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OUTLOOK

Volume 20 Issue 7 • Dripping Springs, Texas • October 2022



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This move-in ready home is located on a quiet cul-de-sac in Riverside Grove with no HOA. This home features a bright, functional floor plan with a family room downstairs and a bonus/flex room upstairs. All bedrooms are located upstairs. 1 hr commute to Austin, San Antonio, New Braunfels & San Marcos. \$259,000



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Drippin' with community

Dripping Springs OUTLOOK

Editor, Publisher

Cyle Elizabeth Johnson

Ad Designer, Publisher

Joey Johnson

Cover

Cathy Richardson

One of my favorite things about Dripping Springs is, in fact, the community. Growth aside, the small town feel runs strong here.

This season, there are so many opportunities to embrace that community spirit head on. The Empty Bowls Project on November 6 benefits your neighbors in need. The Dripping Springs Pumpkin Festival runs until October 31 and is gleaming with community. The DS Lions Club even has a dog photo contest running from October 21 through November!

There are so many fun ways to deepen your connection with the community this autumn. However you choose to embrace the changing of the seasons, I hope this is your best October yet.

Warmly,



Read the Outlook online

DSOutlook.com

Contact

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.

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Dripping Springs Chamber of Commerce Focus on Business:

Colorado River Land Trust

by Hope Boatright

With its wide-open landscapes, eternal skies, and abundant wildlife, Texas is one-of-a-kind. It should come as no surprise to anyone, but Dripping Springs and Texas are growing. Over the last ten years, Texas' population has grown by 48% resulting in the conversion of millions of acres of land – land that provides important economic, environmental, and recreational benefits for people and communities. As Texas continues to grow, we need to protect our most valuable resources – our land, water, and traditions.

At Colorado River Land Trust, our focus is to protect the Colorado River and its surrounding lands and waterways. Our service area spans from the high plains in west Texas through the Hill Country to the wetlands near the Gulf of Mexico. Our conservation priorities:

- Outdoor sport recreation: Land conservation protects the

natural resources, habitat, and landscapes on which wildlife and outdoor sport depend. Protecting it today ensures it will be here for future generations of hunters, anglers, and outdoor enthusiasts.

- Water: The Colorado River is the largest river in the nation that begins and ends in the same state. This river supplies drinking water to millions of Texans each year, offers unmatched outdoor recreational opportunities, and provides critical wildlife habitat.

- Agriculture: The Lone Star State leads the nation in total numbers of farms, ranches, and livestock production. From cattle

to cotton, we conserve farmland, water, and wildlife habitat by working closely with ranchers and farmers to protect Texas.

Land plays a significant role in Texas and must do what we can to protect our land, waterways, and traditions. Join us and help protect Texas ColoradoRiverLandTrust.org.



Dripping Springs OUTLOOK

• Community Calendar of Events •

- Every **Mon.-Fri. Hill Country Senior Center** 1310 W. Hwy 290, 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
- Every **Mon.** 6pm **Nar Anon Family Group** at Friendship Creekside Fellowship 14455 Fm 1826. For family & friends of 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**, Pioneer Bank, 100 Creek Rd. Visitors welcome. DSToastmasters.com
- Every **Tues.** 5:30pm **Al Anon**, Dripping Springs Presbyterian Church, 26650 Ranch Road 12. 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 **Tuesday** at 7pm, **Boy Scout Troop 101** meets in the Foundry building of DS United Methodist Church. Contact Jen Medlock at medlock.scouts@gmail.com
- Every 4th **Tue.** **Artists Alliance of the Hill Country**, The Barn on 4000 Bell Springs Road or artists' studios. 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 (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**, Acopon Brewery. For more information call Michele Ryon 512 299 7455.

- **Thur.** 7pm, **Celebrate Recovery**, people with hurts, habits, or hang-ups. 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 231 Patriots Hall Blvd. 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@dsc.org for details.
- Every 3rd **Thur.** 7pm, **DS VFW Post 2933** invites all eligible veterans with foreign service to 231 Patriots Hall Blvd. Call 858 5637.
- Every 4th **Thur.** 6:30-8:30pm, **Photographers of Dripping Springs** Sententia Vera-Cultural Hub, PhotographersofDS.us or on Facebook.

- Every 3rd **Thur.** Live concerts, best music in the Hill Country at **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 **October 20**: Bob Livingston

- 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

• October 21st through November 30th, please support your Dripping Springs Lions Club by entering your dog in our first on line Dog Photo Contest – Santa Paws! Dogs with the three highest votes will be awarded prizes and have bragging rights of being Dripping Springs Top Dog. The winners will be announced at Christmas on Mercer. Proceeds support various organizations in our Dripping Springs community.

- Sat. October 1, Kids Day at Dreamland, 11am-3pm
- Wed. Oct. 5, Moto Xtreme Circus, 7-9pm, DS Ranch Park

• Sun. October 9, 11am-4pm, Austin Flea Market at Jester King Brewery

• October 14-16, Songwriters Festival

• September 24-October 31, Dripping Springs Pumpkin Festival, 10am-7pm daily (closed Tuesdays), \$10 weekends, \$5 week days, rain or shine at the Dr. Pound Historical Homestead. DrippingSpringsPumpkinFestival.com for details & special events

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

What's our natural non-surgical Secret? Radiofrequency (RF) energy for dermal remodeling

by Breca Tracy, PhD



Have you heard of dermal remodeling? Can you envision what that might look like? Can you imagine stimulating your body naturally to improve its own skin texture and appearance? Wouldn't it be fun to achieve your skin goals on a cellular level? Wouldn't you like to have

clearer, more plump and smoother skin? A bright, fresh glowing look without being pregnant? Do you have concerns with your skin (face or body)? Do you have stretch marks, scars, crepey skin, skin damage, or in general are you entertained by a non-surgical face-lift? Check out REGENERATE's Innovative Secret RF Therapy.

The demand for non-surgical aesthetic procedures with little to no downtime is on the rise. More than 70% of patients are bothered by signs of aging, such as fine lines and wrinkles, as well as skin texture and discoloration (ASDS Consumer Survey).

Secret RF is a novel fractional radio frequency (RF) system delivered by customized micro-needling for tissue coagulation and hemostasis designed to stimulate and remodel collagen and address the common signs of aging. It is ideally suited for use on patients who wish to revitalize and refresh the appearance of their skin. By adjusting the micro-needles, Secret RF can deliver energy at various depths, so that treatments can be tailored to address each

patient's individual concerns such as fine lines, wrinkles, acne scars, photoaging, and striae at the depth required.

REGENERATE's Secret RF unique technology and customized delivery of energy enables our providers to tailor treatments for a variety of skin concerns on all skin types.

Secret RF induces dermal remodeling by applying precisely controlled RF energy directly into various depths of skin – from 0.5-3.5 mm – with minimally invasive micro-needles to spare the epidermis and reduce patient downtime. Check out our social media to see images of our actual patients immediately after therapy. You'll be shocked to see they are able to go and do all the things they had planned for the day, looking naturally beautiful without the appearance of a game changing procedure just minutes prior.

For more information, please contact us and we would love to further educate you on the therapies we offer here in Dripping Springs.

We have a very unique team of experts. 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. NaturalHealingTX.com.

Creating grit, one step at a time

by Leslie Tourish, LPC



The writer, Albert Camus, wrote, "In the depth of winter, I finally learned that there was in me an invincible summer." Humans tend to be a tough lot. Not that we haven't all felt that sinking feeling when it appears nothing we do will get us out of this failure, that catastrophe, or the loss of a loved friend or family member.

A friend shared this with me:

"A man found a cocoon of a butterfly. One day a small opening appeared, he sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress.

It appeared as if it had gotten as far as it could and it could go no further. So, the man decided to help the butterfly, and he took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily. But it had a swollen body and small, shriveled wings.

The man continued to watch the butterfly because he expected that at any moment the wings would enlarge and expand to be able to support the body, which would contract in time.

Neither happened. In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly. What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle required

for the butterfly to get through the tiny opening were nature's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our life. If life allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as what we could have been. We could never fly."

We all need help once in a while. However, if we're not allowed to suffer what life throws at us, then we're not driven to find new solutions. So much of our character is forged from the emotional fires of endurance and recalibration.

When I was a journalist, I interviewed a World War II veteran who had survived the Bataan Death March. As a POW his days were filled with exhaustion, starvation, extreme cold, and the threat of death at any moment. Fifty years later he said once he had discovered his ability to choose sheer grit for survival, much of his fear and despair vanished. He became confident in who he was and what he was capable of. He said, "I finally lost my fear of hell by walking through a hell on earth and coming out the other side.

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



Dental anxiety & what to do about it

by Ron S. White, DDS

Dental anxiety is fear, anxiety, or stress associated with a dental setting. Being scared to visit the dentist can result in delaying or avoiding dental treatment. Things like needles, drills, or the dental setting in general can trigger dental anxiety. When dental anxiety is severe and causes irrational fear and avoiding going to the dentist, it can be classified as a dental phobia.

it checked by a dentist as soon as you can.

Signs and symptoms of dental anxiety:

- Sweating
- Racing heartbeat (*tachycardia*) or palpitations
- Low blood pressure and possible fainting (*syncope*)
- Visible distress, crying, or signs of panic
- Withdrawal, or using humor or aggression to mask anxiety.

Avoiding the dentist can result in dental disease getting worse, a greater need for emergency care, or more complex treatment. It can also feed the underlying problem of dental anxiety. This is known as the *vicious cycle of dental anxiety*.

Regular dental check-ups, cleanings, and X-rays of the teeth can prevent dental disease and help your dentist find any problems early, so that simpler and less invasive treatments are needed. During regular check-ups, dentists also check for signs of mouth cancer, which is especially important for those who smoke or regularly drink alcohol, and even more so for those who do both. If you notice a mouth ulcer that lasts for longer than two weeks, get

Some psychological coping techniques include:

- Deep breathing
- Meditation
- Distraction (such as listening to music or the use of devices)
- Guided imagery
- Progressive muscle relaxation
- Agreeing with your dentist on a signal to stop during the treatment for a break (such as raising your left pointer finger or hand)
- Using a weighted blanket (bring your own)
- Hypnosis
- Cognitive behavioral therapy with a psychologist

Severe dental anxiety or phobia may require medical management with relative analgesia (laughing gas), anxiety relieving medication, conscious sedation (twilight sedation), or general anesthesia.

Regardless of whether you have mild or severe dental anxiety, communication with your dentist is the key. Be open and honest so you can together manage your dental health.

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).

Always Accepting New Patients



Dr. Sunjae Jung completed her undergraduate at University of the Pacific with a bachelor's degree in biology and continued into dental school at the Dugoni School of Dentistry in San Francisco.

Dr Jung grew up watching her mother work as a dentist and followed in her footsteps. She is committed to providing exceptional dental care in a gentle manner.

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OPAL

AESTHETICS & WELLNESS



by Priscilla Hardenne

Not all wrinkles are alike. And while it may be hard to believe, not all wrinkles are bad. They help to highlight your facial features and give you your unique characteristics. Without wrinkles, your face would be void of personality and expressiveness. Your face is unique to you, no one has one just like it, and the lines and curves of your face help to tell a story. However, we understand that wrinkles can depreciate your beauty and make you appear older than you actually feel.

What's the difference between static and dynamic wrinkles?

Dynamic wrinkles appear when expressing emotions, such as fear, worry, joy, sadness, or surprise. You will notice them when you smile, laugh, frown, cry, or during moments of deep concentration. Dynamic wrinkles fade as quickly as they appear. Once the emotion passes, you will no longer see them.

Common dynamic wrinkles include:

- Frown lines (between the eyebrows)
- Forehead wrinkles
- Crow's Feet
- Smile lines

Static wrinkles remain on the face even after facial muscles relax and tend to deepen with age. Examples of static wrinkles include lines at the corners of the mouth, across the cheeks, and along the neck. Another way to look at static wrinkles – as I like to call them *sleep wrinkles*, especially if you are a side or belly sleeper – is where wrinkles get deeper in the décolleté area.

As we age, collagen production declines and causes the skin to lose elasticity. As a result, dynamic wrinkles, such as smile lines around the nose and mouth will eventually become static wrinkles.

Fine lines and wrinkles can be further emphasized by genetics, smoking, or lifestyle.

Treatments for dynamic wrinkles:

Botox or Dysport (my personal fav) can be used for relaxing and smoothing dynamic wrinkles caused by repetitive muscle movements. This muscle-relaxing injectable targets tissues below the skin's surface and is most frequently used for treating lines around the eyes and forehead. Once injected, it temporarily freezes the source of the movement. Treatments can be administered every three to four months to help you maintain results.

Treatment for static wrinkles:

Injectable dermal fillers are used for addressing static wrinkles around the mouth, lip lines, and other lines on the lower half of the face. Depending on the dermal filler chosen, it can also help hydrate your face and stimulate natural collagen production to promote a healthier looking and smoother complexion. Dermal fillers can also be used to enhance thin lips or fill in cheeks to enhance the natural contours of your face. Results can last up to 12 months and take years off of your appearance.

Style & Beauty by Priscilla is now Opal Aesthetics & Wellness.

Priscilla at Opal Aesthetics & Wellness is all about keeping your natural beauty by leaving you refreshed and revitalized.

Interested in learning more?

Book a consultation
with Priscilla at Opal Aesthetics & Wellness.

512 601 0092

OpalMedSpa.com

Priscilla@opalmedspa.com

Don't forget to take care of yourself by Heidi Pousson



Did you know that 75-90% of all doctor's visits are related to stress? And according to WebMD, "Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety."

For me, this is the most stressful time of year. Don't get me wrong, I love that my kids are back in school, but now there are a million more emails

to keep up with and grades to check. Throw in all the after school activities and the stresses of your own job and before you know it, you're having trouble focusing, sleeping, or you just feel run down.

We need to remember to take care of ourselves. I wish I was the Energizer Bunny. Unfortunately, I'm not, and neither are you. When was the last time you made time for yourself? We are constantly on the go doing this or doing that. Running kids here or running kids there. Are you making time to workout, even if it's just going for a walk? Are you eating out most of the week because there is literally no time for anything else?

Pay attention to the signals your body is giving you. Maybe you just need to slow down, set a boundary, or make minor adjustments to your daily routine so that you can still be your best version of

you. Stress is the leading cause of so many health issues and diseases. And remember, if your cup isn't full, it's so much harder to fill the cups of others.

We are here at Haus of Jayne to help.

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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Profound RF Microneedling by Rocco C. Piazza, M.D



Through the aging process our skin loses its shape, and *snap!* Skin becomes loose, lax, and saggy, especially in the lower face and neck. This is an area that bothers many of us and where aging shows first. At The Piazza Center, we offer Profound RF Microneedling, a new nonsurgical treatment that rejuvenates the skin of the lower face and neck

that synergistically combines microneedling with use of heat and long-pulse radiofrequency (RF) energy.

Profound RF works by improving elastin, collagen, and hyaluronic acid production in the skin. Profound works by using tiny needles to penetrate the skin and deliver RF energy to heat the deeper layers of skin to tighten and lift sagging, loose skin. Profound RF microneedling can be used on the face, neck, chest, and body to address a number of skin concerns – saggy skin on the neck, jowls, double chin, texture issues on the chin and jawline. In addition to tightening skin on the lower face and neck, Profound RF microneedling is also effective at treating cellulite on the thighs and buttocks.

If you are seeking a nonsurgical alternative to a facelift, want to improve the look of your skin on the lower face and neck, or you have had a facelift and are looking to improve your skin laxity and strength, the Profound RF treatment could be right for you.

Who: The Piazza Center for Plastic Surgery & Advanced Skin Care

What: Cocktails & Curiosity 2022

When: October 20, 2022

5:30pm VIP Arrivals

6:00pm Arrivals

8:00pm Raffle Selections

9:00pm Event Ends

Where: The Piazza Center

5920 W. William Cannon Drive

Mesa Oaks Building Seven, Suite 200

Austin, Texas 78749

Why: Our biggest event of the year is back! Come see our new location, learn about cosmetic procedures like new treatments for cellulite, body contouring technology, the very latest in skin care at our Skin Bar, and help us raise money for Breast Cancer Resource Centers of Texas (BCRC).

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](#).

Obesity in pets

by Ben Fox, DVM



The latest statistics show 56% of dogs are overweight or obese. Yet 81% of pet owners say their dogs are a normal weight. It's worth knowing that obesity-related treatments can cost pet owners more than \$2,000 per year. Obesity in dogs and cats exists when an animal's weight is 20% above

ideal body weight. It's important to work with your veterinarian to assess your pet's body condition, muscle condition, lifestyle, and any existing medical conditions to determine how many calories you should be feeding.

So, how do you know if your dog or cat is obese or overweight? Stand behind your dog and gently run your hands along the sides of the rib cage. You should be able to feel, but not see each rib. Your dog should have a waist (or tucked up area in front of the hind legs). For cats, ribs should be palpable but not visible, they should have a slight waistline, and the belly should not be sagging.

Knowing how much to feed your dog or cat is important in maintaining a healthy weight. The guidelines on most commercial dry pet food packages are too broad to accommodate every pet's needs. As an example, spaying or neutering your pet reduces their energy requirement by 20-30%, which those guidelines do not address. It is important to feed a nutritional food that has lower over-

all calorie density, yet maintains an appropriate nutrient balance.

Is your pet at risk? Factors that can make obesity more likely in your pet, for dogs as an example, include breed, age, neuter or spay status, and their sex. Pet obesity can cause serious health problems and make existing problems worse. It can put your pet at greater risk for diabetes, heart disease, respiratory distress, arthritis, and more.

As veterinarians, we treat these diseases. We would rather help you prevent them.

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.



Ben Fox, DVM
512-230-1720

Mobile and In-Clinic Visits
27008 Ranch Road 12, Unit C
Dripping Springs, TX 78720

Holidays are coming: Got manners?

by Diana Ozimek



Do you cringe at the thought of hosting a party or holiday get together at your house? Is it because your dog doesn't have the best manners?

The leash is your best friend. If your dog is overexcited to greet guests, jumping and barking, here are some things to start practicing before your party. Send a friend or family member outside to knock on your door. Have

a leash ready or already on your dog. When you open the door, walk away with your dog on leash. Have a treat pouch attached and ready. Once you have your dog away from your guest ask for something simple like a sit or just reward for standing with paws on the floor. This will take repetition, send your helper back outside and repeat several times until your dog starts to respond to the pattern. The first few times might feel like you are dragging your dog away from the door but keep practicing and it will get easier. Set up several times to practice before your event. Most dogs will calm down and do well after the initial excitement, if yours doesn't, add this next step.

Sit for attention. Most dogs jump and want to seek attention in an excited way. This simple tethering exercise will teach your dog to invite pets by sitting. Have your dog on leash and have a friend approach, if your dog jumps up simply have the other person back

away. When your dog's paws are on the floor, they can come back in to pet again. Repeat this back and forth until the dog keeps their paws on the floor or offers a sit for petting. The person holding the leash acts as a wall, you are only holding them so they cannot follow the person and continue to jump. This exercise lets the dog figure out their actions have consequences. When they can work through this and learn how to get the reaction they want – petting – they will offer the correct behavior on their own to earn it. It's a great way to help your dog have a deeper understanding of their *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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 good_dog_in_the_making

I had an opportunity to speak with Christopher Durst, one of the founders of the Dripping Springs Pumpkin Festival. He and his partners have infused the Festival with so much heart and so many fun things to do.

CJ: How long has the Pumpkin Festival been happening?

Durst: This is the second year in Dripping Springs. It's been kind of a family tradition. I grew up doing these. My family always did small pumpkin patches as fundraisers for different charitable organizations. My fiancée, business partner, and I thought it would be perfect to do one of these in Dripping Springs but on a bigger level. We were looking for a non-profit to partner with and discovered the Pound House. Last year, we put it together in two weeks.

CJ: Oh, wow.

Durst: But because of all the experience and other stuff we do in the music industry we were able to get it out. This year we've had an entire year to plan.

CJ: Just looking at the location and some of the artisans and special events you have scheduled over various weekends, it seems like a thoroughly genuine, community-driven event.

Durst: Thank you. You can see all the free days we do, Mondays are typically always free except for Columbus Day and Halloween. Wednesdays first responders and medical personnel and their families are free. Thursday is military and veterans and their families. This year we added educators; teachers and their families for Fridays. We wanted to celebrate them.

CJ: Do you think it's your music background that inspired you to take a pumpkin patch and create a fall festival on this scale?

Durst: Definitely so. A lot of the festivals we've done around the country were always geared toward more ACL type festivals. All of us have kids now – my business partner, myself, and between my fiancée and I we have three. We initially just wanted to do a really cool festival that was really kids focused. And then we decided if we're going to do kids festival let's tie in a non-profit and make it a fundraising effort for something in the community. So there's no doubt my music background has contributed to the games and activities and attractions that you see. But we just wanted to do something that was really family friendly and kid focused.

CJ: The Meso American singers and dancers that are going to be at the festival one weekend – what gave you that idea?

Durst: Everybody knows Columbus Day. October 10 is actually Indigenous Peoples Day as well. Years ago, I went to a powwow in Santa Rosa and it was so moving. When we were getting our permits in Dripping Springs last year there was an indigenous group – actually out of Hays County – there trying to get Hays County to recognize Indigenous Peoples Day. We connected and wanted to collaborate. Great Promise does American Indian powwow exhibitions. We are having them Sunday, October 9. There's such a



by Cyle Johnson

strong Mexican American heritage in Texas so we reached out to Indigenous Cultures (also a non-profit) for October 8.

CJ: Not only does it sound very fun for kids but it's also educational – amazing bonus.

Durst: Butterfly Weekend is the second weekend (October 1 & 2). We've teamed up with another non-profit called the Monarch Project. We're going to be doing butterfly releases both days. They'll educate the crowd on what everyone can do to encourage Monarchs to populate the area. Next year there should be monarchs flying all over the place. We do try to incorporate some sort of educational aspect

to each of the weekends.

CJ: And what kid doesn't love butterflies? And that's just weekend 2. I'm thinking we have to go to the Festival every weekend.

Durst: Last year we realized 30% of our business was repeat business. We thought these people are experiencing the same thing over and over. That led us to theme each weekend – to provide somebody with a different experience every time they come.

CJ: What are your kids looking forward to?

Durst: They love the games. This year we have the traditional pony rides but we also have an exotic petting zoo with baby animals from around the world. And kids goat yoga – from 10-11am every Saturday and Sunday – while experiencing a sound bath.

CJ: You had me at exotic baby animals.

Durst: One of the coolest things – because everybody loves great photographs – Gretchen, my fiancée and business partner, went all out this year. So many incredible photo ops for families.



CJ: Do you have any favorite autumn memories?

Durst: There is a smell that is associated with these pumpkin patches and with the Pumpkin Festival. When you walk in there are 180,000 pounds of pumpkins on the ground. You smell it. There's literally an aroma. And with the hay, those two things together are really things that I recall from childhood. When you walk in you really smell the hay and you smell the pumpkins – and it's like fall is here. It really triggers your mind and body to transition from summer right into fall.

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The magic of minerals

by George Altgelt



This topic will start with major plant nutrients and go on from there to the minor nutrients and then the micro-nutrients. They are all important. They all have their role to play.

However, we will start the "Magic of Minerals" discussion with a very important material that is not a mineral at all. It is nitrogen, chemical symbol, N. Many of us will recognize the N as part of the N, P, K letters on the fertilizer bag. The P stands for phosphorus.

The K stands for potassium. These are all elements on the periodic chart of the elements. What is interesting is the N is not a mineral. It is a gas! While every other major and minor plant nutrient is a mineral, and a solid, nitrogen is not.

Nitrogen is the most important because it is the foundation of amino acids, proteins, and other very complex molecules. Because nitrogen is a gas it is very hard to *nail it down* so to speak. When I say, "nail it down" what I mean is, to take that element and have it sequestered within a living matrix of other plant compounds. This is sometimes referred to as *fixing nitrogen*. As in: to fix, to anchor, to sequester, and more accurately, to *capture*.

To capture and to hold nitrogen in order to build structures is one of the greatest accomplishments of life itself on this planet. Here on earth we are blessed with an abundance of nitrogen. Sev-

enty-eight percent of our atmosphere is nitrogen – a gas – a diatomic molecule that somehow became the foundation of every life form on earth!

Ok, so nitrogen is plentiful but is there a dark side? Is there anything or something we should know about this major plant nutrient that could ruin the plants we depend on? Yes there is!

We will look at this *dark side* in our next article entitled "The Nodules of Nitrogen". Stay tuned as the "Angels of Agriculture" and the "Venders of Empty Calories" square off in a "Duel For Your Dollars"!

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.

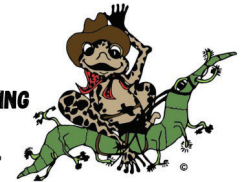
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Low flow problems

by Randy Lawrence



Thanks to technological advances, water softeners have certainly become more reliable than ever before. However, even with significant improvements, there are still issues that may arise which technology cannot alert us to. One problem that can happen over time is a breakdown of the resin inside the softener unit. It's important to be able to recognize the symptoms of this issue in order to keep a small problem from turning into a big one.

All water softeners are designed around a quantity of small plastic-looking beads called *ion exchange resin*. When viewed under magnification, these resin beads resemble a ball of yarn. Along the "yarn" are exchange sites which allow the resin to complete the job of removing hardness minerals from the water. If you were to hold these resin beads between your thumb and forefinger, you would find that they resemble tiny ball bearings and are very firm to the touch. However, there is one variable which can significantly shorten the life of this critical component – chlorine.

On non-chlorinated water, this resin can last more than twenty years. On city water, resin life can be reduced to ten years or less. Once the chlorine takes its toll, the resin beads begin to expand and soften. As this process advances, the degraded beads will begin to take on a Vaseline-like consistency and will start to impede the flow of water through the softener. Since it is a slow process,

it can be difficult to notice the changes in water flow into your home. You may notice that you can no longer run multiple faucets without a significant pressure drop or that the flow rate slows while running only a single outlet.

If left unchecked, this problem can lead to physical damage inside the water softener and occasionally can lead to a release of resin beads into your home's plumbing system. At this point, the best bet is to bypass your water softener. If this solves the pressure issue in the house then it is time to call your water treatment professional for replacement of the resin bed.

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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It's a buyers market, but buyers are scared

by Steve Mallett

For two years, people wailed and moaned about how hard it was to buy a property. Now that the market has slowed, buyers have decided to sit on the sidelines. Like investors who buy a stock at the high and then ride it down to zero, buyers are waiting for a signal. The market is screaming that now is the time to buy.

You want to buy when you can get a decent purchase. Starting in mid 2021, the real estate market got so crazy that every home would get multiple offers and sold prices took off faster than you can say *inflation is the crabgrass in your savings*. Now you can find a home and make an offer below list price and get it.

The time to buy a home is when you can afford it and when you need it. Waiting for the perfect time is like watching bananas ripen; green, green, green... mushy brown mess. You can't time it right so you need to move forward once you have the down payment and can afford the overall payment. Waiting for a better time might cost you thousands in lost equity as you rent and sit on the sidelines. Over the long haul, real estate always goes up.

In 2006, the average home price in Dripping Springs was just under \$350,000. When the market crashed in 2007, those prices dipped below \$300,000 but then quickly started rising again in 2009. Now the average home sale price is well over \$1,000,000.

Even if you had bought at the height of the market in 2007, those same houses are now worth three times what you would have paid for them.

If you have to buy at a higher interest rate go with a fixed rate and then plan to refinance once rates go down again. Never do adjustable rate mortgages in a time of rising rates as you could see a huge increase in your payment once your rate adjusts.

You will never regret being invested in a well-built home in a nice area. Your money will grow and your equity will increase. This is the same for investors and for owner occupied homes.

The path to wealth is most often taken by way of owning real estate. Since man first congregated into tribes and villages, human beings have had a desire to control the area they live in. Whether it is a cave in the hills or a house at the lake, you'll own something of value that will grow and help you prosper. Don't be foolish and wait, when now is the best time to be a buyer.

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. Co-Host of the Mallett and Michelle on Dripping Springs Podcast. Call 512 829 2062 or 512 627 7018.



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Litigation: When you don't share the road *by Roland Brown*



On a recent bicycle ride I found myself on a very busy road with no shoulder. Despite the small rear-view mirror attached to my helmet and some 60 years road riding experience, the vehicles flying past me reminded me of the tenuous relationship between their drivers and the many folks who enjoy the view from bicycles and motorcycles.

When I represent an injured bike rider, I come to the process from the perspective of the rider who must keep a two-wheel bike upright while dodging small rocks, potholes, loose gravel, pavement cracks, and – sometimes – darting animals while also being aware of the vehicles which may have large mirrors protruding well beyond the vehicle itself, may be pulling a trailer with wheels much wider than the towing vehicle, or may be operated by a driver distracted by a cell phone or impaired by other things.


On the other hand, I drive a good-sized pickup with those extending mirrors and occasionally, a trailer behind it. I understand how frustrating and, often concerning, it is to encounter one or more bicyclists or motorcyclists that must be watched out for along with all the road signs and potential hazards along the way. None of us, as drivers, wants to end our day wishing we had not been involved in a tragic crash that leaves a rider, who is someone's spouse, partner, dad or mom, child or grandchild, horribly injured or dead. By the same token, none of us who are cyclists/bikers

want to be the cause of an otherwise cautious motorist, who is important to and loved by others, having to live with the memory of being involved in such a tragic event.

Drivers, keep in mind that most cyclists/bikers are decent folks who love riding and are trying to follow the rules of the road even as traffic becomes heavier on our streets and roads. Correspondingly, we cyclists/bikers, need to keep in mind that most motorists are good folks just trying to navigate the same congested roadways and who don't always understand how small roadway hazards can cause us to quickly swerve or lose control of our bikes. I'd rather not see you or your grieving survivor in my office as a result of someone not keeping these things in mind.


Be courteous and safe out there, y'all.

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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Should you consolidate retirement accounts?

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



*Reagan Rentschler,
CFP®*

One of the rewards for working over several decades is the ability to contribute to tax-advantaged retirement accounts, which can help provide needed income for you when you do retire. You may well have accumulated several retirement accounts, such as IRAs and 401(k)s or similar employer-sponsored plans. But you might find it advantageous to consolidate these accounts with a single provider.

Consolidating them can provide you with potential benefits:

- Less confusion and clutter. If you have multiple accounts in different locations, it may be difficult to keep track of tax documents, statements, fees, disclosures, other important information.
- Less likelihood of *lost accounts*. Many people abandon their retirement accounts, leaving thousands of dollars behind and unclaimed. At the end of 2021, there were nearly 25 million forgotten 401(k) accounts, worth about 20% of all 401(k) assets, according to an estimate by Capitalize, a financial services company that helps individuals roll over retirement plan assets into new accounts. Employers can even move small, old accounts out of their 401(k) plans and into an IRA on behalf of their former employees, thus

increasing the chances that savers will lose track of their money.

- Ability to follow a unified strategy. With multiple retirement accounts, and different investment portfolios, you might find it difficult to maintain a unified financial strategy that's appropriate for your goals and risk tolerance. But once you've consolidated accounts with a single provider, you'll find it easier to manage your investment mix and to rebalance your portfolio as needed. The need to rebalance may become more important near retirement because you may want to shift some of your assets into investments that aren't as susceptible to swings in the financial markets.

- Possible improvement in investment options. Often, 401(k)s have limited investment selection. Consolidating accounts with a full-service firm allows a wider array of products and strategies.

- Greater ease in calculating RMDs. Once you turn 72, you will need to start taking withdrawals – called required minimum distributions, or RMDs – from your traditional IRA and your 401(k) or similar plan. If you don't take out at least the minimal amount, based on your age and account balance, you could face a penalty.

The consolidation process is not difficult, and the end result may save you time and hassles, while also helping you manage your retirement income more effectively.

Reagan Smith, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. She can be reached at 512 894 3793.



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