

Volume 20 | Issue 6 | Dripping Springs | Texas | October 2023



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Just listed in the coveted Caliterra neighborhood! 4 beds, 3.5 baths, dedicated study, AND game room. Solar panels, Tesla power wall, and a beautiful lot with extensive landscaping. Offered at \$695k.



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Putting community first

Remember that time it rained this summer? While I'm still waiting for that Etta James morning when I open my front door and feel all at once the crispness of the air and breathe in the fragrance of autumn – "at last" – the rain was an answered prayer. With a mere 10 degree shift, suddenly the outdoors seems bearable. Even the plants agree. And the shift couldn't have come at a better time. There's so much happening around town.

Cathy Richardson's beautiful design for the 26th Annual Dripping Springs Empty Bowl Project graces the cover this month. Their motto is "Putting Community First" which is very fitting – especially in this community. This month is filled with community-oriented events to set the stage for the rapidly approaching holiday season. The Songwriters Festival begins on Friday, October 20 and lasts through Sunday, October 23. The Empty Bowl Project event will be held on Sunday, November 5. You can find more details about these amazing events in this month's issue.

Within these pages you'll also hear from our amazing contributors – answering questions and providing you opportunities for growth and brilliance. As always, thank you for joining us this month.

Happy October, y'all.

Warmly,

UN LOCAL BUY DRIPPI



Dripping Springs OUTLOOK

Editor, Publisher Cyle Elizabeth Johnson

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> **Cover** Cathy Richardson

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Entire contents copyright ©2023. Reproduction of any of this publication requires written permission of publisher. We are not responsible for the products and services advertised or the views contained in this publication • 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 Mon. Stroller Strides workout, 9am, Wimberley First Baptist Church, Summer 512 644 4198, SMWimberleyDS@fit4mom.com

- 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 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.
- Every Wed. Stroller Barre workout, 9am, Wimberley First Baptist Church, Summer, 512 644 4198 or 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
- 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@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
- 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 Proceeds benefit Barnabas Connection & Mother's Day Out scholarships. Performing **October 19**: Jeff Black

• 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
- 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
- Every 1st Sunday, Dripping Springs Church of Christ, 470 Old Hwy 290 (across from Tractor Supply), **First Sunday Focus**, a meal after Bible study and worship. Bible study at 9:30am, 10:30am worship. Meal provided at 11:30am. For more information visit DSCh-urchofChrist.com, 512 858 4500.

- Friday, October 20 thru Sunday, October 22, Dripping Springs Songwriters Festival, historic downtown Dripping Springs 8 stages, featuring 70 shows, 45+ songwriters perform "in the round". All shows downtown are free.
- Thursday, October 26, Star Gazing at Camp David Retreat, 6:30-10:00pm, \$20 adult, \$5 kids under 16, smores and wine by the firepit at sunset, astronomer guided stargazing. Bring chairs, blankets, and coolers for a night to remember.
 Sunday, November 5, Dripping Springs Empty Bowl Project, 11am-3pm, Dripping Springs Ranch Park

Dripping Springs Outlook | October 2023

How can intravenous (IV) hydration therapies help you?



Whether you are sick – or have been sick and simply cannot rebound – looking to support your immunity during viral and allergy season, help your energy production levels, or simply focus on anti-aging and prevention, we've got you covered!

Intravenous (IV) Therapy can be used as a treatment method to deliver nutrients,

such as vitamins or minerals, directly into the bloodstream. This is typically through a vein in the arm. By injecting substances directly into the bloodstream, you eliminate alteration of the nutrients, which may occur from the actions of digestive enzymes. The amount of nutrients in the blood can reach higher therapeutic levels much faster than what is possible when absorption takes place through the gastrointestinal system. For example, few people realize when you swallow a pill or a multi-vitamin, the body's natural absorption process can render up to 85% of that vitamin *useless*.

Help your body begin to heal itself faster with IV therapy. IV nutrients enter your bloodstream directly and immediately, making them more *bioavailable* (ie, available for your body to absorb). At REGENERATE we offer IV vitamin/mineral therapies. Whether you are symptomatic and sick, looking to support your immune system, hydrate your body, supplement due to deficiencies, gain energy, diet and detox, or just simply decrease stress, give us a call and our medical team will be able to steer you in the right direction to meet your expectations.

Education is one of our core values at REGENERATE. Please give us a call or pop in, and we would be happy to educate you on what is most beneficial for your needs. Better absorb and utilize essential nutrients with IV therapy!

IV vitamin/mineral therapies can be used in conjunction with regenerative medicine and systemic rejuvenation protocols. For more information, please contact us! We would love to further educate you on the therapies we offer here in Dripping Springs.

We have a very unique team of experts. Come see us, call, or email us! Dr. Breca Tracy currently serves as Director of Science & Operations at RE-GENERATE 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





Unlocking confidence & vitality: The Priapus Shot with Exosomes for enhanced sexual health

Greetings, Dripping Springs! Dr. Piazza here, and today, I'm excited to introduce you to a revolutionary treatment that can transform your life and take your sexual health to the next level – the Priapus Shot (P-Shot) with Exosomes.

The Priapus Shot with Exosomes is an advanced and comprehensive approach to improving male sexual health and performance. In addition to harnessing the regenerative power of platelet-rich plasma (PRP), we also incorporate *exosomes* – tiny vesicles rich in growth factors – into the treatment.

It all begins with a thorough consultation with me. We'll discuss your specific concerns and goals to ensure the P-Shot with Exosomes is the right solution for you. We'll take a small sample of your blood, which contains PRP and exosomes. These components are known for their regenerative properties. The blood sample is processed to isolate the PRP and exosomes, which will be used in the treatment. I will carefully and precisely inject the PRP and exosomes into specific areas of the penis. This comprehensive approach promotes increased blood flow, tissue regeneration, improved sensitivity, and enhanced sexual health.

Many of our patients report significantly improved sexual performance and function. The treatment can enhance sensitiv-

ity, potentially leading to heightened pleasure. Regaining sexual confidence is a common benefit, helping you feel more vital and

by Rocco C. Piazza, M.D

self-assured. When you choose The Piazza Center for your P-Shot with Exosomes, you're opting for the expertise and experience of a renowned physician in Austin. I am dedicated to providing personalized care and achieving the best possible results for my patients. The Priapus Shot with Exosomes is more than just a medical procedure; it's a journey towards renewed confidence and vitality, with a focus on enhancing your sexual health. Ready to unlock a new chapter of confidence, vitality, and enhanced sexual health? Contact us today to schedule your consultation with me. Your renewed sense of well-being, both in and out of the bedroom, awaits!

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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Trading wings for chains



"A man cannot be comfortable without his own approval," wrote humorist Mark Twain. Low self-esteem leeches from us healthy emotional mainstays such as approval, contentment, a sense of belonging, and the belief that we are inherently valuable. People with low self-esteem are often battling the four D's: feeling defeated, defective, deserted, and deprived.

Low self-esteem is at the tangled root

of most negative emotional reactions and rests deeply within our own private logic. For whatever reasons – how we were parented, our environment, cultural influences, or our inherent personality makeup – our belief systems are often unconsciously set into place. Sometimes these private logic beliefs are healthy and they build within us confidence and self-love. But sometimes they are destructive and undermine our thoughts, feelings, and actions. The deeper our belief that we're broken, dysfunctional, and no damn good, is a direct correlation to how we integrate such negative emotions. To combat these illogical, destructive thoughts, the best battle plans are to use what got us into trouble in the first place – our thoughts and actions.

Dr. David D. Burns, a psychiatrist and author of the book *Feel-ing Good: The New Mood Therapy*, practices cognitive therapy as a method to fight the negative inner voice sabotaging our well-be-ing. Burns writes, "... You may still be convinced you are second-rate. What is your evidence? Your error is in emotional reasoning.

Your feelings do not determine your worth, simply your relative state of comfort or discomfort. Rotten, miserable internal states do not prove that you are a rotten, worthless person, merely that you think you are; because you are in a temporarily depressed mood, you are thinking illogically and unreasonably about yourself."

If illogical thoughts are creating emotional upheavals, here are three steps Burns suggests to help calm such troubled waters:

1. Zero in on those automatic negative thoughts and write them down. Don't let them buzz around in your head; snare them on paper!

2. Identify your cognitive distortions. Learn precisely how you are twisting things and blowing them out of proportion.

3. Substitute a more objective thought that challenges the one you made where you were harsh on yourself. Practice the healing language and notice if you begin to feel better with increased selfesteem and a sense of worthiness.

You are essentially re-training your brain. Success depends upon the effort you put forth to clamp down on that lying, negative chatterbox called your inner dialogue as you write your own story. The result may be a more positive, healthy outlook. By making the decision to befriend yourself with kindness and compassion, you are allowing yourself to trade in chains for wings.

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



What is THCa and how is it legal?

THC this... CDB that... With so many different names and letter combinations, it's easy to get confused. So what is THCa, and what makes it the new big thing?

THCa, or tetrahydrocannabinolic acid, is one of the many cannabinoids found in the cannabis plant. It is the precursor to THC (tetrahydrocannabinol), which is the psychoactive compound responsible for the *high* associ-

ated with cannabis use. THCa is found in raw, unheated cannabis plants and is non-psychoactive in its natural form.

In many places, like here, THCa in its isolated form is considered legal because it is coming from a hemp plant and is not psychoactive until it is decarboxylated. According to CBD Genesis, "Decarboxylation can be done in many ways, which includes the following: exposure from sunlight, exposure from room temperature, or heat exposure by smoking, vaping. You get slightly less Delta 9 THC for every gram of THCa converted.

How does THCa compare to delta-8?

Potency: Once the THCa is heated, it is two times more potent than delta-8.

Effects: THCa is typically associated with potential therapeutic benefits such as anti-inflammatory, neuroprotective, and antinausea properties. Research also shows that it benefits the immune system. Delta-8, on the other hand, is primarily sought after for its mild euphoric and relaxing effects, which some people find more preferable to the more intense psychoactive effects of delta-9.

by Heidi Pousson

I recently learned that since THCa is raw cannabis, some eat it as a superfood. I guess this makes sense if you are someone wanting the therapeutic benefits without wanting the high. Although if you were to bake using its pulverized form, it would go through decarboxylation and you would still feel the high. At Haus of Jayne, we currently have vapes and flower products with THCa. Although with this ever expanding market, it'll be interesting to see what's to come.

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



HAUS OF JAYNE

Reignite your voice



For most adults, our voices are an integral part of our every day. Our families, friends, co-workers, and even strangers recognize and respond to the way we vocally greet, laugh, share, and even grieve together. Ultimately, our voices help to shape the soundtrack of our lives. Yet, when I ask someone *how do you feel about your voice?* their responses often range from *I have no idea* to wrin-

kling their noses with a nervous chuckle.

I've had the pleasure of working as a singing teacher and vocal coach since 2014. Most adults I've worked with have a deep connection to music and especially love to sing, yet they might not always feel incredibly confident about their voices. Even more often I meet adults who had highly positive singing experiences when they were younger, but the forward motion of life and its various responsibilities have found them out of touch with singing as a regular practice. It has become one of my greatest joys to help others discover (or rediscover) the natural strengths their voices carry, the value their voices have in their lives, and the multitude of benefits available to them through the exploration of their personal expression through song.

At On Stage Ready Performing Arts and Music we are passionate about offering diverse programming for all ages to empower and celebrate the creativity in our community. This October we

by Sydney Burris

will be hosting SPARK, an adult singing workshop, on Monday evenings from 7:00-8:30PM. This will be a fun, focused, and inspiring space to explore your singing and speaking voice in a safe and supportive community environment. Whether you consider yourself a beginner or you've been singing for a long time, I hope you will consider joining us and light up your fall season! For more information and to enroll, please check out OnStageReady.com.

Sydney Burris is a certified voice teacher & coach, as well as a regularly performing singer, songwriter and actress in the greater Austin area. Sydney received her B.A. in Commercial Music from Florida State University in 2013, and earned a Voice Teacher Training Certificate with New York Vocal Coaching in 2020. She enjoys bringing together the best of both worlds to equip singers with the tools to meet their individual and unique goals. Locally, she has performed and music directed in productions with The Wimberley Players, caroled with The Vintage Dreams, and performs regularly with her husband Cole in their 80's inspired, pop-rock band, Goons



Music for Little Mozarts

Recent studies suggest that playing and listening to music at a young age improves learning, memory, reasoning ability, and general creativity. Research also supports the theory that young children who are exposed to music develop enhanced cognitive skills. Music teachers are aware that influences of music go far beyond the intellectual and physical development of the child. Studying music contributes to the growth of a well-balanced child in sensitivity, expressiveness, and the spirit essential for functioning in a complicated world.

Through a fun and engaging program known as Music for Little Mozarts, students aged 4-6 are introduced to new musical concepts and the performance of pieces at the piano. The program is a comprehensive approach to musical learning that develops singing, movement, and listening skills simultaneously with an introduction to musical styles and concepts. The story of Beethoven Bear and Mozart Mouse sets the stage for music study at the beginning and continues on each subsequent page. Students are introduced to major composers from the four main musical style periods. Written specifically for the preschool age group, Music for Little Mozarts is a carefully crafted curriculum that provides a balance between the discipline necessary for playing the piano and the enjoyment one receives from the process of music making.

by On Stage Ready Staff

Taught by Louis Ontko, On Stage Ready's music instructor, new concepts are introduced and carefully reinforced with each subsequent lesson. The music was written to develop finger dexterity in young children and includes clever lyrics that will appeal to the student's imagination.

Level 1 is a 10 week program, with a maximum group size of 5 students. Class begins on October 10. For more information, please visit OnStageReady.com. If you are a homeschool or other group and wish to schedule a specific time for this program, please contact us at onstageready@gmail.com.



DRIPPING SPRINGS SONGWRITERS FESTIVAL

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DrippingSpringsSongwritersFestival.com

OT MOOI



Low flow problems



Thanks to technological advances, water softeners have certainly become more reliable than ever before. However, even with significant improvements, there are still issues that may arise which technology cannot alert us to. One problem that can happen over time is a breakdown of the resin inside the softener unit. It's important to be able to recognize the symptoms of this issue in order to keep a ng into a big one

small problem from turning into a big one.

All water softeners are designed around a quantity of small plastic-looking beads called *ion exchange resin*. When viewed under magnification, these resin beads resemble a ball of yarn. Along the "yarn" are exchange sites which allow the resin to complete the job of removing hardness minerals from the water. If you were to hold these resin beads between your thumb and forefinger, you would find that they resemble tiny ball bearings and are very firm to the touch. However, there is one variable which can significantly shorten the life of this critical component – chlorine.

On non-chlorinated water, this resin can last more than twenty years. On city water, resin life can be reduced to ten years or less. Once the chlorine takes its toll, the resin beads begin to expand and soften. As this process advances, the degraded beads will begin to take on a Vaseline-like consistency and will start to impede the flow of water through the softener. Since it is a slow process, it can be difficult to notice the changes in water flow into your home. You may notice that you can no longer run multiple faucets without a significant pressure drop or that the flow rate slows while running only a single outlet.

If left unchecked, this problem can lead to physical damage inside the water softener and occasionally can lead to a release of resin beads into your home's plumbing system. At this point, the best bet is to bypass your water softener. If this solves the pressure issue in the house then it is time to call your water treatment professional for replacement of the resin bed.

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.









Tips to sell your home in a declining market

Selling a home in the current Austin real estate market can be a daunting task, but it's not impossible. Market conditions may not be in your favor, but there are several steps you can take to increase your chances of selling your home successfully and at a reasonable price.

1. Price it right. The most critical

factor in selling your home in a tumultuous market is pricing it correctly. Overpricing your property will deter potential buyers. Conduct a thorough market analysis and consult with a real estate agent to determine a competitive and realistic asking price. Be willing to adjust your price if necessary to attract buyers.

2. Enhance curb appeal. First impressions matter. Improving your home's curb appeal can make a significant difference. Invest in simple landscaping, repaint the front door, and make necessary exterior repairs. A well-maintained and visually appealing exterior can draw more potential buyers to your property.

3. Market effectively. Use high-quality photos and videos to showcase your property online. Explore social media, real estate websites, and traditional marketing methods to ensure maximum exposure.

4. Highlight unique features. Identify and emphasize the unique selling points of your home. Whether it's a spacious backyard, updated kitchen, or energy-efficient features, showcasing these attributes can set your property apart from others in the market.

5. Offer incentives. In a tough market, offering incentives can

by Steve Mallett

be a powerful motivator. Consider including appliances, covering closing costs, or providing a home warranty to sweeten the deal for potential buyers.

6. Work with a skilled real estate agent. A knowledgeable and experienced real estate agent can be your greatest asset in a challenging market. They can provide valuable insights, help you navigate negotiations, and market your property effectively.

Selling your home in a bad real estate market can be a test of patience. By pricing it right, enhancing its appeal, effective marketing, and working with professionals, you can improve your chances of a successful sale. Remember that persistence and adaptability are key virtues in navigating a challenging market. With the right approach and a bit of luck, you can still achieve a successful sale, even in a less-than-ideal real estate climate.

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.





Feeding the family

by George Altgelt

The weather has certainly changed. It's actually cool in the morning. There are clouds in the sky – not just fluffy clouds, but whole cloud decks that move in across the sky and shield us from the sun, which has been all too bright and hot this summer. Which means, friends, fall gardening is upon us.

In Texas, our most successful gardens are in fall and spring. At Geo Growers, we have all four seasons laid out in a gardening guide, which we will gladly give you when you come to the store. It's called 27 Do's and Don'ts so that you can be a successful gardener. Along with it, is another paper entitled *The Right Use of Mulch*. Please pick both of these up when you visit us at 2110 US Highway 290 W. in Dripping Springs.

When you pick up your fall planting guide from GeoGrowers, you will now have excellent advice on what to plant for your family. Yes, there is still time to plant tomatoes and peppers. Although onion sets are not available for purchase at Geo Growers, you can buy small white onions at the grocery store and plant those. It's still a little hot outside, so be careful to plant your onions in a shady spot if possible. Don't plant garlic until November. Soon it will be time to plant all the crucifers; cabbage, broccoli, broccolini, cauliflower, and possibly – my very favorite – brussels sprouts! That last one is a real challenge because brussels sprouts are heavy feeders. You will need to feed some kind of fertilizer with nitrogen while the plant is growing. Your garden will need to be fed on a regular basis. All the crucifers are heavy feeders, but not as heavy as brussels sprouts. Brussels sprouts are very high in protein.

There is one very important factor for growing a garden for yourselves, or a family with children. You must plant enough to keep everyone fed! You need to plant follow-up plants so that after the first larger ones are harvested, you've got more that are growing. Get your neighbors involved and plant lots of variety!

Happy gardening!

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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Chamber of Commerce Focus on Business: Flash Marketing

Social media marketing has become an essential tool for businesses in today's digital age. Leveraging the power of platforms like Facebook, Instagram, YouTube, TikTok, and LinkedIn, companies can connect with their target audience on a personal level, build brand awareness, and drive sales. As you can imagine, social media use is at an all time high, with nearly 90% of people in the U.S. actively using it. As a business,



this creates a massive opportunity to continuously introduce your brand to new customers.

By staying current with trends and maintaining an authentic online presence, businesses can harness the full potential of social media to achieve their marketing goals and stay ahead in the competitive landscape

Flash Marketing Agency's mission is to help business owners create a social media presence that they are proud of. We help tell their story, build genuine connections, and establish trust and credibility through social media content. We offer a variety of services to our clients, including social media content creation + management, social media ads, email marketing, and graphic design.

We focus primarily on creating video content for our clients, because video is hands down the most effective way to grow on social media in 2023. We handle the entire process for our clients in house, from coming up with ideas to recording content, editing content to posting and managing social media accounts.

We also teach a once per month in-person social media class. This class is designed to help business owners learn to utilize their social media presence effectively and create meaningful content. The team at Flash Marketing hosts it and it's a great way to meet other like-minded business owners as well!

To learn more about Flash Marketing and all that we have to offer, You can find us at:

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Breed Discrimination and BSL

by Diana Ozimek

What is BSL? BSL stands for breed specific legislation. BSL happens when a community (city, county, country) puts a law in place banning a specific breed and making laws an owner must follow in order to keep the breed if you already have one. These bans are usually following an increase in dog bites and someone in the community starts pushing for legislation. This may seem

like an easy fix but it's not and usually doesn't do anything to make a community more safe.

The majority of unsafe dogs are due to unsafe owners. Unfortunately, a breed who takes the brunt of BSL target is the pit bull. Pit bulls are normally a mixed breed from a bully breed (Stafford shire terrier, bull terrier, American bulldog) often mixed with many other breeds. Quite regularly these same dogs are targeted by criminals or people taking part in criminal activity. These dogs are either used to make money – breeding or fighting – or used as a status symbol or protection. The owners in these environments are not interested in proper care and socialization, so you end up with an imbalanced dog. Banning a breed won't stop this behavior and most likely won't stop this section of the community from owning them.

Breed bans open the door for all types of discrimination toward families and their pets. If your dog looks like the banned breed someone could report you. You could have a boxer mix be mistaken for the banned breed. My experience shows me, people are not good at recognizing a dog breed, creating a huge issue when dealing with BSL.

The government in the U.K. is looking to ban XL Bullies by the end of this year. This is a young breed, created in the U.S. around the late 80's, early 90's. I've already heard from people in the U.K. that other breeds are being targeted. People are mistaking English Bull Dogs for the breed in the news. Opening the door for breed discrimination doesn't get to the root of the problem and often causes more issues for the community and their pets. Governments need to look at targeting crime and the owners misusing their dogs if they really want to make a safer community.

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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Litigation: From the cheap seats

by Roland Brown



Here I sit – a lawyer watching, via live-stream, lawyers questioning lawyers about another lawyer! It certainly provides opportunities to analyze the efforts of other lawyers. On this Tuesday evening in mid-September, the impeachment trial of Attorney General, Ken Paxton, before the Senate of the State of Texas sitting as a jury is likely at or near

the half-way point. Lawyers, some well-known and others not so well-known, are making arguments, questioning witnesses, making and arguing objections to evidence and seeking to implement legal, political, and practical strategies on behalf of their respective clients – the house managers, on the one hand, and the defendant on the other.

If you watch the proceedings, I suggest that you not consider it a textbook lesson on the rules of evidence. Perhaps, for a variety of reasons, it is far from that. That is not necessarily a critique of the lawyers or of Lieutenant Governor, Patrick, who is presiding over the trial. The lawyers may sometimes be making strategic use, or even *misuse* of the rules of evidence to further their positions, and the Lieutenant Governor is not a lawyer or a judge. Having acknowledged that, I am frustrated by many of the objections, responses to objections, failures or choices not to object, and inconsistent rulings to objections made. The constant side bar remarks, political speeches under the guise of questions, arguing with the witnesses, testifying by the lawyers instead of asking questions, etcetera ad nauseum, are almost overwhelming. Generally speaking, the Lieutenant Governor has been even-handed in his role as judge, but his rulings on evidence lack consistency. As I write this, he allowed questioning during recross examination that clearly exceeded the allowable scope of such recross. Still, the evidence is coming in and the story is being told in fits and starts.

While I wish politics and judicial proceedings could stand apart from one another, such is the wish of an idealist – of which I am one – and I appreciate the reality that an advocate must use any permissible tool available on behalf of the client. What I do look forward to is learning soon whether politics will prevail over facts and law, or whether, even in the times in which we live, thoughtfulness and commitment to objective truth and justice will rise to the surface as shimmering points of light on the sea of our common good.

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.



Start moving toward retirement security

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



Pat M. Woodman

It's not as well-known as Halloween, but National Retirement Security week happens every October and while it doesn't involve ghosts and goblins, it does deal with something even more frightening: the risk of not being able to enjoy a comfortable retirement. Through various events, this occasion highlights ideas about building retirement security.

What steps can you take? Don't underestimate your longevity. Con-

sider this: 65-year-old men can expect to live another 20 years, while 65-year-old women can anticipate almost 22 more years, according to the Society of Actuaries. These figures are just averages, you could well exceed these ages.

Don't underestimate health care costs. When you retire, some of your expenses – such as transportation, wardrobe, and other costs associated with your career – will drop. Others will not and may even increase. Health care is a prime example: Many people assume that Medicare or their Medicare Advantage plan will take care of virtually all their health care costs in retirement, but that's not the case. Plan on spending \$4,500 to \$6,500 per year on health care costs during retirement, excluding the large expenses connected with long-term care.

Contribute as much as you can afford to your retirement plans.

Try to put in as much as you can afford to your 401(k) or other employer-sponsored retirement plan and try to increase your contributions whenever your salary goes up. You may also be eligible to contribute to a traditional or Roth IRA, which offers tax benefits and a wide variety of investment options. (Contributions to a Roth IRA may be limited based on your income.) Once you reach retirement, you can still make some moves to boost financial security.

Maintain an appropriate investment mix. When you retire, you might be tempted to shift most of your portfolio into highly conservative investments to *lock in* gains and avoid being overexposed to market volatility that could cause short-term losses. Even in retirement, you should still own some growth-oriented investments that can potentially help keep you ahead of inflation. Periodically rebalance your investments back to your preferred mix to avoid taking too much or too little risk, consult with a financial advisor.

Identify a suitable withdrawal rate. You don't want to take out so much from your portfolio each year that you run the risk of outliving your money. A common withdrawal rate to start retirement is 4%, but your own rate should be based on several factors: age, size of portfolio, other sources of income and so on. It can be challenging to make all the moves necessary to help achieve retirement security – but it's worth the effort.

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.

Dripping Springs Outlook | October 2023

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