

*Dripping Springs*

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ECRWS

# OUTLOOK

Postal Patron



Volume 19 Issue 8 • Dripping Springs, Texas • November 2022



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*Hold on to your hats,  
ladies & gentlemen*

Ready or not, here comes the most wonderful time of year. Walking into Home Depot the other day, my young son asked me, "Mama, when can we celebrate Christmas again?"

I told him that the holiday season is beginning and that Christmas was only 78 days away. A woman standing close by commented with a smile, "Well, that's scary."

It's true. For me, there are few things sweeter than the holiday season. As a mother and wife, however, the job of facilitating the fun, the decorations, the refreshments, and all the other beautiful components of the season is my responsibility.

One Thanksgiving, many years ago now, I can still remember soaking in the moment – post feast, family members relaxing, my mother and grandmothers tidying up – thinking Christmas is only a month away. The funny thing is, Christmas itself is special. All of the other festivities and even the decorations are just the cherry on an already delectable banana split. The running around and the planning is superfluous, really. "The play's the thing," as Shakespeare wrote.

So as you move through the colors and cooler weather this season, I hope you do it with joy and a sense of peace. This month's issue is teaming with ways to care for yourself and your community, and to be present in the moment. This extraordinary community has so much offer and a multitude of talented individuals to accompany you on this walk through the good life.

*Happy November, y'all.*

Warmly,



*Dripping Springs*  
**OUTLOOK**

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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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**BUY LOCAL BUY DRIPPIN'**

*Dripping Springs*  
**OUTLOOK**  
*• 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](http://HCSeniorCenter.org)
- Every Mon. 12pm, **DS Rotary Club** meets at Flores, 2440 E Hwy 290 W. For more information visit [DrippingSpringsRotary.org](http://DrippingSpringsRotary.org).
- Every Mon. 9am **All Abilities Chair Exercise**, Dripping Springs Community Library, 501 Sportsplex DR, 512 858 7825 or [DSCL.org](http://DSCL.org)
- 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](http://DSAgBoosters.org) for updates
- Every 1st & 3rd Mon. 6:30pm, **Lions Club** meets at Dripping Springs Ranch Park located at 1042 Ranch Road 12. Across from the DS Elementary School. For information call Sharon Goss at 512-923-8630 or email [dslionsclub@gmail.com](mailto:dslionsclub@gmail.com)
- Every 2nd Mon. 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](http://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](mailto: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](http://ArtistsAllianceHC.com).
  
- Every Wed.-Sat. Noon-3pm, **Dr. Pound Pioneer Farmstead and Museum** is open for tours. Call 512 858 2030.
- Every Wed. **Farmer's Market** at the Dr. Pound Farmstead, 3-6pm. For more info [CityofDrippingSprings.com](http://CityofDrippingSprings.com) or 512 858 4725.
- Every Wed. at 8:30am. **The Hill Country Christian Business Networking Alliance** meets at El Rey. Visit (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. **Trivia every Thursday at Acopon Brewing** on Mercer Street 7-9pm
- Thurs. 7pm, **Celebrate Recovery**, hurts, habits, or hang-ups. Christ-centered recovery program. [ChurchoftheSprings.org/CR](http://ChurchoftheSprings.org/CR)
- Every 1st Thur. 7pm **Vince F. Taylor American Legion Post 290 of Dripping Springs** invites all eligible veterans to 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](http://DSCL.org), 512 858 7825. Newcomers welcome. Email [AdultServices@dscl.org](mailto:AdultServices@dscl.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](http://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](http://WimberleyUMC.org) Proceeds benefit Barnabas Connection & Mother's Day Out scholarships. Performing **November 17**: Terri Hendrix and Lloyd Maines
  
- 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 [DrippingSpringsMOPS@gmail.com](mailto: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.

- Wed. November 2- Fri. November 4, Grape Camp 1042 Event Center Drive, 5128942390, TWGGA's Grape Camp event provides outstanding education sessions exploring viticulture challenges like water, drought, heat, and labor, plus unique grape and wine sensory education.
- Sunday, November 6, 25th Annual Empty Bowls Project, 11am-3:00pm, 1042 Event Center Drive
- Every Thursday through December, Live Stand Up Comedy Nite, starting at 7:30pm (adult content), Suds Monkey

Have something to add to the Calendar of Events? Contact the Outlook at [info@DSOutlook.com](mailto:info@DSOutlook.com) or 512 375 5590.

## Can nutritional intravenous therapies help you?

by Breca Tracy, PhD



*Between work and the family, I barely have time to take care of myself. IV therapy gives me the energy to tackle every day. Sound familiar? Whether you are looking to support your immunity during cold and flu season or detox and prepare for the holidays, this may be for you!*

Intravenous (IV) therapy can be used as a treatment method to deliver nutrients

– such as vitamins or minerals – directly into the bloodstream. This is typically through a vein in the arm. By injecting substances directly into the bloodstream, you eliminate alteration of the nutrients, which may occur from the actions of digestive enzymes. The amount of nutrients in the blood can reach higher therapeutic levels much faster than what is possible when absorption takes place through the gastrointestinal system. 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* (i.e. available for your body to absorb). At REGENERATE we offer IV vitamin/mineral therapies. Whether you are looking to support your immune system, hydrate your body, supplement due to deficiencies, gain energy, diet and detox, or just simply decrease stress, give us a call and our medical

team will be able to steer you in the right direction to meet your expectations.

Education is one of our core values at REGENERATE. 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 medicine 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. Come see us, call, 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.*

## REGENERATE

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## The importance of being yourself

by Leslie Tourish, LPC



The whippets saw them first. The hair began to rise on the nape of their necks and their pace slowed as our walk down the country lane stopped. Following my dogs' gazes, I saw three objects swinging from a barbed-wire fence, but I couldn't make them out. Slowly the two dogs and I approached, but the sight still looked weird and unrecognizable. Were they turtle shells? Rabbit hides? The skins off drums? When I was finally able to make out what they were I'm sure the hair on the nape of my neck rose too – they were three catfish heads the size of hubcaps. What was this? A warning? A payback? Death to bottom feeders?

I asked a West Texas relative about it, who set me straight on the whole catfish head thing. When people land a large fish, they proudly display the head by hanging it off their property's fence or gate. So, if you're in Big Spring or Marfa, Texas, and you drive past an expanse of never-ending fence-line, broken only by a hunk of drying cartilage the size of a dachshund, you don't say, *Oh my gosh, devil-worshipping rituals right here in front of God and the Herefords!* Instead, you would nod, and muse, *Hey, looks like old Ted's back from Corpus and caught himself a nice 40-pound grouper!*

I asked a West Texas relative about it, who set me straight on the whole catfish head thing. When people land a large fish, they proudly display the head by hanging it off their property's fence or gate. So, if you're in Big Spring or Marfa, Texas, and you drive past an expanse of never-ending fence-line, broken only by a hunk of drying cartilage the size of a dachshund, you don't say, *Oh my gosh, devil-worshipping rituals right here in front of God and the Herefords!* Instead, you would nod, and muse, *Hey, looks like old Ted's back from Corpus and caught himself a nice 40-pound grouper!*

On another walk I met my neighbor and found him to be a genuinely kind and funny man. His hanging catfish heads not a stone's throw from his mailbox fit him and his personality. Maybe even his friends and family teased him about his trophies. But he apparently held true to his principles because a year later the only ones hanging their heads were the catfish. Sadly, a little worse for the wear.

I admired him for his sense of self. People who are comfortable with themselves have mastered the art of simply being. They don't have to explain their actions, thoughts, or beliefs; they just live them. We're all different. But we lose those wonderful idiosyncrasies and creative quirks when we attempt to cram ourselves into round holes when we're a square peg one day, and maybe an oval peg the next.

To be totally accepting of our true self may be one of the highest forms of self-love. We feel alive and connected to ourselves and others. But we reject our essential nature when we fall prey to such words as *I should, I have to, I can't, or I'm not good enough*. Then we drain the pure potentiality that lies within us. It can be exhausting to go through life attempting to be someone that we're not. Pleasing others may bring small victories at high prices. How much more empowering it is to believe: *I am unique. I am loved. I am lovable. I am loving. I can do it.*

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



# November is American Diabetes Month

by Ron S. White, DDS

American Diabetes Month takes place each November and is a time to come together as a community to stop diabetes. Here are just a few of the recent statistics on diabetes:

- Total: An estimated 34.2 million people have diabetes (10.5% of the U.S. population).
- Diagnosed: An estimated 26.9 million people of all ages have been diagnosed with diabetes (8.2% of the U.S. population).
- Undiagnosed: An estimated 7.3 million adults ages 18 years or older have diabetes but are undiagnosed (21.4% of adults with diabetes).

### Importance of dental care with diabetes...

Diabetes is a disease that can affect the whole body, including your mouth. Dental care is particularly important for people with diabetes because they face a higher than normal risk of oral health problems due to poorly controlled blood sugars. The less well controlled the blood sugar, the more likely oral health problems will arise. This is because uncontrolled diabetes impairs white blood cells, which are the body's main defense against bacterial infections that can occur in the mouth.

### People with diabetes face a higher risk of:

- Dry mouth – Uncontrolled diabetes can decrease saliva flow, resulting in dry mouth. Dry mouth can further lead to soreness, ulcers, infections, and tooth decay.
- Gum inflammation (gingivitis and periodontitis) – Besides

impairing white blood cells, another complication of diabetes is that it causes blood vessels to thicken, which slows the flow of nutrients to and waste products from body tissues, including the mouth. When this combination of events happens, the body's ability to fight infections is reduced. Since periodontal disease is a bacterial infection, diabetics with uncontrolled disease may experience more frequent and more severe gum disease.

- Poor healing of oral tissues – People with uncontrolled diabetes do not heal quickly after oral surgery or other dental procedures because blood flow to the treatment site can be impaired.
- Thrush – People with diabetes who frequently take antibiotics to fight various infections are especially prone to developing a fungal infection of the mouth and tongue. The fungus thrives on the high glucose levels in the saliva of people with uncontrolled diabetes.
- Burning mouth and/or tongue – This condition is caused by the presence of thrush.

In summary, since people with diabetes are more prone to conditions that may harm their oral health, it's essential to follow good dental care practices and to pay special attention to any changes in your oral health and to seek a prompt dental consultation if such changes occur.

*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).*

## Welcome Dr. Sunjae Jung



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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# A little Thanksgiving relaxation

by Heidi Pousson



Don't you just love this time of year? Pumpkin bread... pumpkin spice lattes... *everything* pumpkin! I love walking into a store or a coffee shop and just breathing in the scents of fall.

Thanksgiving will be here before you know it. That wonderful time of year spent with family or friends. So much food. Tired after too much eating. And a time to reflect on all that we have to be thankful for.

Do you cook the same thing every year? Or are you more adventurous and like to try new things? This year, I'm going to venture out and try a little something different when cooking my turkey gravy. Of course, I use the broth from the turkey, but this year I'm going to add Identity CBD Instant Savory Chicken Bone Broth. Even though it only has 10mg of CBD, it definitely won't hurt for me to add a little antioxidant, anti-anxiety, anti-inflammatory, and immune boost to this Thanksgiving staple. Or in my broccoli casserole, I could add the Chanterelle Mushroom CBD Bone Broth along with my cream of mushroom. Either way, we are going to be nice and relaxed whether it's from the tryptophan in the turkey or from the CBD gravy.

If you're planning to entertain with some adult beverages (I'm just saying... *a pumpkin martini sounds amazing!*) and want to infuse them with CBD or delta 8, I recommend using something that is water-soluble. Haley, owner of Haus of Jayne, said, "Girl, I just

add a few drops of the Third Coast Blends water-soluble drops to my drink, and it's like having a *fine* glass of wine."

It sounds like this could take apple cider to a whole other level. Or if you want to do things *old school* you could just use a delta 8 or 9 or a CBD only drink as a mixer. The Wonder Water and Beach Break are the best because they can be mixed with anything without changing the taste, but the WYLD CBD orange and lemon are easy to mix in too.

Finally, after all the preparation, cooking, stuffing your face with amazing food, drinking, and cleaning (too many dishes to count), I plan to end my day with a nice, hot cup of tea. I'll probably go for a Mellow Mint or Golden Dream by Apothecary. I'll be ready for the super relaxing 60mg of CBD by that point.

Thanksgiving is by far one of my favorite holidays! I can't wait to see how my new gravy is going to turn out. When you drop by Haus of Jayne, let us know how your turkey gravy or pumpkin martini turned out.

*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.*

# How can I treat cellulite & skin laxity of the buttock & thighs?

by Rocco C. Piazza, M.D



Cellulite reduction is one of the most desired procedures in Austin. While many treatments have been utilized by plastic surgery clinics, few have exceeded expectations, until now. Avéli offers the very best treatment to remove unwanted cellulite permanently and

with only one treatment. In fact, it is one of the most common procedure add-ons when patients are undergoing other surgical treatments such as a mommy makeover, breast augmentation, or tummy tuck.

*How does it work?* Avéli targets the root cause of cellulite, which are fibrous bands that tether the skin down at the area of a cellulite dimple. Research has shown that these bands come from multiple directions and the treatment specifically targets all of the bands that cause the cellulite dimple. Other treatments such as Cellulaze and Quo have fallen short because these treatments isolate only the bands that are directly under the skin dimple. Other bands are missed, and thus the treatment is not as effective.

*What do I do if I have skin laxity?* At our clinic, we combine Avéli with Profound RF Dermal to tighten the deep layers of the skin. This can be done on the buttocks, posterior thigh, inner thigh, outer thigh, and even the area above the knee. This treatment stim-

ulates your body to build collagen and elastin in the deep layers of the skin which tightens and lifts the skin.

*What skincare products do you recommend to enhance your result?* We love Alastin Transform Body and also Alastin Regenerating Skin Nectar when boosting collagen and elastin production in the skin. These products have been scientifically proven to increase the effectiveness of a treatment when you pretreat the area 1-2 weeks prior to your procedure.

If are interested in learning how Avéli can help improve the appearance of cellulite on your thighs and buttocks, request a consultation or call The Piazza Center at 512 337 2888.

*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.*

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### Holiday Giveaway

Dripping Springs Outlook x woom bikes



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# Dripping Springs OUTLOOK

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Like the woom holiday giveaway post on the  
Outlook Instagram. And that's it! You'll be entered to  
win a new bike in the size of your choice!  
You can also enter the giveaway in person at the  
Outlook booth at Christmas on Mercer. Winner will  
be announced at 4pm on Saturday, December 3.



## Common questions people ask us

by Ben Fox, DVM



We see a number of different pets, problems, and diagnoses every day and many owners ask us the same questions – here are some of the most common.

*Why does my dog have bad breath? Do I need to brush my dog's teeth? Does my dog need a dental cleaning?* The answer is often

*yes.* The most likely explanation for a pet's bad breath is dental disease. By the age of three, 70% of cats and 80% of dogs have some form of dental disease. Brushing your pet's teeth (if possible) and dental treats will help. We recommend your pets receive regular preventative dental check-ups and teeth cleanings to avoid more serious issues in the future.

*My pet has diarrhea and is throwing up? Should I come in?* Dogs and cats may have upset stomachs for different reasons. Your pet should probably be seen, even if you know your dog just got into the garbage. And please be honest with us, especially if your pet may have gotten into an illegal substance. If we have a clue what to look for ahead of time, it will make our job easier, and cost you less. Other causes can include a number of viruses, parasites, a sudden change in diet, or intestinal obstruction from swallowing an object – just to name a few.

*Does my pet have a food allergy?* It is generally accepted that foods are responsible for less than 10% of allergies in dogs, al-

though diet can be a component of a pet's skin issues. If your pet seems itchy, is scratching or chewing on their feet, it is most likely due to an environmental allergen (like our own) or a flea allergy, which can all be managed.

*I noticed a mass / growth on my pet. Should I be concerned?* A lot of dogs and some cats develop different types of masses around middle age. Often these are benign masses, like lipomas. But they can also be more concerning, like types of cancer. If you notice a mass, it is best to have your veterinarian take a look. Your vet will often take a small sample (*aspirate*) from the mass to look at under the microscope. Your vet can then advise you on whether to surgically remove the mass, or just monitor it.

*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**

## The European way

by Diana Ozimek



If you have followed my articles or have done puppy training with me, you already know I am a big fan of *not* letting people pet your puppy in public. This doesn't mean you aren't socializing them; this is actually an amazing way to socialize them.

I just returned from a week in Lisbon, Portugal. If you haven't heard, it's not popular to pet other people's dogs

in Europe. If you asked and definitely if you approached without asking, you'd probably get a pretty good shocked and dirty look from the owner. It's like reaching out and petting someone's child. I knew this going in and I was excited to sit back and observe the difference between dog in public there compared to here.

We saw lots of dogs walking the streets. It's their busiest city; lots of apartment living with little grass and no yards, so dogs depend on walks and lots of outings with their owners. I was able to observe some dogs, who must have lived near our hotel, several times. Here are a few things I observed. Dogs looking at their owners while they walked. Dogs relaxing at café tables on sidewalks and in streets blocked off for dining. Dogs who were not trying to get to strangers. Dogs not jumping on people. Dogs relaxing at their owner's feet. No dogs were approached or pet by strangers.

Another thing that stood out to me were some of the off-leash dogs walking through town – not through a park – through the city,

The biggest thing I noticed, the dogs were not trying to wander off toward anyone or anything and the owners were enjoying a conversation with their friends as they walked, barely needing to pay attention to their dog. They just walked together.

The biggest challenge we have raising a puppy to become one of these relaxed well-behaved dogs in the U.S. is due to strangers thinking they have the right to squeal, run up, and pet your puppy. Wrong. I always advise my puppy clients to work hard on building their relationship and not letting strangers pet their puppy and learn to enjoy their owner instead of looking elsewhere for attention.

*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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## Nitrogen

by George Altgelt



And now back to the continuing saga of the dark side of nitrogen and dueling for your dollars.

In the early days after the end of World War II, it was well known that nitrates that we used in explosives could actually be used as nitrogen fertilizer in agricultural fields that produced almost every kind of food, especially grains. Plants grow rapidly in accordance with the availability of nitrogen. Nitrate fertilizers created an

abundance of productivity in conventional crops.

Here is a bit of information that will serve as a clue to what we're talking about. When a cow in the pasture urinates on a spot, the grass around the urine deposit will shoot up with new growth. Its color will be lush with deep green. Such grass looks tempting and delicious, to us. Yet the cow will not eat that grass. Some part of her recognizes that the grass grew with too much nitrogen and is not fit to eat. We do not know how she knows this, but what we do know is that rapidly grown grass is deficient in many trace minerals. Analysis shows us this and more. The plant has actually grown too fast to sufficiently fortify its flesh with trace minerals. Among the trace minerals left out in the uptake, copper is the most important. We will take that up a little farther down the road.

So while we have been able to increase productivity, here's the

dark side: *Foods are nutrient deficient and always fall short in keeping us healthy and outfitted with the best immune system. We have giant grocery stores full of food that cannot sustain our health because they lack the nutrient density that we require. That food sells very well but it is not serving to keep us alive and out of the healthcare system.*

The key to fixing this is in the health of the microbial life in the soil. The healthier the microbes, the more nutrients get into the plants. More on that will come in the following articles.

*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.*

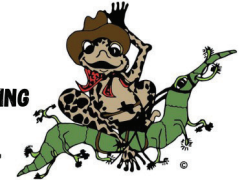
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## Smelly water?

by Randy Lawrence



One major water quality issue shared by many of us is water which emits a rotten egg odor caused by hydrogen sulfide gas. This problem is unique to homes whose water source is a private well, as municipal and community water supplies are required to treat the water at the source. In the past, getting rid of rotten egg odor has been inconvenient and expensive. Recent advances have made eliminating it a much easier.

One common method of treating well water for hydrogen sulfide was to inject chlorine directly into the water as it is pumped from the ground. These chlorine systems can often be maintenance intensive and prone to breakdown. It is also difficult to maintain a consistent level of chlorine without constant monitoring. Additionally the homeowner is responsible for proper dilution rates so as to avoid exposure to high levels of this caustic chemical.

Another way of removing odor is to use a well water storage tank, allowing the release of the gases. This is an effective way to remove the gas without harmful chemicals, but it typically requires a large amount of space, as well as a separate pump to re-pressurize the water. Unfortunately, storing water in a tank subjects it to possible bacterial contamination from outside sources. Ultraviolet disinfection and filtration are usually recommended

when water is stored in a holding tank. There are benefits to this system, but the need for extra equipment can be cost prohibitive.

Many people aren't aware that reliable, user-friendly equipment has been developed which will aerate and filter your water inside a sealed, pressurized tank. This tank takes up very little space and can be used alone or as pre-treatment for a water softener. The result is water that is completely free of hydrogen sulfide, iron and any sediment that may come from your well, without the need for chemicals or maintenance by the homeowner. Contact your favorite licensed water treatment specialist to discuss details on how to make your water smell better!

*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 27 years of experience he has serviced Wimberley and surrounding areas for over a decade.*

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# Sell your home now or wait?

by Steve Mallett

Trying to time your real estate sale with the top of the market is like trying to put on a parachute in the dark when you just fell out of an airplane. Occasionally you'll get it right but most of the time it goes badly.

For two years, some sellers have waited on the sidelines saying to themselves *if I wait another month it will go up another hundred thousand*. Everyone knew the downturn was coming but a few people waited too long. Sellers trying to get top price now are being rejected like they insulted a 350 pound bouncer that used to pass rush for the Cowboys. You messed up. Just own it.

The market has moved south considerably this year but it's still a great time to sell if you bought more than three years ago. Prices are up considerably. Sellers see the value they would have received at the height of the market, deduct the current value, and call the difference a loss. If you won a 300 million dollar lottery but then found out you had to split it, would you say *I lost 150 million dollars*? Even your third grader knows you are better off now than you were before.

Someone who bought a property for \$300,000, 20 years ago can't say *I can't afford to sell it for less than 3 million*. You can't just make up real estate values based on what you want or need out

of it. If that was the case everyone would go to a car dealer and say *I want your most expensive car, but I can only pay \$20,000*. It doesn't work that way.

The current market is not a bad market, it's just not the same market we have had for the past two years. Sellers will now need to price their properties like the price really matters. Gone are the days of randomly picking your list price and betting on 50 offers. Homes now are taking much longer to sell and sellers are giving more concessions to get the deal done.

Don't compare your home's current value to the past value. Your head will hurt like you ate a pint of Rocky Road in 30 seconds. List your home for what it is worth. Save yourself from months of aggravation and price drops before you get to the closing table.

Figuring out the right price is one of the many reasons you hire an experienced agent. Don't try to take to that road alone. Hire an expert to help you navigate this changing and explosive market.

*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: What is the question again?

by Roland Brown



Alisha is listening to the presiding juror read the court’s charge before the jury begins its deliberations. She wonders how the court decided to ask the specific questions that are in the charge. The process of creating the charge is a critical component of a trial. Although referred to as “the court’s” charge, in reality, the jury questions are usually crafted by

the lawyers.


Depending upon the complexity of the case, the questions may be fairly routine or they may be the result of extensive research by the attorneys and discussions with the court. The court may accept some or all of the proposed questions as submitted by the attorneys or may accept some as proposed and modify others. The court might even add one or more questions on its own. In addition to the questions the jury must answer, the charge will also include some general instructions about answering the questions and, often, some specific instructions related to one or more of the questions submitted.

How do the lawyers determine what questions to propose? Generally, questions come from three sources. One source is pattern jury charge books. In Texas, these books are put together by a committee of lawyers who adapt them from the language of statutes and appellate decisions, updating them annually to reflect changes in the law. A second source is appellate cases themselves.

A lawyer may find that an appellate court has specifically approved a question or instruction from a unique jury charge previously given by a trial court or the lawyer may find language in the opinion that suggests other appropriate questions.


Finally, the lawyer may simply devise questions which have not previously been submitted but which appear to permit the jury to make the necessary findings on each element of the claim. When lawyers disagree on what should go into the charge, the court conducts a charge conference and considers the varying proposals and then chooses the questions the court will include in the charge. It is those questions that Alisha hears read and which she and the other jurors will answer based upon the evidence presented during the trial.

*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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## Here’s your recession survival checklist

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



Reagan Rentschler,  
CFP®

It’s unfortunate, but recessions are a fairly normal part of the economic landscape. When a recession occurs, how might you be affected? The answer depends on your individual situation, but regardless of your circumstances, consider the items in this recession survival checklist:

Assess your income stability. If you think your income could be threatened, consider joining the *gig economy*, or look for freelance or

consulting opportunities.

Review your spending. Look for ways to trim – canceling subscription services you don’t use, eating out less often, and so on.

Pay down your debts, especially those with high interest rates.

Plan your emergency fund. If you haven’t already built one, try to create an emergency fund containing three to six months’ worth of living expenses, with the money kept in a liquid account.

Review your protection plan. If your insurance is tied to your work, a change in employment status could jeopardize coverage. Review options for replacing these types of protection. Look for ways to lower premiums on home or auto insurance, without sacrificing coverage. Free up money that could be used for insurance.

Keep your long-term goals in mind. Even if you adjust your portfolio during times of volatility, don’t lose sight of your long-term goals. Trying to *outsmart* the market with short-term strategies can often lead to missteps and missed opportunities.

Don’t stop investing. If you can afford it, try to continue investing. Coming out of a recession, stock prices tend to bottom out and then rebound, so if you had headed to the investment *sidelines*, you would have missed the opportunity to benefit from a market rally.

Revisit your performance expectations. During a bear market, you will constantly be reminded of the decline of a particular market index, such as the S&P 500 or the Dow Jones. Instead of focusing on short-term numbers, look at the long-term performance of your portfolio – see if you’re on track toward meeting your goals.

Assess your risk tolerance, it can change over time – feel comfortable with the amount of risk you take when investing.

Keep diversifying. A mix of stocks, mutual funds, and bonds can reduce the impact of market volatility on your portfolio.

A recession accompanied by a bear market is not pleasant. But by taking the appropriate steps, you can boost your chances of getting through a difficult period and staying on track toward your important financial goals.

*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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