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Dripping Springs
OUTLOOK

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Volume 20 Issue 1 • Dripping Springs, Texas • May 2023



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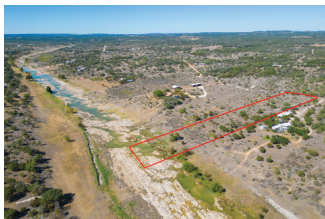
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Remembrance

“Silently, one by one,
in the infinite meadows of Heaven,
blossomed the lovely stars,
the forget-me-nots of the angels.”
– Henry Wadsworth Longfellow

What is remembrance? Is it a gratitude practice or is it simply an exercise in retaining – making sure the fabric of our existence remains intact? Or perhaps it’s both, we remember so that we never forget and as we remember we show up with gratitude and reverence for the past and thus the present moment.

Our calendar gives us ample opportunities for remembrance practices – the key is being sure we seize these opportunities and take pause and truly remember. For me at least, it seems all too easy to be swept up in the planning, the details, the aesthetics of a holiday. In trying to perfect a singular day or season, sometimes I neglect to do a full stop and remember what the day is all about in the first place. Kind of defeats the purpose, don’t you think? Luckily, every day provides ample opportunity to pivot, evolve, shift our perspectives, and remember what is at the heart of the lives we live. And to lift a prayer of gratitude, for those who made the ultimate sacrifice so that we are able to live the way we do today.

With all this talk of reverence for the past, this issue has so much to offer for your future – mind, body, and soul. Our contributors represent some of best practitioners and service providers in the Dripping Springs. We hope you find just what you need in this May issue.

Wishing you a joyful month.

Happy May, y’all.

Warmly,



“Greater love has no one than this, that he lay down his life for his friends.”
– John 15:13



Dripping Springs **OUTLOOK**

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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 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@dsccl.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 Coffeeshouse**, 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 **May 18: Shelley King**
- Every Thursday, **Skate Night** at Dripping Springs Ranch Park from 5-7:30pm
- 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
- 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 for more information.

- **Sense & Sensibility**, April 28-May 21, Friday & Saturday 7:30pm, Sunday 2:30pm, WimberleyPlayers.org
- Sunday, May 14, Mother's Day
- Friday, May 19 & Saturday May 20, **RED Arena Round-Up**, 2435 W. Fitzhugh Road. Cheer on the RED Arena kids & adults with disabilities in annual horse show. Friday, 5-7pm, free signature drink from DS Distilling & silent auction. Horse show continues Saturday, May 20, 10am-2pm, free kids games, silent auction, & BBQ lunch. REDarena.org and [@REDarenaTX](https://www.instagram.com/REDarenaTX)
- Saturday, May 20 & Sunday, May 21, **Dripping Springs Art Tour** 11am-6pm, free, various locations. Enjoy a day of art & meeting local artists. Refreshments, drinks, prizes. Pottery to fine art on display. Open studios & gallery settings. Great art & wonderful breweries & places to eat.
- Sunday, May 28, **Bell Springs Winery & Brewery 5K run**, \$30. RunSignUp.com to register
- Monday, May 29, Memorial Day

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

Are you ready for clear skin this summer? Learn how we can help!

by Breca Tracy, PhD



Many of us struggle with acne – a skin condition that often occurs due to clogged hair follicles beneath the skin. Our sebaceous glands produce an oil known as *sebum*. Sebum keeps our skin from drying out. In many acne cases, our sebaceous glands over produce sebum causing the hair follicles to become clogged with oil and dead skin cells. The hair follicles can

then become inflamed and irritated, resulting in pimples and zits.

What if I told you at REGENERATE we have a way to down regulate the production of oil from the sebaceous glands? Even better, what if we told you our solution does not involve chemicals, creams, antibiotics, or pharmaceutical drugs with side effects? AviClear is a laser specifically targeting these oil producing glands, down regulating oil production. Pretty fantastic, right? The sebaceous glands will still produce oil, which is healthy for our skin, but their production will now be regulated (ie, they will not over produce oil anymore).

Unlike most lasers, this laser is designed with patient comfort in mind. AviClear is enhanced with the AviCool cooling mechanism. The treatment will be chilly, but patients walk away with no downtime. Clients are going back to school and going back to work immediately post treatment, and no one knows they have just had

a laser treatment. The treatment is about 30-40 minutes, and the protocol is once a month for three months. Clinical studies have shown clear skin out to at least two years post treatment protocol.

People of all ages can suffer from acne. The AviClear treatment and outcomes are not dependent on what is causing your acne! If you have tried all the things and nothing has worked for you, and/or if you have been waiting for a natural solution because you *do not* want to be on Accutane, or do not want your children on Accutane, we just might have a solution for you!

If you or someone you know is suffering from acne, come in for a complimentary consultation! We will educate you on the process and assess whether AviClear is a good fit for you. The results we are seeing from this treatment are life changing. The change in confidence levels and physical appearances have blown us away. We are so excited to continue to change the lives of so many of our community members! Call us for more information. We would be happy to educate you further!

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.

Alone needn't mean lonely

by Leslie Tourish, LPC

Way back in the day when I was a year out of my counseling program, I was working long hours for a small clinic and trying to pay off graduate school loans. To make ends meet on my tiny salary, I had moved into a cute house with affordable rent in a galaxy far, far away from any urban coffee shop. “Well,” a friend said when he came to visit, as he surveyed my house and the landscape while slowly pivoting in a 360-degree circle, “I’m glad you’re in the profession you’re in, because obviously you’re crazy to live out here.”



Who could argue? I was in a *suburb* of about 15 houses surrounded by acres of corn and wheat fields. My closest neighbor had a dyslexic rooster who believed it was dawn somewhere. He crowed every hour, on the hour. All night long.

Getting used to my own company without traffic-filled streets, stores around the corner, and no television (for that completely monastic, on a strict budget feel) was more difficult than I had anticipated. But gradually I began to cherish the sound and sights of the wind whispering through corn stalks, stars piercing the black sky, and a country road often silent of cars rushing up and down its black ribbon of asphalt. After a few months I was reintroduced to my own company and discovered a deeper serenity in the quiet.

During that time, I had a counseling session with a client who was struggling to adjust to her recent divorce. Even though she was in her mid-30s and an accomplished professional, she was terrified at the prospect of being alone for the first time in her life.

“But,” I asked, “What was it like in your marriage these past few years?”

“Awful! He was never there, and when he did come home, he’d be exhausted from work and just disappear into his recliner and sports channels,” the client said, holding back tears.

“Then if you went to work alone, came home alone, and often slept alone, what’s the difference between now and then?”

The emotional dam broke and her tears spilled. “Because I always had the idea of him.”

Solitude is intertwined into our human condition. Perceptions of our separateness washes us with the hues and colors created by our thoughts and emotions. If we view being alone as a burden and an unacceptable state of being, then we may go to great lengths to stay in unhealthy situations and relationships with family, spouses, or friends. If we can’t stand our own company, then how can we expect others to want to be with us?

Learning to love ourselves is one of the basic building blocks of self-esteem. While it may not be comfortable at first to tolerate being alone, be patient with yourself because nature abhors a vacuum. Conversely, by going forward and taking some risks, you create changes. Your life will organically begin to fill with new people, places, and things. And every action you take is a learning experience as to whether those decisions were healthy or unhealthy. But staying stuck in an unhealthy situation for fear you aren’t strong enough for change, may be the worst kind of loneliness. To have faith in a better life, put your faith into action.

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

THC beverages versus edibles

by Heidi Pousson



There has recently been an explosion in the selection of edibles and beverages derived from the industrial hemp plant. Whereas at one time, edibles didn't specify which terpenes were used or even whether they were sativa or indica, now, more and more are coming out doing just that, which makes it easier to find exactly what you want and for what purpose.

And when it comes to THC beverages, there are delta-8, hemp derived delta-9, CBD, and combinations of the three. It took a while for the process of creating these THC beverages to be what it is today.

Since THC is a fat-soluble molecule, it doesn't blend well with most liquids, but nanotechnology, a process that alters the size of the molecules and makes them more water-soluble, allows for a product that is consistent in dosing and prevents the THC molecules from sticking to the can. But does a beverage or edible hit quicker?

Because the THC is fat-soluble, and THC passes through your digestive system when eating edibles, there are several factors which could affect how fast or slow it hits. Did you eat them on a full stomach? Did you eat a meal high in fat? Do you have a fast metabolism? Some may feel the effects as soon as thirty minutes.

Others, however, may not feel the impact for up to two hours, and the peak effects can last anywhere from 4 to 6 hours depending on the dosage consumed.

So how does this process differ when it comes to beverages? Cannabis drinks enter your bloodstream soon after you drink, skipping your digestive system altogether. The nanotechnology used to emulsify THC into a beverage allows absorption to begin inside your mouth. Water-soluble THC has a chance to absorb through your esophagus as soon as you swallow. The remaining THC is fully absorbed when the lipids hit your stomach. Depending on the dosage and the amount consumed, the effects could be felt anywhere from thirty minutes to several hours.

It's definitely warming up now: backyard barbecues, crawfish boils, pool parties, get-togethers with friends and family – this is the perfect time to stock up on your cannabis hemp beverage. At Haus of Jayne we have many options to choose from. We'll help you figure out which option is best for you.

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 full facial balancing can combat Ozempic face & restore volume loss

by Rocco C. Piazza, M.D



As a plastic surgeon, I have seen many patients who have experienced significant weight loss as a result of using GLP1s like Ozempic and Wegovy. While weight loss is certainly an achievement to be celebrated, many people are left with a new set of aesthetic concerns, including facial volume

loss and what has been termed *Ozempic face*. As a result, I am frequently asked how facial rejuvenation can help restore the youthful appearance that has been lost as a result of weight loss.

Facial volume loss is a common issue that can affect anyone, not just those who have lost weight. However, weight loss can exacerbate the problem, making it even more noticeable. The good news is that facial volume can be addressed through a variety of surgical and non-surgical options, including full facial balancing.

Full facial balancing is a personalized approach to facial rejuvenation that focuses on restoring volume loss in a way that enhances the overall symmetry and harmony of the face. This can involve a combination of procedures, including facial fillers, injectables, and in some cases, surgical procedures such as a facelift or brow lift.

For patients who have experienced weight loss resulting from the use of GLP1s like Ozempic and Wegovy, full facial balancing can be an effective way to address the changes in facial appearance

that have occurred. Note that each patient is unique and therefore each treatment plan will be tailored to their specific needs.

In addition to full facial balancing, there are a variety of other plastic surgery options that can help address aesthetic concerns related to weight loss. These include procedures such as breast lifts and augmentation, tummy tucks, and even metatarsi correction.

Plastic surgery is a personal choice and should only be pursued for the right reasons. If you are considering plastic surgery after weight loss, it is important to choose a qualified, experienced plastic surgeon and nurse injectors who can help you achieve the results you desire while ensuring your safety and well-being.

At The Piazza Center, we specialize in personalized plastic surgery and facial rejuvenation treatments that are tailored to each patient's unique needs. If you have experienced weight loss while using GLP1s like Ozempic and Wegovy, we would be happy to work with you to develop a customized treatment plan that can help you restore your youthful appearance and boost your self-confidence.

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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Healthy tomatoes

by George Altgelt



This garden season seems to be bigger than ever. Many people are even planning on canning. Most of the questions I get have to do with the production of tomatoes!

The worst thing you can do, in the beginning, is feed tomato plants some kind of nitrogen fertilizer. Nitrogen, – organic or otherwise – can be very detrimental to the success of your crop. If you apply nitrogen fertilizer to tomatoes before they actually set fruit, that tomato plant will only grow vine

and not grow tomatoes. Wait until the plant has those tiny little tomatoes showing. Don't lose patience, or you could have a very poor showing.

Growing tomatoes from seed in the garden is risky. Pill bugs (Rolly Pollys) like to eat young sprouts. They can't eat mature plants, so transplanting a plant that is up and growing is better. Dig a hole at least twice as deep as the root ball of that little transplant. Put in about a quarter of a cup of rock phosphate and a quarter of a cup of Epsom salt. Cover those two materials with a small amount of soil. Then set the root ball on top of that soil. Next, fill in the hole around the root ball and the stem of the tomato up to the surrounding ground level.

The stem that is now underground will actually grow roots. That is a big advantage for your young tomato plant. Put the top of the root ball a little bit below ground level so that when you water it all flows to the plant. Do not mound up. This will cause water to flow away and actually make it difficult to keep the plants watered.

On the subject of watering – don't let your plants dry out to the point that they are wilted. It is an open invitation for a common pest known as Red Spider, which is very difficult to control. Most poisons won't work, but it can be controlled with Ultrafine Sun-spray Oil. It is non-toxic. The oil coats the tiny spider and suffocates it. But you have to use it three times a week because the eggs will hatch out and they'll start all over again. So keep those plants well-watered!

All of these items, including the tomatoes, we have for sale at GeoGrowers. Please come by and visit us, anytime!

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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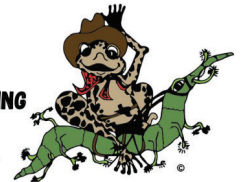
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Five traits of the best real estate agents

by Steve Mallett

During the real estate boom of 2020-2022 the number of licensed agents in the country exploded, increasing by over 30%. Thousands of people were lured by the promise of easy money and a new Mercedes. Some of those agents only did a few transactions during that time and many quit as soon as the branches on the money tree started to wither.

Agents come and go. Ninety percent of licensed agents don't make it past their third year in the business. The ones that have staying power have exceptional talent and train to be better every day. All of the best agents have five qualities in common:

1. They will give their clients the benefit of their experience and knowledge by speaking up and giving advice when needed. Many agents are quiet and passive, but the best agents speak openly and clearly even when they know their clients want to hear something else.

2. They do research. They look at sales, on market properties, trends, and projections to determine the best strategies for your success. Anything less is a Hail Mary pass with little chance of success. Good agents always know the numbers and can support their recommendations.

3. They have multiple negotiating strategies and know which

ones to use in every situation. There is no one size fits all tactic when negotiating. Sometimes you use honey and sometimes you need to use a great big club. Using the wrong tactic only creates chaos and poorer clients.

4. They are optimistic and proactive. Even when things look dire, a good agent will look for a way to salvage the unsalvageable. As Yogi Berra once said, "It ain't over 'til it's over." If a deal is dead they instantly move on to plan B to get the property sold. The real estate gods have no patience for whining.

5. They don't cut corners. There is a tried and true process required to get a contract to closing. Lazy or untrained agents always look for ways to do less and get the same outcome. No one gets to the top of any game by doing less than the best.

You will have dozens of choices when you hire a real estate agent. Only a few of those will be elite agents that strive to be the best everyday. Make sure you hire from the special forces of agents. There aren't many, and they train everyday to be ready when you call.

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.

The truth about refrigerator filters

by Randy Lawrence



Almost every new refrigerator available today comes with a built-in activated carbon filter designed to improve taste or odor. Most models also have some type of reminder system that tells you when to replace the filter cartridge. Many people have questions about these filters. Is it necessary to have the filter in the first place? If so, how important is it to change that filter as soon as the reminder is activated? Here are a few interesting facts about these filters that may help clear up some confusion and possibly save you some money in the long run.

There are two main types of filter change reminders in today's refrigerator models. The most common is a basic timer system. This system will simply count down a pre-set amount of time (usually six months) and then activate a light which tells you to replace the filter. The main drawback to this method is that it does not take into account the volume of water used. For example, you could go six months without using the ice or water dispenser and the unit will still indicate that it's time to change the filter. It's a fair assumption that the majority of these filters are thrown away far too soon. The other type of reminder system is a little less common. It involves a flow meter which counts gallons as they are used through the dispenser. This is a more efficient method than

the timer because it actually measures water usage.

Unfortunately, neither technology knows what your incoming water quality is. This can greatly affect the lifespan of the filter. If you are on a chlorinated water supply, your filter life will be shorter. If you have a whole house treatment system, like a softener or carbon filter, then the life of your filter would be greatly increased. If your refrigerator is fed by a reverse osmosis system, then your built-in filter becomes completely unnecessary and can be removed or bypassed. Each case is slightly different, but at \$40-\$60 per filter it pays to know the facts so you aren't wasting money on unnecessary replacements.

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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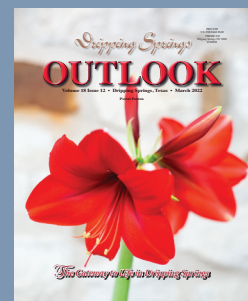
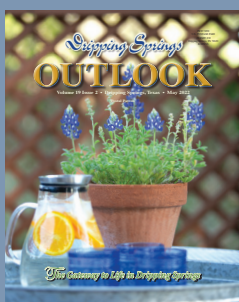
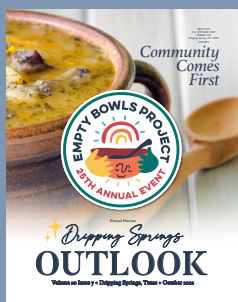
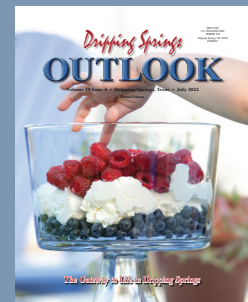
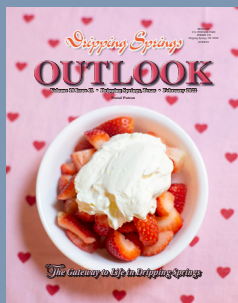
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Happy May, y'all!



**Find even more events & community updates on
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Caring for your older pets

by Ben Fox, DVM



Dogs and cats are living longer now than ever before due to advances in care. Yet, as pets get older, they need extra attention. No matter how well cared-for, your senior pet is vulnerable to certain age-related diseases and changes.

In general, senior pets may need increased veterinary care, added supplements, additional blood work, dental care, and nutritional

changes and guidance. Weight gain or weight loss can increase the risk of health problems or be an indication of an existing problem. Excess weight is linked to an increased risk of arthritis, insulin resistance or diabetes, heart disease, high blood pressure, and more.

Orthopedic changes in senior pets can be one of the first signs of aging, particularly those due to arthritis. This may present as your pet no longer being able to go on long walks or having trouble standing after laying down. For cats, it may be a reluctance to jump up on a counter or piece of furniture. Joint supplements and fish oils are beneficial for many older pets with arthritis. There are several pain /anti-inflammatory medications for dogs. There is a new and exciting once-monthly injection for cats with arthritis called Solensia.

Older pets can also develop cognitive dysfunction syndrome

(aka dementia, senility). Symptoms include restlessness, aimless pacing, staring, inappropriate urination or defecation in the house, decreased responsiveness to the owner and other pets, and abnormal sleep patterns, among others. There are prescription diets that are fortified with antioxidants and essential fatty acids that may improve cognitive function and delay cognitive decline. There are also several medications that can help.

Many owners of senior pets may find themselves, at some time, facing the decision to euthanize a pet – one of the most difficult, yet kindest, decisions an owner can make. Your veterinarian can help walk you through any questions or concerns you may have, including an honest evaluation of your pet’s quality of life.

Remember, aging itself is not a disease. And, although many senior pets will develop age-related complications, you can help your pet live a longer, happy, healthy, and active life in their senior years by understanding their special needs. Your veterinarian can help you with all of these considerations and provide you with the best recommendations for your senior friend.

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.

What does your dog need to know? by Diana Ozimek



What do you want to teach your dog? Do those skills make a difference in everyday life?

In an initial conversation with someone, I will ask a few things to get the big picture; what is your dog doing that you don’t want them to do? What do you want your dog to be able to do and what are your overall goals for your dog?

Most people would like leash manners and I also hear come when called and sit and/or down stay in most calls. First, let me break the news that come when called or *recall* isn’t considered a basic skill. Think through your day, how many times will you use a sit or down stay? I consider a stay something that happens when you move away. Do you need your dog to do that daily?

Let’s get into the skills that help most families have a well-mannered pup and skills you will use regularly. Leash skills – these are important. Being able to take your dog on walks and walk in new areas gives them exercise and mental stimulation. It’s a fulfilling activity for your dog and for you if it’s enjoyable. You may think that your dog pulling and sniffing and barking should wear them out but, they stay stressed out in an amped up state of mind.

The place command; this is more realistic for most dogs and owners than a down stay. *Place*, is having your dog go up on a bed – I prefer a raised style bed – while teaching them to stay there and

relax. Dogs have more freedom to move around and adjust on the bed without holding a strict down stay. This command can be used for longer periods of time, like dinner time. A solid *no* can help you stop your dog from practicing bad behaviors like jumping on guests and counter surfing or picking up things they shouldn’t. A nice walk, being able to put your dog on their bed to hang out as needed, and *no* can help you get a long way.

Recall and distance work is challenging and fun and has its uses. Get the basics down first, then go for the fancy stuff.

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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Diana Ozimek
Owner/Trainer

773.899.1960

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[good_dog_in_the_making](https://instagram.com/good_dog_in_the_making)

Chamber's 2023 Business & Hiring Expo and movin' on up

We are excited to host our 2023 Business & Hiring Expo on Thursday, June 8 from 4-7pm. The event will be held at the Deep Eddy Vodka Tasting Room and will feature local businesses eager to share about their organizations. If you're looking for goods or services in our area, this is a terrific place to see what is available in Dripping Springs.

There will be door prizes and swag giveaways from businesses so you don't want to miss it. And if you're looking for a job, this is a great way to connect with local business owners for potential job opportunities.

If you would like to participate and showcase your business,

please contact us at 512 858 7000 or email DSChamber@drippingsspringstx.org. Admittance to the event is *free* to the public and we hope to see you there!

The Chamber has moved! We are now located at 400 W Hwy 290, Suite B-205 upstairs in the Spring Bluff Center. Just a short walk or drive from our previous space next to City Hall, we are still conveniently located in Downtown Dripping Springs.

We have meeting space to share with members and the community, as well as room to grow. For information on how you can become part of the Chamber, stop by to see us! Or visit us at DrippingSpringsTX.org.



The power of RED Arena horses



Did you know there are horses in Dripping Springs that give life changing experiences to children and adults with disabilities? The specially trained horses of RED Arena, a Premier Accredited Therapeutic Riding Center, help emotionally regulate, cognitively engage, enhance social interaction for, and physically strengthen the RED Arena participants.

With the help of a physical therapist or PATH certified riding instructor, RED participants engage their core through dynamic strengthening and improve balance and coordination while on the backs of these horses. The horses are great listeners, following the spoken or sign language instructions given by their rider who is improving functional communication and social skills. The horses empower their riders, building confidence and self-esteem that is taken into all aspects of their daily lives.

The horses also help teach motor planning and teamwork through the job training program. Following instructions and working with a team to learn horse safety, horse care, and barn management lay the foundation for skill sets that can be taken into any job setting.

RED Arena horses are great motivators. The adults with disabilities in the vocational program not only make seasonal crafts and décor for the gift shop, they exercise with the miniature horses. Everyone loves taking care of the minis, so walking them on trails and over obstacles improves the physical endurance, balance, and mobility of the participants.

One of the best powers of these horse is helping to building friendships across all ability levels. At horse camp, children with and without disabilities come together in a safe, supported setting to enjoy trail rides, crafts, and horse care. Promoting acceptance and making lasting friends through the common bond of these horses.



To see these amazing horses in action be sure to come to the annual RED Arena Round-Up May 19 and 20 at RED Arena, 2435 W. Fitzhugh Rd. The free community event starts Friday, 5-7pm with the horse show, silent auction shopping, and free tastings from Dripping Springs Distilling. The fun continues on Saturday, 9am-2pm with free kid's carnival games and prizes, horse show, silent auction, raffles and BBQ lunch. Proceeds from the event support the horse care, programs, and scholarships at RED Arena.

For more information visit REDarena.org and follow @REDarenaTX on Instagram.

2023 MOXIE SUMMER CAMP

GENERAL INFORMATION:

- PM care available for campers enrolled in full week of camp for \$100.
- Campers must bring labeled sack lunch, morning snack, pm snack if staying for pm care, change of clothes, sunscreen, bathing suit, towel, and a reusable water bottle in a backpack daily.
- A \$100 NON-REFUNDABLE deposit is required for each week of enrollment per child. Your deposit will be applied to your weekly tuition balance.
- No transfers of enrollments.
- There are no daily enrollments offered.
- \$35 Sibling Discount per week.

Camp Hours
7:30-3:30

Ages
3-13

PM Care Hours
3:30-5:30

Weekly Price
\$400

Activities:

- ✓ Gymnastics & Obstacle Courses
- ✓ Arts & Crafts
- ✓ Bounce House
- ✓ Waterslide
- ✓ Weekly Field Trip
- ✓ Playground
- ✓ Games

HOW TO ENROLL:

1. Create a parent portal on our website.
2. Request weekly camps and pm care if needed on your parent portal.
3. Add a card to your parent portal, a credit card on file is required.
4. Schedule a time to come fill out required admission forms. All forms must be complete before enrollment is approved. Spots will not be held.

moxiegymandcheer@gmail.com



Litigation: Then and now

by Roland Brown



Things change – some for the good, some not so good. A recent visit brought this home to me once again. We were about to go to trial when the senior lawyer in the insurance defense firm on the other side suddenly took over the case. Settlement negotiations had been difficult, and I was glad to have a fresh set of eyes looking at the case. Even better,

the fresh set of eyes belonged to a respected, experienced trial lawyer with whom I could discuss the pros and cons of the case in order to move negotiations forward.

Here's where the *then* became important. This lawyer and I agreed to sit down together and talk. He drove up from San Antonio and we visited about life in general for a while before diving into the facts and law of the case. Once we each explained how we viewed the case and the likely outcomes in a jury trial, we then came up with a number we both felt was fair and, after a phone call to his adjuster, the case settled for that amount.

This level of personal communication and collegiality harkens back to the early years of my 48-year legal career when lawyers on opposite sides often tended to know one another well and, as a result, communicated more easily. Back then too, we often knew the insurance adjusters personally. We knew which ones could be trusted and had authority to settle cases. They knew us and whether we could be trusted and were capable of effectively trying cases

to verdict. Cases that needed to be settled, got settled, and those that needed to be tried, got tried.

Back to the present. Once we settled the case, we drove out to Jobell Café and Bistro for lunch together and the *now* showed up. Our discussion turned towards how we, as lawyers, could best integrate the inevitable advance of artificial intelligence into our practices. We both recalled the days when hundreds of law books lined our walls, while now, they are mostly used for decoration, and our research is done online. Advances such as ChatGPT, the *essay-writing* tool making big news, mean that we lawyers must continue to hone new skills, but at the same time, there's a lot of useful *then* elements to the practice of law that we need to recapture as well.

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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Four ways to use cash wisely

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



Reagan Rentschler,
CFP®

There has been a lot of talk about a *cashless* society, but it's not here yet. In fact, cash can still be a valuable element of your overall financial picture – if you employ it wisely. Consider these four key uses of cash:

Everyday spending. Of course, you need sufficient cash on hand to pay for your cost of living – mortgage, debt payments, utilities, groceries, etc. You'll likely rely on checking accounts to pay for these needs.

Unexpected expenses and emergencies. It's never a bad idea to establish a monthly budget. But life is unpredictable – sometimes you may encounter *budget-busting* expenses. If you haven't planned for these costs, you might be forced to dip into your long-term investments, such as your IRA and 401(k), which can result in taxes, penalties, and less money for your retirement. Prepare by building an emergency fund with up to six months worth of living expenses in cash, or at least in a highly liquid account.

Short-term savings goal. When you are investing for a long-term goal – especially retirement – you will likely need to own a reasonable percentage of growth-oriented vehicles – stocks and stock-based mutual funds. The value of these investments will

fluctuate, avoid selling them when their price is down – which may make them unsuitable for short-term goals. For short term goals, be sure a specific amount of money is there when you need it. Possibly in a short-term savings or investment vehicle that might pay higher interest than a regular checking/savings account.

Source of investment. Cash can serve as its own asset class, alongside other classes, such as stocks and fixed-income vehicles. Unlike these other classes – stocks and stock-based mutual funds – cash won't fluctuate in value. Having the cash available in your portfolio gives you the opportunity to quickly take advantage of other investment opportunities. You may be able to use your existing investments to help replenish the cash in your portfolio. If you choose to take stock dividends in cash, these dividends can be *swept* into your brokerage account and held there until you're ready to invest them. (Depending on financial strategy, it may be a good move to simply reinvest the dividends into the same stocks or stock funds.) You won't want your investment accounts to contain too much cash – purchasing power can erode due to inflation.

By managing your cash efficiently, and putting it to work in different ways, you can gain some key benefits – and you'll help yourself to keep moving toward your short and long-term goals.

Reagan Rentschler, 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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4pm-7pm



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Dripping Springs Chamber of Commerce



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*(*Must be registered 501c)*

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