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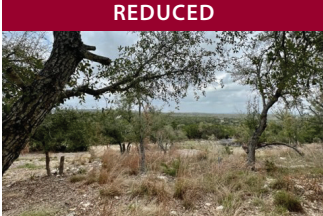


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The first six months

“What good is the warmth of summer, without the cold of winter to give it sweetness.”

– John Steinbeck

Voila! – the threshold of summertime. It never ceases to amaze me how quickly the months can move by. But I’ll go back and look at photos to recount all that has transpired since the first of the year and suddenly it all feels like a little less of a blur.

These first six months of 2023 have been interesting. We’ve had ice, we’ve had sunshine and rain, more festivals and fun community get-togethers than I can count on two hands. It’s been a beautiful six months, hasn’t it? What shall we do with the remaining months of this year? I was once a fastidious resolution maker. I had my lists, ideas, and determination. This year I didn’t do any of that. I only resolved to be more present and to do my best. I also resolved to let loose any fear of the unknown, any anxieties about what could be, and any hesitancy to move forward in happy pursuit of dreams. What do you hope to realize in these next six months?

As always, our contributors bring you a bevy of information to benefit heart and home. We are so excited to welcome Camp David Retreat to the Outlook. Their beautiful 10 acre property – just off of Fitzhugh Road – graces the cover this month. The whole place exudes a welcome, stay-awhile vibe. It reminded me of how important it is to disconnect and just be present – to watch the sun set, sit quietly and swing on the porch. Camp David Retreat is a such unique space for friends and family to gather or for corporate and social groups. The main lodge is comfortable and chic, with a chefs kitchen that will make your heart flutter. The bunkhouse is particularly cool and – true to its name – hosts a giant room lined with bunkbeds and embellished with foosball and ping pong tables. There’s even a little playground and enclosed area for the littlest and furriest members of the family. You can hike, play pickleball or basketball, swim, soak in the hot tub, and reset body and mind. Wherever you find yourself this month, I hope you relax, explore, soak in the moment.

Wishing you a beautiful summer.

Happy June, y’all.

Warmly,

Cyle



Dripping Springs **OUTLOOK**

Editor, Publisher
Cyle Elizabeth Johnson

Ad Designer, Publisher
Joey Johnson

Cover
Camp David Retreat
photo by Greg Daily

Read the Outlook online

DSOutlook.com

Contact

512 375 5590

Info@DSOutlook.com

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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
- 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.
- Every Mon. 12pm, **DS Rotary Club** meets at Flores, 2440 E Hwy 290 W. For more information visit DrippingSpringsRotary.org.
- Every Mon. 9am **AllAbilities 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@dsc.org for details.
- Every 3rd Thur. 7pm, **DS VFW Post 2933** invites all eligible veterans with foreign service to 231 Patriots Hall Blvd. Call 858 5637.
- Every 4th Thur. 6:30-8:30pm, **Photographers of Dripping Springs** Sententia Vera-Cultural Hub, PhotographersofDS.us
- Every Thur. 12pm, **Al Anon**, Dripping Springs United Methodist Church, 28900 Ranch Road 12. Childcare provided.
- 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 **June 15: Jimmy Davis**
- 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 Fri. 12pm, **Al Anon**, Dripping Springs Presbyterian Church, 26650 Ranch Road 12. Childcare provided.

- Every Saturday, **Live music at the Barber Shop**, 4-6pm

- Saturday, June 17, **GAME ON!** at the Science Mill, 10am-5pm, Interested in game development? STEM education program that turns kids' passion for playing games into a love of building them. ScienceMill.org for tickets.
 - Sunday, June 18 **Father's Day**
- June 26-30, 9am-12pm, **Girl Power: Summer Skateboarding Camp**, ages 6-13, \$290, website AllEvents.in search Girl Power

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

Men, do you know why a Hydrafacial is beneficial for you?

by Breca Tracy, PhD



Whether you happen to be the gentleman on the run or the gentleman that has an amazing skincare routine, we promise you both will *love* this treatment!

At REGENERATE, our Hydrafacial is a non-invasive, multi-step skincare treatment achieved with the assistance of an esthetician and a patented gentle vortex technology. In my opinion, it is the ultimate treatment for deep cleaning and hydrating skin. If you're looking to achieve healthy glowing skin, this is your answer!

While the benefits of Hydrafacial are not gender-specific, men particularly appreciate the following advantages:

1. Deep cleansing. Hydrafacial uses a patented vortex-fusion technology to cleanse the skin deeply. It helps to remove impurities, dead skin cells, and excess oil, which is beneficial for men who may have larger pores and a higher tendency for oily skin.
2. Improved skin tone and texture. Hydrafacial exfoliates the skin gently, promoting cell turnover and revealing a smoother, more even skin texture.
3. Customized treatment. The customizable nature of Hydrafacial allows for the use of specific serums and boosters to address various skincare concerns.
4. Hydration and moisturization. Hydrafacial simultaneously cleanses and hydrates the skin, providing essential moisture to

combat dryness and improve skin elasticity. This benefit is particularly helpful for men who may experience dry or flaky skin due to environmental factors or shaving.

5. Reduction of fine lines and wrinkles. Hydrafacial can help to minimize the appearance of fine lines and wrinkles by promoting collagen production and improving skin elasticity. This can be beneficial for men who are concerned about signs of aging or wish to maintain a youthful appearance.

6. Quick and convenient. Hydrafacial treatments are relatively quick, typically taking around 30 minutes to an hour. They require no downtime, allowing men to resume their daily activities immediately after the treatment.

7. Relaxation and stress relief. In addition to the skincare benefits, Hydrafacial treatments provide a soothing and relaxing experience. The process involves gentle massage techniques, which can help reduce stress and promote overall well-being.

Call us! We would love to further educate you on Hydrafacial and other 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.

Vacations are a state of mind

by Leslie Tourish, LPC

A sand-encrusted four-year-old's hand was thrust in my face as the owner wailed, "See where it bit me? I thought it was a rock!" I stared down at this upset and indignant fellow who was being comforted in his mother's arms as she rocked him. The shallow surf, having its own agenda, swirled unaware around them. Kneeling down on the beach, I took his hand and inspected the outstretched, injured paw, only to find a scratch so tiny that not even the smallest drop of blood

could escape. Tears, however, were escaping aplenty.

Teddy was on day two of our beach weekend when, while attempting to find a new way to hurl his toy truck into the oncoming waves to see if the wheels would stay intact (they didn't), came across a rock. When he picked up this "rock" it turned out to have two eyes on stalks and two pinchers waving and snapping like castanets. The rock, a.k.a., a one-inch crab, gave Teddy an aggressive handshake and back-flipped into the ocean. Teddy just learned one of life's cruel lessons: *vacations aren't for the faint of heart.*

Rabbi Julius Gordon wrote, "Traveling may be one of two things – an experience we shall always remember, or an experience which, alas, we shall never forget." And summer, already half spun through its season's wheel, beckons us to vacation sites depicted by four-color travelogue pamphlets of frosted Alpine mountains and tropically lush islands. One snap of our fingers and the frothy

drink, shimmering below its papery, pastel umbrella, appears.

Like most things in life, what we imagine and what we actually get, aren't always on the same page, much less the same pamphlet. When Henry Ford was asked why he went into the car business he said, "Everybody wants to be someplace he ain't. As soon as he gets there, he wants to go right back."

If our minds aren't too polluted by Madison Avenue travel pipe dreams, we learn to expect the luggage to take the scenic route on another airline. If we're not shocked by hotels with hot-and-cold running geckos, then maybe we can relax into a vacation that has its own agenda. Not ours.

The author Margaret Drabble knew the art of travel when she wrote, "The yearning of the provincial for the capital is a quite exceptional passion. It sets in early, and until it is satisfied it does not let go. It draws its subjects into a strange world where trains and hotels take on an exceptional significance. Many suffering from it become travelers, but perhaps they are aware that travel is simply an extension of that first uprooting, a desire to repeat that first incomparable shock."

This all came home as Teddy and I left the beach that afternoon and I stepped on a Man-of-War jellyfish. While I examined my sand-encrusted foot, Teddy said, "See, now I can tell everyone about my crab bite, and you can talk about your jellyfish sting."

Ted is going to travel far.

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

What is the entourage effect?

by Heidi Pousson



I recently came across a term known as the *entourage effect* when reading different articles. I had no idea what they were talking about.

Apparently, the entourage effect is a term used to describe the synergistic relationship between various compounds found in cannabis, specifically the cannabinoids and terpenes. When consumed together, these compounds work together to produce an effect that

is greater than the sum of their individual effects. In other words, the entourage effect suggests that consuming whole-plant cannabis products, rather than isolated compounds, may result in a more therapeutic and beneficial experience for the user. This theory has yet to be fully understood or proven by scientific research, but many believe it to be a crucial factor in the efficacy of cannabis-based medicine.

According to the National Library of Medicine, “As endocannabinoids are suggested to play an important role in major depression, generalized anxiety, and bipolar disorders, Cannabis sativa was suggested for their treatment. The endocannabinoid system is widely distributed throughout the body including the brain, modulating many functions. It is involved in mood and related disorders, and its activity may be modified by exogenous cannabinoids.

CB1 and CB2 receptors primarily serve as the binding sites for endocannabinoids as well as for phytocannabinoids, produced by cannabis inflorescences. However, *cannabis* is not a single compound product but is known for its complicated molecular profile, producing a plethora of phytocannabinoids alongside a vast array of terpenes. Thus, the *entourage effect* is the suggested positive contribution derived from the addition of terpenes to cannabinoids.”

I feel like this is why there is no one size fits all approach when it comes to cannabis derived products. It’s important to go low and slow, know what you are taking, which cannabinoids and terpenes are present, and to listen to your body.

Many hemp-derived products already come with a combination of CBD and delta 8 or delta 9 THC. As this industry continues to expand and grow, we are starting to notice that many products even list the terpenes on the packaging. If you’re not sure where to start, head on over to Haus of Jayne so that we can point you in the right direction.

Wife, mother, friend, 8th-grade teacher, member of Haus of Jayne. Follow Haus of Jayne on social media: hausoffjayne_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.

Why Moxi is great for summer

by Rocco C. Piazza, M.D



Your skin is one of your most precious assets and providing our patients with the best possible treatments and skincare is an incredibly important job. At The Piazza Center, we use a wide array of skin rejuvenation treatments and expertise to help our patients achieve and maintain healthy, radiant skin.

One of our favorite tools is Moxi.

Moxi is a non-invasive laser treatment designed to improve the appearance of the skin and address various skin concerns. This treatment is safe and can be used on all skin types. It can still be beneficial during the summer months for the following reasons:

1. Skin rejuvenation. Moxi utilizes a fractional laser technology to stimulate collagen production and improve skin texture, tone, and overall complexion. This can help address issues like sun damage, fine lines, wrinkles, uneven pigmentation, and age spots which can be more apparent or worsened during summer due to increased sun exposure.

2. Minimal downtime. Moxi is a gentle treatment that typically requires little to no downtime. It is often referred to as a “lunch-time” procedure since it can be performed quickly, and most individuals can resume their regular activities right after the treatment. This makes it convenient for those who want to rejuvenate their skin without significant interruption to their summer plans.

3. Sun protection. While Moxi treatment itself does not provide sun protection, it can help improve the skin’s condition, making it better able to withstand sun exposure over the long run. By addressing concerns like sun damage and pigmentation irregularities, Moxi can potentially enhance the effectiveness of sun protection measures such as sunscreen, reducing the risk of further damage during summer activities.

It’s important to note that any medical aesthetic treatment, including Moxi, should be discussed with a qualified laser professional. They can provide personalized advice based on your specific skin concerns and determine if Moxi or any other treatment is suitable for you, taking into consideration factors such as your skin type, medical history, and individual goals.

Contact us today at 512 262 4195 to schedule a consultation with our Skin Coach, Devon, and take the first step towards healthier, younger-looking skin.

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.



The fundamentals of fertility: Part three

by George Altgelt

Many of us starting a garden want to actually produce fruits and vegetables that we can eat. We plan it out, starting with getting plenty of shade in the afternoon. Great! Let's get started on the soil.

Rocks! Big rocks! So you get rid of all the rocks, big and little, so you can

have access to a plot of ground. But you may notice when you remove the rocks that your soil is very thin. And the next layer is not even soil. It is probably a caliche.

In addition to rocks, the piece of ground you have chosen is covered with weeds. Big tough weeds. So you pull them out. Or chop them out. And while you're doing that, you notice the worst of all possibilities is right there by your foot. It's Bermuda grass.

If you don't get rid of Bermuda grass, it will take over your garden. But the roots are down in the subsoil. You may be able to till them out, but this is why most people prefer to build raised bed gardens on top of layers of cardboard. That will stop weeds and Bermuda grass and save a lot of work. And, we have soil that is already balanced and ready to use.

Wait, let's suppose that you got lucky and you're in a spot that has actual soil! In all likelihood, you'll have to add amendments and compost to rebuild fertility to the extent that you could have a successful garden. This does happen and it's not even that rare. We have all the amendments you need.

The material to *not* purchase is ground up wood in a plastic bag that's been shipped all the way across the country. The manufacturer may have added fertilizer to it, but wood is not compost. It actually absorbs the nutrition that would otherwise go to your garden plants. Instead, start with manure compost.

If you want to start from scratch, your best first move is to get a soil analysis. That way you'll know what to add as an amendment and what not to add. Too much of a good thing is disaster.

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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The “new normal” in real estate?

by Steve Mallett

You have a better chance of not getting wet in a hurricane than you do of predicting what the real estate market will do in the coming months and years. Even the talking heads on your favorite news show stumble when they try to explain the unexplainable. The gyrations of mortgage rates, home prices, buyer demand, and seller inventory remind you of a 16-year-old at the high school dance after drinking

four cans of Red Bull. Stand back or you might lose an eye!

Is this the worst time to buy or sell real estate? It’s true that mortgage rates are higher than they have been recently but home prices are falling to values not seen since 2019. You can purchase now and when rates drop you can refinance to a lower rate.

While you might sell your home for less now, you will also pay less for the house you buy. The market always moves in tandem; when prices fall, they fall for both buyers and sellers. People that buy now will start to build equity when prices rebound. They will look like real estate geniuses. You make money when prices are down not when prices are high.

The most important aspect of this *new normal* is that overpriced homes will not sell. The homes that are accurately priced will sell quickly and the others will sit on the market like a week old salmon at the market. Don’t stink up your life by pricing high and hop-

ing some uneducated buyer or crazy rich Californian will pay you too much for your home. It’s not going to happen.

The best way to navigate this new market is to realize that you are not stuck and you can make a move. There are some great buys out there – and the brave buyers will reap the rewards of acting while scared people sit on the sidelines and wring their hands.

The dwindling number of real estate agents in Central Texas is further evidence of the chaos in the market. Experience is the most valuable asset your real estate agent offers. If you work with a veteran real estate professional they will tell you that this is not a time to be timid. Now is a time to be bold to achieve your real estate dreams.

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.



Steve Mallett
Team Leader/Broker Associate
Mallett Integrity Team
Real Estate
Keller Williams Realty
O: 512.829.2062
C: 512.627.7018

Pre-plumbing requires pre-planning

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 be-

cause 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 20 years of experience he has serviced Wimberley and surrounding areas for over a decade.



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Fear barking and how to help

by Diana Ozimek



Fear barking is a common event with puppies entering adolescence. I find it very common with certain breeds, like German shepherds. This is not aggression, it stems from uncertainty, skepticism, and lack of direction. If left *untreated* this form of reactivity can become very concerning and much more aggressive. Luckily, it's not that hard to help your puppy increase their

confidence and guide them through this stage.

First, let's cover what not to do. If you have a fearful, unsure puppy, do not... Do not force them into situations they don't understand. Do not hold them by the collar and make them interact with people. Do not ignore it and drag them away. Do not punish them for it. This is a behavior that can quickly go south and become a huge issue. Find a professional who understands the behavior and can help your puppy.

Now, let's cover what you should do. Let's start with building your puppy's confidence. Find some easy tasks, like stepping on objects, balance equipment, new surfaces, large rocks at the park, anything new your puppy is unsure of, and they can learn to overcome. Lead them with treats and reward for any moments of interaction with a new object. Even sniffing something new counts as a brave step. When your puppy is nervous about something and you help them overcome it in a fun, positive way, their confidence increases. Work with things that don't involve what they are bark-

ing at, most likely people and dogs.

When ready start working off their fears. Find a distance to observe a person or a dog walking by at a distance. Reward your dog immediately for noticing them and not barking. You can even start rewarding your dog before the distraction comes by to lure them into not barking. If they start barking, you need more space. Once you find your puppy's comfort zone, go to different places, let your puppy watch things go by and reward them. As it becomes easier, decrease the distance. If your puppy barks, walk them away, then back and reward for calm behavior. You are creating a new reaction, a new habit to a stimulus that used to scare them. Be patient and fair and reach out for help when needed.

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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Toes and big words

by Tracy Sheffield, RVT



Summer season has another name, pedicure season. As sandals become the footwear of choice, care of the feet matters. Pretty toes make a happy summer. For people, happy toes come from a pedicure. For dogs, sometimes having happy feet can be a major problem.

Veterinary medicine has given some very long names to toe problems in dogs. Interdigital furunculosis (IF) and folliculitis, sometimes called *interdigital cysts* can occur for many reasons. Both conditions can make a dog highly uncomfortable. The symptoms include increased licking of the paws, swelling, and nodules between the toes. If you see your dog licking at their feet, give a look between the toes.

These conditions can be caused by the intersection of several factors. Allergies, certain breeds, gait abnormalities (often caused by arthritis), and obesity can all play a part. Affected animals are often larger-breed, heavy dogs like mastiffs, Labradors, and English bulldogs. Dogs with webbed paws, deep palmar interdigital pockets, obesity, and conformation abnormalities are prone to IF.

The licking associated with allergies can push the hair shaft deeper into the skin causing a foreign body reaction. With continued licking and inflammation infection can result. This creates a

cycle of inflammation and infection with can lead to antibiotic resistance, scar tissue, and cellulitis. In dogs with allergies multiple paws can be affected. With weight, conformation problems, and gait abnormalities there can be friction between the toes that can cause these problems as well. Smaller dogs that are prone to this include Shetland sheepdogs and Cavalier King Charles spaniels.

The first step in treating IF is determining if the problem stems from allergies or weight and gait problems or a combination of both. Weight loss *unloading the front paws* can make significant improvement in many cases. Antibiotic courses, medicated paw soaking, and anti-inflammatory medication are often the indicated treatment. If weight loss and allergy treatments (including hypoallergenic diets) don't resolve the condition, laser surgery may be necessary.

IF and folliculitis can make a dog very uncomfortable. As there are multiple possible causes, there is not a quick fix. They are conditions that require veterinary care to improve.

Summer time is pedicure time. When thinking of your own toes, take a look at your dog's toes and the spaces between them.

Tracy Sheffield, RVT works with her husband, Dr. Mike Sheffield, at Wimberley Veterinary Clinic. Wimberley Veterinary Clinic sees all kinds of animals, dogs, cats, horses, birds, pocket pets, reptiles and other exotic animals. Make your boarding reservations online at WimberleyVetClinic.com or call us at 512 847 5630.

Chamber of Commerce Focus on Business: Patriots' Hall of Dripping Springs



Patriots' Hall of Dripping Springs – a first-of-its-kind retreat and resource base for veterans – is marching to completion. The first building on the Patriots' Hall property fulfilled the original promise to our local veterans, giving our VFW and American Legion posts a permanent place of respect. Shorty Barnett, a former VFW Post 2933 Commander and the inspiration to create Patriots' Hall, was able to cut the ribbon of the Meeting Hall last May.

Shorty was a co-founder of Patriots' Hall, along with Kyle and Kathryn Chandler and Mary Jane Hetrick. Kathryn, daughter of a Vietnam veteran, had received a copy of Shorty's hand-drawn flier in 2017, asking the community for a place to meet. That quest turned into the creation of a new 501c3 after research indicated the need and desire for a more comprehensive and family-friendly retreat that veterans of all ages could call their own. There are over 17,000 veterans in Hays County and thousands more in the greater Austin area.

Patriots' Hall is one permit away from breaking ground on the main hall, a 7,100 square foot resource base for veterans to connect and find support. Patriots' Hall seeks to be a nimble facilitator of services for veterans – from equine therapy to Marine-led yoga to education and entrepreneurial classes. Other plans include an obstacle course, a wellness center, a vegetable garden, and outdoor camping. All plans have been informed by a survey of veterans and guided by a veteran-majority board of directors.

To support the effort, see PatriotsHall.org.

Preparation pays off

by Kern Deschner



As I am writing this, I am waiting in line to shear the last of the alpacas. We are in Denver and have finished our last spring show, so we are shearing the last of the alpacas – the show alpacas that we held off shearing in April. We were supposed to start at 1pm but, by 3pm, they still haven't gotten around us, so it's gonna be a later than planned trailering back to Texas.

Rhonda is very meticulous about planning for shearing. She always says, "a good fleece starts with a good pasture." So, in addition to breeding alpacas with the potential to make great fleeces, she makes certain the pastures are free of any burrs and stickers that will ruin a fleece. Also, we have to protect the fleeces from oak pollen that will turn them yellow. That means that the show alpacas wear a kind of breathable raincoat over their blanket through the oak pollen season. The coats don't cover their head or tails so they get kind of two-toned by the time the oaks are done.

It takes weeks for her to get ready for shearing. She has a organized task list (shots, nails, teeth trimming, microchipping, etc.) individualized for every alpaca with special fleece bags, labels for each bag, and special material to roll up the show fleeces. We hire a professional shearer, a Kiwi that moved to Colorado 20 years ago and has done our shearing ever since. He is a master, and I

dare not try to do the shearing myself. He always gets us a great fleece. We need lots of staff for shearing and everyone has a specific set of jobs. All of that preparation leads to a very smooth and efficient shearing process.

At last, it is our turn to get our last alpacas shorn in Denver. The shearers here are not used to Rhonda's level of organization and preparation so we lose some time while they congratulate her, and quiz her about her methods, taking notes so they can teach their other clients how to help them do their job more successfully. The client becomes the instructor. They even walk over and shake my hand at our level of preparedness, but I have to tell them it is all coming from Rhonda.

Next, in the slower days of June, comes fleece skirting in preparation for show and sale. That means going through each fleece and finding those last bits of hay, and pulling of the edges of belly and leg fiber that is less desirable and will go into rugs. We hope all this preparation pays off at the National Alpaca Fleece Show in Louisville in July. It has before!

Rhonda and Kern Deschner are experienced alpaca ranchers raising alpacas through all kinds of Texas weather since 1997. Tierra Prometida Alpaca Ranch can be visited by calling Rhonda at 512 753 9962, or at tierra@alpacausa.com.

Talking, walking heads

by Sarah Geenberg



I go on walks when I can. They are great meditation times for me.

I have noticed that I start my walk in my head. I am thinking about a million things and solving all sorts of problems. My posture is forward-leaning, and I am impatient to get the walk done.

But as I walk on, I start to walk from my gut. My posture straightens. My thoughts have slowed, and I have tapped into something deeper. Solutions come slowly if at all, for I realize most things can just be left alone. What is really important – on a life path level – becomes apparent and even obvious. I know the actions I want to take, and I can't wait to experience them.

There are several ways to get into your gut and the truth that lies there. Eating is a way to literally get your energy back into your gut, but there are better ways. Meditation. Tai Chi and yoga are great for slowing people down and letting the mind rest. But the funny thing is that when one gets connected to their gut, movements become more quality. Muscles become better connected and move better together. Strain in any particular area is eliminated.

Karate can be done from the head, but is more physically balanced and therefore both easier and stronger if done from the gut. All sports and movement are like that. Additionally, if done from

the gut, all outside pressures are gone. The head is calm. The person is free to concentrate on only the challenge and has better reactions. Some call it being in the Zone.

In our practices, we train to get to the gut quickly, which is why I get there every time I walk. It only takes a short distance. It is a gift I did not know I'd receive when I started training, and I am grateful for it.

Sarah Geenberg is the owner of Wimberley Karate and Yoga Studio, near Blue Hole, and OnlineSeniorsYoga.com. The yoga, Tai Chi, and karate classes are building again. Classes are offered indoors, outdoors, and online. Feel free to come check us out.

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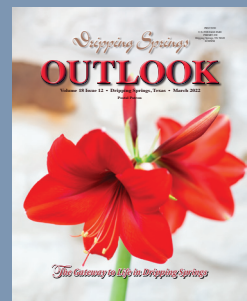
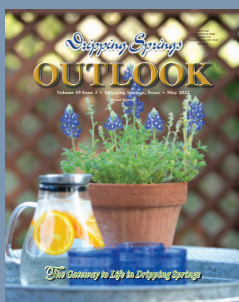
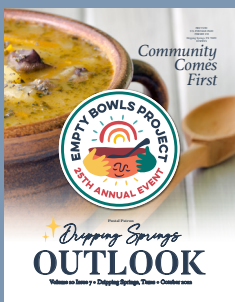
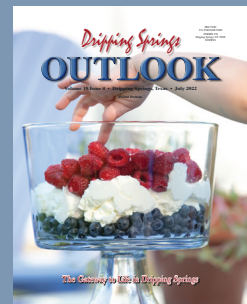
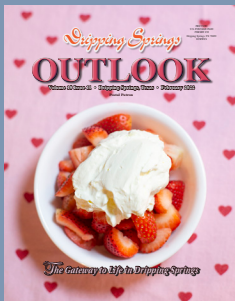
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Happy June, y'all!



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Litigation: You can't lose

by Roland Brown



When I discuss mediation with my clients one of the first things I tell them is, "you can't lose a mediation."

Several of my cases have been mediated in recent weeks, some have settled as a result of the mediations and others did not. When the cases settle, it means the clients were happy enough with the settlement to

forego a trial. When they don't settle, it may just mean that more work needs to be done on the case in order to get a better offer on the table, or it may let us know that the case needs to be tried.

Mediation involves a negotiation process in which each side generally puts forth their reasons why they feel they have a strong position. Often, at least some of those reasons have not previously surfaced. This means that I will gain information that alerts me to areas where I need to focus as I continue preparing for trial. For these reasons, even when we don't get the case settled, we haven't *lost*, because we have gained valuable knowledge that we can put to use.

A mediator does not make a decision for the parties. The mediator is only a facilitator of the negotiation process. What is said at a mediation is confidential, so the parties can negotiate freely without fearing that if the case doesn't settle, something that is said

at mediation will be used against them in trial. Should you ever have occasion to be involved in a mediation, you will likely find it a rather intriguing process. The interaction between the mediator, the lawyers, and the clients brings into play many factors including the skill levels of the mediator and the lawyers as each side jockeys for a better position hoping for an outcome that meets their clients' needs. Whether the case settles or not, the time and money spent on the mediation is never wasted because whatever the outcome, something is always gained in a mediation.

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 build an estate plan like a house?

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



Pat M. Woodman

If you've ever built a house – or even if you've just heard about it – you know that there's a well-defined process to be followed. Some of the same steps connected to constructing a home are the same as those needed to build an estate plan.

Get the right *builder*. Unless you're an experienced do-it-yourselfer, you'll probably have to hire someone. Of course, you'll make your wishes known about what you

want your house to look like, but you'll be relying on the builder's expertise. And the same is true with estate planning – you'll want to share your goals and vision with a legal professional who's experienced in creating comprehensive estate plans.

Build a strong foundation. *Every house needs a strong foundation* isn't just a metaphor. When you create an estate plan, you also need a foundation with basic elements appropriate for your situation – a will, a living trust, power of attorney, and so on.

Make the necessary additions. Even if you're pleased with your new house, you may eventually decide to make some changes, such as adding on a new bedroom or bathroom. And the structure of your estate plan may need to undergo some modifications, too. For example, if you drew up a will two decades ago, but haven't looked at it since, it may be out of date – especially if you've ex-

perienced changes in your life, such as new children or a divorce and remarriage. Review your estate plans at least every few years.

Protect your investment. When you build a new house, you insure it properly. And while there's no actual *insurance policy* for an estate plan, you do have ways to protect it. Make sure beneficiary designations on retirement plans, investment accounts, insurance policies, and other assets are correct. These designations are powerful and can even supersede the instructions in your estate-planning documents. Ensure your beneficiary designations are updated if you want to protect how insurance proceeds, investments and other assets are distributed.

Watch for mistakes. It's unfortunate, but mistakes do happen in home construction. Estate plans can also contain errors or bad choices. Some are inadvertent, such as failing to put intended assets into a trust, but others are done with the best of intentions, such as naming adult children as joint owners of your assets. Even if your children are quite responsible, this move could give their creditors access to your money. If you want your children to be able to step in as needed, you could find other methods, such as giving them power of attorney.

Following these *construction* techniques can help you create an estate plan that can last a lifetime – and beyond.

Pat M. Woodman, Edward Jones Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-894-0665.



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