curve balls and we are plagued with additional stress, insomnia, racing thoughts, and irritability (*shall I go on?*). This is where CBD or THC may be introduced via tincture (liquid form), ingestible (gummy, teas, beverages, chocolates), and smoking via flower or vape with cannabis derived terpenes to help calm the mind and body. These methods may also be used to reduce day-time stress and acute and chronic pain.

Nothing shows how much you care than a cannabis gift that can ease their aching sore muscles. We have multiple topical options

that not only help with localized pain, but joint stiffness, dry skin, and more. Remember, cannabis is gentle in its ability to open one to a sense of awakening on the path toward healing and enlightenment. Here at HOJ we strive to provide guidance and support as our clients undergo a process of discovering how to use cannabis as medicine in the safest, most effective ways for the common goal of symptom relief, improved healing, optimal health, and wellness.

"Your biggest commitment must always be to yourself."

– Bridgett Devoue

*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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## The 411 on chemical peels

by Karen Laine,  
Para-Medical Aesthetician



If you want more flawless, youthful skin with fewer fine lines and wrinkles, you're describing results you can get with chemical peels. Here's a more in-depth look at what they are, the results you can expect, and whether this skin care treatment is suitable for your complexion.

What is a chemical peel? This treatment breaks down the uppermost dead and dehydrated layers of skin to create a firmer, more youthful appearance with fewer wrinkles and a more even skin tone. There are a variety of chemical peel options, which is why you might have seen diverse chemical peel reviews saying different things about recovery time, maintenance, and overall results.

**Light chemical peel:** *Many people with minor skin issues choose a light chemical peel.* It improves texture, clarity and skin tone while reducing wrinkles. It's subtle at first, but with repeated treatments, the results are more apparent. No recovery period is necessary for light chemical peels, but it's best to protect this new, undamaged skin layer with sunblock to preserve the results.

**Medium chemical peel:** *After a single medium chemical peel, the skin is noticeably smoother and younger looking.* Patients might need a bit of time to heal after the procedure. It's wise to avoid sun exposure for several months after the peel so the color of skin doesn't change. Use a pigment suppressive home care product pre and post peel. The use of sunblock is highly recommended.

**Deep chemical peel:** *Extremely dramatic results occur with deep chemical peels, however, you can expect healing time to be necessary.* Your doctor might also recommend that you keep your face protected from the sun permanently to avoid changes in skin color. Again, pre and post peel treatment with a pigment suppressive home care product will be required in addition to mandatory sunblock use.

Before you schedule any type of chemical peel, your skin should be professionally evaluated and the skin care treatment customized according to your specific needs. The goal is to determine the chemical peel that will provide maximum results with minimal down time.

*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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# Well water storage systems

by Randy Lawrence



During times of drought, there is a great deal of concern with the possibility of wells going dry in the area. Many people are forced to take action when they no longer have a constant supply of water to their home. Some have to replace well pumps, only to find that the

old pump failed due to low water conditions. Others must drill new wells in order to access a larger supply of water. In most cases, these repairs are unexpected, and time-consuming. During severe drought, many well service companies are overwhelmed with calls, causing some families to endure days without a supply of fresh water. A water storage tank would be helpful to many of these homeowners.

The benefits of a properly installed storage tank are numerous. These tanks are normally installed near the well so that the well pump sends the water directly into the storage tank. This removes much of the back pressure from your well pump so that the workload on the pump is greatly reduced. The water can be sprayed into the top of the storage tank, eliminating odors which may be present. The water is then re-pressurized by an external pump which can maintain higher pressure, and is much less costly to repair or replace than a submersible pump. Protection systems are also available for both pumps to ensure longevity.

Even on existing storage tanks, an early warning system, such as a light or alarm, can be installed to activate when the water in

the tank drops to a certain level, indicating the need to check your well for problems. This buys you the time you need to contact a professional. Should you happen to run out of water before the well is operational, there are water delivery services which can bring you a supply of water to replenish your storage tank, thereby maintaining your day-to-day routine while you await repairs. For homes in remote areas, stored water is also a valuable asset for firefighters.

Now is an ideal time to consider adding a storage tank to your well. Then you will be prepared well before another Texas summer takes its toll on your well.

*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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## Prepare your well for freezing temperatures by Mason Stevens

Around this time last year, one of the strongest snowstorms and freezes ever hit the Texas Hill Country. As temperatures start to dip below freezing, there are several things you can do to help protect your well system against freezing.

If your wellhead is exposed, cover it with a tarp, trash can, decorative rock, or something similar that entirely covers the wellhead and piping. Using an extension cord, run a portable light and affix it under the cover. Use an incandescent bulb, not LED, that will generate heat. Remember to keep the fixture and bulb away from plastic, vegetation, and anything else that could catch fire and/or melt.

Insulation. If you see an exposed pipe, insulate it. Most piping is 1¼” to 2” in diameter. You can purchase pipe insulation and wrap at your local hardware store and from online retailers. Make sure you get the correct size and do your best to cover all exposed piping.

If your well system is in its own structure, you can place a heat lamp or space heater near the well equipment and piping. Take care not to get the lamp and/or heater too close to equipment as extreme heat could melt piping or cause a fire.

Preparedness is paramount but does not always ensure your well system, or other plumbing, will not freeze in extremely low

temperatures, long freeze durations, and blanket power outages. However, doing your best to insulate and prepare for low temperatures will mitigate the freeze blow to your well system equipment.

If you’ve got questions about your well or treatment system, feel free to give us a call, and we’ll do our best to steer you in the right direction. We offer free site consultations and water testing. Have a great February!

*Mason Stevens is the owner of Glass Well Service (GWS), a full-service water well provider serving Dripping Springs and surrounding areas for decades. From new wells to water treatment, we are your one stop shop for all things water related. Offices in Dripping Springs and Llano. Call us at 512 288 1963 or visit us: GlassWellService.com.*

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## Tree support: *Mitigating structural problems* by Steven Austin

Cabling and bracing are used to provide supplemental support to trees with branching defects. These practices have been used since the beginning of arboriculture. Bartlett Tree Experts developed much of the hardware and procedures that are still in use today.

A typical reason for bracing is to mitigate a growth pattern called a *co-dominant stem* or *leader*. When trees have multiple stems or leaders, they are not structurally attached to one another.

As they grow in diameter, included bark develops in the union between the stems and the stems can actually begin to oppose each other causing cracks and eventually failure, especially in severe weather. A steel bolt is placed through the stems to provide supplemental support within the stem junctions and to reduce movement during storms that will reduce the risk of failure.

Supplemental support cables are usually installed between branches in the upper crown to further reduce movement of the stems in a storm. This bracing rod is inspected as the tree grows and is adjusted as necessary. Cabling utilizes steel cables that are attached with eyebolts in the branches in the upper crown. The purpose of these cables is to limit the movement of the branches during high winds or ice/snow accumulation, which will reduce the risk of failure on the weak branch union. It’s best to prevent

branching defects with pruning when a tree is young. Pruning should still be conducted on mature trees and may eliminate some structural problems.

There are a variety of methods for placement of cables and bracing rods. An arborist should provide guidance on which to use on a particular tree. It usually depends on the property and what buildings, other trees, and wires are nearby. Winter is a great time of year to inspect the trees, as the foliage is not present on deciduous trees. This allows the arborist to see the structure more clearly and easily.

Cabling and bracing can mitigate structural problems and preserve a tree that otherwise might be removed. It could help prolong the life of a valuable specimen tree or a mature tree that you don’t want to lose. The decision to cable and brace or remove a damaged tree can be aided by your arborist’s professional inspection and explanation of installation procedures.

*A Wimberley resident, Steven Austin is a member of the Texas Chapter of the International Society of Arboriculture and is an ISA Board Certified Master Arborist and ISA Tree Worker/Climber Specialist. His expertise includes integrated pest management of trees and shrubs and state-of-the-art organic treatments. He holds a commercial pesticide license with the Texas Department of Agriculture and is Texas Oak Wilt Certified by the Texas Forest Service. Steven is an Arborist Representative for Bartlett Tree Experts. Call 512 392 1089 or toll-free at 800 443 8733.*



## Litigation: *Can I get a live witness?* by Roland Brown

Heading into a new year, I find myself in the same boat as many others who wonder how different, if at all, 2022 will be from the two previous years in which we have coped (or not) with a pandemic and its lingering elements.

My work as a trial lawyer is all about people. The virtual world we were forced into by the pandemic meant that my interaction with most people, my clients, prospective clients, opposing parties, other attorneys, judges, mediators and others, became largely virtual. I have long been an advocate for the use of technology in litigation, and the *Zoom world* has been a life raft allowing us to continue some of our work (although very few cases have been tried to juries using that format).

There is a lot to like about the virtual approach, but I am not ready to give up the element of in-person interaction. One reason is the frustrating experiences I have had with the technology. Even with capable users of technology, hearings, depositions, and mediations are affected by poor connections, dying cell phone batteries, weird virtual background effects, or the fact that it is easy for someone to just walk out of the conversation for whatever reason. Dogs and cats wander into the room and distract, or, for

those working from home, some family interruption may occur. The problem is exacerbated when the person either doesn't care enough to be in a good location with proper gear, or simply doesn't know how to use the technology. One recent deposition I took via Zoom left me almost dizzy as the deponent sat in his car with a cell phone in hand. The background was constantly shifting from his face to the view out various car windows, and even to his rear-view mirror. Well, you get the picture. More significantly though is my desire to interact in person. The ability to secure accurate testimony and to observe a person's mannerisms or their ability to withstand the pressure of a courtroom is often lost in the world of virtual depositions and mediations. A judge recently agreed with me and denied the other side's motion to present their client for deposition virtually. We are getting back to in person hearings and some jury trials. I hope this new year sees that continue.

*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 miss the boat? by Steve Mallett

The idiom *missed the boat* probably originated in the early 1900's when soldiers were traveling to battle in large ships during World War I. *Missing the boat* meant that the soldier has missed his spot on the ship. Probably trying to get one last kiss from his girlfriend. These days missed the boat means you arrived at something too late or your

lack of action has caused you to miss something important. It's like getting to the party just as the host kicks out the last guest.

Do you think you missed the real estate boom? By all accounts that ship is still at the dock and you can board at anytime. Most local economists expect to see our real estate values rise anywhere from 5 to 20% in 2022. Austin is poised to continue being a stand out in growth as companies and jobs flow into the area. There are still great opportunities out there for you to buy a property while interest rates are low and prices have lots of room for growth.

Ever heard of the term *hedge on inflation*? That is an investment that grows as prices rise. Real estate is a hedge on inflation. At 5% inflation the cash you are sitting on is losing value at 5% per year. The \$20,000 you have in your emergency account has \$19,000 of buying power at the end of the year. It's like throwing \$2.75 out your car window everyday as you sit in traffic on 290. Real estate on the other hand tends to rise in value in periods of inflation. If you buy a \$300,000 rental home and the value goes up by 5% next year you have made \$15,000 on your investment. Imagine a 20%

increase in values! You would make \$60,000 on your investment and the tenant has paid your mortgage. That is a serious hedge.

Your first call, when considering an investment property, should be to a *local* mortgage lender. Find out how much money you need to have in the bank to qualify and what interest rates will be for the loan. A lender, you have a relationship with, is going to spend time with you explaining the programs and options that work best for you. An online lender is only going to show you the programs that benefit them (highest profit) the most. Your second call should be to a local real estate agent that understands your situation, goals, and can guide you to a profitable purchase. It's not hard to buy something when you decide to do it. Make a goal, come up with a plan, and then make it happen. Your finances will improve the second you close on your first investment property.

*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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## Financial advisors can help reduce anxiety

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



*Don McGraw*

The long-running coronavirus pandemic has fueled a lot of anxieties including financial ones. But some people have had far fewer worries than others. Consider this – among those investors who work with a financial advisor, 84% said that doing so gave them a greater sense of comfort about their finances during the pandemic, according to a survey from Age Wave and Edward Jones.

Of course, many people experience investment-related fears even without a global health crisis, and that's probably not surprising, given the periodic volatility of the financial markets. Financial guidance can come in handy during relatively normal times, too.

A financial professional can help you...

... Look past the headlines. Inflation, interest rates, pandemics, elections – there's always something in the news that could affect the investment world in the short term. But by helping you construct a portfolio that's built for the long-term and reflects your goals, risk tolerance, and time horizon.

... Avoid emotional decisions. Many people let their emotions drive their investment choices. When the market goes through a downturn and the value of their investments drops, they sell to *cut losses*, even though these same investments may still have good

business fundamentals and promising futures. Conversely, when the market is on an uptick, some people chase after *hot* investments, even when they become overpriced and may have very little room to grow. But a financial advisor can help keep you from making these fear and greed-based actions by only recommending moves that make sense for your situation.

... Work toward multiple goals. At various times in your life, you may have simultaneous financial goals. For example, you could be investing for a retirement that's decades away, while also trying to save for a child's college education. A financial professional can suggest ways you can keep working toward both objectives – how much money you can afford to invest and what types of savings and investment vehicles you should consider.

... Prepare for the unexpected. Most of us did not need a pandemic to remind us that unexpected events can happen in our lives – some of these events can have serious financial impacts on us and our loved ones. Do you have adequate life insurance? Disability insurance? And if you ever needed some type of long-term care, such as an extended stay in a nursing home, how would you pay for it? A financial advisor can evaluate your protection needs and recommend appropriate solutions within your financial strategy.

*Don McGraw, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-858-2850. Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice.*

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## Address landscape problems now

by Lindley Pond



As I'm writing this, we've had all sorts of crazy weather. From warmer than normal temps to high wind and fire alerts, to a ton of rain. Kind of throws a kink in the works when you start to think about landscaping!

With all the diversity it does give us a chance to see what, if any, problems we have that might need to be addressed before we get to the fun part.

Let's start with the high wind and fire alerts. Now is a good time to tackle creating a firebreak around your place. It's a lot of work yet the results are not only pleasing to look at but also give us some reassurance that if a fire does start, it won't come close to our homes. Removing piles of dead brush and cedar trees that are close to structures would be first. Next, by excavating a twenty foot area of native grasses around your structures, you can ensure that a fire would stop before it got close. Even piles of leaves can fuel a fire. Sometimes being cautious is the way to go.

Second would be the issue of water. Was there any flooding, undermining, or standing water? There are so many options to helping that water move along and find a suitable place to end up. These options can also be incorporated into your final plan so as not to look just functional but be a point of interest. Berms and swales can divert the water, which can be caught in a dry creek area with a gentle slope below ground to move the water. There are so many different choices when it comes to river rock colors, textures, and sizes. Throwing in either a limestone boulder or two for a native look or dressing it up with a lichen-covered moss rock boulder can add to any project. Creating pockets with the boulders for plantings can give the creek an added beauty and naturalness.

If rain coming off your roof is more than your gutters can handle, rain chains can diffuse the water and make for another neat thing to look at as the water falls into the dry creek. Make sure if there are beds at your drip line that plants are in front of that landing spot.

After all the functional issues are taken care of, the fun can begin. It'll be interesting to see what the next few months of winter hold for us. In the meantime, stay warm and dry.

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](mailto:lindleypond171@gmail.com).

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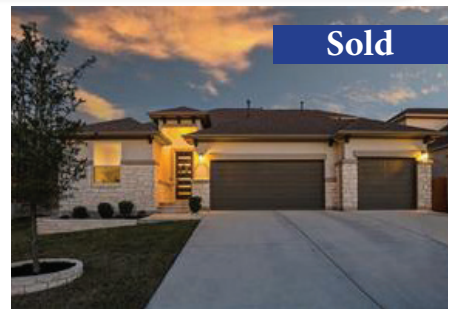
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