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Dripping Springs **OUTLOOK**

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Volume 19 Issue 10 • Dripping Springs, Texas • February 2023



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INTRODUCING THE NEWEST TEAM MEMBER RYAN SUTTER!
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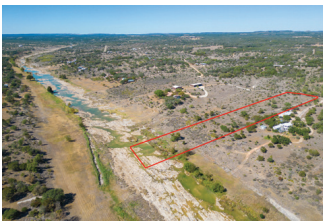
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Love is...

I've always loved the month of February. Perhaps the truest of the Texas winter months, you still never know what you're going to get – sunshine or snow, blizzard or barbecue weather. But I love it all. The commercialism surrounding Valentine's Day likely annoys us all to some degree, yet there's still something so lovely about the red roses and pink and white candy hearts adorning shelves and counters all over. And you don't have to shell out for any of these to write and send a simple Valentine.



Over the years, I've become less inhibited about telling friends and family just how much I love them. Why wait? What's the use in holding back? With the exception of the culturally infamous "love bomb" (which is, in fact, insincere anyhow) who doesn't love expressions of affections and tenderness? That said, it bears reminding that love is a verb not a noun. The apostle Paul taught me best – "love is patient, love is kind... love doesn't insist on its own way..." What better way to love than with gentleness and patience? Love is a sweet surrender.

Our February issue brings you stories of hope, ideas and resources for physical and mental transformation, opportunity, and more. We love our contributors and what they bring to this amazing community.

Gracing the cover this month is the new – second – pool at the Lucky Arrow Retreat. Just looking at it, I want to dive in and then spend the rest of the day in a cabana with a good book. Perhaps gift yourself a Valentine this month and book a little retreat at the Lucky Arrow for time well-spent.

Wishing you a happy season filled with love.

Happy February, y'all.

Warmly, *Cyle*



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
- 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 Dripping Springs Ranch Park, September through May.
- 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. **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
- 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@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
- 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 **February 16: Del Castillo**
- Every Thursday, **skate night** at Dripping Springs Ranch Park from 5-7:30pm.
- Every Thursday February 2-April 13, **Dripping Springs Tax-Aide** does tax returns at no cost at our new location, Dripping Springs Presbyterian Church, 26650 RR12. For appointments, call 858-0954 after January 15.
- 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

• February 3-26. **I Love You, You're Perfect, Now Change**, A musical by Joe DiPietro, Hill Country Community Theatre, for tickets TheHCCT.org.

• Friday, February 10, 12pm, Texas Arena League, Dripping Springs Ranch Park & Event Center, Hockey on Horseback - Arena Polo, Texas Style.

• Saturday, February 11, Parents Night Out, Springs Family YMCA, 27216 Ranch Road 12, 5:30-9:30pm, Obstacle courses, games, pizza, and a movie, ages 5-12 years.

• Sunday, February 19, 11am-1:30pm, Sophia Johnson, Beerburg Brewing, 13476 Fitzhugh Road.

• Sunday, February 26, Miss Guilty, 11am-1:30pm, Beerburg Brewing, 13476 Fitzhugh Road.

• February 21-April 23, **The Cat in the Hat**, ZACH Theatre

• Sunday, February 26, 8-11am, Coffee with Cars, Moxie Gymnastics, 31430 Ranch Road 12, Building B, Family-friendly. Cool cars, farmers market (when in season), food, and coffee, mini golf, pickleball and many other activities offered.

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

Do you suffer from chronic aches, pains, or stress?

by Breca Tracy, PhD



Are you an athlete? Training for a competition? Do you have shoulder tension? Do you have an injury or are you trying to prevent injury? Have you tried everything under the sun and nothing has given you a long-term solution? At REGENERATE we have so many people that come to us as a last-ditch effort before surgery – even clients that had surgery and still seek a solution.

So... the question becomes, why are we different? Why would we have something that could actually help? Why would your experience be different and why should you expect results? First and foremost, our mission at REGENERATE is always to help people achieve their goals. If the goal is not something we think we can achieve, we will let you know right out of the gate. Helping people is our passion and that's why REGENERATE exists.

Our licensed massage therapist specializes in a form of medical massage we refer to as *bodywork*. He uses a combination of different modalities and techniques that are customized to help meet each client's specific needs. Bodywork is designed to be effective and efficient. We cannot guarantee you will love every minute, but we can guarantee you will walk out noticing something is different. Our goal with bodywork is to get to the root of what is causing the pain. Your pain may not be completely gone after one session, it may require multiple sessions, but you will notice after one ses-

sion the potential for a solution is within reach! Our bodywork helps people reduce, and in a lot of cases, overcome pain. Our goal is to help you start enjoying the freedom of having pain-free mobility and achieve greater range of motion, increased flexibility, and less pain to continue to live life doing the things you love.

If you haven't met us or experienced our bodywork, we highly encourage you to give us a chance. If you are discouraged because you have spent too much money and time yielding no results, even more so give us a chance. We want to hear from you. Give us a call. Let our experts see if we can help you find a solution!

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.

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Breca Tracy, PhD
Director of Science
& Operations
512.368.4548

www.naturalhealingtx.com
800 Hwy 290 W, Building F, Suite 200
Dripping Springs, TX 78620

We are made kind by being kind

by Leslie Tourish, LPC

Benjamin Franklin said, "A man wrapped up in himself makes a very small bundle." Growing up I had a relative who prided herself on her ability to stay aloof from others and dive into the labyrinth of her own pursuits. Often, she said she didn't need friends, because wanting and needing friendship was a sign of weakness.



Even as a young child I knew there was something wrong with that belief. Now as an adult I have more sympathy because while I still recognizing her belief as wrong, I also see it as probably being

born from her fear of intimacy and possible rejection.

Needing others, and being needed in return, isn't a sign of weakness, but a sign of good mental health. The weakness occurs when you believe you can't survive without the other person, and you feel an almost pathological desire to meld together, as if one.

Psychologist Gary McClain compiled a list of elements which promote emotional well-being and sense of connection:

1. *Support*. Without encouragement and positive reinforcement, self-doubt and fear can creep in and do their undermining work.
2. *Trust*. Trust allows you to reveal your vulnerable side, your secret hopes and fears. Constructive trust makes us stronger as we help others and receive help from them. But trusting too much, too little, or in the wrong people is a common bad relationship habit.
3. *Touch*. Humans need physical contact with one another. We need to hug, shake hands, pat each other on the back, and kiss.

Touch makes us feel valued and alive.

4. *Laughter*. If you can laugh at life's ups and downs, you're on the road to putting almost any situation into a perspective where good solutions can be found.

5. *Intimacy*. Hand-in-hand with trust, intimacy allows us to explore who we are and how to reach toward the people we love. A richness comes with letting ourselves be known.

6. *Communication*. True communication means being able to say what you mean in a way that allows other people to understand you, and listening with an open mind, loving heart, full attention.

7. *Community*. Feeling a sense of responsibility to family, neighborhood, state, and country is too much neglected in today's fast-paced society. Volunteering one night a week can help us remain aware of our connection to a greater community.

8. *Sharing*. Support groups such as Alcoholics Anonymous and Weight Watchers are so popular because they allow members to share their experiences. Knowing that others are in the same boat can help give you courage and strength to row yourself to shore.

9. *Sex*. The urge for sex is as natural as the urges to eat and sleep. Taking responsibility for sexuality with maturity and compassion develops healthy relationships based on emotional integrity.

10. *Love*. The need for love may be biological, it may be cultural, but it's inarguably a need. Some have love dropped in their lap, while others must work for it. Yet it's a goal worth a lifetime of effort. Perhaps love is the whole point of being human.

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

Do you know how marijuana became illegal in the United States?

by Heidi Pousson



It's no secret that marijuana has been controversial throughout its history in the United States. But why exactly did it become illegal? Let's explore how and why marijuana became illegal and what that means for the future of cannabis in America.

The history of marijuana prohibition... The first restrictions on cannabis began in 1906, when California passed a law criminalizing marijuana possession.

By 1937, all states had outlawed marijuana use and sale. The federal government had also passed the Marihuana Tax Act of 1937, which heavily taxed cannabis sales and made it difficult for people to obtain or distribute marijuana legally.

It wasn't until 1970 that the Controlled Substances Act (CSA) was passed, making marijuana a Schedule I drug – a drug with no medical value and a high potential for abuse. This meant that marijuana was now officially illegal on a federal level, although some states had already begun to legalize medical or recreational use by this point.

Why did marijuana become illegal? The reasons behind why marijuana became prohibited are complicated. Some have argued that it was an attempt by lawmakers to target minority groups who used cannabis more frequently than other demographics, while others have suggested that it was part of an effort to increase government revenue through taxes on cannabis sales. Still others have

argued that it was driven by fear-mongering campaigns about the supposed dangers of using marijuana – campaigns which relied heavily on false information about the effects of cannabis use.

Whatever the reason may have been, one thing is clear – the decision to make marijuana illegal has had far-reaching consequences, both positive and negative, for decades now. Marijuana prohibition has had a profound impact on our society since it began over 80 years ago. While there may never be consensus about why it became illegal in the first place, one thing is certain – the debate about legalizing marijuana will likely continue for years to come as more states move towards legalizing medical or recreational use of cannabis products. No matter where you stand on this issue, understanding how and why marijuana became illegal can help us all make informed decisions about our own relationship with this controversial substance going forward.

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



HAUS OF JAYNE

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hello@hausofjayne.com

766 Old Fitzhugh Rd, Dripping Springs, TX 78620



What is facial balancing?

by Rocco C. Piazza, M.D.

Full facial balancing or rejuvenation is the idea of using a variety of *injectables* to restore a proportional and more youthful appearance to the face. The various tools that can be used by a highly-trained injector include several options, such as neurotoxins for wrinkle relaxation, dermal fillers, and collagen

stimulators just to name a few. When injectables are placed in different areas of the face, they can bring balance to facial features.

Some of the most common areas that people request to fix an asymmetry are in cheeks, chin, and lips. However, as a provider with a trained eye, we look at the patient's face holistically. We have to assess are the underlying bone structure, the presence of fat pad decent, and skin elasticity. These areas contribute to how we approach full facial balancing. Focusing on just one area of the face can lead to disproportions and an unbalanced look to the face.

Some degree of asymmetry is normal for most people. This is what gives us all our individuality and our uniqueness. No two faces are exactly alike. Imbalances can also be caused from injury, sun damage, smoking, or even poorly placed dermal filler. We take all of these things into consideration.

We not only assess a patient from the front but also from the side profile, as this is how the world sees you. We look at the upper face – forehead, temples, and brow area, the mid face – eyes, nose,

and cheeks – and the lower face – lips, chin, and jawline.

If only one area of the face is corrected and the other portions are ignored that can throw your appearance off balance. Everyone knows that look, the one when you see a person and think, *wow, her lips are huge* or *I can't stop looking at how full her cheeks are*. No one comes in desiring *that look*, most people want a refreshed, natural, and restored approach. We achieve that by using all the tools in our toolbox to *harmonize* your facial features when performing a non-surgical liquid facelift.

The age-defying benefits of a non-surgical liquid facelift may include minimizing expression lines and softening wrinkles, correcting hollowing of the temples and tear troughs, restoring volume in the cheeks and smile lines, hydrating and defining lips, smoothing shadows and giving more projection in the chin, and erasing jowls by giving more structure to a weak jawline. These are just some of the ways we use dermal fillers and muscle relaxers to address concerns of an aging face.

We would be thrilled to meet you and create a customized plan for your personal facial balancing and rejuvenation. Please contact The Piazza Center at 512 262 4195 and request an in-person or virtual consultation!

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.

by Cyle Johnson



I had the pleasure of sitting down with Bridget Wolfe, creator of Wild Wolfe Pack Treats. Not only does she make delectable dog treats but she donates 50% of profits to PAWS animal shelter, right here in Drippin'. The other 50% goes back into the business. It's purely a labor of love.

CJ: Where did the idea for making dog treats come from?

BW: I love to bake. One day I had four bananas just sitting on the counter that I didn't want to go to waste. I was literally thinking about what kind of treats could I make for my dogs. I made about 200 treats. I brought some to my neighbor for her dog, Daisy. She works for SCORE [business mentorship program] and she told me, "girl, you need to sell these." I told her they were just from a recipe I got off of Pinterest, but a couple of weeks later I thought why not? Maybe see if there's interest in the neighborhood and just give them away. I didn't think it would turn into anything. So I made another batch and gave them out to neighbors. And little by little it started growing. I didn't think it was going to turn into what it is now.

My mission from the beginning – I wanted to do something for the shelter I volunteer for, PAWS. I started volunteering for PAWS about four years ago when we moved to Austin. I'm an empath so I'm going to give back in whatever way that I can. I realized I can't go to the shelter as often as I would like to, so how can I give back to them in another way that fits my schedule and my lifestyle right now. It turned into – let me make these dog treats and give half of the sale to PAWS.

They're made from really great ingredients and I've developed quite a few recipes myself since starting. A lot of picky dogs will only eat my treats, which is pretty cool. I know a lot of companies say they donate money to charitable causes but what are they actually doing with that money? Where is the tangible proof and where can I see that you're actually donating a portion of the profits? And that's what I try to actively show. We've done a couple projects like – we've re-done all the mulch in all of the play yards at PAWS. I've actually gotten Home Depot to match my donation twice. I'm currently baking a meal for all the dogs – chicken, sweet potato, green beans, pumpkin – just a yummy breakfast. I've gone to Costco for supplies like bleach etc. I want to make my donation something that people can see. You're spending a bunch of money on treats that people can easily just get on Amazon. I value where this money is going.



CJ: It's really point A to point B with you. There are a lot of companies that make promises for charitable giving, but does that money just go to parties or is it actually helping? I was watching Sesame Street with my son and they were singing

about community, "When I help you and you help me, that's what makes a community." And you can't always show your kids where this is actually happening in your community in an obvious way. But that's what you're doing! And you're setting such an amazing example for your daughters. They actually get to see you contribute to your community. Not only that, they get to witness their stay-at-home mama run a business.



BW: There are 14 dogs that have been at the shelter for so long. There's one that has been at the shelter for three years. I walk these dogs on a weekly basis and it's gut-wrenching that they're still there. I just started an Instagram account for them, @PAWSforyourthoughts. I'm hoping we can get these dogs more exposure. The shelter is amazing, they do so much for these animals but they can only do so much. We need to market the dogs that are easily adoptable so PAWS can get more space. Obviously these dogs have limitations and certain things about them make it more difficult to get them homes than others.

CJ: Do you think families with young children can adopt rescue dogs? Or do they mostly need to be adults that don't have children in the house because of what some of these dogs have been through?

BW: There are definitely certain dogs that will never do well in a house with kids – because, as you know, kids can be unpredictable. Some of these animals have been through so much trauma and they need someone who is slow and consistent. But there are 100% dogs that are amazing with kids. And PAWS has puppies too. There are dogs that have been tested with kids – like Mr. Cookie, he's on the PAWS website right now. That's the beauty of rescuing, you know exactly what you're getting because the shelter can tell you what they have found with the dog.

CJ: You have some special dog treats available for Valentine's Day, don't you?

BW: I do. I actually developed the recipe myself. Since the original peanut butter and banana, I've developed a chicken and parsley treat and then the Valentine's treats have banana, freeze dried strawberries, coconut oil, beet powder (which is actually really good for dogs), apple sauce, and whole wheat flour.

Use code DSOutlook for \$1 off your order.

Dripping Springs Chamber of Commerce Focus on Business: *Rickshaw Rides*

Come ride with us!
Andy Hunt and Paige Newcombe met as neighbors in Dripping Springs and became great friends and quickly business partners. They share a love for our community including the wineries, breweries, distilleries, live music, and all that Dripping Springs has to offer.

“We have seen our beautiful one-light town grow to become a vibrant community with so many events and venues for locals to enjoy; there is no need to leave town to be entertained!” says Paige.

Andy, a local AirBnB owner, says she has “seen a steady stream of travelers coming to town for special events, supporting the theme of Dripping Springs as the Wedding Capital of Texas.”

What’s the challenge for those who live here and those who visit? Local transportation is hard to come by! So, Andy and Paige



set out to solve that challenge.

Rickshaw Rides operates much like a pre-booked Uber service. Drivers use their own vehicles (not actual rickshaws!); and aim to provide the *rickshaw ride experience* with local *Hill Country hospitality*.

Rides are provided to and from all destinations in Dripping Springs and Driftwood. Additional services include personal drivers and airport rides. The business continues to expand its ride services to suit the needs of the community

ensuring accessibility and safety. In addition to serving the community, Rickshaw Rides has a goal to be the best place to work in Dripping Springs – great pay and a fun team to work with. Come drive with us!

Book a ride at [RickShawRidesTX.com!](http://RickShawRidesTX.com)

Celebrate with Us!



THURSDAY, MARCH 2 ◦ 6:00PM
Awards ◦ Silent Auction ◦ Fun

Please join us at the
Dripping Springs Chamber of Commerce STAR AWARDS
where we will celebrate the
STARS of excellence in our community!

Tickets: WWW.DRIPPINGSRINGSTX.ORG



BUSINESS OF THE YEAR ◦ UP & COMING BUSINESS ◦ OUTSTANDING CUSTOMER SERVICE
BUSINESS PERSON OF THE YEAR ◦ NON-PROFIT OF THE YEAR ◦ HOMETOWN HERO & MORE...

DRIPPING SPRINGS CHAMBER OF COMMERCE



STAR AWARDS

Celebrating Excellence

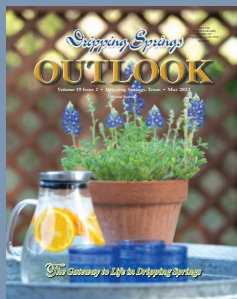
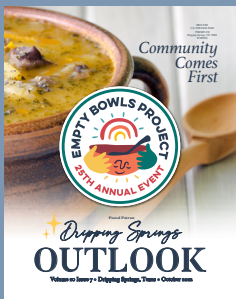
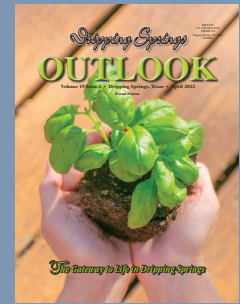
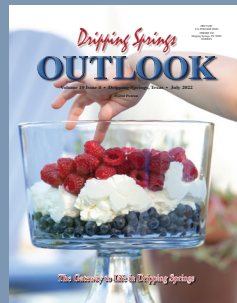
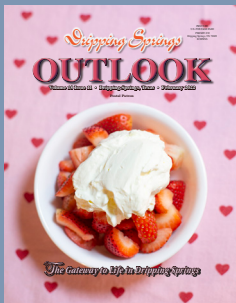


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Happy February, y'all!



Dripping Springs
OUTLOOK

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Since 2002

How to know when your pet needs emergency care

by Ben Fox, DVM



One of the easiest ways to avoid many pet emergencies is to prioritize prevention. By taking your pet to their veterinarian for annual checkups, your vet will make sure your pet gets the medical attention they need and give you information you need to keep your pet healthy.

Yet, emergencies happen, and often at the worst possible time – when your veterinarian is not available. But, how do you know when you actually have an emergency situation with your pet? We’ve put together the following list of what we would consider to be emergencies. If you can reach your veterinarian during office hours, don’t wait if your pet is experiencing any of these symptoms. If your veterinarian is not available, take your pet to the closest emergency vet clinic. (We have small and large animal emergency services listed on our website.)

- Bloating, swollen or painful abdomen
- Difficulty breathing, extreme coughing, or choking
- Inability to urinate
- Unable to deliver puppies or kittens, foals, calves, etc.
- Injury to the eye
- Broken bones, open wounds
- Severe injury (car accident, fall)
- Staggering or stumbling

- Uncontrolled bleeding
- Repeated vomiting and or diarrhea
- Unconsciousness
- Seizures
- Ingestion of toxic or poisonous foods
- Ingestion of foreign objects (especially sharp objects)
- Snakebites
- Colic

This is certainly not a list of all possible veterinary emergencies but includes many our clients and their pets have encountered. And, while you can’t prevent all emergencies, there are steps you can take to respond to the situation.

First, you know your pet best. If your cat or dog or large animal pet is suddenly showing behaviors or symptoms that are not normal for them, pay attention to any signs that could indicate something is wrong. Second, being prepared for a veterinary emergency will help you get your pet the care they need more quickly. We advise finding a convenient place to keep your vet’s phone number, the Animal Poison Control Center phone number, and the number for the closest emergency vet clinic.

With proper prevention, preparation, quick identification of signs of an emergency, and prompt action, you can help provide the best possible outcome for your pet if an emergency occurs.

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.

Old school versus new school

by Diana Ozimek



What’s always been done isn’t always the best choice. Here are three popular exercises that have been improved upon for better results.

Avoiding food bowl guarding issues... A popular exercise to teach your dog not to guard their bowl is to stick your hand in their bowl while eating or taking the bowl away mid-meal. This idea isn’t doing anything to build your

dog’s trust and often backfires, teaching your dog they need to guard their food to keep it. A better alternative is making your presence at mealtime valuable. You can do this by hand feeding your dog for a while or walking by and dropping something even better in the bowl like a piece of chicken or cheese. These are exercises to build trust around meal time. If you already have a dog who guards its bowl you should contact a professional.

Puppy socialization... There are better ways to socialize your puppy than some of the popular programs telling you to meet a lot of people very quickly. Pushing your puppy onto a bunch of people can cause two things: fear from being overwhelmed or overexcitement when seeing strangers, resulting in pulling and jumping all over them. Those are both behaviors puppy owners normally don’t want to develop. Building your puppy’s relationship with you is key. Let them meet new people in a calm manner with instruction on both sides to develop a friendly, well-balanced puppy and dog.

Dominating your dog to let them know who’s boss... The only reason your dog doesn’t have respect for you and the rules of the house is due to your lack of guidance and communication skills. Don’t get me wrong, I’m not against a consequence – I am a balanced trainer. Ear pinching and alpha rolling isn’t necessary and if done wrong can cause fear or aggression instead of developing a loyal companion. Most pet dogs don’t have the temperament to need or handle that type of action. Build healthy habits with your dog, engaging in play, training, and creating house rules that you reinforce consistently is all you need for your dog to respect you and be a good member of the household.

Diana Ozimek is the owner and lead trainer at Good Dog in the Making. She is excited to bring her puppy training expertise to her new community and help families raise a confident, well-mannered dog. GoodDogintheMaking.com, 773 899 1960.



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The best gardening season!

by George Altgelt



The best gardening season ever is just ahead. What makes that true is your experience! Experience is what changes your luck.

Getting your garden soil back to its productive level is the work to be done right now. There are excellent organic amendments that can be added to your garden right now in February. The two best products that I recommend are high on the list for restoring fertility to your garden soil.

The first one is *granular gypsum*.

That material supplies the most important nutrient of all. Calcium with a capitol C! *Why?* Because calcium is the chief of minerals in the plant kingdom. It tells all of the other minerals where to go and what to do. Calcium is what makes the cells of plant tissues able to absorb nutrients from its own sap stream. A calcium deficiency will show up in tomatoes as deep cracks in the shoulder part of the tomato and also as blossom end rot.

Limestone and powdered limestone are not good sources of calcium. They are too alkaline. Gypsum is good because it has a neutral pH. If you think you have a calcium deficiency you will know it because the soil is clay-like and sticks to your shovel and

your boots. The application rate for Gypsum is 10 pounds per 100 square feet of garden. At GeoGrowers we have 40 pound bags of Gypsum available all the time.

The second product I recommend is a *granular organic NPK fertilizer*. It has all the appropriate trace minerals. It is called: Texas Tee.

Both of these above-mentioned products should be worked into the soil now. In addition, *soluble molasses* should be added to feed the microbial life of the soil. We have that also.

Every garden situation is different. Please feel free to call us at GeoGrowers 512 288 4405, with specific questions regarding your garden, lawn, and landscape.

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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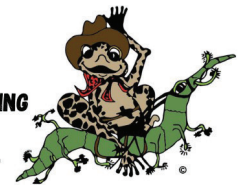
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Time to think about your water supply?

by Randy Lawrence



With drought conditions and another Texas summer just a few months away, thoughts are turning to alternative water sources and more efficient treatment techniques. Even with forecasts predicting less than average rainfall, more homeowners are looking to the sky in hopes of preventing interruptions to their water supply. Rainwater collection systems are designed and built into many new homes. Although it can be tricky, it is usually possible to incorporate rain collection into an existing structure. When used in

conjunction with treated groundwater, the stored rainwater can ease the burden on our aquifers.

One downside to rainwater collection systems, besides a potentially limited supply, is the cost of installation. Once the system is designed by a professional, you will need gutters, downspouts, collection lines, storage tanks, a booster pump and pressure tank, as well as proper filtration and disinfection equipment. For many homeowners, their budget requires them to consider other means of conserving water. Often, this includes replacing appliances and fixtures with more water-efficient models. One of the most commonly overlooked, and misunderstood, household appliances is the water softener. Without an understanding of how this equipment works, it can be difficult to know whether it is operating at maximum efficiency.

Recently, there has been a flurry of advertising aimed at those who have had a traditional salt-based water softener. Many of these products have existed for years, and are simply repackaged and heavily marketed. Unfortunately, the results produced by these alternatives typically fall far short of the claims made by their distributors. This often leaves homeowners with no choice but to scrap their investment and start from scratch. It is important to note that the only proven method of removing calcium and other hardness minerals is traditional ion exchange softening, and that recent technological advances have made softeners far more efficient and user-friendly than ever.

In order to maximize the efficiency of your water treatment system, it is important to ensure that your equipment is up to date, and that the settings accurately reflect your particular water conditions. An experienced technician can test your water quality, check the condition and performance of your system and make any adjustments or upgrades which may be necessary.

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.



Short-term rental: Real estate investor trend

by Steve Mallett

Almost everyone has stayed at an AirBNB at some point when traveling. If you haven't, you need to look up from your Blackberry, dust off your parachute pants, and join the 21st century. Short-term rentals (STR) are convenient, more private, and less of a hassle than a hotel. You have all the

comforts of home and don't have to listen to the basketball team on the floor above you practicing for the tournament the next day.

Traditional real estate investors have bought homes to put a long-term tenant into the property for a year or more. The benefit was guaranteed income for a long period of time. The downside is that many tenants do not take care of the property and wear and tear can be considerable. Turn-over can cost the landlord thousands of dollars in paint, carpet, landscape, and miscellaneous repairs.

Many investors have recently started transitioning those long-term rental properties into STR's where the home is occupied for 2-30 days at a time. Generally those types of tenants (called *guests* in the short-term world) take much better care of the property, pay a higher rent rate, and turn over costs are minimal.

A good STR can double the income produced versus a long-term tenant. While the monthly over-head can increase as the owner will pay for electricity, cleaning, cable bills, etc, generally the net income is much higher than with a long-term rental.

When searching for a STR property you need to be aware of certain pitfalls to avoid. You want to look for properties that are in areas where STR is allowed. Some cities have recently began en-

acting ordinances prohibiting STR's. South Lake Tahoe, California recently made it illegal in some areas to rent a property short-term.

You also need to consider sleeping arrangements. More guests means more income but also more wear and tear. Find a sweet spot you are comfortable with and look for homes that match your preference. Try to find homes that will hold up in the long haul. Good appliances and fixtures will help you stay profitable.

Having a good real estate agent guide you through the STR buying process is a necessity. You may end up making a very costly mistake if you buy a home for STR and find out it doesn't work or isn't allowed. Find an agent local to the area and start your journey to STR owner off right.

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: Like a yo-yo

by Roland Brown




Up and down, and up and down goes the case. You might think that the progress of a lawsuit through the courts would occur in a linear fashion – first the trial in the trial court, then a possible appeal to the first level of appellate courts, and then a final decision following an appeal to the highest court. Not so much.

The appellate process often has a yo-yo like progression. Some cases find their way into the appellate courts even before there has been a trial. This usually commences with an application for writ of mandamus when the trial judge has made a critical pre-trial decision about something such as whether a party must disclose certain information to the other party or, even more significantly, as a regular appeal where the trial judge grants a summary judgment in favor of a party on all or some portion of the lawsuit. (For a short discussion of summary judgments, see *That's Sum Judgment* in Roland's Blog at Your-Personal-Injury-Lawyer.law). The appellate court's ruling on mandamus or appeal will most often result in the case being returned to the trial court for further action and, generally, for a trial.

Following a trial, either party may file an appeal, generally to the first level of appellate courts which, in Texas, would be one of the fourteen Courts of Appeals for cases filed in state courts or the Fifth Circuit Court of Appeals for federal court cases. That court could *reverse and remand* sending the case back to the trial

court for a new trial or for some modification in the judgment. There could then be another appeal from that new trial or modification back to the first appellate level. That process could actually be repeated more than once, and it could also be interrupted by a party appealing the court of appeals' decision to either the Texas Supreme Court or the United States Supreme Court. That court then might remand the case back to the court of appeals for further consideration which might remand it back to the trial court for another trial. This dizzying process can sometimes go on indefinitely. Perhaps in a future article, we'll discuss what happens along the way in more detail, but for now, hopefully this information may help some understand news reports of the cases that bounce up and down in our court systems.

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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Can you count on Social Security?

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



Reagan Rentschler,
CFP®

There's been an increase in alarming language surrounding the solvency of Social Security. Its prospects are not nearly as gloomy as you might have heard.

Here's the story: Under current law, Social Security is estimated to exhaust its trust funds by 2035, after which benefits could be cut by 20%, according to the 2022 Social Security Trustees report. However, the large cost of living adjustment (COLA) (8.7%) for 2023 could cause the trust funds to use up their resources sooner. But this outlook may represent a worst-case scenario. For one thing, the cost of the 2023 COLA will be somewhat offset by higher taxes on workers contributing to Social Security. The maximum amount of earnings subject to the 6.2% Social Security tax jumped from \$147,000 in 2022 to \$160,200 in 2023. Further increases in this earnings cap may also help reduce the gap in the trust funds. Increasing the payroll tax is another possibility for boosting funding to Social Security.

And here's a political reality: Social Security is a popular program. It's unlikely that any future Congress wants to be blamed for reducing benefits. No guarantees, but it seems fair to say that you

can expect some benefits from Social Security when you retire.

Perhaps the bigger issue is how much you should depend on Social Security for retirement income. On average, Social Security benefits will provide about 30% of a beneficiary's preretirement earnings, according to the Social Security Administration. The higher your earnings before you retire, the lower the percentage that will be replaced by Social Security. Still, you'll want to maximize the benefits that are available to you – that means deciding when to start taking Social Security. You can begin as early as 62, but monthly payments could be as much as 30% lower than your normal (or *full*) retirement age – likely between 66 and 67. Even if you were to wait until full retirement age before collecting Social Security, you'll also need to draw on other sources of funding. So, while you are still working, it's a good idea to keep contributing to your IRA and 401(k) or other employer-sponsored retirement plan.

Ultimately, you should be able to count on Social Security as part of your retirement income. You may want to consult with a financial professional to determine when taking Social Security makes the most sense for you and how you can also get the most from your other retirement accounts. You'll want a retirement income strategy that's built for the long run.

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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