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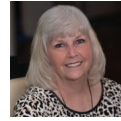
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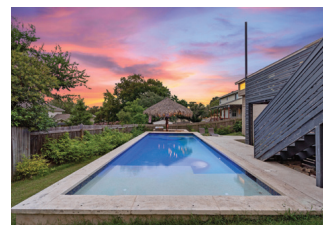
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Love is...

Let's talk about love. We've heard it said that love is a verb. Love is an active and ever-evolving, ever-adapting action. It's a choice. Love is kindness. Love is gentle and unassuming. Love gives the benefit of the doubt and leaves space for forgiveness and change. Love never ends. And if it does, it wasn't really love.

So often when the topic arises we consider romantic love. But love is so much more than that. Love is everywhere and everything. Love is the answer to every problem. Approach your issue with love and watch how it changes. So often in this world, we approach others, especially strangers – hello, internet trolls! – with borderline hostility and no trace of love. Have you noticed what happens when we do? Smiling at someone we accidentally make eye contact with at the grocery store, asking the gas station clerk about their day, taking a moment to look someone in the eye and have a human moment instead of subscribing to this fast-paced, cut-throat mentality that has become the norm. Love is natural. Love is necessary. Love is all we really have.

Happy February, y'all.



Find our archive online [DSOutlook.com](https://www.dsoutlook.com)

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february | 2024

Community Calendar

- 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. 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. 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. DSAgBoosters.org
- 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, 6:30pm Dripping Springs Ranch Park, September through May.
- Every 3rd Mon. Eastern Star meets at Rambo Lodge at 7:30pm. Call Kathy Clark, 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 DS, Hays county office 195 Roger Hanks Pkwy. 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 Todd Ashby at todd.ashby9064@icloud.com
- Every Wed.-Sat. Noon-3pm, Dr. Pound Pioneer Farmstead and Museum open for tours. 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. 512 847 9956
- Every 3rd Wed. Dripping Springs Cook-Off Club, Acopon Brewery. 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. 512 858 5637
- Every 1st Thurs. 6-7:30pm, Nonfiction Addiction Book Club at Dripping Springs Community Library, DSCL.org, 512 858 7825. AdultServices@edscl.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 DS 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 *Thurs. February 15: Del Castillo*
 - 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, 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. 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, Bible study 9:30am, 10:30am worship. Meal provided 11:30am. Visit DSChurchofChrist.com, 512 858 4500.

What is our Secret?

Secret Radiofrequency (RF) energy delivered by microneedling! Stimulate your body's natural anti-aging regenerative pathways!

by Breca Tracy, PhD



Diminish lines, wrinkles, stretch marks and scars, decrease pore size and sundamage, and even skin tone and texture! There's a secret in dermal remodeling, a radiofrequency microneedling system here in Dripping Springs. Improve

your overall complexion with Secret RF. This is *your* secret for younger looking skin. Revitalize your skin and body from the inside out. Collagen regeneration, and fast treatments for the face and body with no downtime!

How is radiofrequency (RF) delivered by microneedling different than standard microneedling techniques? Simply said the RF, or heat/energy component, to our process here at REGENERATE is the key. Not only does this technique allow our licensed estheticians to penetrate multiple dermal layers within the skin, but the RF also allows the injuries created to occlude (close up), while simultaneously stimulating the production of collagen and elastin! You will not leave the office with a raw face. Mild irritation or redness may occur, but typically is gone or is minimal within hours to a few days. Post treatment you have little to no downtime!

This RF microneedling technique offers something for almost everyone. By combining RF energy, semi- and non-insulated microneedles, and adjustable depths of penetration, your treatments can be customized based on the individual concern, skin type, and/or body area. This is the most versatile piece of equipment on the market. A typical treatment package is 3-4 treatments. You can expect to start seeing evening of skin tone and texture, and brighter skin in about four weeks. Longer term anti-aging goals, such as decreasing fine lines, wrinkles, stretch marks and scars, is a regenerative process and will take place throughout the course of the treatment plan.

Our goal is to provide our community access to the best innovative technologies available. How is this for collagen and elastin regeneration naturally and efficiently, with little to no downtime!

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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Finding relief: Cannabis and fibromyalgia

by Heidi Pousson



Living with fibromyalgia can be a challenging and painful experience. The chronic condition is characterized by widespread musculoskeletal pain, fatigue, and sleep disturbances. While there is no cure for fibromyalgia, many individuals have found relief in alternative treatments, and one that is gaining attention is the use of cannabis. I have a child who suffers from chronic pain and feel a connection to all those

who come to Haus of Jayne seeking relief.

One of the most prominent symptoms of fibromyalgia is chronic pain. Cannabis contains compounds known as cannabinoids, such as THC and CBD, which interact with the body's endocannabinoid system. This interaction may help alleviate pain by reducing inflammation and modulating pain signals in the brain.

Individuals with fibromyalgia often struggle with sleep disturbances. Cannabis has been reported to have a positive impact on sleep patterns. Certain strains, particularly those high in CBD, may help promote relaxation and improve the overall quality of sleep. It is also beneficial to combine THC and CBD.

Fibromyalgia is not only physically taxing but can also take a toll on mental health. Cannabis has been shown to have anxiolytic and antidepressant properties. Many anxiolytic drugs like Xanax or Ativan may have side effects or addictive properties. By allevi-

ating symptoms of anxiety and depression, cannabis, a more natural solution, may contribute to an improved overall well-being.

Muscle stiffness and spasms are common issues for those with fibromyalgia. Cannabis, particularly strains with a balanced ratio of THC and CBD, has muscle relaxant properties that may help ease these symptoms, allowing for greater mobility and comfort.

While the use of cannabis for fibromyalgia symptoms shows promise, it's essential for individuals to consult with healthcare professionals before incorporating it into their treatment plans. Every individual is unique and what works for one person may not work for another. As research on cannabis and fibromyalgia continues, it opens new possibilities for alternative and more personalized approaches to managing this challenging condition. Come by Haus of Jayne, so we can help you find options that may be best for your needs.

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

Mommy Makeover: 10 Most frequently asked questions answered

by Rocco C. Piazza, M.D



1. What is it? A personalized combination of cosmetic procedures designed to rejuvenate and enhance areas affected by pregnancy.

2. How do you choose the right plastic surgeon for a mommy makeover? You should feel confident with your surgeon. The best way to do that

is to schedule a consultation. I begin every surgery journey with a one-on-one consultation, listening carefully as you describe your ideal body. I perform a physical examination to develop a surgical approach that is safe and effective. I am a board-certified plastic surgeon specializing in body contouring. I've performed countless tummy tucks, mommy makeovers, liposuction, hip lifts, and waistline reshaping surgeries with stunning results. I'm a nationally-known speaker and published author, contributing significantly to plastic surgery literature.

3. How do I know if I am a good candidate for a makeover? Consider your overall health and completing family planning.

4. What procedures are included in a mommy makeover? Mommy makeovers at The Piazza Center typically combine breast enhancement and body contouring procedures.

5. What is the recovery time for a mommy makeover? Expect to spend approximately 10 to 14 days at home resting. Light activities like walking are encouraged, though assistance for chores and

childcare is recommended. I customize a recovery timeline before surgery, ensuring thorough preparation.

6. How long after giving birth can I get a mommy makeover? Wait until you have fully recovered from childbirth and established a stable post-pregnancy routine; typically six months to a year.

7. How long do the results of a makeover last? Maintaining results involves adopting a healthy lifestyle and stable weight.

8. Can you breastfeed after having a mommy makeover? If you have breastfed successfully in the past, you may be able to do so in the future after a mommy makeover procedure.

9. Are there any risks? Like any surgery, mommy makeovers carry inherent risks. I prioritize safety and will guide you through pre- and post-operative care to minimize potential complications.

10. How much does a mommy makeover cost? During consultation, our team provides detailed cost estimates, including surgery, anesthesia, and facility fees. We also offer financing options to make achieving your aesthetic goals more accessible.

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](#).



Dripping Springs Outlook | February 2024

Seven deadly sins that destroy self-esteem

by Leslie Tourish, LPC



American author Joan Didion wrote, “To have that sense of one’s intrinsic worth, which constitutes self-respect, is potentially to have everything: the ability to discriminate, to love and to remain indifferent. To lack it is to be locked within oneself, paradoxically incapable of either love or indifference.”

This “... sense of one’s intrinsic worth” is another way of describing self-esteem, and without it is to set sail across a vast ocean with neither rudder nor sails. Therefore, heading in an unintended direction isn’t a possibility, but a probability. Believing in ourselves, knowing ourselves, and being able to live within ourselves, is the foundation from which living authentically springs.

There are seven cardinal sins of self-esteem, according to Sol Gordon, a professor of psychology at Syracuse University, in his book, *Why Love Is Not Enough*, who writes:

1. Constantly comparing yourself to others: each of us is unique. Each of us is special. Each person has a vital mission in life, which no one else is so perfectly equipped to accomplish. No matter how beautiful or successful someone else appears to be, only you have your own place and your own mission.

2. Believing that you won’t amount to much unless you get married: unless someone falls in love with you. Unless someone needs you. Unless you make lots of money. Unless you please your parents. The fact is, these preconditions are usually impossible to fulfill. As long as you define yourself in terms of other people, external achievements, or goals to reach, there is really no you to love.

3. Attempting to please everyone: thinking that you can satisfy all the people with whom you come into contact over the course of your life is dangerous. You must first please yourself. After that, you can work on making the people you care about happy. Beyond that, you’re unlikely to do much more than ensure dissatisfaction with yourself, because there’s always going to be someone who’ll grumble that you’re not doing enough.

4. Being a perfectionist with unrealistic goals: many people think of themselves as failures because they’re unable to achieve wildly ambitious objectives. You can improve your performance in any area you choose by starting out with a more modest, attainable goal. Start small. Work your way up.

5. Expecting that the meaning of life will become clear in a good relationship: life is not a meaning. Life is an opportunity for meaningful experiences. You can only take part in meaningful experiences. You will only have the perspective to perceive the ultimate meaning of your life at the end of it. Don’t rush it.

6. Cultivating boredom as a way of life: some people, it seems, find a great deal of comfort in being bored. How else can you explain their relentless attachment to the very things that bore them? If continued attempts to find a passionate, challenging interest lead you nowhere, then, fake it for a while. Pretend you’re enthralled with what’s taking place and see what happens.

7. Believing that forces outside of yourself control your life: it’s interesting to note that people who feel this way tend not to take very good care of themselves. Even though there are uncertainties and experiences over which you have no control in life, ultimately, you are responsible for your existence. It has to be you.

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

Protecting your garden from the cold

by George Altgelt



There are lots of ways to protect your garden from the cold, from protecting it from wind from the north to using amendments to covering with mulch, fabrics, and plastics to using extra water. I recommend doing a little of everything, depending on the situation.

Importantly, keep all your plants fully hydrated. Water well and do so before the front arrives. Freezing

weather easily kills a wilted plant. I say seaweed, as a watered-in amendment, is a very good idea. Do not wait to the last minute! Leaving water on the leaves of your garden vegetables will be damaging as the temperature drops below freezing.

Broccoli does quite well in cold weather. I would not harvest broccoli or any other crucifers. I am not harvesting my broccoli, brussels sprouts, or beets. We’ve had three good hard frosts already at the store. I don’t think there will be any problem with cold winter weather down into the teens. Time will tell.

Onions and garlic can also be included in the plants that take cold temperatures very well.

Frost guard fabric can also be useful. Geo Growers used to sell that two years ago however, I don’t have any at the moment. You will have to call around to the various supply houses to see who has it, if you want to use it. I don’t use it on cold weather crops.

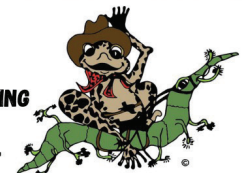
George Altgelt is the owner of Geo Growers, located on 290 and Bells Springs Road. Geo Growers has been in business since 1995 and sells bulk material as well as bagged gardening products and plants. George believes we need to be producing more of our own food, and each one of us can contribute. His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

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WHAT'S THE SPREAD?

By Cody Johnson



YOUR LOCAL HILL COUNTRY EXPERTS
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One of the biggest topics of conversation in the world of Real Estate right now (and always) is mortgage rates. Are they going up? Are they going down? What did the Federal Reserve say? How does the rate impact home values?

At the end of last year, the Fed signaled that they were done raising interest rates. Since December, the Federal Reserve and the markets have sent mixed signals about when and if interest rates will begin to fall. The good news for the Real Estate market is that there's a lesser known force that is allowing the 30-year fixed interest rate to fall without the Fed moving rates at all: The Spread.

As with any business, mortgage lenders need to make a profit on their products. Oftentimes, these mortgage companies borrow money from banks and private investors to lend money to you, the consumer, before being packaged and sold in a bond product called a mortgage backed security. When a mortgage loan is originated, the mortgage company needs to make sure there is enough margin built into the interest rate to cover their cost of capital, operating expenses and risk. When the Federal Reserve is raising rates, mortgage companies need to as well to ensure that their security is attractive to sell in the secondary markets.

In a typical market this margin, better known as the spread, is usually around 125-150 basis points, or 1.25 - 1.5% when compared to the 10-year treasury yield. However over the last two years the spread has hovered closer to 300 basis points or 3%.

Here's the good news: As capital markets begin to stabilize there is roughly a 1.5% spread still available to mortgage lenders to decrease mortgage interest rates that will begin to be realized without the Fed actually cutting rates. With rates in the mid 6% range now, that means we are likely to see interest rates in the 5% range by the time the Fed begins cutting interest rates later this year.

Although it is unlikely that interest rates will reach the levels we saw in 2020 and 2021, the difference between an 8% and a 5.5% 30-year fixed mortgage is significant, and represents 1,000s of dollars in savings to the average home buyer. This interest savings will make it easier for buyers to qualify for loans, and should help to provide some liquidity to a housing market that was stuck in limbo between buyers, sellers, home values and mortgage rates for much of 2023.

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.

Potty training 101

by Diana Ozimek



There's no magic button for potty training, only a lot of management and work. No matter if you have an 8-week-old puppy or if you've adopted a 4-year-old dog, potty training is potty training. I often get calls from people telling me their 6, 7, 8-month-old puppies are still struggling with potty training. If medical conditions have been ruled out, you're simply dealing with a

situation that you didn't manage enough from the start.

If you are bringing a puppy home, have the following items ready; crate, small playpen area, leash and harness, treat-bag, cleaning spray. Don't offer your puppy potty pads if you don't want your puppy learning to go potty inside. Leave the leash and treat bag by the door you will be taking your puppy out to go potty. Start getting your puppy on a schedule; you can also track this schedule on paper, so you have a good idea of when they go potty, when they have accidents... This will help you understand how often they need to go out. Puppies should always be taken out as soon as they wake up from sleeping, after meals, and often when playing and being busy in the house. If a puppy is awake and busy, I take them out every 30 minutes. Take them out on leash (with your treat bag) to help ensure they will focus on going potty, not running around playing and getting distracted. Don't talk to your puppy, stay neutral, once they are done going potty you can reward them. Always let your puppy stay out a little extra after they have

gone. Some puppies might go 2 or 3 times during a potty break. If you have taken your puppy out and they didn't go, you should give them some time in their crate, playpen, or on leash with you to make sure they don't wander off and have an accident.

The same rules apply for an adopted adult dog who may not have practice with living in a house and have not been potty trained. They may be able to go longer than 30-minute intervals and you wouldn't have a playpen, but you still need to be diligent about watching them, taking them out regularly, and giving them crate time if you think they may have to go potty but haven't yet. Even an adult dog's freedom in the home should be limited until you know they are potty trained.

Diana is the owner & 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.



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Diana Ozimek
Owner/Trainer

773.899.1960

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Bad agents or bad clients?

by Steve Mallett



Real estate agents love to tell fire-side stories about their worst clients and the disaster created by being hired by someone with unrealistic expectations and a demanding demeanor.

A local couple was told by multiple agents that their house was worth \$850,000. They kept insisting they wouldn't list for any less than \$1.2M.

They found an agent who would list the home at \$1.1M after telling them it was only worth \$850,000. Of course no one wanted to buy the house at \$1.1M and after a few months of no results the client fired the first agent and hired another desperate soul. The second agent also listed at too high of a price and, of course, the results were the same. The house never sold and the sellers got to keep their own home as the highest bidder. Both agents had spent hundreds – if not thousands – of dollars on marketing and the client did not reimburse them.

Agents want that story to be about bad clients, but agents have some responsibility in creating these problem clients. A good agent is willing to walk away from over-priced listings. There are agents out there who will list a property, at any price, just to get a sign in the yard. They don't measure their success by sales as much as by listing volume. Unfortunately, this can lead to unhappy and aggravated clients whose homes don't sell.

Sometimes, no matter how much data a client is shown, they disregard the agent's advice and disagree with the agent at every turn. These clients earn the honor of being spoken about in hushed conversations. There is a Seller Hall of Fame filled with smart sellers who work with the agent each step of the way. They end up selling with the least amount of hassle and for the highest price.

When you hire a good (experienced) agent, listen carefully and scrutinize the data they provide. That will allow you to make good decisions about how to get your home sold for the most money in the shortest period of time. The alternative is no different than hoping lottery tickets will fund your retirement. You might be right, but the odds are against you.

Steve has been selling real estate in DS & 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.



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O: 512.829.2062
C: 512.627.7018

SLOW DECOR: HOW TO BRING THIS CHARMING, LAID-BACK LIFESTYLE INTO YOUR HOME

by Alice Gumbert Lebkuecher

You've heard of slow fashion, slow food, and slow living - now it's time for slow decor. The latest tortoise-speed approach to interior design is all about intentionality and originality to craft a space filled with meaning.

"Decorating in this style isn't about chasing an aesthetic but curating spaces that resonate with authenticity and personal stories," says Gideon Mendelson of Mendelson Group. "The true essence of this trend lies in subtleties such as cherished heirlooms and the intimate connection between a space and its inhabitant."

Prioritize comfort. To create a slow decor space, you first need to make it extremely comfortable. We're talking cozy enough that you want to spend time in it and truly embrace a slow-living lifestyle. "Slow living is a way of life that celebrates those moments in our day-to-day lives that make us happy or create a sense of calm," says designer Jess Onorato of Habitat Home & Garden.

How to slow down? Opt for a few hand-knit throw blankets, boho cushions, or anything else that gets you ready to relax and slow the heck down. Use mood lighting. "It is important to consider appropriate lighting when creating an intentional space, as the concept of slow living is about retreating from the chaos of the outside world," says Onorato. "Incorporate things like a floor lamp with soft lighting and candlelight."



Let's face it, slow decor is where it's at! Not only is it super trendy, but it's also environmentally friendly. Who wants to add to the landfill with fast-fashion furniture? If you're ready to hop on the slow decor train, try shopping vintage! Trust us, it's a wise investment. Dan Mazzarini, a creative mastermind from Archive, gives us the inside scoop on why vintage is the real deal. These pieces have already proven their worth and still have 40 to 50 years of life left in them. Vintage side tables, desks, drawers, and cabinets are the perfect way to add some retro charm to your decor.

Add antique accents. You can also create a slow decor look in your space with carefully selected antique accents. Opt for handmade items. Slow decor doesn't have to limit your shopping to the very old. You can buy a new item in line with the slow-living aesthetic by prioritizing small businesses that offer handmade goods. "What I love most about this lifestyle is that it can rekindle relationships," says Shaffer. "Stop by and see that aunt who makes beautiful quilts or the friend that did pet portraits."

Choose natural materials and textures. "The foundation of the slow home movement is to create a sense of calm and mindfulness," says Onorato.

Condensed from an article written by Larissa Runkle for Realtor.com

Alice Gumbert Lebkuecher is a sales agent with Keller Williams Realty, Partners in Real Estate, in Wimberley. She works with both buyers and sellers in Wimberley and surrounding areas. To contact her, call her cell at 713 253 1311 or by email at AliceinWimberley@gmail.com.



Chamber of Commerce Focus on Business: Introducing RJH and Sons Steam Cleaning: A Journey of Purpose and Passion

In the quaint town of Dripping Springs, Texas, a tale of resilience and purpose unfolded in 2021 as Rob Heri and his sons, Tate and Paxon, birthed RJH and Sons Steam Cleaning. More than just a business, it emerged from the crucible of life's challenges, a testament to the strength of family bonds.

As the trio navigated through their personal struggles, Rob envisioned more than just a carpet cleaning service. Seated on the sofa one reflective evening, the idea crystallized into a purpose – a mission to provide professional steam cleaning services while transforming lives, particularly those of high school students in the community.

With a resounding mission statement, “RJH and Sons LLC will provide professional steam cleaning services in Dripping Springs Texas and the surrounding area. It will be a family-run business with a mission to enhance high school students’ lives through a work program that lends them the opportunity to own their own business upon graduating high school, as well as help transform the lives of deserving less fortunate people.”

Guided by this mission, RJH and Sons embarked on a unique journey, tapping into the expertise of old friends in Iowa. These friends, independent owner/operators of two vans for over 20 years, became mentors, collaborators, and a source of unwaver-



ing support. A training/reunion in Iowa unfolded, blending carpet cleaning by day with cherished moments reminiscent of old times at night. #grateful — a sentiment echoing the gratitude for guidance, support, love, and friendship that made this venture possible.

At RJH and Sons, the commitment goes beyond carpets – offering Steam Cleaning services for Carpet, Upholstery, Tile and

Grout, Area Rugs, and Concrete. But it’s not just about the services; it’s about the BusyBeingHappy approach ingrained in every endeavor. Each steam clean is a testament to the dedication, passion, and joy infused into every square foot of revitalized space.

Let’s redefine the narrative of steam cleaning – not just a chore but a purposeful act that echoes in the lives it touches. RJH and Sons Steam Cleaning: where purpose meets cleanliness, and every steam clean tells a story of resilience, family, and the pursuit of a brighter future.

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Well water storage systems

by Randy Lawrence



During times of drought, there is a great deal of concern with the possibility of wells going dry in the area. Many people are forced to take action when they no longer have a constant supply of water to their home. Some have to replace well pumps, only to find that the old pump failed due to low water conditions. Others must drill new wells in order to access a larger supply of water.

In most cases, these repairs are unexpected, and time-consuming. During severe drought, many well service companies are overwhelmed with calls, causing some families to endure days without a supply of fresh water. A water storage tank would be helpful to many of these homeowners.

The benefits of a properly installed storage tank are numerous. These tanks are normally installed near the well so that the well pump sends the water directly into the storage tank. This removes much of the back pressure from your well pump so that the workload on the pump is greatly reduced. The water can be sprayed into the top of the storage tank, eliminating odors which may be present. The water is then re-pressurized by an external pump which can maintain higher pressure, and is much less costly to repair or replace than a submersible pump. Protection systems are also available for both pumps to ensure longevity.

Even on existing storage tanks, an early warning system, such as a light or alarm, can be installed to activate when the water in

the tank drops to a certain level, indicating the need to check your well for problems. This buys you the time you need to contact a professional. Should you happen to run out of water before the well is operational, there are water delivery services which can bring you a supply of water to replenish your storage tank, thereby maintaining your day-to-day routine while you await repairs. For homes in remote areas, stored water is also a valuable asset for firefighters.

Now is an ideal time to consider adding a storage tank to your well. Then you will be prepared before another Texas summer takes its toll on your well.

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: Does your insurance cover this?

by Roland Brown



Picture yourself sitting in my office, perhaps discussing some civic project we are working on together, when a call comes in for me. Hearing only my side of the conversation, you know that I have responded to a question with an affirmative, “yes, your auto policy will cover your injuries in that situation.” Of course,

you are wondering what the situation was. You assume it involved a motor vehicle crash, because you know that that is the type of case I handle. Since I happen to be in a chatty mood and am not scheduled to be in court that day, I decide to fill you in on a somewhat interesting situation.

The caller has reached out to me from her hospital room where she is being treated for serious injuries suffered in a crash just a day or so before. Fortunately for me, she did not call some dude she saw on TV, but instead, got my name from a friend she trusted. She was struck by a vehicle which forced her off the road where her vehicle then rolled over causing her injuries. The other vehicle did not stop and cannot be identified. Fortunately, this potential client had a capable insurance agent who had wisely encouraged her to purchase increased auto policy limits including uninsured motorist coverage. The hit and run vehicle will be treated as un-

insured, and the injured victim’s uninsured motorist coverage will pay for her injuries up to the limit of her coverage. You find that interesting and ask me, “what if the other vehicle had not actually hit her, but had come close and therefore caused her to swerve and overturn?” I then explain that this is sometimes referred to in insurance claims parlance as *the phantom vehicle scenario*, and there is no coverage.

Since you are interested, I go on to add that if the non-contact vehicle that forced the injured driver off the road stops and is determined not to have insurance, or not enough insurance to pay all the damages, then the injured driver’s uninsured/underinsured motorist coverage will pay even though there was no contact. Determining which policies can be looked to for payment of damages in various motor vehicle collision cases is an important element of making sure our clients are fully compensated for the injuries they suffer, and sometimes it takes a little head-scratching and even some legal research to be sure we’ve identified all the potential sources of recovery.

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, 2021, and 2023 in annual polls of Hays County attorneys. For more information call 512 847 2500.

Can you save too much for a rainy day?

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



*Michelle M Florander,
CFP®, ChFC®*

Save for a rainy day is an old piece of advice – and a good one. But is it possible to save too much?

To begin with, what defines a *rainy day* in terms of financial needs? It could be any number of things: a temporary loss of employment, a major home or car repair, a large medical bill, and so on.

If you did not have the money readily available to pay for these types of expenses, you might be forced to dip into your IRA, 401(k)

or other retirement accounts, incurring taxes and possible penalties, as well as lowering the amount of money you’d have available for retirement. An emergency fund is valuable, but many may be overfunding it. And while this isn’t the biggest financial mistake one can make, it could result in some missed opportunities.

When you keep money in a low-risk account, you can generally count on your principal being protected, which means the money will be there for you when you need it – but the flip side is that this money likely won’t grow very much, if at all. And if you’re going to achieve your long-term goals, such as a comfortable retirement, you need your investment portfolio to provide you with significant growth potential within the context of your individual risk tolerance. So, any excess dollars kept in your rainy-day fund might be used to help fuel some growth-oriented investments. You could

also use these dollars to help diversify your investment portfolio.

If you only owned one type of investment, your portfolio could take a big hit if a market downturn affected just that asset class. But by owning a mix of stocks, bonds, government securities, and other investments, you can help reduce the impact of market volatility. (Keep in mind, though, that diversification, by itself, can’t protect against all losses.) Still, before deciding on what to do with extra money you might have in your emergency fund, how will you know if you indeed have too much? Up to six months’ worth of total expenses may be adequate for most people – but everyone’s life is different. For example, if you have reason to believe your employment – or that of your spouse – may be in jeopardy in the near future, or if you anticipate the need for some renovations to your home, but not for a year or so, you might want more than six months of expenses tucked away in your emergency fund. Also, once you’re retired, you may well want to keep a year’s worth of expenses in the fund. If you need cash, you don’t want to be forced to sell investments when their price may be down, especially since you have less time for them to recover.

Ultimately, when thinking about how much to keep in your emergency fund, review your situation carefully and weigh as many variables as you can. And if you do decide your rainy-day fund is abundant, use any *overflow* in a way that can help you keep moving toward your financial goals.

Michelle specializes in helping families and business owners build, maintain, and transfer wealth. She can be contacted at 512-894-3801 for any questions or to set up an introductory meeting.

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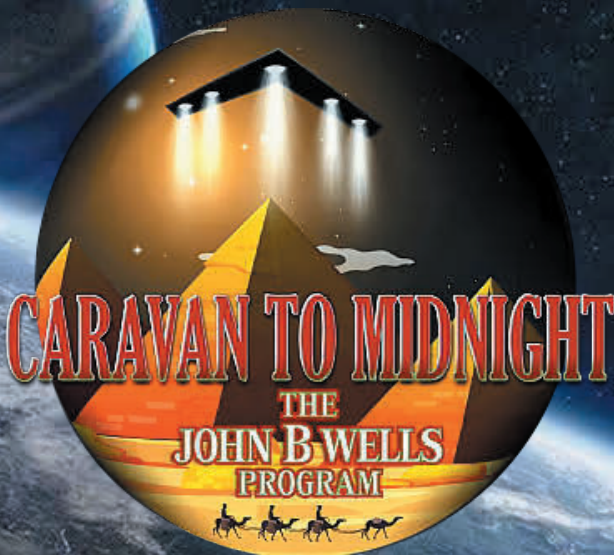
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