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**OUTLOOK**

Postal Patron

Volume 19 Issue 12 • Dripping Springs, Texas • April 2023





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Looking to make your move to the beautiful Texas Hill Country this spring? Look no further! Ryan is a native to Dripping Springs, and knows this area like the back of his hand. After all, he has lived here his whole life! Feel free to reach out for a chat, and any Real Estate related needs or questions!



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# A firm foundation

For whatever reason, sitting down to write this I had the lyrics, “We built this city on rock and roll,” roll through my mind. Upon Googling it, I saw one of the more frequently asked questions about these lyrics is: *Which city did they build on rock and roll?* And, apparently, Jefferson Starship was likely singing about San Francisco.

Dripping Springs may not have been built on rock and roll – per se – but in my opinion it’s pretty rock and roll to pack up your family and hit the trail, bound for Texas. Furthermore, establishing a town on the outskirts of Austin where Native Americans still resided takes grit. And look at what has become of this firm foundation three brave families set down.

I think you’ll find the theme of foundations runs deep throughout this April issue. Whether it be mental or physical fortitude and the foundations upon which we are able to build on, or the very ground where your physical address rests – we’ve got foundations for you. Our contributors represent some of the best businesses and practitioners found in this fortuitous town. As always, we hope you find a wealth of information to strengthen your own foundations as we move forward into a new season.

Wishing you a joyful month.

*Happy April, y’all.*

Warmly,



## *Dripping Springs* **OUTLOOK**

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**BUY LOCAL BUY DRIPPIN!**

# 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 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](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)
- Every 3rd Thur. Live concerts, best music in the Hill Country at **Susanna's Kitchen Coffeehouse**, 7:30pm; \$20-25 for adults, \$15 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 **April 20: Dana Cooper**
- 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](mailto:DrippingSpringsMOPS@gmail.com)
- Every Saturday, **Live music at the Barber Shop**, 4-6pm
- Mon-Thurs 9am-6pm **RED Arena Gift Shop** is open featuring seasonal decor created by & supporting programs for adults with disabilities. 2435 W. Fitzhugh Rd. Visit [REDarena.org](http://REDarena.org) for more information.

- April 1, 8am-12pm, DS Race to Brunch 5K at Caliterra, registration starts at \$30
- Concerts in the Park, Blue Hole Regional Park, Fridays 6-8pm, April 7, 14, 21, & 28
- Sunday, April 2, Made Kids Workshop, 1-4pm. Create wildflower seed bombs! Free event.
  - April 9, Easter Sunday
- **Sense & Sensibility**, April 28-May 21, a comedy by Kate Hamill (from the Jane Austen novel by the same name).
- April 28-30 **Founders Day Festival** • Friday, 4pm-12am • Saturday, 10am-12am • Sunday, 11am-5pm (carnival ends at 7pm)
  - Saturday, April 29 & Sunday, April 30 Wimberley Arts Fest – Charity Car Show Saturday, 10am-4pm

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. Does this 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* (ie, 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

can to steer you in the right direction to meet your expectations.

Education is one of our core values at REGENERATE. Please give us a call or drop us a line online, and we would be happy to educate you on what is most beneficial for your needs. Better absorb and utilize essential nutrient 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.*

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## A laugh a day keeps the doctor away by Leslie Tourish, LPC



“He who laughs, lasts.” - Anonymus

A joke, a jest, a pratfall, a parody, or a vaudeville routine. Who's on first, what's on second, and I don't know's on third. Humor is such a human invention because it requires our most important qualities: intelligence, empathy, and the ability to stand back and poke fun at ourselves. It's been said that at the heart of humor is a grain of truth, exaggerated. Let's face it,

life is hard. And as one of our most powerful coping tools, humor can't be beat since wit is far more often a shield than a lance.

The power our brains possess is staggering. We can sometimes worry and stress ourselves into illnesses both physical and mental. But if we maintain a positive outlook, a sense of adventure, and a joyfulness to our lives, then the benefits can be immeasurable. Doctors have researched the benefits of humor and found laughter improves our immune system's ability to ward off diseases, reduces the stress hormone cortisol, increases blood circulation, and lowers the perception of pain. In other words, people who laugh more, feel pain less.

No one knew this more than Norman Cousins who was an author, editor, and professor at the University of California Medical School. Cousins was diagnosed in 1964 with a rare and painful connective tissue disease for which there was no known cure and

only one chance in 500 of a full recovery. In his book, *Anatomy of an Illness*, Cousins wrote how he researched all aspects of his condition and discovered that stress had weakened his immune system and left him vulnerable to disease. Stress – which is often suppressed frustration and rage – can produce strong, profound negative changes in the body's chemistry. So, if the negative emotions of stress left him vulnerable, what would happen if he surrounded himself with joy and laughter as an antidote?

Cousins created a scientifically documented program with the help of his physicians. He created a safe, medically-controlled environment away from the disruptions of the hospital. “The sense of serenity was delicious and would, I felt certain, contribute to a general improvement,” Cousins said.

He collected as many amusing movies and books as he could find and began to laugh himself back to health. Cousins writes, “It worked. I made the joyous discovery that ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep.” In short, Cousins became one of the lucky one-in-five-hundred to successfully combat his disease.

To laugh deeply from the belly is one of life's most simplest of joys. And it comes free of cost, but chock full of benefits. Or to quote Will Rogers, “We are all here for a spell, get all the good laughs you can.”

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

# Did you know that different mushrooms have different health benefits?

by Heidi Pousson



In last month's issue, I talked about the benefits of functional mushrooms and why they are so good for us. I want to dive a little deeper into some of the specific mushroom types.

Here at Haus of Jayne we currently carry two main brands: Malama Mushrooms and Highvibe Limitless Mushrooms. Both lines are completely different and offer their own unique qualities.

According to Highvibe, "Mushrooms are not plants. They are 200 million years older than plants with 7 times more species. With 40% of their DNA and 60% of their RNA being the same as human (plants share only 5% of human DNA) with similar pathogens, they have been used for centuries by shamans as powerful medicine and supplementation."

What I like about Highvibe is that it offers a blend of 10 "super strain medicinal mushrooms and fruiting body with mycelium powder," including: antrodia, chaga, cordyceps, himematsutake, king trumpet, lion's mane, maitake, red reishi, shiitake, and turkey tail. If you're looking for something to help provide "focused energy, expanded clarity, cell regeneration," a boost to your immune system – and support cell regeneration – then the Highvibe Mushroom supplement might be for you.

If you want to zoom in on a specific health focus, then the Malama Mushrooms may be a better fruiting body choice for you. Al-

though they also have a blend of mushrooms as well, most of their products are singularly focused. These include chaga, cordyceps, lion's mane, and reishi. Below are different benefits for each of these fantastic fungi:

- Antrodia: anti-inflammatory, liver function support, protects against viral infections
- Chaga: antioxidant, reduces inflammation, cellular regeneration
- Cordyceps: supports cardiac function and respiratory health
- Himematsutake: liver and gut health, cholesterol, circulation
- King trumpet: bone health and immune support
- Lion's mane: memory, mood, promotes regeneration of nerve cells in brain and body
- Maitake: helps manage stress, blood sugar levels, reduce insulin, and supports weight management
- Reishi: helps with stress, fatigue, and anxiety
- Red Reishi: mood enhancer, nervous system support
- Shiitake: improves circulation and heart health
- Turkey tail: aids digestion, anti-inflammatory properties

It's no wonder this superfood has been around and used medicinally for thousands of years.

*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.*

## Restoring your confidence: Breast lift & augmentation after losing weight with Wegovy & Ozempic

by Rocco C. Piazza, M.D



If you've lost a significant amount of weight with the help of GLP1s like Wegovy and Ozempic, congratulations on your weight loss journey! Losing weight can improve your health, boost your confidence, and enhance your overall

well-being. However, losing weight can also lead to changes in your body, including sagging or deflated breasts. If you're considering breast surgery after losing weight, you're not alone. Breast lift and augmentation procedures are popular among women who want to restore their breasts youthful shape and volume.

As a board-certified plastic surgeon, I have helped numerous women achieve their ideal body shape through breast lift and augmentation procedures. These procedures can address a wide range of concerns, including sagging breasts, loss of volume, asymmetry, and more. If you're considering breast surgery after losing weight with Wegovy and Ozempic, here's what you need to know:

1. Breast lift and augmentation can complement your weight loss journey. Whether you want to restore your breasts volume, improve their shape, or correct any asymmetry, breast lift and augmentation can help you achieve your goals.

2. Breast surgery requires personalized attention. No two wom-

en are the same, and the same is true for breast surgery. Your breast lift and augmentation procedure should be tailored to your unique needs and goals. I will work closely with you to understand your concerns and develop a personalized treatment plan that meets your expectations.

3. Breast surgery can enhance your confidence and quality of life. Losing weight is a significant achievement, but it's only the first step towards improving your overall well-being. With restored breast volume and shape, you can wear your favorite clothes with confidence and feel more comfortable in your own skin.

If you're considering breast lift and augmentation after losing weight with Wegovy and Ozempic, I'm here to help. At The Piazza Center, we offer a wide range of breast surgery procedures, including breast lift, breast augmentation, breast reduction, and more.

Contact us today at 512 262 4195 to schedule your consultation and take the first step towards restoring your confidence and achieving your ideal body shape.

*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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## Dark soil

by George Altgelt



Often, soil is judged by the way it looks. As a general rule, people assume a darker soil is a better soil. Darkness is created by the breakdown of organic material, which is great food for plants. But that is only half of the story. Mineral from rock is the other half.

There are two kinds of commonly sold soil from deep pits on the east side of Austin. One is a *sandy loam* and the other is a *chocolate loam*. The assumption is that the darker one is

more fertile. However, chocolate loam is simply a darker version of sandy loam. Both of these materials are truly awful in terms of fertility for plants. Neither of them even fit the definition of loam and contain very little organic material. Instead, they are mostly small particles of eroded limestone with an extremely alkaline pH of 8.8 to 9.4. Both of them will arrive from the pit with really tough weeds and seeds in it. Most of the time they arrive with nut grass also known as Nutsedge.

There is a darker soil that is on the east side of I-35 that goes by the name of Black Gumbo. In most cases, it has very poor fertility, and is characterized by being very sticky when it's wet. That sticki-

ness is caused by a lack of usable calcium within the soil structure itself and is not good for roots. But, it does have a few redeeming qualities. It has living microbes that make it smell good. However, black gumbo needs heavy amendments for the plants to be able to use the nutrients contained in it.

The soil that comes from GeoGrowers is dark because of fully composted dairy cow manure. Dairy cows are fed abundant trace minerals in their feed to maximize their health and milk production. The composted manure is very dark but becomes lighter in color when mineral sands are added. The sands we use are very acidic. An acid pH in soil is what facilitates the uptake of trace minerals. A plant that has taken up trace minerals is extremely fit to grow and bear fruit, which is also full of nutrients.

*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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## 5 Buyer mistakes to avoid

by Steve Mallett

It's a strange real estate market these days. If *The Rocky Horror Picture Show* and *The Wolf Of Wall Street* were combined into one movie, the plot would reflect our current economy. Traditional rules and patterns seem to be out the window. Still, some facts continue to be true even when the world seems upside down. Buyers always have, and will continue, to make these common mistakes.

1. A low initial offer. Making a lowball offer effectively says to the seller *get over yourself – your property ain't that great*. You risk upsetting the seller and making a real negotiation impossible. Don't shoot yourself in the wallet by starting off too low.

2. Worrying about the small things. When you get the inspection report don't expect the sellers to fix everything reported. Focus on the big items and the safety issues. If the roof needs replaced, work to get that handled. If there are 3 burned out bulbs you can probably afford a trip to Home Depot to replace them.

3. Not using an agent when buying a new home. Get a professional looking out for you. The builder wants as much out of you as possible. Incentives get lost, shoddy workmanship is overlooked, and closing deadlines can get missed. Get a heavyweight to throw some punches from your corner.

4. Buyers are too intimidated to ask questions. Agents love clients who ask questions. Buying your next home can be compli-

cated and daunting. It's up to you to ask questions. No one should ever say *don't worry about it – just sign it*.

5. They second guess themselves constantly. Jumping off the high dive looks really fun until you stand at the edge of the platform with your toes wiggling over the pool. Buying real estate is very scary for most people. In the long run, very few people belly flop from buying a piece of property. Owning real estate almost always pays off.

It's easy to get yourself in over your head when you are buying real estate. You need to have a trusted agent at your side every step of the way from the idea, to the closing, and beyond. It's easy to make mistakes but just as easy to get back on track when you are being guided by a trained professional.

*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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## 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. 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 household appliances is the water softener. It can be difficult to know whether it is operating at maximum efficiency.

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. 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.

To maximize the efficiency of your water treatment system, 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 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.*

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## Grain-free diets

by Ben Fox, DVM



Many pet parents believe that grain free diets are better for their pets. They feel that grain-free diets are more natural, carbohydrate free, and less likely to result in health problems, especially allergies, in their pet. However, this is not the case.

In July 2018, the FDA announced that it had begun investigating reports of canine dilated

cardiomyopathy (DCM) in dogs eating certain pet foods, many labeled as *grain-free*, which contained a high proportion of peas, lentils, other legume seeds, and/or potatoes in various forms as main ingredients. Many of these case reports included breeds of dogs not previously known to have a genetic predisposition to the disease. \* [FDA.gov/animal-veterinary/outbreaks-and-advisories/fda-investigation-potential-link-between-certain-diets-and-canine-dilated-cardiomyopathy](https://www.fda.gov/animal-veterinary/outbreaks-and-advisories/fda-investigation-potential-link-between-certain-diets-and-canine-dilated-cardiomyopathy)

Dilated cardiomyopathy is a type of heart muscle disease that causes the heart chambers to thin and stretch, growing larger. It makes it harder for the heart to pump blood to the rest of the body. It basically results in a big, flabby, inefficient heart, that in turn, can then lead to congestive heart failure.

We don't know the exact reason why these diets are linked to

the development of heart disease. It is unclear if it is the lack of grain, the addition of peas or lentils, a different ingredient, or an interaction of those ingredients with genetics.

If your pet is currently on a grain-free diet, we recommend you transition your pet to a diet that is not grain-free. Have your veterinarian examine your pet and listen for a heart murmur. If a heart murmur is heard that was not previously heard, we recommend getting your pet an *echocardiogram* (ultrasound of the heart).

Some good news is that the duration of feeding a grain-free diet prior to correction can impact prognosis. New studies show that heart failure may be reversible if caught early and diet is switched. *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**

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## Summertime safety

by Diana Ozimek



Here comes the heat! I have a lot of first-time dog owners who have been asking questions about summer, so here are some things to keep in mind as the heat turns up.

Outdoor activity should be done early in the morning or as the sun is setting. When the heat turns up the sidewalks and streets will be too hot for paws. If you're not sure, place your

hand on the pavement and hold it there for a bit to see if it's too hot for you. Your pet's paws will be hitting that surface over and over, make sure they are not getting burnt. You can also investigate breathable dog socks that have protective layer on the bottom for summer walks. There are even hiking products for dogs to protect their paws.

Did you know dogs can get sunburn? If your dog has short hair, especially white dogs, pink noses, or lack of hair be sure to look into doggy sunscreen to protect your pup if they will be exposed to the sun for more than a quick potty break. If your yard doesn't have natural shade, you can invest in some sun shades or canopies to offer a shade area for your pup. Always make sure you have fresh water available if you are spending time in the yard. When going out on a walk or hike be sure to bring extra water and a portable bowl for water breaks.

There are lots of cooling products out there. Everything from

cooling mats and vests to cooling toys and chews. Check with your local shop to see what they might carry and suggest for your specific dog's needs. The basic rule – if you're hot, most likely your dog is even hotter under that fur coat. Not all fluffy dogs need to be shaved down; check with your groomer or research your breed. Many are built with coats that will naturally work to warm and cool them in their own way.

The obvious one... do not leave your dog in the car! Even days in the 70s can make a car too hot. Leave your dog at home when you run errands or take them inside with you, it's not worth the risk of a hot car.

*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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## Dripping Springs Chamber of Commerce Focus on Business: Ignite with Reviews



People who are new to Dripping Springs need to locate trustworthy businesses, whether it be a restaurant, doctor, hair stylist, contractor, etc. In the past, people relied on recommendations from friends to find the best resources. Today, 90% of people read reviews before purchasing or visiting a business and turn to Google, using online

reviews to determine the quality of the business they need to find. Businesses with at least 200 Google Reviews generate twice the revenue.

Get your customers to be your advocates. Your customer's reviews don't disappear like ads do. By encouraging customers to write longer, more positive reviews, businesses can establish a stronger connection with their clients and customers. Our system has the customer feeling important and heard. When businesses ask for reviews, the customer is unlikely to follow through.

With Ignite With Reviews.com the customers follow through because it is automated and effective. Ignite With Reviews.com offers a more sustainable approach to growing a business. By using our system, businesses have reported growth and positive, 5 star reviews and an increase in new and repeat business. Positive reviews not only work, they create a closer relationship with the customer and new customers.

This system is the key to growing a business in a sustainable way which will last for years to come. Call Melissa Ardon today at 310 654 2750 to get started on the road to success.

Additionally, Melissa and her husband have an online business and distribute healing products such as healing lasers, organic supplements, AntiAging Beds, and Tesla MedBed Generators, MedBedSpaUSA.com.



Dripping Springs Chamber of Commerce

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# Happy Founder's Day, Dripping Springs!

The story of Dripping Springs dates all the way back to 1849 with a man by the name of Fawcett. Recorded history of the town begins in 1853, with three families – the Moss, Wallace, and Pound families.

These trailblazers left Mississippi bound for Texas.

They say a town isn't a town until it has a post office. On June 5, 1857, John Moss was named postmaster. Only thing was – the town officially required a name. John's wife, Nannie, came up with the name Dripping Springs one day while she was at the Milk House branch of Edward's Aquifer.

Dr. J. M. Pound opened a hospital and church at what is now known as the Dr. Pound Pioneer Farmstead Historical Museum.

Dripping Springs also became a stagecoach stop and a part of a freight line that ran between Fredericksburg and Austin.

We celebrate the humble beginnings of this amazing town with a 3-day celebration in historic downtown.

*Friday, Saturday, & Sunday • April 28-30*

**Friday: 4pm-Midnight**

**Saturday: 10am-Midnight**

**Sunday: 11am-5pm (carnival ends at 7pm)**

Founders Day 34th Anniversary Parade, scheduled for Friday, April 28!

Photo by Danielle Dailey of HillCountryChronicles on Instagram

## Litigation: Heard from your lawyer?

by Roland Brown



You've got a lawyer, right? Or at least had one once? No? Then just as soon as you finish the important business of reading the rest of my article, please call one that prepares wills and make an appointment to discuss making your will. You'll be doing yourself, and those you care about, a big favor.

Now, although I don't prepare wills, my practice of personal injury litigation is like other types of law practice in once critical sense. We have clients – and those clients generally want us to communicate with them regularly. I'm going to share a little inside information with you. Despite our best intentions to communicate well with our clients, it's easier said than done it seems.

How can you maintain good communications with your lawyer? First, if you are hiring a lawyer, get recommendations from your acquaintances if you can. Also, check for reviews online. If you find more than one unhappy former client complaining about lack of communication, keep looking. Next, when you visit the lawyer's office, get to know the staff. Once they feel a personal connection to you, they are likely to be proactive in making sure communication with you is a priority. You should give the lawyer an idea of the level of communication you would be most comfortable with. Some folks are fine with *just let me know when it's all done*, but most want some updates along the way.

Do you want to be copied with all correspondence and other documentation during the representation (warning: it can be a lot!) Do you have a preferred means of communication? While our firm finds that most of our clients really like texts, which our case management software greatly facilitates for us, some prefer emails, phone calls, or letters. Your lawyer may not be set up to accommodate your preferred method, but it won't hurt to discuss it. Most importantly, remember always that *you are the boss!* The lawyer works for you, and if your lawyer isn't communicating with you, it may just mean the lawyer is busy working on your case and others. Nevertheless, you have every right to call, email, or text and ask *hey, what's going on with my case?* Now go call and set that appointment to get your will done.

*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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## Estate planning & beyond

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



Gavin J. Loftus

If you've done any estate planning, you probably know the basics – a comprehensive estate plan can help you pass on assets to your family while also achieving other goals, such as designating someone to take care of your affairs if you become unable to do so. There are some other estate-planning issues that could prove important in your life.

Power of attorney for students...

Children heading off to college may be considered legal adults in many states. Consequently, you, as a parent, may not have any control over medical treatment. Instead, a doctor who doesn't know your child or your family may decide on a course of action of which you might not approve. You may want to have your college student sign a medical power of attorney form, to allow you to make decisions on your child's behalf if doctors don't think your child can make those choices. You might also want to combine the medical power of attorney with an advance health care directive or living will, to specify actions you do or don't want to happen. Consult a legal advisor first.

Community property versus common law... Not all states treat married couples possessions equally. If you live in a community

property state, property acquired during your marriage is generally considered to be owned in equal halves by each spouse. If you live in a common law state, property obtained while you're married is not automatically owned by both spouses. If you buy property, you own it, unless you put it in the name of yourself and your spouse.

If you move from a community property state to a common law state, or vice versa, you might not want to assume that your and your spouse's property ownership situations will remain the same. Consequently, if you do move, you may want to consult an estate-planning attorney in your new state to determine where you stand.

Pet trusts... You always strive to take good care of your pets. What might happen to them if you become incapacitated in some way? Consider setting up a pet trust, which can take effect either during your lifetime or after you pass away. A trustee typically will make payments to the caregiver you've designated for your pet, with payments continuing for the pet's lifetime or a set number of years. An estate-planning attorney can help with this arrangement.

*Edward Jones, its employees, and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.*

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

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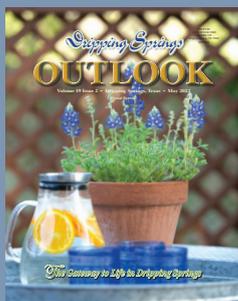
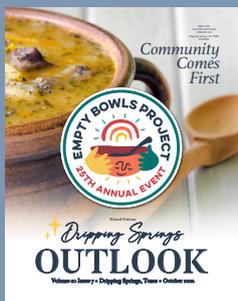
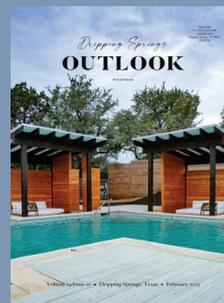
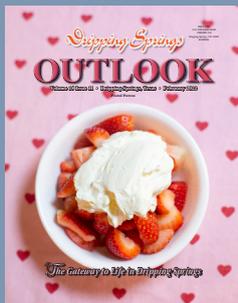
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