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Postal Patron



The Gateway to Life in Dripping Springs



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> DRIPPING SPRINGS, TX 78620 Beautiful home in Saddletree on a double lot. 2.8 acres, 3,861sf home, 4BR/4.5BA. Built in 2017. Open plan with a sea of windows. Includes office and formal dining room. Kitchen has built in stainless steel appliances and a huge island. Gas fireplace and TWO 2-car garages. List at \$1,479,000





SPRINGS



REAL ESTATE

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Bonnie Burkett REALTOR®

eslie Wrider







Freedom

Several summers ago, my mother, Victoria, published a portion of the Declaration of Independence right here in the publisher's page. Soon after, she received a letter from a resident thanking her. The writer told her it had been ages since she had re-read this foundational document. It bears re-visiting somewhat often, especially at a time when so much of what we consider



foundational is being reconsidered and reworked.

In April 1775, when the Revolutionary War first broke out, very few colonists supported the break away from Great Britain. Those who did were considered radical. *Common Sense* by Thomas Paine was very effective in evolving the perspective of the burgeoning nation. Paine wrote, "A long habit of not thinking a thing wrong, gives it a superficial appearance of being right, and raises at first a formidable outcry in defense of custom. But the tumult soon subsides. Time makes more converts than reason."

What does freedom mean to you? Contemplating this, I came across this quote by Charlie Hogg: "In the world there are so many movements for the cause of freedom. Freedom is a deep need of each one of us. True freedom though is spiritual and means identifying and taking support from that which is permanent, that which always exists, that which is eternal."

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.--That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, --That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security.--Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

Warmly,

- Declaration of Independence, July 4, 1776

Dripping Springs Outlook

editor, publisher Cyle Elizabeth Johnson *ad design*, publisher Joey Johnson

cover photograph Joey Johnson

contact us 512 375 5590 Info@DSOutlook.com

The Dripping Springs Outlook, a subsidiary of Valentino Publications, is mailed monthly to all street addresses serviced by the Dripping Springs Post Office in 78620. It is also distributed to businesses throughout the community. Contact us to find out how you can submit information, photos or promote your business directly to over 13,000 addresses.

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Read the Dutlook online at DSDutlook.com



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 **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. 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 Dr. Pound Farmstead (beginning March 23), 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 Acopon 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 3rd Thur. 7pm, DS VFW Post 2933 invites all eligible veterans with foreign service to 101 Old Fitzhugh Rd. Call 858 5637.
- Every 3rd Thur. 7pm, Family Support Group for family members, parents, adult children, and partners of individuals living a with mental health condition. Meets at St. Martin de Porres Catholic Church, Room 1. Contact *info@namicentraltx.org* for more information.
- Every 4th Thur. 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.
- Susanna's Kitchen is *back*! Every 3rd Thursday starting June 16 with Slaid Cleaves. WimberleyUMC. Doors open at 7pm; concerts start at 7:30. Price: \$20-25. Join us for dinner: pizza, tamales, glorious pies! For more info contact Perry at 512-914-1703
- 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*
- Sat. July 2, Fire in the Sky at Hog Heaven, 6pm. A free annual Independence Day professional fireworks show brought to you by Jason and Carrie Isaac.
- Mon. July 4, Independence Day

Have something to add to the Calendar of Events? Contact the Dutlook at info@DSDutlook.com or 512 375 5590.

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Dripping Springs Outlook



Nutritional intravenous therapies & how they might help you & your body

"Between work and the family, I barely have time to take care of myself. IV Therapy gives me the energy to tackle every day." Does this sound familiar?

Whether you are looking to support your immune system during allergy season or detox and prepare for the summer, this may be for you!

Intravenous (IV) Therapy can be used as a method to deliver nutrients, such as vitamins and 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. For example, 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 blessed to be offering IV therapies to our community. Whether you are looking for anti-aging, to support your immune system, hydrate your body, gain energy, recover or build muscle, diet and detox, 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!

IV vitamin/mineral therapies can be used in conjunction with regenerative protocols and systemic rejuvenation protocols. 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. Natural-HealingTX.com.



Tending our gardens

by Leslie Tourish, LPC

Evil can blossom in a neglected garden. Such evil roared to international media attention when an 18-year-old misfit walked into an Uvalde, Texas elementary school on May 24, the same school he attended as a boy. With automatic weapons bought from the monies earned working his fast-foot job, he mowed down

19 fourth-graders and their two teachers who had scrambled to protect their students. How could such evil inhabit the body of a teenager, who heretofore had been so pitifully weak and small? He destroyed countless lives and set into motion a ripple-effect of trauma on a calm spring day – summer vacation achingly close.

I don't know a thing about this shooter, whose name isn't worth mentioning, but I can guess his pain. He may have been carelessly parented by people not equipped to handle their own lives, much less his. Not much was expected of him. As he grew older it became apparent how much better the lives were of other kids his age. These kids, these others, were loved, cherished, protected, guided. But not him. He loathed his bad luck. Thinking of life's unfairness, he loathed the lucky others more. A few of the other kids, sensing his low self-esteem, taunted him and called him names, such school shooter. Thus the evil seeds of revenge were sprouted in his young mind, nurtured by the bitter rains of life's meanness.

After that awful day I've spoken with so many of my clients who are weary from the worry of the past two years. This sense-

less slaughter only counties away is just too awful to endure. The question is old, but the answers are evasive: *why do bad things happen to good people?* How can we have faith in a world that is dangerous in its capriciousness of meting out misfortunes to innocent people? As a human being first, then as a therapist second, I share their shock and dismay. My heart aches from this senseless tragedy. However, I believe a sense of futility is the enemy in believing there's nothing we can do. In the dozens of conversations I've had with my clients since that day, a theme has emerged.

First there is their despair and resignation, because after all, how can they beat the enormity of evil in the world as only one individual? Evil's toe-hold is firm. But then small candles began to be lit as we talked. Maybe there were things they could do. People dug deeper during our sessions and came up with these answers: *Be more kind to others and change up the habits of social isolation that these two years of a pandemic had draped over them. Volunteer with an organization whose values they believe in. Practice compassion to themselves and others.* While they knew their pain and weren't necessarily broadcasting it to the world – others may also have pain they couldn't even imagine. Politically they could protest, sign petitions, and most importantly – vote. By the end of the session, events outside the door were the same for my clients. But the idea of working their own gardens and clearing out chocking weeds within a hand's reach, made the pain more bearable.

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

Dripping Springs Outlook

Myths & facts about dental cavities



Now that summer is here, camps and vacations make is difficult to limit our kids' sugary snacks and monitor their brushing habits. Here are some facts about cavities to keep in mind during these long, hot days of summer.

1. Sugar is the prime cause of cavities. True and false.

In reality, it's the acid produced by bacteria in your mouth that causes cavities. What the bacteria do, however, is eat carbohydrates - and sugar is one of them. Rice, potatoes, bread, and fruits and vegetables are also carbohydrates. When you eat anything with carbs, the bacteria become active and produce acid that then eats into your tooth. Once they do that, the bacteria now have a nice little hole to live in where your toothbrush and floss can't reach. The bacteria continue to metabolize carbs, produce acids, and your cavity just keeps getting bigger.

Also, it's not the amount of carbohydrates you eat that causes tooth decay, but the length of time your teeth are exposed. If you eat a lot of carbs for lunch, that's one big exposure. But if you spend the day sipping sugary drinks, that's continuous exposure and much more dangerous for your teeth.

2. All fillings eventually need replacing. False.

An amalgam or composite filling needs to be replaced if it breaks down or a cavity forms around it, or if the tooth fractures. If none of those problems occur, you can keep the same filling for life.

Fillings do have a life expectancy, but it depends on things like tooth wear and oral hygiene habits. If you brush your teeth twice daily with a fluoridated toothpaste, and floss or use an interdental cleaner once a day, you'll have less tooth decay and your fillings may last longer.

3. If you have a cavity, you will know it. False.

Mild tooth decay doesn't cause symptoms. The pain associated with cavities comes when tooth decay is more advanced and causes damage to the nerve.

Allowing tooth decay to advance can lead to much more expensive procedures, like root canals. That's why regular dental checkups are so important.

Also, once a cavity starts, it doesn't repair itself. A cavity will always grow once you get to a point where you can't clean it out any longer. Once decay gets into the dentin of the tooth - below the enamel - it just continues to grow.

Dr. Ron White is located at 4189 E. Hwy 290. He has served Dripping Springs Smiles for over 20 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).

White Smiles, Good Hearts and BBQ!!



www.RonSWhite.com

Dripping Springs Outlook

FREE CONSULTATION!



Introducing Profound: *A new cellulite treatment*

Summer is officially here. With warmer temperatures comes a change in wardrobe including shorts, dresses, and for some, the dreaded bathing suit. I don't know about you, but the thought of putting on a swimsuit and seeing cellulite is not high on my priority list right

now, but fear not we have a cellulite treatment for you here at The Piazza Center. It's called Profound RF microneedling, and now is the time to schedule your consultation so that you can rock that swimsuit with confidence!

What is *cellulite*? Cellulite is the name for collections of fat that push against the connective tissue beneath your skin. It often appears on your thighs, hips, stomach, and buttocks. It's not known what exactly causes cellulite, but it forms when fibrous bands connecting your skin to the underlying muscle tighten irregularly. This tightening pulls down on your skin, and the normal layer of fat beneath the skin pushes upward. Cellulite makes the surface of your skin look lumpy and puckered, or appear dimpled.

Cellulite affects both men and women, but women tend to get it at a much higher rate. Most women develop some cellulite after puberty. Hormonal factors play a large role in the development of cellulite, and genetics determine skin structure, skin texture, and body type. Other factors, such as weight and muscle tone, affect whether you have cellulite, though even very fit people can have it. Cellulite is also more common with aging, when the skin loses elasticity.

We treat cellulite or laxity on the body with a procedure called Profound RF microneedling. Profound is an advanced, minimally invasive skin rejuvenation treatment. It combines the collagen induction therapy of traditional microneedling with radiofrequency (RF) energy to provide skin tightening on the body.

RF energy helps smooth out irregular contours with as little as a single treatment by triggering the body's natural healing process to smooth out the skin's surface. Profound has been clinically proven to create five times more elastin, up to two times more collagen, and increased hyaluronic acid in the skin. It is an FDA-approved treatment that has a 94% response rate for improvement in the appearance of cellulite. For especially stubborn fat and cellulite on the thighs, buttocks, hips, and abdomen, Dr. Piazza may recommend combining liposuction with Profound to achieve the best possible results.

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.

CBD & the ECS system

by Heidi Pousson



Anxiety. Depression. Suicide. These words are all too prevalent in our society today, not just among adults. You just have to tune into social media or talk to anyone around you to know this is true. As a parent, we want what's best for our families. We try to be proactive by eating organic foods, proper vitamins, healthy meals, and exercising.

What if there was a supplement you

could easily incorporate that could provide significant and immediate gains? CBD isn't new, but what has recently been discovered is how the cannabinoids in CBD and other cannabis products interact with our bodies natural endogenous cannabinoid system, ECS for short. This recently discovered body system, which has been studied in other parts of the world and is now being intensively studied in the U.S., works with and supports all our other systems – digestive, circulatory, respiratory, and our central and peripheral nervous system. In fact, many diseases are the result of an imbalance of this system.

Our body naturally produces endocannabinoids. What was eye opening to me was learning that many diseases have been successfully treated by introducing plant cannabinoids into the body. When we are out of balance, phytocannabinoids found in the cannabis plant can be taken, which then bind with receptors in the ECS system to help promote homeostasis or balance. Since all physiological processes are affected by the ECS system, I remember thinking: If I take vitamins or supplements or try to eat healthy, why not also give my body something that could help better balance itself?

I've heard about CBD for years now and have had it recommended for helping with anxiety, but now that I understand the science behind CBD – I must say – I am more open to looking into other cannabis products and the research being done. With a product that has studies shown to relieve anxiety, depression, pain, seizures, psychosis, inflammation, spasms, and nausea, I am optimistic now having CBD as a part of my family's daily regime. *Wife, mother, friend, 8th-grade teacher, member of Haus of Jayne*. *Follow Haus of Jayne on soical media: hausofjayne_official on Instagram and Facebook.com/HausofJayne*. *Visit Haus of Jayne at 766 Old Fitzhugh Road, Dripping Springs, 78620. They can be reached at 512 648 7420*.



Dripping Springs Outlook



Top dressing your lawn for water conservation & turf building

Sooner or later you will discover the advantages of top dressing your lawn. Water conservation is a top priority and goes hand-in-hand with building your turf up so that it is healthy and stands up to foot traffic. Another benefit is it will use much less water.

To top dress a lawn in this summer heat you must do it when the grass is growing. The blades of grass have got to pop up above the surrounding top

dressing so that it can shade the top dressing. This is a must because it can otherwise get too hot.

I would put down two things before you do that, though. I would put down Texas Tee and Gypsum, which one goes first does not matter. If you're in a hurry you can top dress right after that, if you're not, let the fertilizer work. You'll see a showing in about 10 days. That's best for the grass, because you know it will grow up enough to shade the dark colored lawn dressing that you're about to put on it.

There are many other pertinent questions to ask either yourself or myself with a simple phone call to Geo Growers. One of the first things I will ask you is *what kind of grass is it?* If I am not there to personally answer your call simply have the receptionist take down your name and number and I will return your call.

by George Altgelt

George Altgelt is the owner of Geo Growers, located on 290 and Bells Springs Road. Geo Growers has been in business since 1995 and sells bulk material as well as bagged gardening products and plants. George believes we need to be producing more of our own food, and each one of us can contribute. His goal is to make that as easy and effective as possible.





Drought & trees: *Here we go again*

by Steven Austin

We're all aware of the impact that the drought of the last several years has had on area water supplies and on Central Texas trees. It can take trees a number of years to recover from effects of prolonged drought, so recurring drought conditions continue to be a concern for tree health.

Plant pathologist Dr. Bruce Fraedrich states that, "Moisture stress adversely affects virtually every physiological process in the plant." For example, as a defense mechanism against moisture loss, the leaf *stomata* (small openings that permit gas exchange) will close, but then carbon dioxide is not absorbed and photosynthesis is inhibited. This limits growth and increases the tree's susceptibility to insect and disease pests. This and other impacts of extended drought often result in yellowing leaves, premature defoliation, crown thinning, and poor shoot growth. And trees can die from the complications caused by drought.

With more Texas communities imposing stricter water restrictions, it's especially important to water wisely and according to community guidelines. I offer a few tips for conservative but effective watering...

Concentrate your efforts on your high-value trees. Spread a two- to three-inch layer of wood-chip mulch out to the tree's dripline, avoiding the trunk. This will help to moderate temperatures, retain moisture, and improve soil structure. Water in the morning or evening hours to reduce evaporation. Use soaker hoses or drip irrigation systems. These allow a slow, deep delivery of water and reduce runoff and evaporation. The area to water should be under the canopy over the mulched area. If you water in this manner, your trees will probably only need watering every two to three weeks. Remember that overwatering can also be harmful to landscape plants.

With proper moisture delivery, your trees will be more responsive to other treatments or procedures they might need to increase their odds of surviving extreme drought. A Bartlett Tree Experts ISA Certified Arborist can complete an inspection to help ensure your trees are reaching their full health potential.

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.

Dripping Springs Outlook

Dripping Springs Chamber of Commerce Focus on Business: Lucky Arrow Retreat

Lucky Arrow Retreat isn't a campsite or a hotel, but a one-ofa-kind *GlampSite* for overnight stays and events that offers an unparalleled experience, right in the heart of Dripping Springs.

Since opening in 2019, guests have been a major factor in building a large following on social media for the property. Exciting improvements are taking place right now, including the addition of a new restaurant and bar, a gift shop featuring work from local artists, a lively expansion to the beer garden, two resort-style



pools (local day passes to soon be made available), as well as two new cabins, three safari tents, and eight vintage trailers for guests to stay in. Once these projects are done, the property will feature a total of 48 guest accommodations with a max capacity of 164 guests.

3600 Bell Springs Road Dripping Springs, 78620

Contact Lucky Arrow Retreat at 512 400 4197 or email hello@ LuckyArrowRetreat.com.



Everybody loves Texas and Lucky Arrow Retreat is the perfect setting to enjoy an elevated but relaxing camping experience outside of the noisy city. The property has just launched a StayCation Deal specifically for the local community to enjoy 20% off their first stay.

Learn more about how the Glamping Capital of Texas can help corporate retreats teambuild their way to their next big idea or host the next picturesque private social event in the state at LuckyArrowRetreat.com.





Food truck on site Barrel Hall now open with four taps & A/C Find us on IG & Facebook or GhostNoteBrewing.com Wi-Fi, wheelchair accessible (512) 375 3300 for hours & directions

Dripping Springs Outlook

Wild West Fencing

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The Hound is Very Happy, Thanks, Dripping Springs! Happy Hound Pet Salon



421 Sportsplex Drive, Suite B • 512-894-2039 • Info@HappyHoundPetSalon.com



Dripping Springs Outlook

Dog days of summer



by Diana Ozimek

It's hot out there! Comparing the way you feel doesn't necessarily equal what your dog feels... they have a fur coat, different body temperatures, and cooling systems. Here are things to keep in mind this summer.

• The obvious one; don't leave your dog in the car. This is not acceptable, even for a couple of minutes.

• Use pet safe sunscreen; dogs with light or white fur can burn. Apply sunscreen to tips of ears and toes or any places fur is thin or non-existent.

• Provide your dog with a damp towel or wrapped ice pack to lie on. This will help keep their body temperature cool.

• Groom regularly; brushing excess hair can help your dog stay cool. Many long hair breeds have a coat that helps warm and cool them, it may not always be a great idea to shave your dog.

• Walk dogs in the early morning or late evening. The sidewalk and road surface gets extremely hot and their paw pads can burn. Do the five second test with your hand and even then, remember you dog's pads are hitting the pavement over and over for far more than five seconds. If your dog starts limping, get them off of the pavement immediately. Regularly check their pads after a walk to make sure there is no damage.

If it is hot and humid your dog will have a harder time cooling itself by panting. If your dog's temperature reaches or exceeds 104 degrees, they are prone to heat stroke.

Dogs need less outdoor exercise in high temperatures. If you have to try and get them out during the afternoon and early evening, keep it short and off of paved areas. Be sure to offer them cold water and a cooling towel when you get back home.

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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The news is wrong



It's not hard to find bad news these days. Most days it feels like it swarms around us like we are a jar of honey and the media are the bees. Journalists like to seek out the unpleasant and focus on it for the clicks. *Mortgage rates still at historic lows* will sell much less than *buyers panic as mortgage rates skyrocket*.

If you followed the media mantra you would be scared to think about buying a house right now. People who choose to rent are making a big mistake. This market is not the *Bubble* market of 2007. Home prices are not overinflated and most economists do not expect a price correction in housing values anytime soon. Yes, there will be some price reductions, but that is not an indication of values decreasing as much as it is an indication of less buyers being in the market.

The bust of 2007 was caused by government intervention into mortgage practices where unqualified buyers were offered high risk mortgages that were then packaged up and sold to investors. When the market corrected slightly many buyers pulled the plug and let their homes be foreclosed. Everyone knew there was trouble brewing when builders were saying *why rent when it's cheaper to buy a house?* There is no comparison to what is happening in the real estate market now.

Mortgage rates in 1981 hovered near 18%. It wasn't until 2005

that rates came down to today's levels. Current mortgage rates are still some of the lowest in the past 50 years.

When you sell your primary residence you have an exemption from paying any capital gains taxes on \$250,000 for a single person and \$500,000 for married. No other significant profit transaction is given this pass by the long arm of the Federal Government and the IRS. This tax savings can make the difference between a happy retirement or one where you rely solely on the small Social Security check you get; if Social Security is even around when you retire.

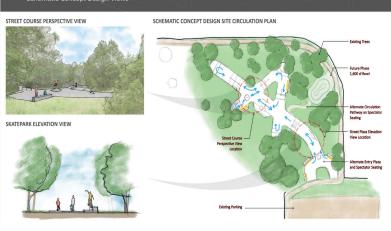
Real estate has always been a safe haven for capital for the investor who can sell when they choose. There are always ups and downs but the long-term trend is always higher. Your primary residence can be a tax free investment that grows as it provides you with shelter. There are no tax advantages for a tenant but there are plenty for the landlord.

Why rent when there are so many benefits of being a homeowner? Yes, rates are higher now but it is still the best time to buy if you plan on living in the house for five plus years. If rates go down you can refinance. Very few economists are predicting plummeting home prices. There still aren't enough houses for the people moving to desirable states like Texas and Florida. If you wait you'll be kicking yourself for years to come.

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.

As we work towards our final months of fundraising for the Dripping Springs Skatepark project, it's a humbling reminder of how far we've come. In 2014, the initiative began with skate classes through Dripping Springs Community Services, where we were able to share our love of skateboarding with hundreds of students. The interest in this skate program ignited the flame for our skatepark advocacy efforts with the city of Dripping Springs. We knew that for the city to sup-

DRIPPING SPRINGS - NEW SKATEPARK



Dripping Springs Skatepark

by Dennis Baldwin

agent and provide non-profit guidance.

The cost of our project has gone up due to numerous factors. Yet given the generosity of our community through donations, grants, and the Hays County 2020 Parks Bond, we have raised \$725,000 approximately for the skatepark. In addition, the DS Parks Commission recently approved a \$150,000 budget item that will go to city council for review this month. This line item represents less than 20% of the overall project

port the skatepark project we had to demonstrate a demand for the sport, as well as the leadership to bring it to life.

In 2018, the city generously donated 1.5 acres of land for the skatepark at the north end of Founders Memorial Park. While this was a huge accomplishment for our project, little did we know how hard it would be to raise money. Thankfully we connected with the Dripping Springs Community Foundation, who serve as our fiscal

cost and we are optimistic that we can get the city to make a financial contribution to our project.

As our journey comes to a close we are excited about the prospect of a skatepark in Dripping Springs and know what a tremendous asset this will be for our community. If you would like to learn more please visit DripSkatePark.com and give us a follow on social media @dripskateboarding.

Dripping Springs Outlook

Microbiological safety of your water



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

Paramount among these issues is ensuring that your water supply is free of bacterial contamination and therefore

safe to drink. The most common type of bacteria found in untreated household water supplies is *coliform*. Ingesting this type of bacteria typically causes varying levels of stomach upset and intestinal issues.

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

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

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





Are you seeing spots?

by Karen Laine, Para-Medical Aesthetician

If you're prone to discoloration, brown spots, age spots, or sun spots (*hyper-pigmentation*) you've probably noticed they become more visible during the summer. While hyper-pigmentation can be challenging, both to prevent and fade, these tips can definitely help achieve more evenly-toned skin.

Wear sunscreen – applied generously and often. The number one cause of premature skin aging is sun damage, and exposing your skin to the sun can bring out sun spots. How generously sun block is applied, then re-applied when outdoors is more important than the SPF number. If lotion type SPF doesn't suit your needs, try the new mineral powder sunscreens which go on dry and last for hours.

Exfoliate gently. Once discoloration appears, it is beneficial to use exfoliating products such scrubs and mild acids (glycolic, lactic, and/or salicylic). When regularly used, these exfoliants help break apart and lift pigmented cells to lessen their appearance.

Use a skin lightener/pigment suppressor. In addition to exfoliating, use of a skin lightener helps prevent/fade brown spots by suppressing melanin cell activity. Many skin lighteners contain the ingredient Hydroquinone which is very effective, or choose a slower, more natural approach utilizing a type of vitamin C, kojic acid, licorice root, etc.

Limit exposure heat/sun. Not only direct UV rays, but heat can stimulate melanin activity, resulting in brown spots. Unfortunately, no matter how diligent you are about sunscreen and staying in the shade, you still may not be able to avoid pigment formation. Keep skin as cool as possible and use a pigment suppressor.

Eat a diet rich in antioxidants. Research finds a diet rich in fruits and vegetables containing vitamins A, C, and E can increase internal SPF significantly against sunburn and DNA damage.

Get monthly facials. Professional facials give your skin increased results far beyond your home care products. Many tend to neglect their skin in the summer, and come back in the fall to seek skin repair. Anti-oxidant facials are a great way to prevent damage. Go easy on chemical peels or laser, as those are best reserved for cooler months.

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.

Dripping Springs Outlook

Litigation: Guns, the courts, and due process



An interesting legal issue is in the news as a result of two recent mass murders, one on our doorstep in Uvalde and another in Buffalo, NY. Our collective chest-tightening sadness caused by these events echos a common theme in songs I am currently hearing at the Kerrville Folk Festival, a two week long celebration of songs and those who write

We all want to live long lives.

We all expect to live long lives.

But are we financially prepared for

this longevity? In a 2022 survey by

Age Wave and Edward Jones, retir-

ees said - on average - they expect

to live to 89, and they said the ideal

length of retirement is 29 years.

When asked if they want to live to

100, nearly 70% of the respondents

said yes - to spend more years with

and perform them. That theme is that we are more alike than we are different. I won't launch into a discussion on why that really is true, but it does bear thinking about. What I will do is provide a view of the legal issue that is percolating at the moment. The issue arises out of what are called *Red Flag Laws* which are currently being discussed in a somewhat bipartisan manner.

According to USA Today, Red Flag Laws are currently in effect in 19 states, including Florida. They allow police or specific others to get a court order to temporarily remove firearms from the possession of a person who appears to be a present danger to themselves or others. Congress is considering legislation which may have enough support to pass, to encourage other states to adopt such laws. The legal issue raised by some staunch 2nd Amendment supporters is that the laws allow immediate removal of a weapon without an opportunity for the affected gun owner/possessor to present his/her position thereby denying them due process of law. So, what is the *process* that is employed by these laws?

First, these laws limit who can make application to the court for removal; often law enforcement officers or family members, although sometimes medical professionals, school officials, and others. The court may enter a temporary order to remove the weapon if it finds evidence of a present danger. Such orders are not unlike temporary restraining orders, ex parte family protective orders or temporary mental health commitments which are commonly used even though they too limit someone's liberty interests in the broader interest of preventing the threat of immediate violence or harm. Within a short time, usually no more than a few weeks, a full hearing is held at which the gun owner/possessor can make his or her case for return of the weapon. If the court determines the weapon should not be returned, then the order extends usually for a year subject to further extension if found to be warranted after another hearing. That's a thumbnail sketch. As always, before forming an opinion on a matter, I encourage you to get the facts from disinterested sources.

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.

Long game

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



Pat M. Woodman

their family and friends. Of course, none of us can see into the future and know how long we'll be around. But with advances in medical care and a greater awareness of healthy lifestyles, these aspirations have a real basis in reality. However, if you're going to enjoy a longer lifespan, and the extra years with your loved ones, you need to ensure your finances are also in good shape.

Save and invest early and often. This may be the oldest piece of financial advice, but it's still valid. The earlier you start saving and investing for your retirement, the greater your potential accumulation. If you began saving just \$5,000 per year at age 25, and earned a hypothetical 6.5% annual rate of return, and didn't take any early withdrawals, you'd end up with \$935,000 by the time you reached 65. But if you waited until 35 to start saving and investing, and you earned the same hypothetical 6.5% return – no early withdrawals

- you'd only end up with \$460,000. Start saving at 45, you end up with just over \$200,000, again given the same 6.5% return.

Be mindful of debt. You may not want to be burdened with certain debts when you enter retirement. So, while you're still working, reduce unwanted debts, particularly those that don't offer the financial benefits of tax-deductible interest payments. The lower your debt load, the more you can save and invest for the future.

Keep reviewing your progress. Monitor the progress you need to make toward achieving your goal of a comfortable retirement. Over the short term, your investment balances may fluctuate, especially in volatile financial markets such as we've seen in the early part of this year. But you'll get a clearer picture of your situation if you look at long-term results. For example, have your accounts grown over the past 10 years as much as you had planned? And going forward, do you think you're in good shape, or will you need to make some changes to your investment strategy? Keep in mind that, if you're 50 or older, you can make "catch-up" contributions to your IRA and 401(k) that allow you to exceed the regular limits. You may also want to adjust your investment mix as you near retirement to potentially lower your risk exposure.

Hopefully, you will enjoy many years of a healthy, happy retirement. Support this vision by carefully considering your financial moves and making the ones that are right for you.

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.

Dripping Springs Outlook

Better to be kind

How many times have you just smiled and nodded at someone who was talking about something, was completely wrong, and you knew it. You probably were kind enough to just let it go but I can't always do that. That's why I signed off of Facebook; it's difficult to just let it go when someone spouts stupidity. As Ron White said, "I had the right to make remain si-

lent, just not the ability." I have been trying to improve my Zen powers to just let things slide.

I don't know if this story is true, but my friend swears that this happened. According to him, when he was a child in the 1960s, his father was a prominent minister in Houston and my friend rode along to the airport to pick up a prominent visiting minister. When they were driving back, there was a lot of heated discussion. The others kept referring to the man in the front seat as Dr. King. My friend claims he leaned over the seat (no seatbelts in those days) and said, "You must be really smart if you're a doctor." The man turned back to him and said, "It is better to be wise than it is to be smart." Then he turned back again and looked at the others saying, "and it's better to be kind than it is to be right!" And the argument ended. I don't know if that really happened, but it makes an awesome story!

Years ago, Rhonda and I were in Oregon for an alpaca meeting. It was in an area that has notoriously heavy tourist traffic and I was worried about getting back to the airport on time. She kept telling me we were fine, we had plenty of time, stop worrying. So, as we're driving to the airport, with a lot of traffic, I got nervous, called the airport, hoping the plane was delayed. That's when we found out that the departure time that Rhonda was looking at was actually the departure time for our connection in Denver, and that our plane from Portland had left an hour earlier. There was dead silence in the car for about 30 seconds and I was actively suppressing the desire to say *I told you so!* But then, I remembered that part about how it's better to be kind than to be right so I took a different approach, and very calmly reassured Rhonda that we were going to be fine and we would work something out. And we did. Something that people on Facebook don't seem to understand is that one snippy comment can ruin a relationship for years. It's better to be kind than it is to be right. Particularly when you being right doesn't change anything.

by Kern Deschner

Rhonda is truly a kind person. In the alpaca show ring, it's the judge's opinion about which is the best animal, and I wish I could say that the opinions are always unbiased and always correct. They are not. Sometimes an obvious bad judgement makes my blood boil but Rhonda accepts it with smiles and gracious handshakes which is probably why she is the darling of the alpaca industry. She knows how to be kind.

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.



A lot of people have problems with their shoulders not working correctly. Think of *the shoulders* as the shoulder joint itself along with the shoulder blades and all the muscles around them.

Sitting and screen time tends to bend us forward and strengthen the fronts of our bodies. Additionally, people tend to

work out on the fronts of their bodies and neglect the back, because they can't see it. Their calves and hamstrings show it, but what is really detrimental is when people have no strength in the torso. This is an imbalance front to back.

There are also imbalances side to side. The quickest way to see this in the shoulders is to toss a ball. Toss it with your good hand with a step forward. Then toss it with your bad hand. Did you switch legs, too? Another way to see the imbalance is to lay on your back with your knees bent. Put your arms out to the sides. Squeeze your shoulder blades together. Do they squeeze equally? Put your arms overhead and squeeze again, and this time squeeze your shoulder blades down your spine. Are there any differences left to right,?

The good news is that these tests are also simple exercises that will even things out. Just keep up with the tests until things start

by Sarah Geenberg

to feel even. You may have to play with your arm position to find one that helps the most.

And when you are working out, don't forget to strengthen your backside – the muscles around your shoulder blades, your bum, your hamstrings, and your calves. Extend backwards and strengthen that position. Hanging from a bar helps stretch out the arms and spine. Adding natural movements like jumping over or going under things, climbing, running, balancing on a log, walking, and crawling will always help balance things out. Better, they are actually useful skills to have. Anyone can do natural movements. They can even be done in bed. They are fun, and they unlock people both physically and mentally.

Obviously in yoga and karate, we are always balancing our bodies from back to front and side-to-side. It is fun to see the improvement in movement as people practice. You can do it, too.

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.

Dripping Springs Outlook

Shoulders



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