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OUTLOOK

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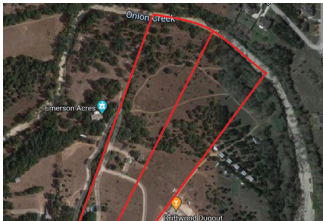
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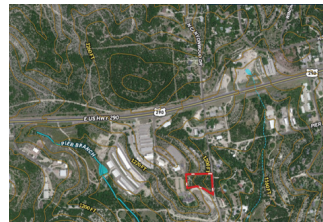
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Spring Awakening

“When I let go of what I am, I become what I might be.” – Lao Tzu

What better captures our inherent processes of renewal and reinvention than the springtime? Coming forth from the cold and darkness, new life breaks out — oftentimes with more grace of ease than anything you’ve ever seen. The foods that nourish, trees that surround and shade, and flowers that enchant us all take the time to reinvent themselves.

Moving further into the new year, March is such a fresh time – bright with energy and potential. The pleasant slice of mellow weather that follows on the heels of February allows us space to move and create. By this time, New Years resolutions have either taken root or have fallen away. Whatever is lacking – there is still plenty of time to reinvent ourselves or begin a project or take steps to achieve our goals.

Nature’s innate tendency to lean into the sun and evolve to be able to thrive under whatever circumstances come our way is a foundation we ourselves can thrive upon. And it would seem that our stories aren’t pre-written; we can be transplanted by the wind, grow deep roots, change color, multiply, and reach for the sky.

Thank you for joining us this month. I hope within this issue you find a bounty of resources to help you grow, reinvent, recharge, or redirect.

“Life isn’t about finding yourself. Life is about creating yourself.” – George Bernard Shaw

Warmly,



We dedicate this issue to the memory of Lindley Pond. A long time contributor and bright light in the community. She will be missed.



Dripping Springs Outlook

publisher

Victoria Belue Schaefer

editor, creative director

Cyle Elizabeth Johnson

ad design, associate publisher

Joey Johnson

cover photograph

Joey Johnson

contact

512 375 5590

Info@DSOutlook.com

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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
- Every Sun. 12:30pm. Christ-centered anxiety/depression Hope Group Zoom Meeting. Contact Marsha Young at 512 738 5109.
- Every Mon. 12pm, DS Rotary Club meets at Flores, 2440 E Hwy 290 W. For more information visit DrippingSpringsRotary.org.
- Every Mon. 9am All Abilities Chair Exercise, Dripping Springs Community Library, 501 Sportsplex DR, 512 858 7825 or DSCL.org for info. No exercise on library holidays.
- Every Mon. 6pm Nar Anon Family Group at Friendship Creekside Fellowship 14455 Fm 1826. Nar Anon is a 12-step program for family and friends of drug addicts. We share our experience, strength and hope.
- Every 1st Mon. DS Ag Boosters meet in Ag Building behind DS Middle School at 7pm. Visit DSAgBoosters.org for updates.
- Every 1st & 3rd Mon. 6:30pm, Lions Club meets at Dripping Springs Ranch Park located at 1042 Ranch Road 12. Across from the DS Elementary School. For information call Sharon Goss at 512-923-8630 or email dslionsclub@gmail.com.
- Every 2nd Mon. G.O.D.S. Moms. Free Childcare. Contact Joanne Thomas at 512 894 0581 for more details.
- Every 2nd Mon. Dripping Springs 4-H Club meets at 6:30pm at the Ag Booster Building (located behind DS middle school).
- Every 3rd Mon. Eastern Star meets at Rambo Lodge at 7:30pm. Call Kathy Clark for more info, 512 858 7004.
- Every 3rd Mon. 7pm. Hill Country Centering Prayer Community meets at a local residence. Call Myra at 512 496 1531 or Sharon at 512 413 3248.
- Every Tues. 6:30pm Toastmasters of Dripping Springs meet at Pioneer Bank, 100 Creek Rd. Visitors welcome. For more info visit DSToastmasters.com.
- Every Tues. 5:30pm Al Anon meeting is being held at the Dripping Springs Presbyterian Church, 26650 Ranch Road 12. It is a general discussion meeting. Childcare provided.
- Every 2nd Tues. Bluebonnet Auxiliary meets at 2pm at Hill Country Care Nursing and Rehab Center, 1505 W. 290. Call Janice Ruyle, 512 264 2538 for more information. Volunteers needed. The Bluebonnet Aux provides entertainment and special events for the residents of HCC.
- Every 2nd, 3rd and 4th Tues. 7pm, DS Boy Scout Troop 101 meets at the DS United Methodist Church. Call Tim Short at 512 743 2537.
- Every 4th Tue. Artists Alliance of the Hill Country meet alternating between The Barn on 4000 Bell Springs Road in Dripping Springs and Artists studios. Visit ArtistsAllianceHC.com.
- Every Wed.-Sat. Noon-3pm, Dr. Pound Pioneer Farmstead and Museum is open for tours. Call 512 858 2030.
- Every Wed. Farmer's market at the Triangle, 3-6pm. For more info contact CityofDrippingSprings.com or 512 858 4725.
- Every Wed. at 8:30am. The Hill Country Christian Business Networking Alliance meets at El Rey. 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
- Every 1st Thur. 7pm Vince F. Taylor American Legion Post 290 of Dripping Springs invites all eligible veterans to 101 Old Fitzhugh Rd. For information call 512 858 5637.
- Every 1st Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, DSCL.org, 512 858 7825. Newcomers welcome. Email AdultServices@dscl.org for details.
- Every 1st Thur. Apr.-Dec. *First Thursday Dripping Springs*, merchants extend their hours until later in the evening and have a variety of specials which might include one-day sales, special activities, food, music, and art. For more info visit FirstThursdayDrippingSprings.org.
- Every 3rd Thur. 7pm, DS VFW Post 2933 invites all eligible veterans with foreign service to 101 Old Fitzhugh Rd. Call 858 5637.
- Every 3rd Thur. 7pm, Family Support Group for family members, parents, adult children, and partners of individuals living with a mental health condition. Meets at St. Martin de Porres Catholic Church, Room 1. Contact info@namicentraltx.org for more information.
- Every 4th Thur. 6:30-8:30pm, Photographers of Dripping Springs (PODS) meets at the Sententia Vera-Cultural Hub, 4002 E. Hwy 290. Visit PhotographersofDS.us or on Facebook.
- Every 2nd Fri. Mothers of Preschoolers (MOPS) group meets at 9am at the Episcopal Church of the Holy Spirit (301 Hays Country Acres at Hwy 290W). Childcare available. For information call 512 858 4924 or email DrippingSpringsMOPS@gmail.com.
- Every 1st Sat. On or after the full moon, 7:30pm, Rambo Masonic Lodge 426 meets. Dinner at 6:30pm. Call 512 858 7177.
- Tues. March 1, Mardi Gras
- Wed. March 2, Ash Wednesday
- Tues. March 8, International Women's Day
- Sun. March 20, Spring begins

Contact the Outlook at Info@DSOutlook.com or 512 375 5590.

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Got allergies? We have solutions!

by Kitty Woo Ham, APRN, FNP-C, RYT

Allergies are a part of Central Texas as much as the longhorns and barbecue. Have you noticed sneezing, runny nose, itchy eyes, sore throat, and cough when the season changes, especially right now that we are moving into the spring season? Ever wonder if you are starting to develop allergy issues due to cedar, mold,

ragweed which may be causing foggy headedness, fatigue, or digestion issues?

Finding out whether you are allergic can be done with a simple test called a Prick Test. No need for the traditional allergy skin testing with multiple needle injections. A Prick Test is a plastic applicator with 10 pricks per set. The pricks feel prickly like an exfoliator. The pricks contain allergens which are applied on the surface of the skin instead of injected. This allows for minimally invasive testing. Once the allergens are applied, nothing stays on the skin other than the allergen. After 10-20 minutes, the testing sites are measured. Any reaction indicates a positive allergy irritation. Once allergies are determined, treatment can be formulated.

Treatment for allergies include taking medications daily with antihistamines and nasal sprays. The other treatment option is to teach your body to become immune to the allergies you react to, eventually not needing medications for allergy management. Immunizing your body from allergies can be done with allergy shots

or allergy drops.

Allergy drops are easy, safe, and convenient to use daily at home. Initiation of treatment is done in the pharmacy to provide demonstration and to ensure no reaction occurs. The treatment course takes about 3-5 years and then you are immunized. Allergy shots treatment course is twice as long as drops, taking about 10 years. Allergy drops are not covered by insurance but we make the treatment affordable and convenient at Dripping Springs Pharmacy. Go to MartinsWellness.com for more information and to schedule allergy testing!

Kitty works with Martin's Wellness Pharmacy doing allergy testing and treatments. She is a Post Masters Family Nurse Practitioner graduate of the University of Texas – Austin.



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What do you know about branched chain amino acids (BCAA's)?

by Breca Tracy, PhD



Let's take it back a few years to those school days! Do you remember learning about amino acids? Well, quick recap: amino acids are the building blocks of protein. There are 20 different amino acids, and nine of them are considered essential. This just means they have to be acquired from your diet because your body doesn't make them. Of the nine essential amino acids, three are branched-chain amino acids; Leucine, Isoleucine, and Valine. You may be wondering why this is relevant. Well, guess what? After popular demand, REGENERATE is pleased to now offer a blend of branched chain amino acids + Arginine just for you!

You may be asking why on Earth you would need this BCAA + Arginine blend. Well, here we go! The benefits for BCAA's are increased muscle growth, decreased muscle soreness, reduced fatigue, prevent muscle wasting, benefits people with liver disease, helps regulate glucose, aids in hemoglobin formation, stimulates the immune system, supports growth hormone production, decreases muscle fatigue, promotes weight loss, supports muscle metabolism and recovery, aids in tendon healing, and supports macronutrient metabolism.

Whoa, right? REGENERATE's BCAA + Arginine blend can help assist the body with a number of important functions. This blend can be administered via an IV drip or push, or as an intramuscular shot. We encourage you to check us out at REGENERATE to see what all we are up to. You can visit us on our website NaturalHealingTX.com or on social media @naturalhealingtx. We love to educate our community, hence these articles!

If you are ready for a boost to help you hit your new year's goals, give us a call. Our array of experts can help you with your vitamin, aesthetic, intimate wellness and rejuvenation, and joint pain needs.

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



Exosomes

by Rocco C. Piazza, M.D

We are excited to talk about the topic of nanotechnology which is the branch of technology that deals with dimensions and tolerances of less than 100 nanometers, especially the manipulation of individual atoms and molecules. *Exosomes*, also called extracellular vesicles, is this very technology and is used to exponentially improve your treatment outcomes.

Simply put, they are bi-layer lipid membraned acellular (non-DNA) messengers of cells that communicate information like mRNA, miRNA, growth factors, cytokines, peptides, etc. For regenerative purposes, exosomes from stem cells (specifically mesenchymal or MSC's) can communicate healing *blueprints* to damaged cells in all organ systems. When applied topically in aesthetics we see reduced inflammation, improvements in discoloration, 300% increase in elastin production, 180% fibroblast activity, and a significant improvement in the appearance of hair density, color, and health when applied to the scalp.

This regenerative nanotechnology has 100 times more growth factor than traditional PRP therapy and is designed to reduce your downtime by 50%, while further enhancing the results of your treatment. The exosomes we use are derived from acellular (not living, with no DNA) human tissue and processed in a \$100 million university lab sponsored by the NIH. Key takeaways include:

- Non-surgical/non-invasive/pain-free

- No downtime
- No blood draw/no needles
- Non-inflammatory healing
- 100 times more growth factors than PRP
- All skin types and pigments
- Consistent results
- Quick, easy, fast protocols
- 1 treatment equivalent to 4-6 PRP

What can be treated?

- Application immediately after laser resurfacing
- Hard to treat melasma and unwanted hyperpigmentation
- Tear trough deformity (under eye bags)
- Profound RF dermal microneedling for skin tightening
- Profound RF cellulite microneedling
- Microneedling with Growth Factors

You can learn more about Dr. Sharma of UCLA (lab director for Exovex) and the topic of exosomes on the TedTalk stage. Dr. Sharma has a \$100 million lab sponsored by the NIH and is the location of all of our manufacturing and processing. The cost is \$300 to add to any skin/laser treatment and \$350 to add on to a filler 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.



When the dreams keep us up at night

by Leslie Tourish, LPC

Dreams can be excellent snapshots of what we're wrestling with during our waking hours. Of course, not every dream is prophetic. Some may just be white noise our brains are processing. In therapy my clients sometimes bring up their dreams and try to suss out the meanings

behind them. With the stressors from the past two years, I've noticed a significant uptick in people talking about the vividness of their dreams. It can be a literal wake-up call to be startled from a disturbing dream, and think, *thank heavens that wasn't real*.

There are a variety of classic bad dreams, such as hurrying late to a class where the final is being given and you can't find the classroom. Then you realize you haven't even attended a lecture all semester. Or you're walking down the street naked as jay bird, and it slowly dawns on you that you're naked as jay bird. So you wonder if you act cool, will everyone else passing you on the sidewalk also be cool with your breezy bod? I had a bad dream recently where I was asked to guide a museum tour in New York City for a group of experts at an Italian art exhibit, but I didn't know a thing about the mural-sized paintings covering the expansive walls. Was that a Titian to my right? Maybe. Could just as well be a Michelangelo. Who knew? I sure as heck didn't, and I began to panic. As the experts filed into the room and surrounded me with their faces expectant for some serious knowledge to be laid down, I was

handed a guide book. Relieved, I opened it, but the text was all in Latin. I don't read Latin, not even in my dreams. I desperately swam to consciousness, thankful to find myself back in bed, safely in Texas. Even in my befuddled state, I figured out that this was my mind wrestling with imposter syndrome. But, still... *What gives?*

If there is uncertainty, our minds can become hypervigilant to what we perceive as dangerous. Worry is a way for us to stay focused and so we might better handle the problem. However, so many things can't simply be *handled* in the moment because they're too complicated due to shifting moving parts or the time line extends beyond solving an issue in the here-and-now. So ancient parts of our brains continue to crank out the worry lest we become inattentive and forget the problem, allowing danger to overcome us. The rub is, though, our only true power is what we can do or think in the present moment. To focus on possible, negative outcomes robs us our vitality and focus. And have you noticed how the vast majority of the things you worry about don't come true? Or say what you dreaded has landed on your doorstep? Looking back, did you amaze yourself in how you rose to the occasion?

Our trauma can so often be self-induced, a product of our powerful imaginations. Seneca, the Roman philosopher, sums it up best: "There is nothing so certain in our fears that's not yet more certain in the fact that most of what we dread comes to nothing."

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



Same-day crowns and bridges

by Ron S. White, DDS

No more messy impressions, both-ersome temporaries or second appointments! One of the most cutting edge advances is the inclusion of the CAD/CAM (also known as same-day dentistry) technology in dentistry.

The CAD in this technology stands for *computer-assisted design* and the CAM for *computer-assisted manufacture*. Together, they translate into fewer dental visits to complete procedures such as crowns, veneers, and fillings.

For instance, traditionally when a patient needs a crown, a dentist must make a mold of the tooth and fashion a temporary crown, then wait weeks for the dental laboratory to make a permanent one. With CAD/CAM systems, instead of using traditionally inconvenient and messy impression materials, dentists can obtain clean, fast digital impressions in a few minutes using a laser scanner in the mouth. This laser scanning technology is not only extremely precise when *capturing* all of the details of a patient's smile, but is also as safe as the check-out scanner at a grocery store. But, best of all, there is no messy, distasteful impressions and no temporaries!

Then, while the patient watches, a dental professional custom designs a crown, veneer, or filling using the chair-side, computer-based design center. The design is then sent through a wireless network to the in-office milling unit where the patient's crown, veneer, or filling is made. Shortly thereafter, it's permanently seated

in his or her mouth the same day!

Benefits of same day dentistry:

1. No more messy impressions
2. No more temporaries
3. No more waiting for your permanent crown

Patients can be in and out of the dental office with their permanent, natural-looking, and metal-free restorations in a single visit. Same day dentistry is perfect for situations like chipped, worn, or cracked teeth; teeth that are discolored or have gaps and spaces between them; teeth that have decay and/or old, worn fillings.

These are exciting times – the same innovations that are revolutionizing business and technology are being clinically proven to enhance the precision and longevity of modern dental treatment options. Also, such technologies are making today's modern dentistry more convenient, less time consuming, and more patient-friendly.

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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What is collagen and why is it important in skin care? *Part one*

by Karen Laine, Para-Medical Aesthetician



Collagen is the most abundant protein in our bodies, making up 75% of our skin. It supports the appearance of smooth, youthful skin and provides structure and strength for our bones, muscles and tendons. It's essentially the *glue* that helps hold our bodies together. Our body naturally produces the collagen it needs but production gradually begins to slow as we age. Women produce less collagen than men and this

collagen is lost at a rate of about 1% per year. This means that a woman has naturally lost almost half of the collagen from her skin by the age of 50!

Collagen is also greatly affected by environmental stresses such as sun exposure, nutrition, skin damage and exposure to toxins such as pollutants, cigarette smoke and recreational drugs. With decreased collagen, the skin loses its natural elasticity and firmness. This is when fine lines, wrinkles and sagging appear. Maintaining the amount of collagen is the key to beautiful skin.

Increasing collagen levels can firm your skin, increase smoothness and help your skin cells renew and repair normally. Not only will your skin (full body!) benefit from collagen's strengthening powers but your hair, nails and teeth will also thank you for the extra TLC. The protein in collagen works as a building block, keeping them strong and healthy. With collagen loss, we also experience stiffness in our tendons and ligaments and swollen joints. Ingesting

collagen is the equivalent of greasing a creaky door hinge. Collagen will help your joints move more easily and reduce pain.

Supplementing collagen for your skin is best achieved in a specific form called *hydrolyzed collagen*, comprised of small amino acids, also referred to as *collagen peptides*. Unlike the gelatin form of collagen in Jello, collagen peptides are absorbed quickly by the body and stimulate the body's own natural collagen production. In clinical studies, this bio-available form of collagen has been shown to significantly reduce wrinkle volume, increase elasticity and skin hydration levels. Due to the absorption ability of hydrolyzed collagen, significant increases in fibroblasts leading to increased density of the skin. Hydrolyzed collagen is the secret to youthful skin.

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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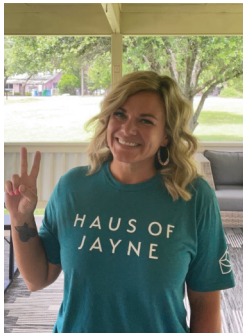
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Looking forward to the next 10!*

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My why

by Haley Hunt, RN



Recently I was asked my *why* for forming and creating Haus of Jayne. Although the answer is not a simplistic one, it is a true and honest account into the medicinal aspects of this plant. I was plagued with restless leg syndrome and insomnia and truly struggled not to take an Advil nightly to prevent the pain with restless syndrome. I was familiar with cannabis – recreationally – but I had yet to dive into the world of the endocannabinoid system, various cannabinoids, and the role they play in maintaining homeostasis in our bodies. Like most people just starting off with CBD, I started low and slow and eventually found my *sweet spot* – the serving size that worked best to help with my symptoms that inevitably came with restless leg, restless thoughts, and trouble sleeping. It truly changed my life.

This life changing event cascaded into an amazing adventure of healing and learning. My eyes began to open to the true healing power of this plant, and also the frustration of what the legality ramifications have on the people. You see, my mother passed away from early Alzheimer's in 2016. I saw this vibrant young woman slowly lose her daily functioning and so much more. It was an extremely difficult journey for her, our family, and her caretakers. She was given so many different medications and all they really did was add more side effects and decrease her quality of life.

Looking back, I regret not being able to fight for her in a different way. Would cannabis have saved her life and cured this dis-

ease? Unfortunately, no. But could it have improved her quality of life and possibly brought some calming joy to her soul? I believe so. That is my *why*. It's my life's work to educate the public about cannabis. Casting out misconceptions and fear, I strive to share ground breaking research on the medical promise of this misunderstood plant and continue to advocate for its legalization.

"Cannabis is the single most versatile herbal remedy, and the most useful plan on Earth. No other single plant contains as wide a range of medically active herbal constituents." – Dr. Ethan Russo

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.



HAUS OF JAYNE

(512) 648-7420
hello@hausofjayne.com
766 Old Fitzhugh Rd, Dripping Springs, TX 78620

Senior and adult students

by Sarah Geenberg



As you may know, we have many adult and senior students in our karate, yoga, and Tai Chi classes. I love the fact that we teach these styles in such a way that does not abuse the body. Seniors and adults simply cannot get away with that.

But really, no matter your age, it is good to create a solid foundation of respect for body and mind.

I love our senior and adult karate class. But watch out. These people are experienced! If not in karate, they definitely have life lessons that they apply. And they have patience. They love to really study what they are learning and dig into the philosophy behind it. Because of this, they are the most likely to get the whole martial arts experience. They get that self-defense is going to look different depending on body and personality type, and they are okay with being themselves around that. This applies to students who are parents, too. I love watching them regain the ability to balance and from there their confidence grows.

I like being in a senior yoga class, because I know that the instructor is not going to do something that is not functionally okay for my body. We really prep the body in our classes instead of throwing it into something it may not be able to handle. We start easy and slowly go deep. The students learn their level and how deep to go. They are instructed to respect their body and ignore

their ego. And our instructors avoid the positions that are generally not comfortable for most. We start with total beginner classes and have people who have been doing yoga for a very long time. It is great to see the health and vitality!

I have heard from senior students in all disciplines that they dislike seeing their friends deteriorate while they are not. They wish their friends would get up and try. They also say that by trying, they find that they are able to do more than they ever thought possible.

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

Wimberley Karate and Yoga Studio



Sarah Geenberg
(512) 971-8528

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Digital eye strain and the effect of blue light on your eye health

by Dr. Bryan Marshall



In today's world, extended periods of computer or tablet work are common place. The average person spends more than 10 hours a day on a computer or mobile screen. *Wow!* But is it really damaging to your eyes? New studies show the answer is *yes*.

First, we need to consider the accommodative demand on the eyes.

That is to discuss what happens to the eyes when asked to focus on something at arms length for extended periods of time. The muscle in the eye has to flex to pull the lens into shape, and like other muscles, it can get fatigued. For this, I always recommend taking breaks and looking up for one minute every fifteen minutes. This gives the lens and muscle time to recover.

The next area of concern is centered around blue light. Blue light is part of the visible spectrum that makes up white light which is emitted from the sun. It is the higher energy portion of the spectrum right next to ultra-violet light. This wavelength causes digital eye strain and can cause oxidative damage and early retinal degeneration that is non-reversible. The highest emitters of blue light are the sun, LED lights, flat screen LED TVs, computer monitors, smart phones and tablets. An NEI-funded study showed that children's eyes absorb more blue light than adults from digital device screens.

How do we protect against it? Limit screen time, use special filters to absorb blue light and get computer glasses from your optometrist with anti-reflective coatings. At your next appointment, ask your doctor about your options to limit accommodative stress and block these damaging light waves.

Here at Capital Eye we will listen to you and develop a good strategy for regaining good comfortable near vision that fits your lifestyle and specific needs. Dr. Bryan Marshall is the owner/optometrist of Capital Eye Vision Care and Optical. He is married and has two young children and lives in Austin Texas. If not in the office, you can find him outside either camping, hiking or on his bicycle at a local race.



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Enriching Drip' through theatre

by Meg Steiner

There's a theory that leaders of the past were identified by their brawn, leaders of the present are identified by their brains, and leaders of the future will be identified by their hearts. After two years of living through a global pandemic, we are collectively navigating a rebuilding process that will allow us to thrive economically, holistically, and societally after the significant impact Covid had – and continues to have – on our lives.

As a middle school teacher and mother, I have an up close and personal understanding of how this chapter in our history has affected our children. Childhood anxiety and depression is at an all time high. This is not because kids are more sensitive or coddled than ever before. It is because societal values and culture do not support their mental health, and because of the ways technology is often used to numb and distract. Instant gratification and constant stimulation have left many of our children with a deficit in creativity and focus. Social media has contributed to low self esteem and toxic comparison. Throw in the stress of a threat to survival mixed with social isolation, and we've got a recipe for trouble with a capital T. That's where the healing powers of the arts come in.

Through enrichment in the arts, kids are afforded opportunities to find refuge, see the world through the lens of someone else, and develop confidence. Performing arts connect us to each other, offer catharsis, and soothe our spirits. Back in 2014, I met my friend and

business partner, Norah Martin, through our shared love of theatre arts. She was a left-brained business woman/costume designer, and I was a right-brained young, scrappy, and hungry teacher/actress. We worked together on several productions and recognized a shared vision for building a community theater in Dripping Springs. To bring the vision to life, we started a non-profit organization called Meteor Theatre. Through Meteor Theatre we produced summer camps that allowed us to build a nest egg and network with other members of the community who recognized the importance of making performing arts more accessible in Dripping Springs. Now we are continuing the process of bringing quality theatre to Drip' by opening a performing arts school we've named On Stage Ready. We hope to create an encouraging space for all people within its walls to explore and develop their talents and creativity. Our mission is to offer experiences that feed the soul, connect our students to each other and their humanity, and inspire heart-led leadership. We are thrilled to begin and hope you will join us for the amazing journey to a Dripping Springs community theatre. Please stop by our open house Saturday, March 5, 10am to 2pm at On Stage Ready, 3998-A Highway 290, Dripping Springs. *Meg Steiner, Creative Director of On Stage Ready. On Stage Ready is a new performing arts school in Dripping Springs. We provide vocal, acting, and dance lessons in individual and group settings and school break camps. To contact On Stage Ready, please visit OnStageReady.com. To contact Meteor Theatre, Dripping Springs' Community Theatre, please visit MeteorTheatre.org.*



Do you hear thunder?

by Trevor Detling

Thunder Drums performance group is here in Dripping Springs! Thunder Drums is a modern, unique, and innovative percussion ensemble seeking new members. The Thunder Drums difference is that all drummers play on all the different instruments in the ensemble. That's right... Every drummer plays on

every type of drum, shifting and changing instruments from song to song. The dedicated music pieces segue in and out, inspiring flow and movement in the drummers, sound, and the audience reaction. Thunder Drums gives the audience an audio/visual experience that is exciting, energetic, and memorable. The performers learn how to be a strong and dependable part of the group but also have opportunities to shine as soloists. Many of the music selections focus on one instrument group or spotlight a single player for a few measures.

Experience or an instrument isn't necessary to become a part of the Thunder Drums! Interested performers will be grouped by age (age eight to adult) and ability. Drums will be provided. Individual drum lessons are available for any skill level (and for those interested in traditional drumming as well).

I'm excited to have the opportunity to direct Thunder Drums in Dripping Springs. I have been a percussion teacher and performer in and around the Austin area and globally for 28 years. I have composed and published seven books expressly for Thunder

Drums percussion. The Thunder Drums music covers a wide range of genres and styles including, but not limited to: rock, funk, Latin, African, hip-hop, traditional, as well as avant-garde. These create an eclectic blend of styles that are the ingredients in the infectious rhythmic stylings of Thunder Drums.

The Thunder Drums performance group begins March 29. Please visit our website at OnStageReady.com to register, or stop by our open house on Saturday, March 5 from 10am to 2pm at On Stage Ready, 3998-A Highway 290, Dripping Springs.

Trevor Detling, Drum Instructor at On Stage Ready. On Stage Ready is a new performing arts school in Dripping Springs. We provide vocal, acting, and dance lessons in individual and group settings and school break camps. To contact On Stage Ready, please visit OnStageReady.com. To contact Meteor Theatre, Dripping Springs' Community Theatre, please visit MeteorTheatre.org.



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Simplicity is not too much to ask by Randy Lawrence

Depending upon the quality of your water supply, water treatment systems can range in size from compact units designed to be tucked away in a small closet to multiple pieces of equipment requiring a large area. Often a system will have been modified over time with

plumbing repairs and the addition or replacement of equipment. In many cases, these modifications are done in a way which makes the installer's job as easy as possible. Simply connecting a brand new softener to an existing maze of old pipe or running unsupported pipes at odd angles to connect a new piece of equipment are examples of shortcuts which demonstrate a lack of concern for the finished product. The result is a pieced together system which makes access for service difficult, and typically takes up far more space than necessary.

While the operation of the equipment and the product water quality are the most pressing concerns, it is almost as important that the system be simple and streamlined to eliminate problems when the need arises for maintenance or service. When discussing the work to be performed, you should address any concerns you may have about the current system and clarify the scope of work to be done. If a piece of equipment is to be replaced, ask how the new connections will be made. Also, be sure to ask what will happen to the old unit. Many times, the equipment will be simply left in the immediate area for the homeowner to dispose of. Obviously, it

affects the equipment dealer's bottom line to perform work beyond a simple *cut and paste* installation, but it's reasonable to expect your water system to be carefully planned and installed in a user-friendly and space efficient manner.

It usually takes a little more time, and a few additional fittings, but when the technician puts forth the extra effort to simplify the system, it can make a world of difference. If you're concerned about the treatment equipment you currently have, a trained and licensed professional can suggest ways to improve the layout, performance and overall efficiency of your system.

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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Planting new trees: *Timing and technique* by Steven Austin

You may already know that fall and winter are great times to plant trees in Texas. But you might not realize that what your tree looks like out of the pot and how it's planted can make all the difference in its survival. The following steps will increase your tree's chances of thriving.

Inspect the root system. Roots may have circled their pots during the growing process, and these can girdle and eventually kill the tree. Loosen and spread out the roots. If some circling roots have become woody, they may need to be cut (not torn).

Locate the root flare, the place where roots begin to spread at the stem base. If too much soil was added to the growing pot at the nursery, roots may have grown up over the root flare, and the root flare should not be buried.

Dig a hole three to five times the diameter of the root ball and not too deep. A narrow hole encourages root circling and inhibits good establishment. Since roots begin establishment within the top foot of soil, planting too deep will deprive roots of adequate oxygen. Positioning the root flare slightly above the soil line will encourage better root health.

Apply a two to four-inch layer of wood-chip mulch to the drip line away from the trunk. This will help moderate temperatures, retain moisture, improve soil quality, and discourage lawnmower

and weed-whacker damage of the trunk and surface roots. Do not build the mulch around the stem *volcano* fashion.

Stake trees only if necessary. Trees need movement to develop girth, taper, and healthy roots. Find a description for proper staking and other great tips on tree care at TreesAreGood.org.

Monitor moisture needs. Moisture deprivation is a common reason for young-tree death. A generous watering delivered quickly won't have time to saturate the root ball. A slow watering with a soaker hose (or similar method) will ensure more effective moisture delivery. Avoid the urge to over water.

Following these steps and planting now will give your tree a head start as it takes root in its new home.

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.

Austin Symphony Orchestra & Lake Travis High School Musicians perform together

Mark your calendars for March 26, when members of the Austin Symphony Orchestra and students with Lake Travis High School perform together at *A Night with the Austin Symphony Orchestra*. Maestro Peter Bay will conduct the performance with participation by Anna Macias, Director for the Lake Travis High School Orchestra, and Richard Hicks, Director for the Lake Travis High School Band. The special concert, brought to you by the City of Lakeway Arts Committee, will take place at Lake Travis Performing Arts Center at 7:00pm on Saturday, March 26.

This magical night begins with a performance by members of the Austin Symphony Orchestra with musical selections Serenade No. 6 in D Major, 239 Serenata notturna (1776) by Wolfgang Amadeus Mozart, Deux marches et un intermède (1937) by Francis Poulenc, and Le Bourgeois Gentilhomme Suite (1920) by Johann Strauss II. More than three dozen talented Lake Travis High School orchestra and band students will perform after the intermission. The night will crescendo to a collaborative performance with the Austin Symphony Orchestra and the Lake Travis High School musicians featuring Romeo and Juliet Overture by Pyotr Ilyich Tchaikovsky.

Tickets go on sale January 4, at the Lake Travis Performing Arts Center or online at LTISDSchools.org/finearts. Ticket prices range from \$15 to \$50 for the evening performance. You can also visit Lakeway-TX.gov for more information and details about the musical selections for the evening.

Enjoy a memorable evening indoors with *A Night with the Aus-*

tin Symphony Orchestra during this unique collaborative performance. It will be a night to remember. One will not want to miss it.



Dripping Springs Chamber of Commerce Focus on Business: *Schooley Mitchell*



Inflation has been really bad lately, and businesses have been feeling the pinch with expenses that always seem to go up and up. But fear not, brave business owners, Ilya Yampolsky, Strategic Partner with Schooley Mitchell is here to lower your expenses, save you time, and increase your cash flow.

Schooley Mitchell is North America's largest cost reduction consultancy. Simply put, we save organizations of

all sizes money on their various service-related expenses. If we don't find savings, we don't charge a fee. If we do find savings, our fee is a shared portion of those savings.

We find savings in any/all of the following categories: telecom, merchant services, small package shipping, waste, electronic logging devices, utilities, e-signature, and fuel – an average of 28-30%.

With our unbiased and objective approach, our clients receive the best possible prices and services to meet their needs. We have no agreements with service providers, nor do our consultants receive bonuses from any of the vendors we work with.

Ilya Yampolsky is fairly new to the Austin area, having relocat-

ed here from New Jersey with his family in 2019. He's a proud resident of Headwaters in Dripping Springs and is excited to help area businesses cut their costs. As a business owner, he knows all too well the importance of getting a handle on your expenses. That's why he's such a believer in the service that he provides his clients.

Contact Ilya today, and start saving money that could make a real difference to your bottom line. He's always happy to discuss your unique situation to see how he can help.



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Litigation: *Do I want that lawyer?*

by Roland Brown

One of the privileges that goes with writing these articles each month is that I can grouse about some of my pet peeves. My grouching today may find you nodding in agreement, and more importantly, it might provide you with a bit of information that someday you will find

beneficial to you or someone you care about. So, what is this issue that gets under Roland's skin? It's littering. No, not the kind of littering that first comes to your mind. It's littering our TV screens with in-your-face ads from lawyers wanting you to hire them. As a personal injury trial lawyer, I find myself particularly aggravated by the barrage of slick ads from lawyers seeking accident cases. I can't keep these ads from invading your living room, but I can share a thought about how to select an attorney for any type of matter when the need arises.

I began practicing law in a time when folks were likely to have a family doctor and a family lawyer. They often went to civic club meetings, sewing circles, church, or synagogue with their lawyers and doctors or their family members and maybe coached their kids in little league or soccer. Whatever happened in their lives that caused a need for a lawyer, they called on their friend who would

either help them or would send them to another capable lawyer who might be more appropriate for the matter at hand. Things have changed since then, but turning to someone whom you know more about than what their ad agency tells you is a prudent choice.

Your community has numerous fine lawyers. You may know one of them, or your neighbor or friend might suggest one. Give that local lawyer a call and tell them what you need. If they can't handle your matter, it is very likely that they know another lawyer they would feel confident sending you to. Even if you might want to consider a lawyer whose ads have caught your attention, starting with your local lawyer is a good idea. He or she can still make a direct referral for you to another firm, including one you've already considered, but you'll also have a local contact who has a more personal connection to you which can serve you well.

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.



Listing this spring? Why wait?

by Steve Mallett

In early 2019, there were an average of 150-175 homes for sale in Dripping Springs. As summer approached the number of listings swelled to over 350. Currently there are only 46 homes for sale in the entire Dripping Springs market.

The lack of inventory is the main driver of rising prices and buyer angst.

Try finding a house in Dripping Springs for less than \$500,000. They are non-existent. The average home sales price in January of 2022 was very close to \$1,000,000. Meanwhile the median home sales price in Austin is \$476,000.

If your plan is to wait until spring to get your home on the market, you are making the timing equivalent of buying a house right as a brush fire breaks out in the back yard.

Interest rates are rising like someone filled them with helium. As interest rates skyrocket people will be faced with the choice of selling their home with a loan at 2.75% and buying something at 4-5%. Five percent is still historically low but mentally people have a hard time selling when they have such a great mortgage rate. Those people will end up staying which results in even less inventory than there is currently.

Buyers are clamoring to find homes and driving up prices faster than a Formula 1 car at COTA. Every home gets multiple offers and most are sold for thousands of dollars over the list price. Some buyers have made offers on dozens of homes without ever winning

a bidding war.

The current market conditions dictate that selling right away is your best option. The old traditional yearly model where most homes sell in spring and summer is shattered into pieces. Listing your home as soon as it is ready is the best strategy for maximizing your sales price. You will get the best terms right now. There is no reason to wait.

The sellers that will do the best in this market are the ones who can sell now and move to a more affordable home in an area that is not in a real estate boom. Sell high and buy low. If you can live in Wyoming or North Dakota now is the time to sell your Dripping Springs home.

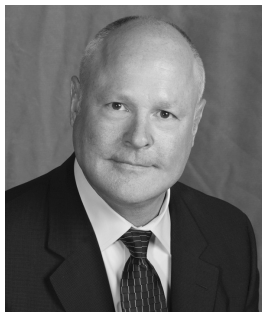
Steve Mallett has been selling real estate in Dripping Springs and Austin since 2003. His team can help with all of your real estate needs. Residential, commercial, farm and ranch. Listen to the Mallett and Michelle on Dripping Springs Podcast on Apple Podcasts and Spotify. Call 512 829 2062 or 512 627 7018.



Steve Mallett
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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



Pat M. Woodman

The long-running coronavirus pandemic has fueled a lot of anxieties – including financial ones. But some people have had far fewer worries than others. 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 not surprising, given the periodic volatility of the financial markets. But 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. 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 invest-*

ments, even when they become overpriced and may have very little room to grow. 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. 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.

Prepare for the unexpected. Most of us did not need a pandemic to remind us that unexpected events can happen in our lives – and some of these events can have serious financial impacts on us and our loved ones. Do you have adequate life insurance? How about 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.

Adapt to changing circumstances. Over time, many things may change in your life – your job, your family situation, your retirement plans, and so on. A financial professional can help you adjust your financial strategy in response to these changes.

Achieving your financial goals may present challenges, but it doesn't have to cause you years of worry and distress – as long as you get the help you need.

Pat M. Woodman, Edward Jones Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-894-0665.

Off-leash versus leashed: *The dilemma*

by Diana Ozimek



The battle of on-leash dog owners versus off-leash dog owners is ongoing and in every community. The reason people with leashed dogs get so irritated is two-fold; their dog may be aggressive, reactive, fearful... They may also be friendly dogs who do not react well to a strange dog rushing them while they are on leash. Being the owner of one dog who is off-leash trained and

one dog who cannot handle other dogs approaching him, I totally understand how both sides work, or should work.

The rest of this column is dedicated to off-leash people. You have a huge responsibility to be responsible with your dog. People with dogs on leash are being considerate and basically following the law and what's right for their dog. An off-leash dog is always in the wrong if an altercation happens. A great off-leash dog owner has control over their dog and can display it, so the other dog owners walking in the area know that dog is not going to run toward them. Here are a few examples on how you can assure the other dog owners walking by that your dog is well-trained.

Call your dog to you and leash them up until the others pass by. Call your dog to you and put them in a down stay at your feet while they pass by. Have your dog go into a down stay at a distance and walk over to your dog while they pass by. Call your dog to you and

walk them in an off-leash heel to let them know you have control of your dog.

Screaming *my dog is friendly!* as they rush toward another dog is not proper off-leash dog etiquette. It's actually the worst because the owner with the on-leash dog does not care. If you cannot do any of the above, your dog does not deserve to be off-leash.

Let's all be considerate to other dog owners in the community – everyone just wants to have a nice walk.

See examples on my YouTube channel (Good Dog in the Making) for off-leash control when encountering an on-leash dog.

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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It's show season!

by Kern Deschner

It's show season! By the time you read this, Rhonda and Jenny will already be crisscrossing the country going between alpaca shows. This is the busiest, most exhausting, most expensive, and most exciting time of the year. You need a good truck and a good trailer, and to know where every truck stop is. There has been a great amount of preparation

to get here. Rhonda has been through the herd and picked of the very best we have to offer. They've been wrapped in raincoats for several weeks to protect their fleece from dust and oak pollen. Arrangements have been made for someone to watch the ranch while we are away. Evenings have been spent on the computer registering the animals for the show. They've been to the vet, have their vaccination cards, and are cleared to cross the state lines. Now it comes to braving snowstorms, wind storms, but also glorious weather, to park the trailer in cities ranging in size from Denver, Colorado to Chickasha, Oklahoma.

Once you arrive, you go through color checking for show class assignments, and a vet clearance. Then it is to your booth to get the alpacas settled in, open the display tables, set up your display, grumble over the things you forgot, turn on the fans (gotta keep 'em cool), attend a couple of meetings, and then wait for things to get started. The alpacas are fine with all of this. In the alpaca world, there are no strangers. Alpacas all seem to know each other and are delighted to visit.

When you finally get time to walk around, you can see that everyone has brought their best. You can walk through a grocery store parking lot to see a lot of okay cars. This, though, is like walking into a combined Rolls Royce/Lamborghini show room. It's jaw-dropping if you know what they're looking at, and intimidating. For a year, you've been thinking that, maybe this year, we've got the winners. Then you see what everyone else has brought and your heart skips a little bit. This is going to be a tough show, but those are the ones where we learn things.

The next day begins the whirlwind of activity. Getting the animals cleaned up, making it to the show ring in time, trading out alpacas if you've got two shows classes in a row, and all the time keeping your eyes on the best alpacas from other farms to see about breeding opportunities. These shows are not really about direct sales, although a lot of that happens. Shows are really about proving your worth as a breeder, over time, consistently. Also about the camaraderie, and renewing friendships from coast to coast.

After the final show classes, its time to take everything down, load up the trailer, and drive the alpacas back home. Alpaca shows are timed so that they usually go back home because alpacas need a few days back in the pasture to relax. But it won't be long, before it's back on the trailer. And off we go again.

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



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