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Dripping Springs OUTLOOK

Volume 19 Issue 5 • Dripping Springs, Texas • August 2022

Postal Patron

The Gateway to Life in Dripping Springs



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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 \$1,398,000

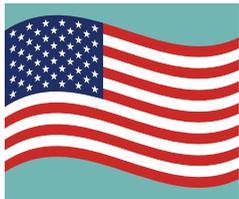


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Resilience, y'all

Our cover girl goes by many names – Pride of Barbados, Red Bird of Paradise, peacock flower. For years, I never knew the name of this extraordinary plant despite having one in my own backyard. I've always been awestruck by the way this beautiful member of the legume family flourishes in all this heat. Those delicate red, orange, and yellow blossoms aren't at all fazed by hundred degree temperatures or lack of water. Day after day they're a thing of beauty to behold, never wilting in the face of perceived hardship.



Amidst every other thing the pandemic altered for us, paper supply shortages are now an issue. Between mills closing, worker proximity restrictions, and companies pivoting to manufacture cardboard boxes instead of printing paper – it's been a wild ride this year. We cherish our readers and our advertisers and strive to deliver the best product we can to you every month.

If I've delivered magazines to you in the last month, you likely experienced me geeking out over the paper quality. That's because quality makes all the difference and it's no small feat maintaining our standards in this current climate. A friend that owns a stationery and calendar company described the situation as being akin to a traffic jam. Even when the cars at the head of the jam finally start moving, it still takes some time before traffic is back to flowing smooth and easy.

Resilience, y'all. Whatever it is. This heat, this, or that – flourish like the Pride of Barbados. Seemingly impervious to outside opposition.

Warmly,

Dripping Springs Outlook

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Joey Johnson

Cover

Joey Johnson

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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.
- 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. 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. Volunteers needed. Entertainment and special events for the residents of HCC.
- Every 2nd, 3rd and 4th **Tues.** 7pm, DS Boy Scout Troop 101 meets at DS United Methodist Church. Tim Short, 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, 3-6pm. For more info 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 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 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 3rd **Thur.** Live concerts, Susanna's Kitchen Coffeehouse, 7:30pm; \$20-25 for adults, \$5 for children. Food, coffee, and soft drinks available. Corner of RR 12 & CR 1492 (Wimberley United Methodist Church.) WimberleyUMC.org Proceeds benefit Barnabas Connection & Mother's Day Out scholarships. Performing August 18: Adam and Chris Carroll
- 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. & Sun., July 30 & 31, Sat. & Sun. August 6 & 7**, Shakespeare on the River makes it's return to Blue Hole Regional Park with Shakespeare's *The Tempest!* 8:00-10:00pm, 100 Blue Hole Lane, Free. No reservation required.
- **Fri., August 5**, Jester King Summer Sessions, 7-11pm, live music, dinner, and drinks. \$35.
- **Sat., August 6**, Kid's Day at Dreamland, 9am-12pm, activities such as face painting, balloon animals, and petting zoo. Tickets sold, but kids born in August will get to enjoy them for free!
- **Mon. August 12**, Bark in the Park, 6pm-8pm, Founders Memorial Park for a doggone good time!
- **Sun. August 14, 21, 28**, Live Music at Parmeson Wines, 2-5pm 5300 Bell Springs Rd, ParmesonWines.com for music lineup.

Have something to add to the Calendar of Events?

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

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Vitamin D: *Why is it important, why do we need it, & where can you get it?* by Breca Tracy, PhD



If we have heard it once this week, we have heard it ten times! Vitamin D is what it's all about. How much do you know about Vitamin D? Do you understand what it can do for your body? Do you know where to get it? Are you getting enough of it?

Vitamin D is an essential nutrient your body needs for many vital processes, including building and maintaining strong bones. Many of us have heard we get our vitamin D (the sunshine vitamin) from the sun. *Get outside and get some vitamin D* we often heard growing up. We also know fatty fishes such as salmon, sardines, herring, mackerel, tuna, etc. are loaded with heart healthy omega-3 fatty acids and can be rich in vitamin D. Fatty fish and seafood are some of the richest natural food sources containing vitamin D. Vitamin D can additionally be found in other foods and fortified juices such as egg yolks, mushrooms, and orange juice.

Research has shown that adequate amounts of vitamin D can help assist your body in fighting off disease and illness. Vitamin D is one of the most important immune system-strengthening nutrients that can help reduce the risk of colds and viruses. It's hard to

get too much vitamin D right now, especially with it being such a prevalent season for colds, allergies, and viruses. *Load up!*

Last, but not least, if you have a deficiency in vitamin D, REGENERATE can help! We offer vitamin D3 shots (quick pokes into your arm muscle). Your body can absorb and utilize vitamin D3 through the muscle much more effectively than when taken orally (typically D2). Both forms of this vitamin can raise circulating vitamin D levels, though research suggests that D3 may raise levels more effectively and efficiently than D2. Come talk to our team of experts at REGENERATE.

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.

Breaking through psychological numbing by Leslie Tourish, LPC



As a therapist you learn the subtle art of when to edge a Kleenex box over to your client during a session. Usually the tells are when someone tears up or their voice begins to quiver. Recently a client told me how she's struggling to work full-time, care for her aging mother, and on top of all that, recover from her third bout

with Covid-19. She paused and drew a deep breath. I saw this as a cue, and reached for the Kleenex. She stopped me with a raised hand and said, "No, but thank you. I don't need it. I almost wish I could cry, but it's as though all my tears have dried up. I don't know. I just feel kinda dead inside."

I've heard versions of this dead-feeling from many people lately. Not only have these past few years been extraordinarily hard for so many of us, but the current state of the economy, drought, and political upheaval is its own fresh hell. If stress continues for an extended period of time, the human brain will attempt to relieve the pressure by dulling our thoughts and feelings. Imagine an electrical system starting to over-heated. As a safety measure, the breakers will shut down electrical flow to avoid frying the whole circuit board. While people actually can withstand quite a bit of pressure in the day-to-day, stress that extends into months and years can be the most destructive. And like a breaker-system, people may power-down into an emotional numbness as a form of psychological relief. Essentially, if you can't physically run away,

your mind does the job through detachment, thus protecting the whole of the brain.

Protection isn't living, though. A cast may set a broken bone, but after awhile your limb can't grow stronger encased in a hard shell. But there are ways to break through psychological numbing. One way to get back in touch with our emotions is through journaling. I suggest old-school free-writing – pad, pen, and writing long-hand. Our minds can more easily access our emotions this way, rather than using a keyboard. One classic tool is writing morning pages. Soon after waking, and without thinking too hard about a topic, just write whatever comes to mind. At first you might be staring at a blank page, but you'd be amazed at what floats up from your unconscious if you can sit with the ambiguity of the moment.

Another grounding technique that pulls you more fully into the world is to engage your five senses. When you're not quite feeling like yourself, notice five things you can see. Then four things you can touch. Three things you can hear. Two things you can smell. And finally, one thing you can taste. If your thoughts have turned dark, this is a way to pull up from your inner-critic's deep-dive into disturbing thoughts, and place you in the more realistic here-and-now. Being patient and compassionate with yourself may be your best route to feeling more like you again.

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

Omega-3s and your skin

by Karen Laine, Para-Medical Aesthetician



You've heard about Omega-3s benefits for your health, but did you know they are crucial for supple, clear, healthy skin?

Skin cells are short-lived with a rapid turnover rate, meaning nutrients needed to build new cells must readily be on hand. Omega-3s are a key component in the fatty membranes of skin cells. With-

out this special type of fat on hand, the body must build new cells with *inferior* fats, resulting in less than optimal skin health. As we age, getting enough Omega-3s is even more important as they are necessary to ensure healthy cell membranes that keep skin hydrated.

The primary cause of skin aging is the sun's UV rays. Think of Omega-3s as internal sunscreen. The two kinds of Omega-3s found in fish oil, *EPA* and *DHA*, increase resistance to UV light and act as protection from harmful free-radicals formed when unprotected skin is exposed to the sun. EPA goes one step further to help block the release of UV-induced enzymes that break down collagen, which leads to fine lines, wrinkles and sagging skin.

Any condition that ends in *itis* indicates a problem associated with inflammation. Dermatitis, psoriasis, rosacea and eczema are inflammatory conditions of the skin. If you've visited a derma-

tologist lately, chances are he/she probably didn't speak with you about your diet. A number of credible studies strongly correlate the Western diet with inflammatory skin conditions, acne and oily skin, specifically, dairy, refined carbohydrates and grain foods. Along with diet changes, Omega-3s can improve these conditions by greatly reducing silent inflammation in your body. Unlike acute inflammation from surgery or injury, silent (chronic) inflammation is much more dangerous because it isn't readily apparent. If left untreated, it can lead to serious health conditions like heart disease, arthritis and possibly even some types of cancer.

Whether your goal is to fight aging, reduce inflammation, clear up acne or simply improve your skin's health and appearance, high-quality Omega-3 supplements are great additions to your beauty regimen.

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 120 Joe Wimberley Blvd. Suite 106, in Wimberley.

What is BBL HERO and why should I consider this treatment?

by Rocco C. Piazza, M.D



For those of us who have had a BBL (Broad Band Light) Forever Young™ treatment, it's safe to say we may never go back to a traditional IPL (photofacial) therapy because the clinical studies and results for the BBL technology are unmatched. Sciton's BBL Forever

Young has had over 10 years of data to support that it is the most advanced non-ablative light therapy laser for skin rejuvenation.

BBL therapy reverses sun damage, stimulates collagen production, reverses hyperpigmentation, and corrects rosacea. In 2021, Sciton released an upgrade to traditional BBL called BBL HERO, which we acquired at The Piazza Center to ensure that we have the most effective skincare treatments that yield exceptional results.

What is traditional *BBL*? BBL stands for *broadband light*. Similar to IPL, it uses light energy to address skin concerns, but is more powerful than IPL. BBL was created by Sciton Medical and Aesthetic Laser Technologies. BBL laser skin resurfacing technology has been proven to stimulate youth activation genes and reverse changes in skin tone and texture related to sun damage.

What is *BBL HERO*? BBL HERO (*high energy rapid output*) is revolutionary technology that upgrades traditional BBL, delivering more power to create a more effective laser skin resurfacing treatment than traditional BBL. HERO is designed to be used on

large areas of the chest and body to shorten treatment time and improve results.

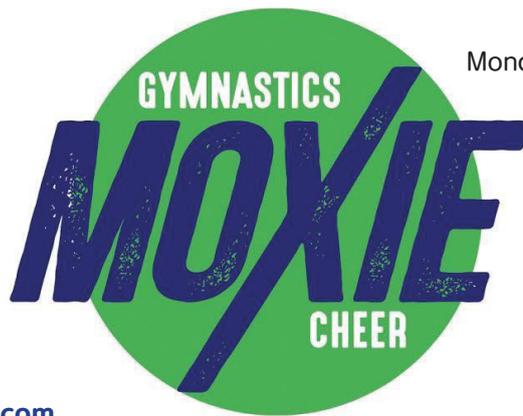
What makes BBL HERO unique? BBL HERO technology treatments are much faster than traditional BBL. For example, a BBL+facial treatment takes half the time of traditional BBL. Additionally, treatment duration times for arms and legs are reduced by 75% compared to traditional BBL treatments. BBL HERO takes only 5 minutes to treat each limb, removing unwanted pigmentation caused by sun damage and stimulating collagen production in the skin to improve skin's appearance and restore a youthful glow. Further, BBL HERO has three times the peak power and twice the cooling effect of traditional BBL, which means laser skin resurfacing treatments with BBL HERO and BBL+ are more effective and more comfortable, making this a popular skin treatment.

Most everyone can have BBL. It's one of the only aesthetic treatments offered that is able to fix a variety of skin conditions. The Piazza Center team performs more Sciton laser treatments than any other laser skin team in the Austin and San Antonio area combined. We provide safety and excellence in everything we do. Contact us and request an in-person or virtual consultation today! *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.*

Yearly Registration: \$90
Monthly Tuition:
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PM Care Tuition:
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Monday/Wednesday/Friday \$300
Monday-Friday \$500

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September 2022- May 2023
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Moxie Gymnastics and Cheer Preschool Program Starting September 6, 2022

We are so excited to be expanding our Kids Day Out program to a full time Preschool, with additional days and extended care! Your child will receive academic readiness, art, music, motion, story time, early literacy, Spanish, creative play centers, and gymnastics.

Our curriculum is creative, engaging, and developmentally appropriate. The curriculum is organized around themes and uses art, books, music, and hands-on activities to teach letters and sounds, shapes, colors, numbers, and problem solving. Through play and teacher guidance children will experience physical, social, emotional, and intellectual growth.

Example Daily Schedule:

8:30-9:00 Morning Free Play in Gym
9:00-9:15 Morning Snack
9:15-9:45 Morning Circle Time
9:45-10:30 Gymnastics Class
10:30-11:00 Academics
11:00-11:30 Classroom centers
11:30-12:00 Lunch
12:00-12:45 Arts and Crafts
12:45-1:30 Outdoor Recess

Example PM Schedule:

1:30-3:30 Rest Time
3:30-4:15 Gym Time
4:15-4:30 Snack
4:30-5:15 Outdoor Recess
5:15-6:00 Crafts/Games/Science
6:00-6:30 Centers



Information:

Students must be 3-5 years old and potty trained.
There is a \$90 nonrefundable yearly registration fee.
There is a \$50 supply fee twice a year, September 1st and January 1st.
Drop off is at 8:30am & pick up is at 1:30pm.



Straighten out your *teen* with Invisalign

by Ron S. White, DDS

Yes, you read it right! Now Invisalign is offering their state of the art technology for teens. At first I thought it was a crazy idea too... teens keeping up with clear trays on a daily – much less hourly – basis? But according to the Invisalign research, teens are actually more compliant wearing the invisible aligners than

adults! Plus Invisalign has started offering six free replacement trays to each teen patient.

Here are reasons to consider Invisalign for your teen...

They're removable! Invisalign Teen allows your child to remove the aligners for eating and brushing, so it is easier to maintain proper oral hygiene. Your teen can brush and floss normally, which can help prevent tooth decay and gum disease. Better than that, since they are removable, there are *no* food restrictions.

Best of all they are conducive to our kid's active lifestyles. Trays can be removed for games and practices or playing band instruments. Your teen can participate in their favorite activity without the worry of mouth injury.

They're invisible! Let's face it, our teens are very self-conscious about their appearance. With Invisalign their peers can hardly notice they are straightening their smile, giving them greater self-confidence. Those important pictures will be metal and bracket free!

They're comfortable! Invisalign straightens your teeth using plastic (not metal) attachments and trays for better comfort.

They're effective! With most cases, clear retainers can do exactly what wire braces can do. There are great innovations in technology that make your *tooth straightening* experience easier than ever before. Also in most cases, Invisalign is faster than old school braces. Teens can switch their trays at home after just one week, progressing their treatment on an expedited timeline like never before.

I personally put my own 12-year-old in Invisalign since his overall development was good but the teeth were still maligned. He did great! Never lost a tray and made mom and dad happy with less visits to the orthodontic office.

Invisalign is a great, convenient, and teen friendly way to straighten teeth. Ask your dentist or orthodontist about clear retainer therapy and see if your son or daughter is a candidate.

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).

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The doctor is in

by Ben Fox, DVM



Fox Veterinary Services is proud to serve Dripping Springs and surrounding communities. Our goal is to provide you and your animals with the highest degree of care. We offer veterinary services for both large and small animals, both in the clinic and at your house or in the field. Services we offer include

x-rays, ultrasound, in-house bloodwork, and surgeries. We follow the strictest process for diagnosing and only recommend necessary procedures that will provide the best opportunity for success and recovery. Every diagnosis has one purpose in mind – to ensure every animal in our care lives a long and healthy life.

Dr. Fox began his pursuit of the veterinary career as a high school freshman at Conover Veterinary Hospital in Seguin, Texas. In 2007, he enrolled at Texas A&M, and graduated Magna Cum Laude with a Bachelor of Science in Biomedical Sciences in 2011. Dr. Fox worked as a veterinary technician at a clinic in Bryan, Texas, throughout undergrad and vet school, and spent time at other mixed practices throughout Texas and Oklahoma. In May 2015, he graduated from Texas A&M College of Veterinary Medicine. He worked as a mixed animal practitioner in Lockhart and Uvalde, and then moved to the Austin area in 2018. Dr. Fox started Fox

Veterinary Services in 2021.

Dr. Fox married his wife, Alyssa, in 2016. They have two sons, Hadley and Nolan, and daughter, Birdie. Dr. Fox has two dogs, George and Teddy, and a cat, Sully. Dr. Fox enjoys a variety of large and small animal medicine and surgery. He strives to have open, straightforward conversations about treatment options, expected outcomes, and cost of vet services.

To schedule an appointment or home visit please call 512 230 1720 or email Dr. Fox at BenFoxDVM@gmail.com. You can also visit our website at FoxVeterinaryServices.com.



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Keeping your intact dog socialized

by Diana Ozimek



What is the correct age to spay or neuter your dog? I get asked this question all of the time. This is a discussion to have with your veterinarian but I'd like to focus on socialization. If you have a dog you plan to keep intact until they are a year or two old, there are a few things you'll want to keep in mind.

All puppies should be properly socialized, you'll want to make this a high priority if you will be having an intact dog go through adolescence. Females don't seem to be as tricky as males. The obvious focus with females is to keep them away from males when they are in their heat cycle, which can last about three weeks. Even neutered males can get worked up when a female is in heat. If you are boarding your dog and this happens, many places will ask you to pick her up and make other arrangements. It can cause complete chaos in the facility and fights among males if they are out with her.

Males often, not always, but often become hard to properly socialize once they reach adolescence. Males, intact or already neutered, often don't get along with an intact male. Many need to have female playmates once that starts. But if the young male only has one thing on his mind with his female playmates they will often get kicked out of playtime as well. This is why it becomes very important to socialize your dog from puppyhood. If they have had good interactions and proper playtimes you have a better chance of their socialization skills staying strong if they have to miss a few months until they are neutered. Another great idea to make sure your dog keeps their happy-go-lucky attitude around dogs during the gap between becoming a teenager and getting neutered is to participate in neutral socialization by taking walks and leash time hang outs with other dogs.

Being proactive in all areas of your dog's life gives you the best chance to have a well rounded 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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Buyer beware

by Randy Lawrence



It seems like everywhere we turn today there is land being cleared for construction of a new neighborhood. If you've ever moved into a new development, you know that there is constantly someone ringing your doorbell and attempting to sell you something for your new home. Unfortunately, the water treatment industry is full of companies

who choose to employ this door-to-door tactic.

There is a very good chance that the *water specialist* who comes to your house is not actually a licensed Water Treatment Specialist. Some companies choose to ignore the fact that the Texas Commission for Environmental Quality regulates our industry and requires some level of licensing in order to test water for the purpose of making treatment recommendations. The salesman at your door is there to convince you to say *yes* and open your wallet. If you're not aware of your options, it can be tempting to let that happen.

Many neighborhoods have taken to posting *No Soliciting* signs. In some of these cases, certain companies have struck a mutually beneficial deal with the homebuilder to allow them to place advertising on the softener loop and at the kitchen sink. This often contains misleading wording which indicates that the home is set up for their specific equipment and that damage will occur if you don't choose their system. This is absolutely not the case. This often

leads to homeowners paying far more for the system than necessary since they are unaware that there were other choices.

The water softener loop in a new home is capable of accepting any brand of water softener. Don't be fooled by high pressure sales tactics or misleading literature. A licensed professional can perform a couple of simple tests to determine exactly what size system would best fit your needs. A quick search of TCEQ's occupational licensing database, as well as a review of the company's Better Business Bureau standing will let you know whether you're dealing with a legitimate, reputable dealer.

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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The magic of mulch

by George Altgelt



In Texas, the challenge of gardening in the summertime is keeping the soil cool and moist. The best and least expensive material for keeping those conditions in your garden is mulch. Mulch is not to be confused with compost. Mulch mixed into soil will become anaerobic and toxic to your garden plants. Mulch should always be moved to one side before you plant new plants in your garden soil or when planting seeds. Bring the mulch back

right up to the stalks of the transplant. Place the mulch gently over the spot where you have planted seeds.

Plants cannot grow when the soil is too hot! The growth and vigor of everything in your garden is dependent on enzyme activity, especially in the root zone. Above 88°F, enzyme activity drops away. When the soil temperature reaches 92°F enzyme activity for some plants is close to zero, especially tomatoes. This is the biggest cause for lack of production during the summer heat. Lay the mulch four inches thick. Two inches thick is the minimum.

Mulch's second purpose is to preserve the available moisture. This in turn holds the available nitrogen in the soil. Nitrogen is a major plant nutrient that is different from all the others. It is a gaseous material. It is held ever so delicately in the matrix of other compounds. Without moisture and coolness it will turn back into a gas and float away from your garden. Plants without nitrogen

available to them cannot make proteins. Proteins build the structure and frame of all living things, especially plants.

Above ground, the plants stay cool by absorbing sunlight and turning it into food energy. When it's really hot, plants above ground cool themselves by moving water out of their leaves through their stomata. When plants run out of water because the roots are too dry, plants will wilt. Wilting also conserves water. The experienced gardener recognizes when any plant is wilted and brings the water. How much water your plants will need and how often depends on the mulch and its ability to keep the soil cool and moist.

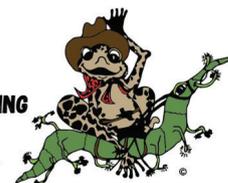
George Altgelt is the owner of Geo Growers, located on 290 and Bells Springs Road. Geo Growers has been in business since 1995 and sells bulk material as well as bagged gardening products and plants. George believes we need to be producing more of our own food, and each one of us can contribute. His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

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Litigation: *Divine right of kings*

by Roland Brown



Let's imagine a city owned and operated bus runs a red light and strikes your twelve year-old daughter as she is crossing the street while facing a lighted *walk* sign. You consult a lawyer and find that you may bring a claim for her injuries. Now let's imagine that one of your forefathers (or foremothers – is that a word?) had consulted a barrister in

England back in the day to seek help for a daughter struck down by a horse-drawn coach owned and operated by the township. You would likely have been advised that you could not make a claim. Why? English jurisprudence incorporated the *divine right of kings* concept. The king was seen as the hand of God and therefore, since God is infallible, likewise the king could do no wrong. The legal extension of that concept was that, while you could sue a private person or entity who negligently injured your daughter, you could not sue the *state* for exactly the same conduct.

American jurisprudence, has typically sought to be more forward thinking and to develop as people's understanding of rights and relationships change (although some recent U.S. Supreme Court decisions might suggest otherwise). In that process of more logical development of the laws, American jurisprudence seems to have struck a compromise between the *you can't sue the state* position, and the *you can sue any other wrongdoer for your dam-*

ages. It would require much more space than this article allows to explain the details – but generally speaking – the law in Texas as well as the federal court system and, to the best of my knowledge, other states allows for suits against the state in limited circumstances, and almost always with limitations on the amount of damages recoverable. The Texas Tort Claims Act opens to door to suits involving motor vehicles and injuries caused by other tangible property but with strict limitations on damages and requirements for prompt notice to the entity against whom the claim is to be made. The takeaway for you is that if there is *any* possibility that a state entity may have caused your loss, you may have far less than is provided by the typical two years statute of limitations within which to give notice that you are making a claim.

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.



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The next chapter

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



Gavin J. Loftus

If you're like most people, your work has been a central part of your life. So, wouldn't it be nice to have the flexibility to decide when you no longer want to work?

Two-thirds of workers ages 65 and older say they work primarily because they want to, not because they have to, according to a 2021 study by Edward Jones and Age Wave. But that means that one-third of workers in this age group feel financially compelled to work. This doesn't necessarily mean they dislike the work they do — but it's probably fair to say they would have liked the option of not working. How can you give yourself this choice? You can start by asking yourself these questions...

When do I want to retire? Identify the age at which you wish to retire. You may change your mind later and move this date up or back, but it's a good idea to have a target in mind.

What sort of retirement lifestyle do I want? Do you anticipate staying close to home and pursuing your hobbies, or do you hope to travel the world? Would you like to spend your time volunteering? Open your own business or do some consulting? Some of these choices will require more resources than others. Follow a

financial strategy aligned with the retirement lifestyle you desire.

Am I saving and investing enough? As you chart your course toward retirement, assess the sources of income available. If you're falling short of your retirement goals, consider saving more.

When should I start taking Social Security? You can begin collecting Social Security benefits as early as 62, but your monthly payments will be much bigger if you wait until your *full* retirement age, which will likely be between 66 and 67. Your decision about when to take Social Security depends on several factors, including your other sources of income and your family history of longevity. The Social Security system is facing significant financial stress, so it's possible that we may see changes to Social Security, based on actions Congress could take. Be fairly conservative in estimating how much Social Security can contribute to your retirement.

By addressing the above questions, you can get a clearer sense of when you might reach the point at which work is optional. But you'll also need to consider other factors, too, such as how much you enjoy working or when your spouse or partner is planning to retire. In any case, the sooner you start planning for this next phase of your life, the better position you'll be in when it's time to make the transition.

Gavin J. Loftus, CFP, AAMS, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512 894 3801.

What in the world are terpenes?

by Heidi Pousson



If you've ever browsed the products at Haus of Jayne, you may have stumbled across something called *terpenes* on the packaging. If you're anything like me, you may be wondering – *what in the world are terpenes?*

Terpenes are the organic compounds that can be found in medicinal plants, flowers, fruits, and vegetables. Things like tea, thyme, Spanish sage, lavender,

rosemary, citrus fruits, and cannabis all contain terpenes and can impact color, smell, and even taste.

Just like essential oils can be therapeutic, the terpenes found in cannabis plants can be as well. In fact, they impact *how* cannabinoids interact with our bodies ECS system (see article in last month's issue). How does this happen? The terpenes and the cannabinoids work together to produce specific effects in the brain and body. According to recent research, some of these terpenes provide benefits like antiviral, anticancer, antidepressant, and pain relief.

The majority of products don't even list the specific terpenes. Instead, you might notice words like *indica* or *sativa*. Indica products may contain terpenes that have been shown to have an overall more calming effect while sativa products are known to stimulate

alertness. The terpenes present also impact the aroma and taste of the products ranging anywhere from fruity to earthy.

When it comes to aromatherapy, the different oils and combinations have a unique effect on the individual. The same is true when it comes to the hemp-based products at Haus of Jayne. There is no one size fits all.

Wife, mother, friend, 8th-grade teacher, member of Haus of Jayne. Follow Haus of Jayne on social 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.



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After spending 40 years in the financial services industry, three years ago, Laurie Tyler and her husband Paul made the decision to purchase a Farmers Insurance Agency. With a desire to own their own business and to serve others, the insurance industry and Farmers was a perfect fit.

Educating and preparing others about insurance, helping clients protect their family and their assets while providing outstanding customer service are top priorities for The Tyler Agency. Having seen families devastated due to the loss of a family member, cars totaled where the insurance payout was less than the amount owed, where they would live when their home was destroyed, how they would feed their family with a loss of income, The Tyler Agency focuses on educating and preparing families for the many curve balls that life can bring. The Tylers years of experience



drives their passion to help make consumers more knowledgeable about their insurance coverage and options to help meet their customers' needs.

The Tylers consider it a great privilege to serve the Dripping Springs community, which they have been a part of since 2001, and where they've raised their family. The Tyler's serve the community through Foundation Church and support various nonprofits, such as Brady's Bridge, which provides after-school care for kids of all abilities. They recently relocated The Tyler Agency to the Moon Landing Center, and are here to serve you, your family, and your business with all your insurance needs.

Contact the Tylers at 512 892 9312 or email LTyler@farmersagent.com. You can also learn more at FarmersAgent.com/LTyler. Their office is located at 1322 W Hwy 290, Suite C, Dripping Springs, Texas 78620.

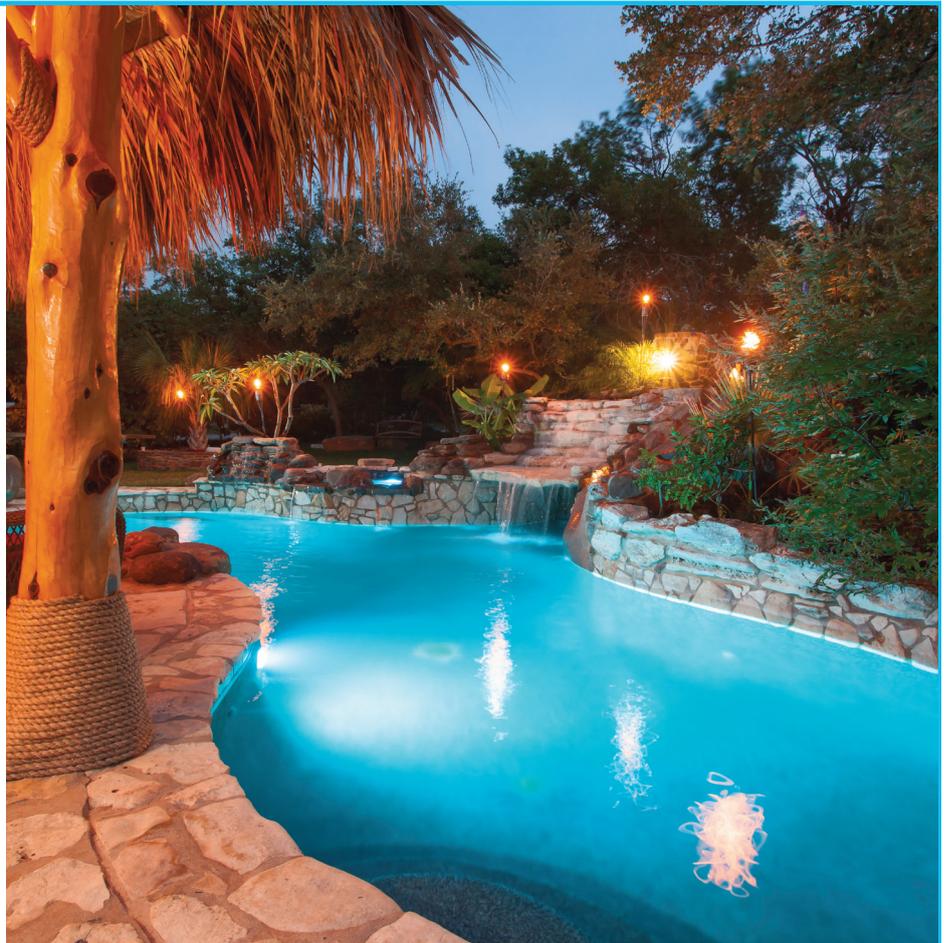


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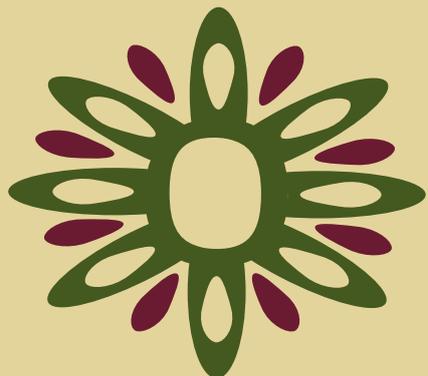
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