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*Dripping Springs*  
**OUTLOOK**

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**Here's to new beginnings!**  
**Remember...the windshield is bigger than the rear-view mirror.**  
**Cheers to a great 2024, Stephanie**



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# New year

## Dripping Springs OUTLOOK

I love a fresh start – be it a fresh notebook with crisp, unmarked pages, a new week, a new day, a new year. There is something so inspiring about a blank canvas upon which we can begin anew.

There is much to offer in the way of inspiration this January issue. Whether you're looking for a new hobby, to develop a new habit, or to uplevel your life completely, there's something here for you.

They say the key to starting anything is to start small and be consistent. It takes 30 days for a new habit to form. The fact that four weeks from now, I can have roots in a healthy new habit that uplifts and inspires my life is totally amazing to me. And between four weeks and eight weeks, as we level up in our lives and routines, in the process we inspire others and leave them wondering how we did it. We can't change the world, but we can change ourselves and by doing so lift up others and inspire by example.

“Every moment is a fresh beginning.”  
—TS Eliot

# Happy January, y'all!

Warmly,



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- 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, Summer 512 644 4198, [SMWimberleyDS@fit4mom.com](mailto:SMWimberleyDS@fit4mom.com)

- Every Tues. 6:30pm **Toastmasters of DS**, courtroom in Hays county office 195 Roger Hanks Pkwy. 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 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](http://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](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@dsccl.org](mailto: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](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 **Thurs. January 18: Warren Hood**
- 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
- 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 [DSChurhofChrist.com](http://DSChurhofChrist.com), 512 858 4500.

- Sunday, January 14, 10am-5 pm, Big Tex Gun Show, Dripping Springs Ranch Park and Event Center
  - Friday, January 26, 2:30-5:30pm, Asleep at the Wheel, Buck's Backyard  
1750 Farm to Market 1626, Buda
- Sunday, January 28, 10am-2pm, Wedding Capitol of Texas Winter Showcase, Dripping Springs Distilling, 5330 Bell Springs Road. Experience the ultimate winter wedding extravaganza.

# 2024: What does your body need to function properly?

by Breca Tracy, PhD



At REGENERATE we have several programs and protocols to get you – and your body – to total wellness. Have you put thought into what your body needs to function properly daily? Have you had your blood work analyzed? Do you know what your deficiencies are? Whether you have the answers or are looking for them,

we'd love an opportunity to walk you through what might help you reach your 2024 goals. Are you ready to start taking care of your skin, your aches and pains, whole-body wellness, or maybe just performance in general?

REGENERATE has plenty of options for you. Did you know a simple vitamin program could help you regain energy, help kick start weight loss, help get you through seasonal allergies, or simply kick a cold to the curb? A healthy immune system can make a world of difference.

At REGENERATE we focus on getting your body – whether internally or externally – back to where it once was, functioning like it once did, or potentially even better than it ever has! Are your

2024 goals to increase quality of life? Do you have joint pain? Do you need to lose weight? Are you driven by appearance or performance? Do you wish your skin was brighter or more youthful? At REGENERATE we focus on you! Do you wonder if/how we can help you?

Come chat with our team to discuss how we might be able to get you back to feeling, performing, and looking youthful again. If we can't help you meet your 2024 goals, we will help find someone that can! Come see us. We look forward to meeting each and every one of you!

*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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# The art of mindful consumption: Listen to your body

by Heidi Pousson



The landscape surrounding cannabis has evolved significantly. Amidst the excitement of exploring various cannabis products, it is crucial to remember the importance of listening to your body. Just as with any substance, cannabis affects each person uniquely. Being attuned to your body's signals is key to a positive and mindful experience. This makes all the difference!

Cannabis contains over a hundred different compounds known as cannabinoids, each with its own set of potential effects. The two most well-known cannabinoids are THC (tetrahydrocannabinol) and CBD (cannabidiol). THC is responsible for the psychoactive effects commonly associated with cannabis, while CBD is non-intoxicating and has been linked to various therapeutic benefits. What works well for one person may be too much or too little for another. Start with a low dose and gradually increase until you find a comfortable balance. This cautious approach minimizes the risk of adverse reactions and allows you to tailor your cannabis experience to your specific needs.

Cannabis comes in various forms, including flowers, edibles, tinctures, and topicals. Each method of consumption has its own onset time, duration, and intensity of effects. Smoking or vaporizing produces rapid effects, while edibles may take longer to kick in but often last longer. Choose a consumption method that aligns

with your preferences and lifestyle. Many turn to cannabis for pain relief, anxiety reduction, and sleep improvement. Pay attention to how your body responds to different strains and products. Adjust your choices based on your evolving needs.

Overconsumption of cannabis can lead to unpleasant side effects – anxiety, paranoia, and dizziness. You can recognize the signs of overconsumption and take steps to mitigate these effects. Stay hydrated, find a comfortable and familiar environment, and consider using CBD to counteract the psychoactive effects of THC.

Creating a comfortable and safe setting can enhance the positive effects and minimize potential negatives. Whether you choose to consume cannabis socially or in solitude, being mindful of your surroundings contributes to a more enjoyable and controlled experience.

*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

# Should I consider GLP-1 medication such as Zepbound, Mounjaro, or Ozempic before plastic surgery?

by Rocco C. Piazza, M.D



Have you been considering elective surgery, but are concerned about getting to a BMI that will allow for the best results? In our pursuit of clinical excellence, we're thrilled to introduce you to Zepbound, a groundbreaking GLP-1 drug with FDA approval for weight loss, and share how it seamlessly integrates

with our expertise in tummy tucks, breast augmentation, mommy makeovers, and body contouring.

Plastic surgery results are optimized at your ideal weight, and sometimes it requires medication to help us lead more healthy lives. If you're making an investment in plastic surgery, this medication when paired responsibly, can offer innumerable benefits to getting the best result once you get in plastic surgery. Responsible use of this medication is key and our team is able to safely monitor this medication as part of our protocol.

At The Piazza Center, we recognize the pivotal role a healthy BMI plays in achieving optimal plastic surgery results. Our commitment to comprehensive patient care extends to personalized weight management programs, where Zepbound might be an effective tool to your pre-surgery needs. By integrating this revolutionary drug into our programs, we aim to prepare you for the best possible surgical experience. Everyone's path is unique and our team is here to guide you through the qualification process.

When considering Zepbound-assisted weight management before plastic surgery, it's essential to assess individual needs and health conditions. To determine the right weight management and treatment path for your specific requirements, reach out to the experienced team at The Piazza Center. Please note, that not all patients may qualify for Zepbound and a medical practitioner will need to determine eligibility.

Our dedicated professionals, led by me, will work closely with you to evaluate your current health status, discuss your goals, and tailor a plan that aligns with your unique circumstances. Your journey begins with a consultation, where we'll provide the information and support you need to make informed decisions about your transformation.

Don't hesitate to take the first step – contact us and embark on a personalized path to a healthier, more confident you.

*Rocco C. Piazza, M.D is a Diplomate of The American Board of Plastic Surgery, a member of the American Society of Plastic Surgeons, as well as a national spokesperson for the ASPS. Call 512 288 8200 and visit the website [ThePiazzaCenter.com](#).*



# The art of hastening slowly

by Leslie Tourish, LPC



Do you ever catch yourself hurrying out of habit? Dashing through traffic by switching lanes around slower drivers? Becoming impatient with the person at the front of the grocery store line who fumbles with their credit card? Waking up in the morning and finding your mind is already jumping ahead to what you must do later that afternoon? If so, then perhaps you've uttered the prayer: *Give me*

*patience, oh Lord. And make it snappy.*

It's been studied that people's attention spans have been shortening, possibly due to our high-tech world. A simple example is the telephone. In the ancient times, like when I was growing up, we had rotary dial phones, which meant we had to wait for the rotation of each number to circle around before starting on the next. Now phones allow us to breeze through our speed dial list within a matter of seconds. And if you can multi-task, such as loading up the espresso machine, while texting your broker, during a phone call to mom, then you're really cooking. Yet with all these souped-up gadgets, it does beg the question: *who's the beast and who's the master?*

While patience may be a virtue, perhaps in today's reality it's becoming more of a necessity. Slowing down and being in the present moment allows us to get in touch with our lives. Other-

wise, the precious moments of our life slip unnoticed through our busy fingers. In spiritual growth, take one step and let tomorrow's step take care of itself.

Patience, by its very definition, is a process and not a destination, and thus requires retraining of the mind. Dr. Richard Carlson, a psychotherapist and author, writes, "You can start with as little as five minutes and build up your capacity for patience, over time. Start by saying to yourself, *Okay, for the next five minutes I won't allow myself to be bothered by anything. I'll be patient.* What you'll discover may be truly amazing. Your intention to be patient, especially if you know it's only for a short while, immediately strengthens your capacity for patience. Patience is one of those special qualities where success feeds on itself. Once you reach little milestones – five minutes of successful patience – you'll begin to see that you do, indeed, have the capacity to be patient even for longer periods of time. Over time, you may even become a patient person."

Slowing down in a life where a high premium lies on the twin deities of speed and convenience, may frankly require, mindfulness. Or, as the 18th century German novelist and poet Johann Wolfgang von Goethe wrote, "The things that matter most should never be at the mercy of the things that matter least."

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





# YOUR 2024 REAL ESTATE CRYSTAL BALL

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By Cody Johnson



YOUR LOCAL HILL COUNTRY EXPERTS  
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Before we get going, we want to acknowledge that it will be fun to look back on this projection when we wrap up 2024. With that said, here we go.

It's officially 2024, and the real estate market is turning a new page, just like the calendar. The latter half of 2023 was one of the slowest, if not the slowest, on record for transaction volume in both the real estate and mortgage markets. This was driven by a number of factors, but most prominently driven by a series of Federal Reserve driven mortgage rate increases. The Fed raised interest rates 11 times between March 2022 and December 2023, but the board signaled a change in policy following the December Fed meeting. This prompted both bond and stock markets to rally into the holidays, and the projected 30 year fixed mortgage rate to drop below 7% for the first time in almost 12 months. Both institutional and private money appear to be getting more comfortable with the strategy of the Federal Reserve, and the market has begun pricing in the possibility of three to four rate cuts in 2024.

Although greater Austin in general and Dripping Springs and the Hill Country more specifically felt more pain in terms of price depreciation and YoY transaction volatility than almost any other market in the country, both are well positioned heading into what is hopefully a rebounding year. While we may not (and hopefully will not) see the craziness that was the Austin Real Estate market from 2021 - 2022, it is anticipated that a sense of normalcy will return.

Just in the last four to six weeks of 2023, we saw a significant uptick in market activity, from showings and inquiries to contracts and closings, indicating improvement in both early and late state pipeline indicators. This is good news for both buyers and sellers. Buyers will likely be brought off the sideline with the indication of declining interest rates, and sellers will finally feel like they are again approaching what they feel like their home is worth in today's market.

In addition to the macroeconomic factors impacting a potential revival in transactions as we approach spring, microeconomic factors in Austin and the Hill Country remain strong. There continue to be large companies in technology, manufacturing and financial services that are relocating to the Austin and San Antonio MSAs. This along with infrastructure improvements and generally strong sentiment behind moving to Central Texas should continue to carry momentum in the Real Estate markets locally as we head into the New Year.

*The article is written by Cody Johnson, who is an owner and co-founder of NestHaven Properties, a full service real estate company established in Dripping Springs in 2023. He has spent the last decade entrenched in all facets of the Real Estate industry; Capital Markets, Mortgage, Title Insurance, Brokerage and Technology. Call 512.327.7800 or 512.781.4499.*



# Dog to dog introductions

by Diana Ozimek



A dog-to-dog introduction can make or break how they feel about each other. If you know you have two extremely friendly and tolerant dogs, that's easy. Just about anything will be fine. What about a dog who needs a slow introduction, a new puppy, or a dog you aren't sure about. Let's discuss.

My go-to when bringing a new puppy into my home is to introduce with the puppy behind a baby gate in an extra room or with the puppy in the playpen. This way, the puppy and resident dog can sniff and see each other through a boundary, and you can see how they are reacting. Puppies can get overwhelmed easily by larger dogs, having a boundary helps them feel safe to explore and say hi.

If you are introducing two adult dogs, I prefer to take them on a walk before any off-leash time. Adult dogs who aren't extremely friendly or who you don't know well, need to gain the trust of the other dog. Leash walks are great, you have control of the situation. You can start with space, if they are calm and interested you can walk closer. Sniffing is a nice activity for them to do together plus it's a stress reliever. After a nice walk, if they seem interested and calm and have already gotten some exercise, you can move into a fenced in yard and drop the leashes. I like to keep a leash on at first so if anything goes wrong, you can grab it to separate them.

One of my dogs needs a very slow introduction. He enjoys other dogs but is overwhelmed by the idea of meeting them. If you are in this situation, this is what I have done. Let's call the overwhelmed dog, Dog A and the other dog, Dog B. Dog A will need a lot of time to calm down. If Dog B is overexcited this will only add to the issue, this is why we need a calm dog who can handle Dog A's actions. I start with lots of leash time in the yard, walking away and back, treats if the dog will take them, wandering around the yard with some space between them. Once Dog A can work for treats and I can have them walk close enough to sniff butts, sit for treats... I'll try a dropped leash and go from there.

*Diana Ozimek is the owner and lead trainer at Good Dog in the Making. She is excited to bring her puppy training expertise to her new community and help families raise a confident, well-mannered dog. GoodDogintheMaking.com, 773 899 1960.*



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**Diana Ozimek**  
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# A parade of pulchritude

by Kern Deschner



I love Galveston. I know not everyone does. The water is cloudy and the sand is not like Florida or the Caribbean. However, the low sloping beach with a gradual shallow drop off in the water is great for playing children, and keeps the big fishes away from shore. The stretch of sand – east of Murdoch’s – out in front of the Grand Galvez, always washes up the holy grail of beachcombing – a shark’s tooth or two – every time I go.

Galveston is a quirky city. It was once the Grand Dame of the gulf coast, the largest city west of New Orleans. When the rest of Texas lay choked in dust and mud, Galveston had cobblestone streets, grand Victorian mansions, and society cotillions. Texas built its first medical school there and fortunes were made in shipping, banking, and industry. The island was built out years ago, and the whole town is pretty much a historic district, which is why there are so many beautiful restored Victorian homes where people still live. And in 1865, slaves in Texas first heard of their freedom in Galveston, on June 19, a holiday now known as Juneteenth.

Modern day Galveston still feels Victorian. They still have trolleys. Dickens On The Strand is a Dickens themed festival in December where hundreds of people get to dress like it’s 1850. Grand old hotels like the Tremont house, which is the perfect place to

be for Galveston’s fabulous Mardi Gras, are still stylish. But today’s Galveston also has Moody Gardens with a modern hotel and enough entertainment to keep the kids busy all weekend. Galveston is now one of the largest cruise ports in the country and it’s also where the battleship Texas is being restored.

For a town its size, Galveston has better places to eat than many cities that are much bigger. Rudy and Paco’s, Gaido’s, Shearn’s, Valdez, and, heck, Mario’s Pizza are restaurants that could succeed in any city in Texas. They are always busy. Galveston is not one of the biggest cities in Texas, but they don’t care. They are comfortable in their own skin.

The jewel of Seawall Boulevard is The Grand Galvez. Recently remodeled, if you ever want to feel like it is 1911 and you are staying in an elegant place, that’s your hotel. The Sunday brunch is not to be missed if you have a liking for seafood. Don’t eat the night before. One of the earliest beauty pageants in the United States was held at the Galvez in 1911. Some say it was the precursor of the Miss America pageant. It was called *A Parade of Pulchritude*. Pulchritude? You have to be a classy town to even know what that word means. I think I’m going to use that phrase next time I see a row of really nice alpacas!

*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](mailto:tierra@alpacausa.com).*

# Swinging arms = A better life

by Sarah Geenberg



Swinging arms = a better life. I have no scientific proof of that – just experience.

In karate, we talk about using your whole body for a move. Our Grandmaster Kim Soo says if a move does not feel good, it is probably not good for your body. Change the move. I look forward to one day really being able to do karate

without pushing through anything. I want to feel nothing but full flow and power. When the whole body is truly working together, extreme power exists with very little feeling of effort.

Yoga teachers say the same thing. We say to stay within the boundaries of what your body tells you that it can and can’t do and to gently explore the edges. In yoga, we learn how to use the whole body instead of over-working one spot – say the knees – to the point of them becoming painful.

So, the arm swing makes karate more powerful. We aim better, turn faster, avoid faster, punch faster, and kick harder with proper arm swing. Without it, we lose balance or have the arms take power from the move by working in the opposite way.

So when I hurt my foot, I knew from yoga that limping was not a good idea, as it would stress my hips and lower back. I could not propel forward on that side. But, I could simply walk normally

and swing my arms. The swinging propelled me forward, just as it strengthens my moves in karate.

Then, the best part happened. When I am in pain, I have a tendency to tighten up around my neck and head. And my head feels stressed. The arm swing took care of that, too. I could feel the stress and pain flinging away through my fingertips. I continued exaggerating my arm swing and after a bit I felt I had no care in the world. I felt light and the swing made me light.

So there it is. Just swing your arms and life just gets easier.

*Sarah Geenberg is the owner of Wimberley Karate and Yoga Studio, near Blue Hole, and [OnlineSeniorsYoga.com](http://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](http://wimberleykarateyoga.com)**





## Cold hardy asparagus

by George Altgelt

As promised in last month's article, we are going to discuss freeze hardiness of your fall and winter garden!

The best time to plant asparagus crowns is from the beginning of January towards the end of February even though those are the two coldest months. Crazy!

It's the crowns that you plant, not seeds. Make every effort to know which end is up when you plant asparagus crowns. I've seen them planted upside down, a lethal mistake for the asparagus starts. Hold the bare root plant in front of your face. The crown will be compact and bunched up with the roots, extending downward like an upside down umbrella. Most likely, the roots will be lighter in color than the bunched up crown.

You can plant asparagus in rows or not. Dig a hole in the soft Garden Soil slightly larger in diameter than the roots of the crown. Once the hole is big enough and deep enough (about 4 to 6 inches) pile up a cone shaped mound in the center of the hole. Then, place the asparagus plant over the mound, like an octopus engulfing a volcano. Gently pull in the soil over the roots with the crown slightly below the top layer of the surrounding soil.

Once you have all of your transplants in the ground, cover them with a layer of mulch 2 to 3 inches thick. This will prevent the crown from freezing. In the case of an extreme freeze, place a layer of plastic over the entire bed of transplants. Water the plants

in so they can start with some real moisture. Most likely, you will not see any growth until spring.

Asparagus may look like a fern, especially when young and leafing out. But they are in the family *Lilly*. Strawberries are in the Rose family (*Rosaceae*), occur worldwide, and have a common ancestry that goes back some 4 million years. Although asparagus and strawberries are not even remotely related, for both, it is best to not to harvest for at least two years.

The best fertilizers to feed asparagus during the growing season are Hasta Grow and Fish Emulsion.

*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.*

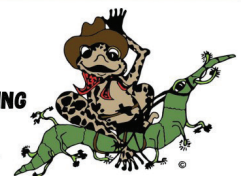
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# Which water filter is right for you?

by Randy Lawrence



If you ever consider buying a filter for drinking water, it will quickly become apparent that there is a wide range of pricing and technologies to choose from. It can be difficult to determine which type of filter is appropriate for your water supply. Learning about different levels of filtration that are available can help you make an informed choice.

Often referred to as *taste and odor filtration*, the most common type of water filter is *activated carbon*. Its primary use is to remove chlorine from the water, which can certainly improve taste and odor. Filters that utilize carbon include refrigerator filters, faucet attachments and filtration pitchers. It is important to note that some of these filters don't appear to live up to the claims made by their manufacturers. Independent testing results that show this are readily available online. There are types of carbon which can remove lead and other heavy metals, but the majority of store bought filters will have little effect on these and other contaminants. While a carbon filter alone may not give you the quality of water you would like, they are often used as part of a larger filtration system.

One example of this is reverse osmosis, often referred to as *RO*, which is a more comprehensive method of filtering drinking water, accomplishing a much greater level of filtration than a simple inline or pitcher filter. An RO unit commonly consists of two or three stages of pre-filtration, often including sediment and

carbon filters, before forcing the water through a semi-permeable membrane which removes fluoride, lead and other heavy metals. This membrane will reduce the dissolved solids content of your water by 90-95%, producing high quality drinking water which is stored in a small pressure tank under the sink. The water is forced through a final *polishing* filter before being dispensed through a separate drinking water faucet installed at your sink. A licensed Water Treatment Specialist can explain the quality concerns that may be specific to your home's water supply and help you to determine which type of filtration system will best fit your needs.

*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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# Litigation: One thankful lawyer

by Roland Brown



In this season of the year when we count our blessings, gather with loved ones, and look forward to a new year, I take this opportunity to tell you a bit about myself and my practice. As I write this, I am looking across the Wimberley valley from our new offices nestled on a hillside in Wimberley. It is inspiring to work from this space which we designed

to maximize our effectiveness as we apply ourselves each day to the many aspects of handling each injured client's case.

I have a lot to be thankful for. The good things that come my way are attributable to the good people who live and work with and around me. I am blessed with wonderful folks to work with and a wonderful family to enjoy when work is done. Among my family members are daughter, Betsy Mosley and her husband, Rance, who also write articles that appear in *The Wimberley News and Views* as part of their business, *Blue Jug of Wimberley*. I am proud of them! I have the privilege of working for some of the nicest people, many of whom chose to contact me after reading the articles I have published in this periodical over the past several years. Other lawyers, particularly many of the fine lawyers in Hays County, have helped me as I've developed my practice here over the past sixteen years. Many of them have referred clients to

me for help with injury cases. In turn, I have helped folks connect with these lawyers to help them with other types of matters. The attorneys have honored me as Hays County's Best Personal Injury Lawyer in each of the polls of Hays County lawyers conducted by the publisher of the county's three largest newspapers over the past four years. Such recognition by one's peers is not taken for granted and inspires me to work even harder to justify their confidence in me.

I am looking forward to 2024 as an opportunity to meet new friends and help new clients while actively taking advantage of the myriad of social, recreational, civic, and other opportunities we enjoy here in our part of the Texas Hill Country. Happy New Year to each of you!

*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.*



## Consider a family meeting to discuss estate plans

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



Pat M. Woodman

At some point, you'll want to share your estate plans with your loved ones – and the first step in this process may be to hold a family meeting. The best time to hold this meeting is when you're still in good mental and physical shape, and the enactment of your estate plans may well be years away. But what topics should you cover?

Your wishes – and those of your family. Use this meeting to introduce

your estate plans and, in a basic sense, what you hope to accomplish with them; leave money to your family, support charitable groups, and so on. You'll want to emphasize that you want to be equitable in what you leave behind, but there may be issues that affect this decision, such as disparities in income between grown children or an allowance for a special-needs child. But you'll also want to listen to what your family members want – and you might be surprised at what they tell you. More than 80% of the millennial generation would rather know their parents are financially secure throughout their retirement, even if this means less money left to them, according to an Edward Jones/Age Wave study.

At the time of your family meeting, you may or may not have already created your estate planning documents, but in either case, this would be a good time to discuss them. These documents may include a will, a living trust, financial power of attorney, health

care power of attorney, and possibly other arrangements. At a minimum, you'd like to give a general overview of what these documents mean, but at an initial family meeting, you don't necessarily have to get too detailed. For example, you might not want to talk about specific inheritances. This is also an opportunity to inform your loved ones of the professionals involved in your estate plans, such as your attorney and your tax advisor.

Not only does a comprehensive estate plan involve moving parts, such as the necessary documents, but it also includes actual human beings who may need to take on different roles. You will need an executor for your will and, if you have a living trust, you'll need a trustee. Even if you choose to serve as the initial trustee, you'll still need to identify one or more successor trustees to take your place if you become incapacitated, or upon your death. Plus, you'll need to name people to act as your power of attorney for health care and finances. Be aware that some family members could feel slighted if others are assigned roles they feel they could do. By being aware of these possible conflicts, you can be better prepared to address them.

Here's one more suggestion: Let your family know that this initial meeting doesn't mean the end of communications about your estate plans. You may need to hold additional family meetings in the future, but by laying the initial groundwork, you will have taken a big first step in establishing the legacy you'd like to leave. *Pat M. Woodman, Edward Jones Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-894-0665.*



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*Gabria Cathcart, FNP-C, IFMCP*

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If these symptoms sound like you and you would like to have a conversation, I would be happy to help you.

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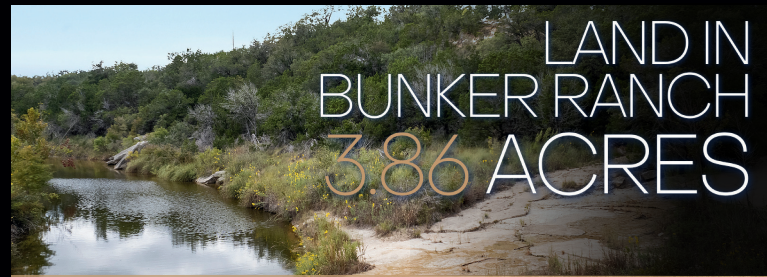


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