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**OUTLOOK**

Postal Patron

Volume 20 Issue 4 • Dripping Springs, Texas • August 2023





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# Possibilities

As I write this, we are a little more than halfway through 2023. Moving into the Indian Summer, children are going back to school, vacations are wrapping up, and life is going back to its usual pace. And our lives are filled with possibilities.

We have yet to do a theme issue, but I certainly thought about it this month. I considered a “best self” issue, or “self care” theme, “transformation”, “metamorphosis”... you get the idea. But what the contents of this issue really offer you is possibilities.

What are you trying to do with the rest of your year? When you look back on 2023 what do you want to remember?

Implementing increased awareness of our health and wellness practices, within 2 weeks we can have more energy and strength. Within 4 weeks, we can feel that energetic buzz that radiates from the inside out. And within 8 weeks, other people will be asking us how we accomplished it. Try out that new class, start seeing that practitioner everyone keeps raving about, cut out sugar for two weeks and allow yourself to see how these small changes impact your daily life.

Transforming our surroundings can begin with very small changes, like adding mulch. Or big changes, like moving into a new home. Making sure the materials and appliances in our dwellings are clean and functioning the way we need them to be. Step by step a metamorphosis begins.

So while we're getting ready for the new school year or settling back into our work routines – or just burrowing indoors and waiting for autumn – the possibilities for our daily lives and our future landscapes are endless. Feeling good, functioning at our best, living a life we love – these are common objectives. I hope this issue brings you closer to the possibilities and potential you hope to realize with the rest of this year.

*Happy August, y'all.*

Warmly,

*Cyle*

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# 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](http://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](http://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](http://DrippingSpringsRotary.org).
- Every Mon. 9am **All Abilities Chair Exercise**, Dripping Springs Community Library, 501 Sportsplex DR, 512 858 7825 or [DSCL.org](http://DSCL.org)
- Every Mon. 6pm **Nar Anon Family Group** at Friendship Creekside Fellowship 14455 Fm 1826. For family & friends of addicts.
- Every 1st Mon. **DS Ag Boosters** meet in Ag Building behind DS Middle School at 7pm. Visit [DSAgBoosters.org](http://DSAgBoosters.org) for updates
- Every 1st & 3rd Mon. 6:30pm, **Lions Club** meets at Dripping Springs Ranch Park located at 1042 Ranch Road 12. Across from the DS Elementary School. For information call Sharon Goss at 512-923-8630 or email [dslionsclub@gmail.com](mailto:dslionsclub@gmail.com)
- Every 2nd Mon. Dripping Springs **4-H Club** meets at 6:30pm at the Dripping Springs Ranch Park, September through May.
- Every 3rd Mon. **Eastern Star** meets at Rambo Lodge at 7:30pm. Call Kathy Clark for more info, 512 858 7004.
- Every Mon. **Stroller Strides workout**, 9am, Wimberley First Baptist Church, contact Summer 512 644 4198 or email [smwimberleyds@fit4mom.com](mailto:smwimberleyds@fit4mom.com)
- Every Tues. 6:30pm **Toastmasters of Dripping Springs**, Pioneer Bank, 100 Creek Rd. Visitors welcome. [DSToastmasters.com](http://DSToastmasters.com)
- Every Tues. 5:30pm **Al Anon**, Dripping Springs Presbyterian Church, 26650 Ranch Road 12. Childcare provided.
- Every 2nd Tues. **Bluebonnet Auxiliary** meets at 2pm at Hill Country Care Nursing and Rehab Center, 1505 W. 290. Call Janice Ruyle, 512 264 2538. Volunteers needed. Entertainment and special events for the residents of HCC.
- Every Tuesday at 7pm, **Boy Scout Troop 101** meets in the Foundry building of DS United Methodist Church. Contact Jen Medlock at [medlock.scouts@gmail.com](mailto:medlock.scouts@gmail.com)
- Every 4th Tue. **Artists Alliance of the Hill Country**, The Barn on 4000 Bell Springs Road or artists' studios. [ArtistsAllianceHC.com](http://ArtistsAllianceHC.com).
- Every Wed.-Sat. Noon-3pm, **Dr. Pound Pioneer Farmstead and Museum** is open for tours. Call 512 858 2030.
- Every Wed. **Farmer's Market** at the Dr. Pound Farmstead, 3-6pm. For more info [CityofDrippingSprings.com](http://CityofDrippingSprings.com) or 512 858 4725.
- Every Wed. at 8:30am. **The Hill Country Christian Business Networking Alliance** meets at El Rey. Visit (HCCBNA) on Facebook.
- Every Wed. 5-6pm. **Christ Centered Prayer, meditation, and class**. McArthur Hall Meeting Room #1, St. Stephen's Episcopal Church 6000 FM 3237. For more info call 512 847 9956.
- Every 3rd Wed. **Dripping Springs Cook-Off Club**, Acopon Brewery. For more information call Michele Ryon 512 299 7455.
- Every Wed. **Stroller Barre workout**, 9am, Wimberley First Baptist Church, contact Summer, 512 644 4198 or email [smwimberleyds@fit4mom.com](mailto:smwimberleyds@fit4mom.com)
- Thur. **Trivia every Thursday at Acopon Brewing** on Mercer Street 7-9pm
- Thurs. 7pm, **Celebrate Recovery**, hurts, habits, or hang-ups. Christ-centered recovery program. [ChurchoftheSprings.org/CR](http://ChurchoftheSprings.org/CR)
- Every 1st Thur. 7pm **Vince F. Taylor American Legion Post 290 of Dripping Springs** invites all eligible veterans to 231 Patriots Hall Blvd. For information call 512 858 5637.
- Every 1st Thurs. 6-7:30pm, **Nonfiction Addiction Book Club** at Dripping Springs Community Library, [DSCL.org](http://DSCL.org), 512 858 7825. Newcomers welcome. Email [AdultServices@dscl.org](mailto:AdultServices@dscl.org) for details.
- Every 3rd Thur. 7pm, **DS VFW Post 2933** invites all eligible veterans with foreign service to 231 Patriots Hall Blvd. Call 858 5637.
- Every 4th Thur. 6:30-8:30pm, **Photographers of Dripping Springs** Sententia Vera-Cultural Hub, [PhotographersofDS.us](http://PhotographersofDS.us)
- Every 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, soft drinks available. Corner of RR 12 & CR 1492 (Wimberley United Methodist Church.) [WimberleyUMC.org](http://WimberleyUMC.org) Proceeds benefit Barnabas Connection & Mother's Day Out scholarships. Performing **August 17: Adam & Chris Carroll**
- Every Thursday, **Skate Night** at Dripping Springs Ranch Park from 5-7:30pm, skateboards, roller skates, & scooters.
- Every Fri. **Stroller Strides Playdate with Kids Craft Fridays**, 10am, Emily Ann Theatre, contact Summer, 512 644 4198 or email [smwimberleyds@fit4mom.com](mailto:smwimberleyds@fit4mom.com)
- Every 2nd Fri. **Mothers of Preschoolers (MOPS)** group meets at 9am at the Episcopal Church of the Holy Spirit (301 Hays Country Acres at Hwy 290W). Childcare available. For information call 512 858 4924 or [DrippingSpringsMOPS@gmail.com](mailto:DrippingSpringsMOPS@gmail.com)
- Every 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, August 12, 2-6pm, End of Summer Family Fun Day, Bell Springs Winery & Brewery
- Sunday, August 13, 10am-12pm, Le Muse Coffee & Wine Bar, Live from the Front Porch, music by Jeff Taylor
- Saturday, August 19, Grand Opening: Science Mill Food Forest, 10am-5pm, Science Mill, 101 South Lady Bird Lane, Johnson City, 78636
- Saturday, August 19, Buda Margarita Salsa Fest, 4pm (doors) \$25-150, Buda Amphitheater & City Park, all ages

Have something to add to the Calendar of Events? Contact the Outlook at [info@DSOutlook.com](mailto:info@DSOutlook.com) or 512 375 5590.



# Do you suffer from chronic aches, pains, or stress? Are you looking for a solution?

by Breca Tracy, PhD



Are you an athlete? Are you training for a competition? Do you have chronic pain or consistent shoulder tension? Do you have an injury or are you trying to prevent injury? Have you tried everything under the sun and nothing has given you a long-term solution? At REGENERATE we have so many people that come to us

as a last-ditch effort before surgery – even clients that had surgery and still seek a solution.

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

Our licensed massage therapist specializes in a form of medical massage we refer to as bodywork. He uses a combination of different modalities and techniques that are customized to help meet each client's specific needs. Bodywork is designed to be effective and efficient. We cannot guarantee you will love every minute, but we can guarantee you will walk out noticing something is differ-

ent. Our goal with bodywork is to get to the root of what is causing the pain. Your pain may not be completely gone after one session, it may require multiple sessions, but you will notice after one session the potential for a solution is within reach! Our bodywork helps people reduce – and in a lot of cases – overcome pain. Our goal is to help you start enjoying the freedom of having pain-free mobility and achieve greater range of motion, increased flexibility, and less pain to continue to live life doing the things you love.

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

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

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# Hypnotize away your stress

by Leslie Tourish, LPC



Well, the heat is on, both externally and internally, in these dog days of summer. Temperatures are in a perpetual holding pattern well into the 100's, leaving us melting into the asphalt, sapping our energies, and shortening our tempers. If that's not enough, we are also beginning to shift from middle summer to late, and that means vacations are wrapping up

and school semesters are around the corner. More changes, thus more stress.

Common signs of stress include symptoms such as your mind seems to be racing, you find controlling your thoughts to be difficult, you are worried, irritable, or upset, you are preoccupied more often with reduced concentration, and it's difficult to fall asleep or fall back to sleep once awake.

Sometimes the best medicine is to give our over-stressed bodies and minds a break by engaging into a deeply relaxed state of mind, such as self-hypnosis. Now there's the old Hollywood version of hypnosis with some wild-eyed looking guy, often wearing a turban, swinging a watch on a chain back and forth, telling someone that they're getting sleepy, very sleepy. Hypnosis is actually a deeply focused state that makes you more acutely aware of suggestions and allows you to be more receptive to these suggestions. We've all fallen into hypnotic trances, such as when we drive down a highway and we become aware that time has passed that we scarcely remember, or we become mesmerized by a strong daydream.

Here are some suggestions for how we can induce a light trance, and thus reach a deeper level of relaxation.

1. Find a comfortable position in a quiet, dimly lit room where you won't be interrupted.
2. Focus on an object across the room. The object can be anything – a candle or the corner of a picture, it really doesn't matter. Just choose an object that is above your normal line of sight so that you have to strain your gaze a bit looking up to see your spot.
3. As you look at your spot, silently say to yourself: *My eyelids are becoming heavier and heavier. My eyelids feel as if heavy weights are pulling them down. Soon they will be so heavy they will close.* Repeat these sentences to yourself about every 30 seconds.
4. Focus on your eyelids. Soon you will notice that, indeed, your eyelids are beginning to feel heavier. Feel this heaviness deepen with time. Don't fight these sensations, just let them happen. Let your eyes close when you feel they want to close themselves.
5. As your eyes begin to close, say to yourself: *Relax, and let go.*
6. When your eyes close, take a deep breath through your nostrils and hold that breath for about 10 seconds.
7. Slowly exhale through your slightly parted lips, making a *swushing* sound. Feel a wave of warmth and heaviness spread from the top of your head, down your body, all the way to your toes. Continue to breathe slowly and smoothly. As you exhale, silently say the word *calm*, or some other relaxing word, to yourself. As you breathe, let the feelings of relaxation deepen.

Once you are in a trance, allow yourself to feel quite relaxed, and your mind to be totally at peace. Stay for as long as you wish while enjoying the benefits of calm and relaxation. Give yourself a suggestion that can extend this relaxation beyond the trance state by counting slowly backwards from five to one, and say to yourself: *When I reach one, my eyes will open and I will feel totally awake and refreshed.*

Self-hypnosis is a skill, and like any skill, it may take some time before it becomes easy and natural. But if you can tolerate the learning curve, you may find that you can take a vacation from your stress anytime of the year.

Leslie Tourish, LPC, is a Dripping Springs psychotherapist in private practice. To contact Leslie, visit [LeslieTourish.com](http://LeslieTourish.com) or [LATourish.com](mailto:LATourish.com)



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# Microdosing

by Heidi Pousson



I can't believe it is already that time again – back to school! Clothes shopping, packing lunches, the busy lines at HEB. I'm feeling a little stressed just thinking about it. Often times, while taking care of others, we can forget about ourselves. Don't forget to take care of yourself, so you can take care of everyone else. CBD has been shown to have tremendous benefits when it comes to anxiety, but small amounts of

THC may also help.

More and more studies are emerging showing how our body interacts with cannabis through our endocannabinoid system (ECS.) This specialized group of receptors are present in tissues and systems throughout our body including our nervous, muscular, digestive, and immune systems. The ECS is believed by scientists to be the largest signaling system in the human body. In fact, every animal on earth, with the exception of insects, has an endocannabinoid system. There are new studies emerging indicating our ECS may actually benefit from regular supplementation of cannabis compounds, otherwise known as microdosing.

Chronic stress and disease can result in our bodily processes running amuck by causing our own natural cannabinoids like anandamide and 2-AG to be underproduced. Studies point to low cannabinoid levels being partially responsible for certain autoimmune diseases, chronic pain, and anxiety and depression. Microdosing

low levels of CBD and THC may support overall wellness by helping our ECS to operate at its prime. Another benefit of microdosing is that you get the medicinal effects without the psychoactive effects. Remember, more is not always better. Sometimes taking too much can even intensify symptoms that cannabis may have initially helped you with. Studies are even showing that microdosing can be even more effective than consuming large doses with reducing pain, anxiety, PTSD, and other symptoms.

There is no one size fits all approach. That's why the best approach is to start *low and slow*. We are here at Haus of Jayne to listen to your needs and help you find what will work best for you. It's so easy to get caught up in the busy schedule that comes with the kiddos starting back to school, so don't forget to take care of yourself.

*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. They can be reached at 512 648 7420.*



HAUS OF JAYNE

## Debunking common myths about injectables: Separating fact from fiction

by Rocco C. Piazza, M.D



Injectable cosmetic treatments have gained tremendous popularity in recent years. However, as with any rapidly growing trend, myths and misconceptions tend to arise.

Myth 1: Injectables are only for older individuals. Younger individuals may opt for preventative treatments to minimize the formation of wrinkles, while older individuals can benefit from injectables to rejuvenate and restore lost volume.

Myth 2: Injectables give an unnatural or *frozen* appearance. The key lies in proper dosage and placement. By precisely targeting specific areas, injectables can relax muscles and smooth wrinkles, preserving the natural facial expressions and mobility.

Myth 3: Injectables are irreversible. Neurotoxins gradually wear off over several months and dermal fillers can be dissolved using specific enzymes. Try different treatments and adjust as needed.

Myth 4: Injectables are painful and require significant downtime. Modern techniques and advancements have significantly reduced discomfort associated with these procedures. Many injectables contain lidocaine, a local anesthetic, to minimize pain during treatment. Swelling or bruising may occur, but downtime is typically minimal, allowing individuals to resume their daily activities shortly after the procedure.

Myth 5: Anyone can administer injectable treatments. Injectable treatments should only be administered by qualified medical professionals, such as MDs, PAs, NPs, or RNs who have extensive knowledge of facial anatomy, experience in performing these procedures, and the ability to manage potential complications.

At The Piazza Center, our NP and our RNs have a combined 30 years+ experience in injectables. All three of our providers stay up to date with the advancing technology, techniques, and products in the injectable space, by attending several trainings a year.

Injectables have revolutionized the field of cosmetic treatments, providing safe and effective solutions to address various aesthetic concerns. I hope to empower you with accurate information, enabling you to make informed decisions about your own aesthetic journey. Remember, consultation with an advanced and experienced medical professional is essential.

*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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## Negotiating 101: 5 Tips for success

by Steve Mallett

Are good negotiators born or do they learn the skill through trial and error? The truth is that the best deal makers are born with some talent but they learn the best tactics in the School of Hard Knocks. The valuable lessons are taught to you by masters who grind you like a 5-year-old with a power sander.

Here are 5 tips to make every negotiation go in your favor:

1. Always know what is important to the other party. While you are negotiating on price, the seller may need a quick close. Find out what the other party needs so you can negotiate something attractive to them while getting what you want.
2. Don't treat it like a sport. Negotiating a real estate deal involves lots of emotions. Don't feel like you need to win every part of the negotiation to have a deal in your favor. Give where you can to let the other party save face and feel comfortable moving forward. If you get most of what you want then let the other side have something small so that they feel good about giving so much.
3. Know when you have a win. If you get 90% of what you want you have won. The best negotiators know when to say yes. The enemy of good is perfect. There are no perfect deals. Make sure

you realize when you need to stop negotiating and accept the win.

4. Don't bluff unless you are ready to do what you threaten. Getting your bluff called is the quickest way to lose all of your leverage. If you say *that's my top price*, when it isn't, they may say *good luck and sayonara*. Then you are going to give a lot more once you re-engage.

5. Sometimes silence is the loudest thing you can offer. If things aren't going your way don't respond for a bit. After a few hours they will be wondering what is going on. The more they sweat, the more leverage you get.

Great negotiators come in all shapes and sizes but at the end of the day getting results comes from using tried and true strategies to get what they want. You can use these tips in your everyday life. You'd be surprised how helpful they can be, even when you aren't working a real estate deal.

*Steve Mallett has been selling real estate in Dripping Springs and Austin since 2003. His team can help with all of your real estate needs. Residential, commercial, farm and ranch. Co-Host of the Mallett and Michelle on Dripping Springs Podcast. Call 512 829 2062 or 512 627 7018.*



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# Chamber of Commerce Focus on Business: North Hays County Fire Rescue

Hays County Emergency Services District #6 – also known as the North Hays County Fire Rescue – was created in 1985 as a Rural Fire Prevention District to provide fire and rescue services.

The district is primarily funded by ad valorem and sales tax and is managed by a 5-member Board of Commissioners serving 2-year terms. The service area covers approximately 245 square miles of northern Hays County including Driftwood, Dripping Springs, and Henly. This rapidly growing area is diverse and includes dense urban areas, suburban neighborhoods, and ranch land. Staffing is maintained with a combination of professional members including volunteer and full-time personnel operating from 7 fire stations located throughout the district. Emergency responses are answered utilizing a modern fleet of apparatus designed to meet the growing community's needs.



During 2022, the department responded to 3,480 calls for service, representing an increase of 33% since 2020. In addition to responding to local fire, EMS, and rescue incidents, the department is a member of the Hays County Haz Mat Team and participates in the Texas Intrastate Fire Mutual Aid System, responding to assist with disasters and other emergencies across Texas.

If you want to give back to your community, we can use your help. Applications for volunteers are always being accepted. Please get in touch with us if you have questions or would like to schedule a station tour or event.

North Hays County Fire Rescue  
Administration  
400 Sportsplex Drive  
Dripping Springs, TX 78620  
512-894-0704

[NorthHaysFire.com](http://NorthHaysFire.com)







# The magic of mulch

by George Altgelt

In Texas, the challenge of gardening in the summertime is keeping the soil cool and moist. The best and least expensive material for keeping those conditions in your garden is mulch. Mulch is not to be confused with compost. Mulch mixed into soil will become anaerobic and toxic to your garden plants. Mulch should always be moved to one side before you plant

new plants in your garden soil or when planting seeds. Bring the mulch back right up to the stalks of the transplant. Place the mulch gently over the spot where you have planted seeds.

Plants cannot grow when the soil is too hot! The growth and vigor of everything in your garden is dependent on enzyme activity, especially in the root zone. Above 88°F, enzyme activity drops away. When the soil temperature reaches 92°F enzyme activity for some plants is close to zero, especially tomatoes. This is the biggest cause for lack of production during the summer heat. Lay the mulch four inches thick. Two inches thick is the minimum.

Mulch's second purpose is to preserve the available moisture. This in turn holds the available nitrogen in the soil. Nitrogen is a major plant nutrient that is different from all the others. It is a gaseous material. It is held ever so delicately in the matrix of other compounds. Without moisture and coolness it will turn back into a gas and float away from your garden. Plants without nitrogen

available to them cannot make proteins. Proteins build the structure and frame of all living things, especially plants.

Above ground, the plants stay cool by absorbing sunlight and turning it into food energy. When it's really hot, plants above ground cool themselves by moving water out of their leaves through their stomata. When plants run out of water because the roots are too dry, plants will wilt. Wilting also conserves water. The experienced gardener recognizes when any plant is wilted and brings the water. How much water your plants will need and how often depends on the mulch and its ability to keep the soil cool and moist.

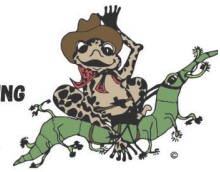
George Altgelt is the owner of Geo Growers, located on 290 and Bells Springs Road. Geo Growers has been in business since 1995 and sells bulk material as well as bagged gardening products and plants. George believes we need to be producing more of our own food, and each one of us can contribute. His goal is to make that as easy and effective as possible.



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# Buyer beware

by Randy Lawrence

It seems like everywhere we turn today there is land being cleared for construction of a new neighborhood. If you've ever moved into a new development, you know that there is constantly someone ringing your doorbell and attempting to sell you something for your new home. Unfortunately, the water treatment industry is full of companies who choose to employ this door-to-door tactic. Here are some things you should

know before you open the door.

There is a very good chance that the *water specialist* who comes to your house is not actually a licensed Water Treatment Specialist. Some companies choose to ignore the fact that the Texas Commission for Environmental Quality regulates our industry and requires some level of licensing in order to test water for the purpose of making treatment recommendations. The salesman who comes to your home is simply there to convince you to say yes and open your wallet. If you're not aware of your options, it can be tempting to let that happen.

Many neighborhoods have taken to posting No Soliciting signs at the entrances. In some of these cases, certain companies have struck a mutually beneficial deal with the homebuilder to allow them to place advertising on the softener loop and at the kitchen sink. This often contains misleading wording which indicates that the home is set up for their specific equipment and that damage

will occur if you don't choose their system. This is absolutely not the case. This often leads to homeowners paying far more for the system than necessary since they are unaware that there were other choices.

The water softener loop in a new home is capable of accepting any brand of water softener. Don't be fooled by high pressure sales tactics or misleading literature. A licensed professional can perform a couple of simple tests to determine exactly what size system would best fit your needs. A quick search of TCEQ's occupational licensing database, as well as a review of the company's Better Business Bureau standing will let you know whether you're dealing with a legitimate, reputable dealer.

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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# Doodle dog

by Diana Ozimek



Doodles are one of the most popular breeds and the trend keeps growing. Many people choose a Doodle for the non-shedding coat or their cute, teddy bear look. There's much more to a Doodle than not having dog hair all over your home, here are some things to keep in mind.

Doodles are a mixed breed, when mixing two purebred dogs you can't guarantee the look or the coat. Some of them come out curly while others look exactly like a golden retriever or Bernese Mountain dog with no poodle look at all. It's not a guarantee you will get a shed-free or hypoallergenic dog, so you'll need to be ready to deal with that if your Doodle sheds. If you truly have a dog allergy there are plenty of pure breeds who are hypoallergenic, be sure to check them out.

Doodles come in categories; F1, F1B, F2, F3. If you want more of a guarantee for a curly look, you'll want to look for a F1B, F2, or F3. F1 Doodle is from two purebred dogs like a Golden Retriever and a Poodle. F2 is an F1 Doodle bred with a poodle, so you end up with 75% poodle. The F2 is from both parents being an F1 Doodle and the F3 comes from two F2 Doodles. Get all that?

Often Doodles are promoted as a low maintenance dog. This is not true. Most Doodles are from two active breeds, Labs, Golden Retrievers, Aussies, Sheepdogs... Full size Doodles tend to be more laid back than mini or toy size. They may not shed but their

coats take lots of care unless you are fine having a shaved dog. Brushing consistently to keep the mats and burs out is very important. If you don't brush your Doodle, your groomer will most likely tell you that they will need to be completely shaved due to mats in their fur.

If you are thinking about getting a Doodle there's much more to consider than a teddy bear who doesn't shed. Consider the breeds they come from, the category, the size, the energy level, and the grooming commitment. Once you have done your research, then you can pick out your Doodle dog.

*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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Local breweries  
where you can beat  
the heat

With another few months of heat upon, we thought you'd like to know where you can enjoy a local beverage in the refreshing embrace of air conditioning or – at the very least – misting fans. We've compiled a list of some of our favorite breweries that can accommodate the whole family.

**Ghost Note Brewing** 🍺

- ✓ Open air taproom
- ✓ New misting fans on the covered patio
- ✓ Playscape for kiddos
- ✓ Food trucks including Frida's Cocina ATX
- ✓ Picnic tables with hooks for dog leashes

*23663 Ranch Road 12  
Dripping Springs, 78620*

**Beerburg Brewing** 🍺

- ✓ Indoor air conditioned taproom (dogs not allowed, board games available)
- ✓ Gated dog park where dogs can run free (leashed outside of dog park)
- ✓ Large outdoor, fenced-in kids play area
- ✓ Food by La Violeta Taqueria

*13476 Fitzhugh Road  
Austin 78736*



**Meanwhile Brewery** 🍺🍷

- ✓ Indoor pet-friendly seating area
- ✓ Playscape with plenty of room to run around
- ✓ Multiple food trucks onsite, including Side Eye Pie, Besame ice cream, Pueblo Viejo, Distant Relatives, & Songbird
- ✓ Seltzer cocktails
- ✓ Coffee bar

3901 Promontory Point Drive  
Austin, 78744

**Fitzhugh Brewery** 🍺🍷

- ✓ Indoor seating area
- ✓ Playscape
- ✓ Full menu available including salads, sandwiches, and burgers, plus a kids menu
- ✓ Seltzer cocktails

15435 Fitzhugh Road  
Dripping Springs, 78620

**Vista Brewing** 🍺🍷

- ✓ Indoor pet-friendly seating area
- ✓ Farm to table food menu
- ✓ Playscape
- ✓ Saké cocktails
- ✓ House made soda drinks

13551 FM 150  
Driftwood, 78619

**Family Business Brewery** 🍺🍷

- ✓ Indoor pet-friendly seating area
- ✓ Family Business Pizza Truck on site
- ✓ Playscape
- ✓ Frozen seltzer cocktails

19510 Hamilton Pool Road  
Dripping Springs, 78620

**Frontyard Brewing** 🍺

- ✓ Indoor pet-friendly seating area
- ✓ Pickleball & cornhole
- ✓ Wood fired pizza & burger food trucks
- ✓ Kids area with outdoor games
- ✓ Seltzer cocktails

4514 Bob Wire Rd,  
Spicewood, 78669



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## Litigation: Frustration at the courthouse

by Roland Brown



It has happened to you. A wedding, little league championship game, or family event gets postponed or interrupted due to illness, weather, or other unexpected interruption. For litigants and lawyers, delay is a constant reality and frustration. The adoption hearing gets postponed because the social worker who needs to testify is ill, or the criminal defendant's lawyer can't be available for the scheduled plea because her trial in another county ran longer than expected. Lawyers tend to have Type A traits, if not full-blown Type A personalities. We're often OCD. (A friend referred to someone as being "CDO" which he explained as being OCD except that the letters are in correct alphabetical order!). That's us; we want order, definition, consistency. Our clients want their matters over and done with. What we often get, despite the best intentions of most judges, is delay or unexpected detours.

To begin with, court dockets are typically overloaded which can mean that even though a case is set for hearing on a given date and everyone is in the courtroom or outside in the hallway waiting, other matters may take up so much time that around 3:45 the judge

may say, "It doesn't look like we can get to your case today. Please talk to the court coordinator to get a new setting." It doesn't matter that the client may have taken time from work or traveled a great distance for the hearing. Or something that is common in my personal injury practice is getting set for jury trial on a particular date, sometimes months in advance, but when the date arrives, there are more cases set ahead of us than can be tried at that setting meaning we have to reschedule. This may mean waiting many more months before we get to trial. Sometimes we begin a trial only to have a witness or juror become ill requiring either a complete postponement or some delay. Occasionally, something happens that causes the judge to declare a mistrial, so the process must start anew. The takeaway for you is that whether you are a litigant, witness, or just a person interested in the outcome, be prepared for "the game to be called on account of rain."

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.



## Should you downsize when you retire?

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



Reagan Rentschler,  
CFP®

When you retire, you'll experience many changes – should one of them involve your living arrangements? The issue of downsizing is one that many retirees will consider. If you have children, and they've grown and left the home, you might find yourself with more space than you really need. You might love your home and neighborhood and see no reason to go. But if you're open to a change, you could find that moving to a smaller house, a condo, or an

apartment may make sense for you.

Let's consider some of the advantages of downsizing:

- Save money. A smaller space could lower bills and upkeep.
- Save effort. A smaller home means less maintenance.
- De-clutter. Most of us accumulate more possessions than we really need. Downsizing gives you a chance to de-clutter. Many charitable organizations will welcome some of your items.
- Make money. If you've had your home for many years, it's certainly possible that it's worth more – perhaps a great deal more – than what you paid for it. Generally, if you've lived in your home for at least two years in the five-year period before you sold it, you can exclude \$250,000 of capital gains, if you're single, or \$500,000 if you're married and file taxes jointly. (You'll want to

consult with your tax advisor, though, before selling your home, to ensure you're eligible for the exclusion, especially if you do own multiple homes. Issues can arise in connection with determining one's *primary residence*.)

Downsizing does offer some potentially big benefits, it can also entail some drawbacks. It's possible that your home might not be worth as much as you had hoped. If you still were paying off a mortgage on your bigger home, you may have been deducting the interest payments on your taxes – a deduction that might be reduced or lost to you if you purchase a less-expensive condo or become a renter. Then there's the ordinary hassle of packing and moving. And if you're going to a much smaller space, you may not have much room for family who want to visit or spend the night.

So, as you can see, you'll need to weigh a variety of financial, practical, and emotional issues when deciding whether to downsize. And you will also want to communicate your thoughts to grown children or other family members who may someday have reason to be involved in your living space. In short, it's a big decision – so give it the attention it deserves.

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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