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Dripping Springs
OUTLOOK

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Exceptional homestead or commercial opportunity with this 8.76-acre property, nestled on the banks of the Blanco River. With unrestricted hill country land and picturesque views, this property presents endless income-producing possibilities. Whether used as a VRBO, RV park, or even a family compound the versatility is unmatched. List: \$1,100,000



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BACK ON MARKET

810 KOTHMANN RD
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Madrona Ranch exhibits 30 acres of **unrestricted**, fully fenced, **ag exempt**, rolling hill country land with four custom built, modern farmhouses situated at the top of a hill. Currently income producing with potential for more. Enjoy sprawling views, wet weather creek, native trees and a 1,500SF workshop garage with electric and climate controlled. A must see gem!



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Flexible lease terms.
\$5000/month



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264 SWALLOWTAIL
Single-story 2,829 sf 4 bed, 3 1/2 bath with gourmet kitchen, stainless-steel appliances, living area with cozy fireplace, large media room in center of the home and oversized covered patio with built-in BBQ.
Offered at \$739,900



FOR LEASE
4 WHISTLING WIND
WIMBERLEY, TX 78676
2114 sqft
3 bedrooms, 2 baths
\$3000.00 a month

Dog days of summer

Here we are, friends – the hottest days of the year. The phrase “dog days of summer” has raised a few eyebrows over the decades. Some wondering if the phrase meant it was hot enough that even the dogs were going mad. The phrase is actually a reference to the Dog Star – or Sirius – the brightest star seen from any part of Earth.

From July 3 to August 11, Dog Star resides in the same part of the sky as the sun. The star is so bright, Greek poets once wrote about a portion of summer’s heat emanating from the star. Dog Star also rises and sets with the sun.

But with the heat, also comes the excitement of freedom and possibility. As a child, I couldn’t wait for the dog days of summer. Running around in my bare feet, springing from the sidewalk to the grass, grateful for every moment spent in a swimming pool. It was also a time for ideas, for exploration. As an adult, free time doesn’t lend itself as easily as it once did. Opportunity for travel or even just laying around and reading a good book has to be carved out, planned for, or simply seized out of necessity. But the essence of the season is still there. Ripe fruits, long days lending themselves to sticky evenings outside surrounded by the summer song of cicadas. Time spent with friends, grilling outside because it’s too hot to cook inside. The summer forces us out of our comfort zones and into a more primal state. Just like the crisp relief of autumn is inherently necessary, so are the dog days of summer.

“And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.”

– F. Scott Fitzgerald, *The Great Gatsby*

Happy July, y’all.

Warmly,

Cyle



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
- 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 **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 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 **July 20: Shake Russell**
- Every Thursday, **Skate Night** at Dripping Springs Ranch Park from 5-7:30pm, skateboards, roller skates, & scooters.

- 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, July 8, 6-9pm, Summer Concert Series at Vista Brewing, Jordan Matthew Young Trio & jeTexas
Free, all ages, ice cream pop up by Flight Ice Creams
- Friday, July 21, 8-10:30pm, Float & Flick! Movie night in the pool, Luca, all ages, \$5 per person, bring a towel!
Founders Memorial Park, 419 Founders Park Road

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

Self-care and the summer – how will you fit it in?

by Breca Tracy, PhD



Are things starting to pile up in preparation for the summer? Are you beginning to wonder how you're going to get everything done? Does self-care seem like it might be hard to fit in with your busy summer schedule? Know that we at REGENERATE are here to help!

Did you know that we specialize in providing you with solutions for dehydration, lack of energy, muscle fatigue, dull/dry skin, skin protection, skin tightening, facial relaxation, anti-aging, sun spots, over worked muscles, chronic back pain, shoulder tension, and much more? Why, yes we do! From your aesthetic needs to supporting your body from the inside out, we are here for you! At REGENERATE, our passion is increasing your quality of life in whatever capacity that may be!

While helping you achieve your goals is a passion of ours, we also strive to do it as efficiently as possible! We know your time is precious, especially during these summer months. You may ask how we optimize efficiency. The answer is, we knock out as many goals as possible in one setting. This saves time, trips, and gas! For instance, you may be suffering from too much sun exposure and may be in need of facial hydration and overall body rehydration and restoration. In this scenario, we would start an intravenous hydration vitamin therapy while the client receives his/her Hydra-

Facial. Two services, one setting, two goals accomplished!

Intravenous (IV) hydration vitamin therapy can help rehydrate, restore, and replenish the body's nutrients and fluids. IV therapy can be customized to help achieve your goals, whether they may be solely hydration or exhaustion, muscle fatigue, immune support, anti-aging, nausea, depletion, deficiencies, or recovery – to name a few! Our aesthetic team can help you address facial hydration with a number of hydrating therapies, including our HydraFacial, which is uniquely designed to infuse serums directly into the skin for hydration and restoration.

We encourage you to check us at NaturalHealingTX.com or on social media @naturalhealingtx. We love to educate and serve our community! Our array of experts can help you with your vitamin, aesthetic, anti-aging, pain, and rejuvenation needs.

We have a very unique team of experts. Come see us, call, or email us! Dr. Breca Tracy currently serves as Director of Science & Operations at REGENERATE Dripping Springs. Breca has resided in Dripping since 2007 after obtaining her Ph.D. in Biochemistry and Molecular Biology from the University of Oklahoma Health Sciences Center. Contact us at 512-368-4548, 800 Hwy 290 W, Building F, Suite 200. NaturalHealingTX.com.

REGENERATE
rebuild • rejuvenate • rewind

Keeping our cool during summer's heat

by Leslie Tourish, LPC



A co-worker took me aside this week and said she has been going through a hideous ordeal. "What?" I asked, envisioning wrecks and robberies.

"My AC went out," she said grimly. "No!"

She nodded her head. "Had to load up my three cats and spend the night in a hotel. The cats were so mad at being away from home, they jumped on me all night

long and kept me up."

"Wow, that's awful," I said, and we looked at each other with the shared understanding of the war veterans that Texans have become, hunkering down and surviving years of these blast oven of seasons called summer.

Each summer seems to have something unique for the record books these days, and I'm starting to see the effects of the unrelenting heat on people's moods. Our moods can be directly tied to seasons, and it has been especially observed with people who live in the Northern states where the winters are long and dark. Called Seasonal Affective Disorder (SAD), it is a type of depression brought on by the lack of light.

However, there is also another type of SAD, which affects people who live in the Southern states, especially Texas and Florida. Rather than too little light, we're exposed to too much, and in order

to take care of ourselves, we avoid the sun. We stay inside, socially isolate, sleep more, exercise less, and are drawn to foods high in sugar and fat. These behaviors mimic depression, and because our minds and bodies have begun to take on the habits of a depressed person, actual depression may be more apt to follow. Other symptoms are a loss of energy, inertia, apathy, difficulty in getting up in the morning, increased appetite and weight gain, irritability and crying spells.

Coping tools include recognizing the warning signs and taking preventive measures: adjust your diet, exercise regularly at home or in a gym, write in your journal, talk with a friend, reduce caffeine, or seek counseling. Above all, be patient with yourself. It may have taken weeks and months to have slipped into a depression, so give your body permission to work slowly back to health.

Mark Twain once said that everyone's talking about the weather, but no one is doing anything about it. In Texas, while no one can ease the temperature back a dozen degrees, we can keep track of our internal gages as we wait for the cooling days of fall.

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

Delta-8 versus delta-9

by Heidi Pousson



Recently, while checking out after getting gas, I've noticed that there is suddenly an abundance of choices in products with labels containing abbreviations such as CBD, delta-8, delta-9, etc. Talk about overwhelming and quite confusing for the average Joe like myself. Although I now know what these abbreviations mean, that wasn't always the case. And just like with anything, just because an ingredient is listed on

a package, that doesn't always mean you're going to get a quality product. So, what is the difference between delta-8, delta-9, and CBD, anyways?

The FDA describes *deltas* as cannabinoids found in the cannabis plant. However, hemp and marijuana plants are both cannabis plants – with hemp containing less than .3% THC and marijuana containing more than .3%. Delta-8 is just one of over 100 cannabinoids produced naturally in the cannabis plants, but it's not found in large amounts, which means it needs to be manufactured in order to create the concentrated amounts. This is why it's important to know the quality of the product that you're getting because not all manufacturers produce a high quality product.

According to *Forbes*, "The quality or quantity of the product will also impact or influence the psychoactive effect or *high* you may experience. There are different methods for manufacturing delta-8 from CBD, also known as cannabidiol (although that's an-

other rabbit hole for another time). Some of the benefits reported from our clients have been pain relief, better sleep, more relaxation, and a reduction in inflammation.

On the other hand, delta-9 is stronger than delta-8. In fact, it's about twice as strong. Plus, many have claimed to be more relaxed, less anxious, or even more creative when consuming it. I need to caution you though. If you've never tried these types of products before, the best advice is to start low and slow. You want to be in control of your body and the results that you're trying to obtain. Also, be sure to consult your doctor if you have an underlying health condition or check [Drugs.com](https://www.drugs.com) for more information on drug interactions.

At Haus of Jayne, we sell the highest quality products: gummies, chocolates, caramels, biscottis, tinctures, beverages, flower products, and vapes with different combinations of delta-8, delta-9, and CBD as well as other cannabinoid combinations. It can all be a bit overwhelming at first, but we're here to guide you every step in your journey.

Wife, mother, friend, 8th-grade teacher, member of Haus of Jayne. Follow Haus of Jayne on social media: [hausofjayne_official](https://www.instagram.com/hausofjayne) on Instagram and [Facebook.com/HausofJayne](https://www.facebook.com/HausofJayne). Visit Haus of Jayne at 766 Old Fitzhugh Road. They can be reached at 512 648 7420.



HAUS OF JAYNE

Five of the best ways to maintain your youthful appearance

by Rocco C. Piazza, M.D



As we move into the long summer months, I want to share a few important reminders to help you maintain your youthful appearance. With proper skincare, lasers and injections, you can keep your skin looking young and radiant.

Protect your skin from the sun. The sun is one of the biggest contributors to premature aging. UV rays can damage your skin's collagen and elastin, leading to wrinkles and fine lines. To protect your skin, apply a medical grade sunscreen with at least SPF 30 every day, even when it's cloudy outside. Additionally, wear a hat and protective clothing to shield your skin from the sun's harmful rays.

Follow a consistent skincare routine. Start by cleansing your skin twice a day, once in the morning and once at night, to remove dirt, oil, and makeup. Then, use a toner to help balance your skin's pH levels. Then apply an antioxidant to help protect your skin from environmental damage. At night, use a retinoid, retinol, or retin-A to help improve the skin cell cycle to remove old dead skin cells.

Use injectables and lasers. In addition to traditional treatments using Botox and fillers, there is a new class of injectables, like Radiesse and Sculptra, that actually kick start your own skin's elastin and collagen production, naturally restoring lost volume and elasticity to your skin. Lasers like Scitons's Broad Band Light

therapy improve skin tone, texture, and overall skin health. These treatments are minimally invasive and can be done in a matter of minutes, making them an excellent option for busy individuals who want to look their best.

Get enough sleep. Sleep is essential. When you sleep, your body repairs itself, and your skin has a chance to regenerate. Aim for 7-8 hours of sleep each night to keep your skin healthy and youthful.

Stay hydrated. Drinking enough water is critical for maintaining a youthful appearance. When you're dehydrated, your skin can become dry and flaky, making wrinkles and fine lines more noticeable. Aim to drink at least eight glasses of water a day.

Maintaining a youthful appearance is achievable with the right approach. By incorporating these tips into your daily routine, you can keep your skin looking healthy for years to come. Contact The Piazza Center at 512 309 0507 to schedule a consultation. Let's build a skincare plan to have you looking and feeling your best.

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](https://www.ThePiazzaCenter.com).



The Piazza Center
FOR PLASTIC SURGERY & ADVANCED SKIN CARE

Anyone can do it

by Sarah Geenberg



I recently visited our Grandmaster Kim Soo in Houston. He is 84-years-old and is still practicing karate daily. He said his karate and his students are his medicine, meditation, and purpose.

He re-emphasized that many people think they cannot do things like karate. I'd add yoga and Tai Chi in there, too. But really people think they can't do a lot

of things, like start a project or learn any new skill.

But in the case of karate, Grandmaster Kim Soo had us naturally swinging our arms, which we then directed into a block or strike. Natural walking movements naturally turned into kicks. What he was doing was taking something familiar and adding to it.

No matter what you are doing, you have to break it down into chunks that are already familiar and do-able. And we know we have to break things down more when we get the gift of failing. And success simply means it is time to add. This works for anything you'd ever want to do.

For example, take hiking and camping. You don't just run out into the wild, right? Or better, you might not even start, thinking of the blistery hiking boots, the uncomfortable sleeping conditions, and all the unknowns about cooking and living outdoors.

Or... you could start with walking a small trail in your comfortable and familiar tennis shoes. Then you explore some more and discover what it takes to have the perfect hiking boots. Or maybe

you want to wear no shoes at all! Then you decide to buy a tent and sleeping bag, decide it is easier to grab dinner from a restaurant than to cook, and go spend the night somewhere. Then you decide that sleeping on the rocks was no fun, so you improve things by picking a spot with no rocks or by buying a cot. Then you think you can add some ways to cook food. Campfires are great! And being in nature is so relaxing! Easy.

You can do anything if you break it down into manageable pieces. The gifts are in the chunks.

We are currently running a karate special for the summer – a kid and a parent training in the same class for the price of one.

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.

Wimberley Karate and Yoga Studio



Sarah Geenberg
(512) 971-8528

501 Old Kyle Road
Wimberley, TX 78676
wimberleykarateyoga.com



Better to be kind

by Kern Deschner



lent, just not the ability." I have been trying to improve my Zen powers to just let things slide.

I don't know if this story is true, but my friend swears that this happened. According to him, when he was a child in the 1960s, his father was a prominent minister in Houston and my friend rode along to the airport to pick up a prominent visiting minister. When they were driving back, there was a lot of heated discussion. The others kept referring to the man in the front seat as Dr. King. My friend claims he leaned over the seat (no seatbelts in those days) and said, "You must be really smart if you're a doctor." The man turned back to him and said, "It is better to be wise than it is to be smart." Then he turned back again and looked at the others saying, "and it's better to be kind than it is to be right!" And the argument ended. I don't know if that really happened, but it makes an awesome story!

Years ago, Rhonda and I were in Oregon for an alpaca meeting. It was in an area that has notoriously heavy tourist traffic and I was worried about getting back to the airport on time. She kept

telling me we were fine, we had plenty of time, stop worrying. So, as we're driving to the airport, with a lot of traffic, I got nervous, called the airport, hoping the plane was delayed. That's when we found out that the departure time that Rhonda was looking at was actually the departure time for our connection in Denver, and that our plane from Portland had left an hour earlier. There was dead silence in the car for about 30 seconds and I was actively suppressing the desire to say *I told you so!* But then, I remembered that part about how it's better to be kind than to be right so I took a different approach, and very calmly reassured Rhonda that we were going to be fine and we would work something out. And we did. Something that people on Facebook don't seem to understand is that one snippy comment can ruin a relationship for years. It's better to be kind than it is to be right. Particularly when you being right doesn't change anything.

Rhonda is truly a kind person. In the alpaca show ring, it's the judge's opinion about which is the best animal, and I wish I could say that the opinions are always unbiased and always correct. They are not. Sometimes an obvious bad judgement makes my blood boil but Rhonda accepts it with smiles and gracious handshakes which is probably why she is the darling of the alpaca industry. She knows how to be kind.

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.



Five helpful tips to make selling your home easier

by Steve Mallett

Selling your home can be almost as stressful as walking around barefoot in a dark house full of Legos. You know it's going to hurt but you don't know how much, or when. Luckily there are some rules that can make your selling experience easier and less painful.

1. You know how well you clean your house when your mother-in-law is coming to stay with you? When you are selling your home, it needs to be twice as clean as that. Think brand new model home clean. Seriously, you can't clean enough!

2. Make arrangements for all the humans and all pets to be gone when showing the house and when taking pictures. Nothing ruins a picture like grandpa lounging in his easy chair watching reruns of Matlock while your cat saunters through the living room. The house should be uninhabited for the best quality pics.

3. Your landscape should look like Windsor Gardens. Green grass, fresh mulch and plants, and repaired fences and gates can net you tens of thousands of dollars more than your neighbor's house with the Sahara Desert as his front yard. Spend some money and freshen everything up prior to listing.

4. You will fill out a Seller's Disclosure provided by your agent when you list your home. Spend some time making sure that the

disclosure is accurate and that nothing is left off. Forgetting to disclose the water damage claim you made when the house flooded can terminate a contract faster than you can say *agua, por favor*. You might also find yourself involved in a very expensive lawsuit post closing. When in doubt...*disclose*.

5. Don't hire an agent that only tells you what you want to hear. A good agent will have years of experience helping sellers just like you navigate the selling process. Hire an agent you trust, and then carefully consider the advice the agent gives. You decide what direction to go, but the agent is obligated to tell you when they think your tactic or decision is a mistake.

The day your agent sinks the sign in your yard can be one of the most stressful days of your life or one of the most comfortable. A high budget social media presence is no indication of competency. If you carefully chose your agent, the entire experience can be smooth and easy.

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.



5 acres just off RR12
 between Dripping Springs & Wimberley
 Playscape for kids
 Leashed pets welcome
 Free live music most weekends
 14 taps serving our fresh craft beer
 Local cider & wine available
 Food truck on site
 Barrel Hall now open with A/C
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 or GhostNoteBrewing.com
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(512) 375 3300 for hours & directions

Dripping Springs Outlook



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Soil pH & healthy plants

by George Altgelt



In our last article, we talked about the elements of adequate fertility. We wanted to make sure that soil had enough of everything in order to facilitate your garden plants' ability to grow and produce the desired fruits and vegetables.

Let us now assume that you have all the ingredients in the soil that will ensure garden success. The one thing *not* mentioned – and this is critical – is soil pH. The questions to ask are: *how acidic, how neutral, how alkaline is the soil that I have prepared for my garden?* Soil here in the hill country is generally pretty alkaline. In some places the soil is only about a half an inch thick and what is under it is a bed of caliche or limestone. Both of these materials are severely alkaline – almost at the end of the scale.

Vegetable plants need an acidic soil below a pH of 7. Something in the range of 6.5 to 6.75 is ideal. This is what makes it possible for the plants to uptake trace minerals. Iron uptake is most dependent on acid pH. But nothing is more critical than up-take of copper. The taste and flavor of your produce is dependent on copper. These are called polyphenols. The most important polyphenols are the plant defense chemicals. This is how the plant defends itself against insect attack. Until your plant begins to take up copper, it

is vulnerable to environmental stresses – not just insect attack, but fungal incursions and viruses that can invade the plant.

In our next article, we'll talk about how to control pH for the assurance of healthy robust plants. If you have specific questions, please feel free to call us at GeoGrowers.

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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Microbiological safety of your water

by Randy Lawrence



The subject of water quality is widely discussed and certainly becomes a topic of interest to new Hill Country residents who may have relocated from a more urban setting and find themselves faced with water problems.

Paramount among these issues is ensuring that your water supply is free of bacterial contamination and therefore safe to drink. The most common type of bacteria found in untreated household water supplies is *coliform*. Ingesting this type of bacteria typically causes varying

levels of stomach upset and intestinal issues.

If you pay a water bill each month, you can typically rest assured that the water is being disinfected with chlorine, or *chloramines*, before being distributed to your neighborhood. However, if your household water is supplied by a rain water system, or a privately owned well on your property, it is very important to be aware of the microbiological safety of your water. Without outside interference, it is fairly uncommon for water pumped directly from a conventional water well to be contaminated with bacteria. Examples of outside sources of contamination can include animal enclosures or septic drain fields in close proximity to the well-head. One common cause for bacterial contamination in household supplies is often a large storage tank which is filled by the well or by a rain water collection system. As beneficial as these storage

tanks are, this water is unavoidably exposed to the possibility of contamination, making it necessary to consider adding a disinfection step to your home water treatment system.

Compared with the maintenance hassles associated with adding chemicals to your water, ultraviolet disinfection is a much more user friendly method of sterilizing your water supply. These wall mounted units are most effectively placed as the last step of treatment in your system. This way the water is already filtered or treated for minerals before entering the UV unit, which helps to minimize ongoing maintenance. UV bulbs should be changed once per year to maintain maximum effectiveness. Contact a licensed water treatment specialist if you have concerns about water quality.

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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How hot is too hot?

by Diana Ozimek



Summer in Texas can be a little rough, not only on us but on our pets. Dogs can't tolerate the same kind of heat we can and are limited to panting to cool themselves off. I spoke with Dr. O'Gan at Wildflower Animal Hospital to get advice from a professional on how to help our dogs handle the heat.

As a rule, he doesn't recommend walking or jogging dogs outside when the temperature is over 80 degrees. When walking your dog in the summer, walk them as early as possible or as late as possible to avoid the hottest part of the day. You'll also want to check the pavement, place your hand on the surface you'll be walking your dog and see if you can tolerate holding your hand on it. If you can't, your dog's paws shouldn't be on it either. If your dog spends a lot of time in the backyard, make sure there is always ample shade and fresh water available.

If your dog starts panting much harder than normal or their gums become tacky and/or pale, they act lethargic and start lagging, it's time to get them home ASAP. If you can, you can also check your dog's temperature rectally. If it's over 103 Fahrenheit, you will need to start cooling your dog. Dr. O'Gan recommends placing a fan on them to get the air circulating around your dog. You can also pour cool, not cold, water over their body. Call your

veterinarian for more advice, they may want you to bring your dog in.

When your dog starts resisting their normal walk or exercise routine, it's best to listen to them. Head home and try during a cooler part of the day. If your dog loves water, you can get them a backyard kiddie pool or plan your outings around fresh water where they will have the opportunity to dip in and stay cool.

Be safe and have a great summer!

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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Greatest of all time

by Tracy Sheffield, RVT



Who is the GOAT of sports? If you are a football fan most people call Tom Brady the GOAT. If you are a tennis fan it can go to Serena Williams, Roger Federer, or Rafa Nadal. If you are an animal lover, the GOAT may be a goat.

Goats are amazing animals. They can do well on scrubby range-land where other animals would struggle

to survive, they make wonderful milk, they come in convenient sizes, and there is nothing cuter than baby goats at play. Apparently, they are good yoga partners as well.

Goats are hardy animals but they require care as all animals do. Perhaps the most important health care note on goats is their susceptibility to diseases caused by the bacterial family *clostridium*. Clostridial diseases include tetanus (C tetani), enterotoxaemia (C perfringens, Type D).

Tetanus is present in the soil. It enters the system through a wound. The wound can be caused from something as ordinary as castration or ear tagging. Tetanus is easy to prevent through vaccination. If tetanus gains entry to an unvaccinated animal, the incubation period ranges from 24 hours to two weeks depending on the strain. Once symptoms appear the prognosis, even with treatment, is poor.

Enterotoxaemia is a common cause of death in goats. It can be brought about by stress and/or a sudden change in diet. Bloody

diarrhea and abdominal pain are typical symptoms. The success of treatment depends on many factors including how long the goat has had symptoms. As with tetanus, prevention is the best medicine and vaccination is the easy way to give your goat the best chance of avoiding this disease.

Other conditions that goat owners need to consider include difficulties giving birth and bladder stones. Goats, much like deer, are really designed to have two smaller offspring rather than one large kid. A large singleton is the usual cause of difficulties in giving birth. If a doe is in labor and does not appear to be making any progress, a call to the veterinarian – sooner rather than later – is in order.

Bladder stones in male goats is a common, painful, and life threatening condition. Symptoms include straining to urinate along with diminished appetite and they may spend more time laying around than usual. Urinary obstruction, whether partial or complete is a medical emergency and needs veterinary attention as soon as possible.

Goats are both wonderful farm animals and wonderful pets. Awareness of the health problems and diseases common to goats will help them lead longer healthier lives.

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.

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Chamber of Commerce Focus on Business: IT Girls – Tech Ninja

There are many reasons why you might want to use a business technology consultant for your small business. Here are a few of the most common:

- There are a lot of different technology solutions out there, and it can be difficult to know which ones are right for your business. A technology consultant can help you assess your needs and recommend the best solutions for your specific business.
- Once you've chosen the right technology, you need to implement it effectively. A technology consultant can help you set up the technology, develop a plan for maintaining and updating it over time.
- Technology can help you streamline your operations, automate tasks, and reduce manual labor. A technology consultant can help you identify areas where technology can improve your efficiency and productivity.



• Technology can be used to improve customer engagement, increase sales, and build brand loyalty. A technology consultant can help you understand how to use technology to improve the customer experience for your business.

• A technology consultant can help you assess your cyber security risks and recommend solutions to protect your business from attacks.

Overall, a business technology consultant is an asset to your small business. They help you choose the right technology, implement it effectively, improve your efficiency and productivity, enhance your customer experience, and protect your business from cyber threats.

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Litigation: Vehicle crash investigations

by Roland Brown



A conversation today reminded me of the myriad ways that a fundamental part of my personal injury practice has dramatically changed over the years. We were discussing a crash as to which opinions have differed concerning who was at fault. The person I was talking to recalled it one way while the investigating officer's report had a different ver-

sion of what happened.

Back in the dark ages when I began practicing law, we were limited to what we might find on the ground such as skid marks, debris, scrapes in the pavement, eyewitnesses we might be able to locate, and similar information. Today, it is a new world. While in the midst of the conversation, I took a look at the site of the crash which occurred over 100 miles from my office simply by pulling up satellite imagery on Google Earth. I reviewed the investigative report which was obtained almost instantly online rather than after a week or more of mailing a request and then awaiting receipt of the report back by mail. Cell phone photos of the scene and vehicles, often by a client, get emailed or texted to us immediately, whereas *back in the day*, I would grab my 35mm camera and traipse around to the scene and wrecking yards or body shops taking pictures myself. My staff will send out freedom of information

requests to the DPS and other entities for bodycam and dashcam footage also showing the scene and, often, onsite realtime interviews with involved parties or eyewitnesses.

We will get records of the 911 calls which may lead to key witnesses we might otherwise never locate. The recordings of those calls may contain dramatic comments that can be used as part of a video settlement brochure or be presented to a jury. It is common to find additional video from surveillance cameras at businesses or homes near the scene. Not only are these newer tools helpful as we investigate and develop a case, but they cost little or nothing to acquire and use. Although technology sometimes frustrates me – and I never lose sight of the fact that what it delivers to me is simply information to be woven into a story that must be presented in a compelling manner to insurance adjusters, judges, and juries – I am happy for the way it benefits my clients and make me more effective on their behalf.

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.



Smart ways to invest in bonds

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



Gavin J. Loftus

Most investors are aware of the different types of stocks: big-company, small-company, technology, international, and so on. It may be a good idea to own a mix as part of your overall investment portfolio. Diversification applies to bonds, too – how to go about achieving it?

Individual bonds: municipal, corporate, and government. Within these categories, you'll find differences in the bonds being issued. Government

bonds include conventional, fixed-rate Treasury bonds as well as inflation-protected ones, along with bonds issued by government agencies, such as the Federal National Mortgage Association (or Fannie Mae). Corporate bonds are differentiated from each other by several factors, but one important one is the interest rate they pay – largely determined by the credit quality of the issuer. (The higher the rating grade the lower the interest rate; higher-rated bonds pose less risk to investors and therefore pay less interest.)

Municipal bonds, too, are far from uniform. These bonds are issued by state and local governments to build or improve infrastructure, such as airports, highways, hospitals, and schools. Generally, municipal bonds are exempt from federal tax and often state and local taxes, too. Because of this tax benefit, municipal bonds typically pay lower interest rates than many corporate bonds.

How can you use various types of bonds to build a diversified bond portfolio? Invest in mutual funds that invest primarily in bonds. Owning a mix of corporate, government, and municipal bond funds can gain exposure to much of the bond world. Be aware that bond funds, like bonds themselves, vary widely in some respects. Some investors may choose a low-risk, low return approach by investing in a bond fund that only owns Treasury securities, while others might strive for higher returns – and accept greater risk – by investing in a higher-yield, but riskier bond fund.

You can also diversify your bond holdings by owning a group of individual bonds with different maturities: short-, intermediate- and long-term. This type of diversification can help protect you against the effects of interest-rate movements – a driving force behind the value of your bonds – that is, the amount you could sell them for if you chose to sell them before they matured. When market interest rates rise, the price of your existing, lower-paying bonds fall, and when rates drop, your bonds will be worth more.

Building a *ladder* of bonds with varying maturities, you can take advantage of different interest-rate environments. When market rates are rising, you can reinvest your maturing, shorter-term bonds at the new, higher rates. When market rates are low, you'll still have your longer-term bonds working for you. (Generally, not always, longer-term bonds pay higher rates than shorter-term.)

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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