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NEWS & VIEWS

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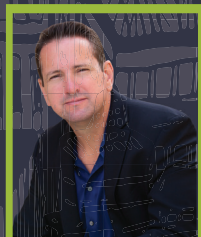
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Remembrance

“Silently, one by one, in the infinite meadows of Heaven,

Blossomed the lovely stars, the forget-me-nots of the angels.”

– Henry Wadsworth Longfellow

What is remembrance? Is it a gratitude practice or is it simply an exercise in retaining – making sure the fabric of our existence remains intact? Or perhaps it’s both, we remember so that we never forget and as we remember we show up with gratitude and reverence for the past and thus the present moment.

Our calendar gives us ample opportunities for remembrance practices – the key is being sure we seize these opportunities and take pause and truly remember. For me at least, it seems all too easy to be swept up in the planning, the details, the aesthetics of a holiday. In trying to perfect a singular day or season, sometimes I neglect to do a full stop and remember what the day is all about in the first place. Kind of defeats the purpose, don’t you think? Luckily, every day provides ample opportunity to pivot, evolve, shift our perspectives, and **remember** what is at the heart of the lives we live. And to lift a prayer of gratitude, for those who made the ultimate sacrifice so that we are able to live the way we do today.

With all this talk of reverence for the past, this issue has so much to offer for your future – mind, body, and soul. Our contributors represent some of best practitioners and service providers in the Wimberley Valley. We hope you find just what you need in this May issue.

Wishing you a joyful month.

Happy May, y’all.

Warmly,



“Greater love has no one than this, that he lay down his life for his friends.”

– John 15:13



Wimberley Valley NEWS & VIEWS

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• Community Calendar of Events •

- Every Mon. **Celebrate Recovery** 6:30-8:30pm, Cypress Creek Church, in the den. 512-847-1222 or CelebrateRecovery@CypressCreekChurch.com. Potluck at 5:30pm every 2nd Monday.
- Every 2nd Mon. **Wimberley Valley Art League** meets at the Wimberley Community Center at 6:30-8:30pm. Visit WimberleyArtLeague.org for information.
- Every 2nd Mon. **Wimberley 4H** meets during the school year at VFW Hall on 401 Jacobs Well Rd. Our next meeting is Monday, April 11, 7pm. 6:30pm Clover Kids Program. April community service: We will be collecting items for the Dell Children's Hospital family room.
- Every 3rd Mon. **The Wimberley Area Parkinsons Association** meets at the Chapel of The Hills Church, 14601 RR 12 in Wimberley from 9-11am. Caregivers, friends, and relatives are welcome. Guest speakers and general discussion. Parkinson's exercise program. Email Paul, paulwilj99@gmail.com.
- The Wimberley Chapter of **Overeaters Anonymous** meets every Monday at 7pm. This is a face-to-face only. Please call or text Aida at 512-787-8313 for the meeting location.
- Mon. May 8, **Jacob's Well Chapter, National Society Daughters of the American Revolution**, meets at the Emily Ann Theater in Wimberley at 9:40am, for chat time and 10am for our business meeting. JacobsWellNSDAR@gmail.com for more.
- Mon. **Toddler Time**, Wimberley Village Library, 10:30-11:30am, beginning January 9.
- Every Tues. 6:30-8pm. **Community Bible Study**, an interdenominational Bible study. To register contact Karen Bryson at 512 644 8805 or kb17@txstate.edu.
- Every 3rd Tues. **The Lions Club** meets from 6pm-8pm at the Wimberley Community Center. Call 512-847-0207 for info.
- Every Tues. at noon, **Rotary Club** of Wimberley meets at the EMS Classroom on Twilight Trail. Carolyn Manning is our President, 512-558-1626, director@wimberleylibrary.org
- Every 1st Tue. The Wimberley Community Center hosts **free medical checks** 9:30-10:30am. Call 512-847-2510.
- Every 1st Wed. 5:30-7pm, **Wimberley Valley Arts and Cultural Alliance (WVACA)** holds a mixer at Middleton Brewing. Opportunity for members and curious non-members to meet and mingle, share ideas, learn about upcoming events, and get involved. All are welcome. Visit WimberleyArts.org.
- Every Wed. Join **Wimberley Valley Chamber of Commerce** for breakfast at the Wimberley Cafe for networking opportunities, 8-9am. Bring lots of business cards.
- Every 3rd Wed. Sept. thru May, 9:30am-12pm. **The Hill Country Unit of the Herb Society of America** meets at the Wimberley Presbyterian Church. Visitors are always welcome! Refreshments at 9:30am. Program starts at 10am. Visit HillCountryHerbs.org or email valentine_lisa@msn.com.
- Wed. **Bilingual Storytime**, 5-6pm Wimberley Village Library
- Every 1st Thur. **The Wimberley Alzheimer's Caregiver's Support Group** meets at 1pm at the Presbyterian Church Library on FM 2325. Contact Linda Germain at 512-924-3661.
- Every 2nd Thursday, **Hill Country Bead Society** meets at 1pm at the Wimberley Community Center. All levels and types of beading and metal work. Marilyn Pierce at 512-722-3549.
- Every 2nd and 4th Thur. 7pm **Wimberley Toastmasters Club**, First Baptist Church Wimberley, 15951 Winters Mill Parkway, Wimberley. Toastmasters teaches public speaking and leadership. For more info contact Amy O'Neil at amy@texiasllc.com.
- Every 3rd Thur. Live concerts at **Susanna's Kitchen Coffeehouse**, 7:30pm; \$20-25 adults, \$5 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. **Thurs. May 18: Shelley King**
- Thurs. **Gentle Yoga** 10-11am, Wimberley Village Library
- Every Fri. **Wimberley VFW Post 6441** hosts bingo nights. Doors at 6:30pm with food concession. Early bird games at 7:00pm. Regular games start at 8pm. Visit vfw6441.com/bingo
- Fri. **Storytime**, 10:30-11:30am, Wimberley Village Library
- Every 2nd Sat. **Wimberley's Second Saturday Gallery Trail**. Visit ten galleries for art, food, fun, 4-7pm. Email BentTreeGallery@gmail.com. Have a glass of wine & enjoy art after hours.
- 1st Sat. **Wimberley Market Day**, 7am-3pm, March thru December, rain or shine
- 1st Sun. of every month, **Wimberley Coffee & Cars**, 8am-11am, at Blanco Brew located at 14200 Ranch Road 12

- **Sense & Sensibility**, April 28-May 21, Friday & Saturday 7:30pm, Sunday 2:30pm, The Wimberley Players
Tickets available online WimberleyPlayers.org or call the box office 512 847 0575
- **Open Pickleball Play**, Saturday 8-10am, May 5, 12, 19, 26. Blue Hole Regional Park, free, all levels, net & paddles provided
- **Friday, May 5, Plant & Paint**, paint a pot & choose a new houseplant. Wimberley Community Center on first Friday of each month from 3-4pm. \$15 per person. Online registration is required: <https://secure.rec1.com/TX/wimberley-tx/catalog>
- **Saturday, May 6, 10am, Book vs. Movie**, watch & read **The Princess Bride** at home, come discuss at the library! Coffee & tea, bring your favorite brunch snack!
- **Tuesday, May 9, 9-10:30am, Botanical Buddies**, trek across the park and learn all about the local plants you can find during spring in Texas, Blue Hole Regional Park
- **Saturday May 13 & May 27, 6:30-9:30pm**, Matthew Ryan performs, **Chill's on the Creek on the Square**
 - Sunday, May 14, **Mother's Day**
- **Friday, May 26, Movies in the Park, Jumanji**, Blue Hole Regional Park, free swim at 7pm, movie starts at 8:30pm
- **Monday, May 29, Memorial Day**

Have something to add to the Calendar of Events? Email us at info@WVNewsViews.com or call us, 512 375 5590.

Tomorrow is another day

by Tim Thompson



My pledge to do a better job of taking up tasks that require me to get up and move around more has been easier to fulfill over the past few weeks. The cleanup from our February ice storm is mostly finished around our home, but I suppose clearing the broken branches in our surrounding

woods will take much longer.

The arborists that helped us left large piles of neatly stacked live oak and cedar elm that will be a real asset to our firewood supply when we have another extra-cold spell in the future. I had forgotten how much heavier freshly cut wood is compared to seasoned wood, but we had to move it all to the back yard to dry out.

Even as folks living on the west coast suffer through a dozen or more “atmospheric river” events, our bout of unfriendly weather seems over for the time being, and Spring has brought its usually encouraging signs of things returning to normal. Bluebonnets seem to have sprung up everywhere and our Anacacho Orchid tree is covered in blooms. The exotic looking Antelope horns is showing its first flowers while our bigtooth maple tree is flowering for the first time since we planted it fifteen years ago.

My reverence for Mother Earth and all that she represents means that I also must acknowledge that tragic and horrific things often happen in the scope of our lives that are wholly part of the ebb and flow of her nature. To live fully, we probably all come to the acceptance of the wonder as well as the anguish of living and

loving human lives. Having both the minds to comprehend as well as the spirits to accept the good and bad in our world, most of us choose to spend more of our time loving and appreciating the astonishing wonder in our lives than suffering under the oppression of incomprehensible anguish.

It may be the way of the world to be both good and bad, fruitful and barren, but I choose to celebrate Life nonetheless.

Horticulturist Tim Thompson has managed the garden center at King Feed and Hardware for the past 25 years. They offer everything you need to have the garden of your dreams without stressing your budget. Pick up Tim's Tips, free one page sheets on how to carry out dozens of gardening projects available only at King Feed Nursery. Call Tim at 512 847 2618.



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Looking into the future

by Kern Deschner



We were at the National Alpaca Show in March in Denver, which is a huge event. Lots of alpacas and lots of alpaca breeders. Also, a great place for someone who is thinking about buying alpacas to browse. Most of the alpacas at that show are not for sale, but some are, and a new breeder can get an idea of what a particular farm is doing by seeing their best, the ones they have brought to a national show.

I was talking to a new breeder who wanted to buy some of our animals. When considering their purchase, I always ask, “what are your goals in breeding?” This breeder turned the question back on me, in, I think, an astute way, and asked, “well, what would you tell yourself if you could go back 20 years?”

Most of us have played that game. What would we do if we could talk to ourselves 20 years ago? I asked that question at dinner that night in Denver with a table full of experienced breeders and got some answers that had nothing to do with alpacas. One said he would buy all the \$1 Bitcoin that he could, another said that he would not have ignored that mole. Personally, I should have been brave enough to buy a lot more Hays County acres at \$1,500 an acre in 2002. One friend said she would not have plucked her

eyebrows because they didn't grow back. One of the best comments was someone saying he would tell himself that, all those embarrassing things that woke him up at night, no one else remembers them and that is a good thing.

But, back to the original question. I would tell the new breeder to buy the best alpacas they could afford. A few great animals are better than a lot of mediocre ones. Twenty years ago, everyone wanted white alpacas because most of the black alpacas were inferior in fleece quality, and the spotted ones were considered totally unusable. However, some breeders stuck to their plans and now there are black alpacas that can compete with any white alpaca and the spotted ones are commanding crazy prices. Another bit of advice would be to be careful at auctions buying a beautiful juvenile alpaca with lots of ribbons. Babies are always cute but there is nothing more useful than an experienced confident mom.

I suppose that an important corollary to advising yourself, 20 years ago, which is impossible, would be to think about the advice you would give yourself 20 years from now.

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.

THE WIMBERLEY PLAYERS PRESENT

sense & SENSIBILITY



By Kate Hamill

from the Jane Austen novel by the same name

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SENSE AND SENSIBILITY is presented by special arrangement with Broadway Licensing, LLC, servicing the Dramatists Play Service collection. (www.dramatists.com)

A river story

by Sarah Geenberg



Last summer while hanging out in the river, I saw a common scene. A boy jumped off the big rock into the water. How awesome! Big sis wanted to try. She started to go and suddenly revolted at the idea. All sorts of long-lasting drama ensued with father and lil brother egging her on. After all, the younger one could do it.

We need more patience in life. In this situation, she could have been told that it was okay that she wasn't ready. If she really wanted to jump, her brain would eventually figure it out. What she needed to do was make a decision that she would jump and do something else until her brain sorted it out. That would probably be in short time, especially because she had already faced it and therefore had given her brain all the information it needed to process the situation. But it might have also taken more time than they had that day, and that was okay. Patience.

I believe that back when life was slower, this is how people automatically operated. And I believe that people can do anything with this method. Face it and get as much information as possible. Tell your brain to get on it. Then be patient while it sorts things out.

In karate, yoga, and Tai Chi, all this method is automatically practiced. In fact, anything that is done with repetition works this way. Go to class and try something, thus getting information and feedback. Go home and subconsciously figure it out. Go back to class and try again. Repeat. I've always said that the most talented karate or yogis are not *naturally talented*. They are the ones that

simply keep trying.

We are accepting new students. In karate, younger children train with their parents, and older ones can be in the same class or another one. More classes are forming. Senior citizens also have a lot of success in our school and form the nucleus. They are offered separate classes as well.

In yoga and Tai Chi, we are always accepting new students. We are careful to avoid injury and focus on gaining strength for things like balance and getting off the floor more than most yoga classes. You can just show up, or call first if you have questions. Always, the first class is free.

Sarah Geenberg is the owner of Wimberley Karate and Yoga Studio, near Blue Hole, and OnlineSeniorsYoga.com. The yoga, Tai Chi, and karate classes are building again. Classes are offered indoors, outdoors, and online. Feel free to come check us out.

Wimberley Karate and Yoga Studio



Sarah Geenberg
(512) 971-8528

501 Old Kyle Road
Wimberley, TX 78676
wimberleykarateyoga.com



A laugh a day keeps the doctor away

by Leslie Tourish, LPC



“He who laughs, lasts.” - Anonymus

A joke, a jest, a pratfall, a parody, or a vaudeville routine. Who's on first, what's on second, and I don't know's on third. Humor is such a human invention because it requires our most important qualities: intelligence, empathy, and the ability to stand back and poke fun at ourselves. It's been said that at the heart of humor is a grain of truth, exaggerated. Let's face it,

life is hard. And as one of our most powerful coping tools, humor can't be beat since wit is far more often a shield than a lance.

The power our brains possess is staggering. We can sometimes worry and stress ourselves into illnesses both physical and mental. But if we maintain a positive outlook, a sense of adventure, and a joyfulness to our lives, then the benefits can be immeasurable. Doctors have researched the benefits of humor and found laughter improves our immune system's ability to ward off diseases, reduces the stress hormone cortisol, increases blood circulation, and lowers the perception of pain. In other words, people who laugh more, feel pain less.

No one knew this more than Norman Cousins who was an author, editor, and professor at the University of California Medical School. Cousins was diagnosed in 1964 with a rare and painful connective tissue disease for which there was no known cure and only one

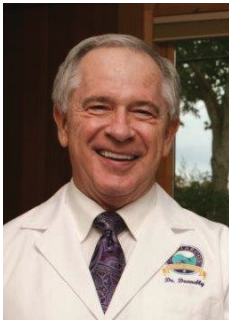
chance in 500 of a full recovery. In his book, *Anatomy of an Illness*, Cousins wrote how he researched all aspects of his condition and discovered that stress had weakened his immune system and left him vulnerable to disease. Stress – which is often suppressed frustration and rage – can produce strong, profound negative changes in the body's chemistry. So, if the negative emotions of stress left him vulnerable, what would happen if he surrounded himself with joy and laughter as an antidote?

Cousins created a scientifically documented program with the help of his physicians. He created a safe, medically-controlled environment away from the disruptions of the hospital. “The sense of serenity was delicious and would, I felt certain, contribute to a general improvement,” Cousins said.

He collected as many amusing movies and books as he could find and began to laugh himself back to health. Cousins writes, “It worked. I made the joyous discovery that ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep.” In short, Cousins became one of the lucky one-in-five-hundred to successfully combat his disease.

To laugh deeply from the belly is one of life's most simplest of joys. And it comes free of cost, but chock full of benefits. Or to quote Will Rogers, “We are all here for a spell, get all the good laughs you can.”

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



Good-bye dental phobia

by Robert Donnelly, DDS

Put the days of poor oral health and aesthetically flawed smiles behind you. Now you can conquer your dental anxiety with sedation dentistry at San Marcos Gentle Dental.

Dr. Donnelly has been providing sedation dentistry for his patients for many years and can give you an opportunity to

have a positive dental experience by reducing your stress and delivering great results. Even if past experiences have kept you from the dentist for a long time, there is no need to be embarrassed. You can be confident in knowing that Dr. Donnelly and his team ensure a comfortable, anxiety-free visit for patients just like you. You can rest quietly and calmly during your sedation dentistry appointment with peace of mind.

Whether you struggle with a gag reflex or have sensitive teeth or gums, sedation allows you to have dental procedures without the stress you may have previously experienced. With a relaxed patient, treatment is easier for the patient and allows the dentist to perform multiple procedures at one appointment. This allows you to save time by getting your treatment done in one day at one visit.

Dental phobia can often lead to years of neglect, poor oral hygiene, and extensive dental disease. Extended time away from the dentist can cause gum disease, tooth infections, or even tooth loss.

At San Marcos Gentle Dental we want to give you a chance to attend to your health stress-free.

If you or someone you know are interested in learning more about maintaining oral hygiene, Dr. Donnelly is here to help you. You can contact San Marcos Gentle Dental by calling 512 396 5225 where we will be happy to get you scheduled. Come see why Dr. Donnelly was voted a Texas Super Dentist by Texas Monthly Magazine and Best Dentist in Hays County!



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Did you know that different mushrooms have different health benefits?

by Heidi Pousson



In last month's issue, I talked about the benefits of functional mushrooms and why they are so good for us. I want to dive a little deeper into some of the specific mushroom types.

Here at Haus of Jayne we currently carry two main brands: Malama Mushrooms and Highvibe Limitless Mushrooms. Both lines are completely different and offer their own unique qualities.

According to Highvibe, "Mushrooms are not plants. They are 200 million years older than plants with 7 times more species. With 40% of their DNA and 60% of their RNA being the same as human (plants share only 5% of human DNA) with similar pathogens, they have been used for centuries by shamans as powerful medicine and supplementation."

What I like about Highvibe is that it offers a blend of 10 "super strain medicinal mushrooms and fruiting body with mycelium powder," including: antrodia, chaga, cordyceps, himematsutake, king trumpet, lion's mane, maitake, red reishi, shiitake, and turkey tail. If you're looking for something to help provide "focused energy, expanded clarity, cell regeneration," a boost to your immune system – and support cell regeneration – then the Highvibe Mushroom supplement might be for you.

If you want to zoom in on a specific health focus, then the Malama Mushrooms may be a better fruiting body choice for you.

Although they also have a blend of mushrooms as well, most of their products are singularly focused. These include chaga, cordyceps, lion's mane, and reishi. Below are different benefits for each of these fantastic fungi:

- Antrodia: anti-inflammatory, liver function support, protects against viral infections
- Chaga: antioxidant, reduces inflammation, cellular regeneration
- Cordyceps: supports cardiac function and respiratory health
- Himematsutake: liver and gut health, cholesterol, circulation
- King trumpet: bone health and immune support
- Lion's mane: memory, mood, promotes regeneration of nerve cells in brain and body
- Maitake: helps manage stress, blood sugar levels, reduce insulin, and supports weight management
- Reishi: helps with stress, fatigue, and anxiety
- Red Reishi: mood enhancer, nervous system support
- Shiitake: improves circulation and heart health
- Turkey tail: aids digestion, anti-inflammatory properties

It's no wonder this superfood has been around and used medicinally for thousands of years.

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, Dripping Springs, 78620. They can be reached at 512 648 7420.

Your May home checklist

by Alice Gumbert Lebkuecher



With Mother's Day and Memorial Day coming up this month, there is plenty of incentive to get those outdoor spaces ready for entertaining. From scheduling house painting to organizing your outdoor cooking tools, tick these items off your to-do list so you can get to the good stuff – hanging out around the grill, kick-

ing back on the porch, and savoring the season. Let the countdown to summer begin!

1. Check outdoor lighting. Make sure all outdoor lights are in working order.

2. Give potted plants some TLC. If you have potted plants that stay indoors over winter, bring them out once the danger of frost has passed.

3. Check safety devices. According to the U.S. Fire Administration, smoke alarms should be tested at least once a month and replaced every 10 years. Check the expiration date on your fire extinguisher and replace it if necessary.

4. Get ready for grilling season. Giving your grill a deep cleaning before the start of the season will help it work more efficiently and prevent flare-ups.

5. Maintain and repair garden areas. Weed and mulch.

6. Clean items on open shelves. Infrequently used items stored on open shelves can get pretty grimy over time. For items with a

thin layer of dust, swipe with an electrostatic duster. If there is a thicker layer of dust, wash each piece in a tub of warm, soapy water. Rinse and allow everything to dry before replacing.

7. Refresh bedrooms. Rotate the mattresses on all beds and flip over if possible. Dust nightstands, lamps, headboards, blinds, and decor. Swap heavy duvets for lighter-weight bedding for the warmer months.

8. Thoroughly clean the laundry room. Run the washing machine with a specialty tub cleaner (or with vinegar for a natural solution) on a hot water cycle. Remove lint from the dryer vent with a vent brush or vacuum attachment.

9. Paint or stain your home's exterior

10. Put together a picnic kit. This is the season for alfresco feasts.

11. Add a relaxing porch feature. Make your porch an inviting place to relax and hang out with the addition of a porch swing, rocking chairs, or a glider.

This article was adapted from an article found on Houzz.com May 1, 2018

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.

The truth about refrigerator filters

by Randy Lawrence



Almost every new refrigerator available today comes with a built-in activated carbon filter designed to improve taste or odor. Most models also have some type of reminder system that tells you when to replace the filter cartridge. Many people have questions about these filters. Is it necessary to have the filter in the first place? If so, how important is it to change that filter as soon as the reminder is activated? Here are a few interesting facts about these filters that may help clear up some confusion and

possibly save you some money in the long run.

There are two main types of filter change reminders in today's refrigerator models. The most common is a basic timer system. This system will simply count down a pre-set amount of time (usually six months) and then activate a light which tells you to replace the filter. The main drawback to this method is that it does not take into account the volume of water used. For example, you could go six months without using the ice or water dispenser and the unit will still indicate that it's time to change the filter. It's a fair assumption that the majority of these filters are thrown away far too soon. The other type of reminder system is a little less common. It involves a flow meter which counts gallons as they are used through the dispenser. This is a more efficient method than the timer because it actually measures water usage.

Unfortunately, neither technology knows what your incoming water quality is. This can greatly affect the lifespan of the filter. If you are on a chlorinated water supply, your filter life will be shorter. If you have a whole house treatment system, like a softener or carbon filter, then the life of your filter would be greatly increased. If your refrigerator is fed by a reverse osmosis system, then your built-in filter becomes completely unnecessary and can be removed or bypassed.

Each case is slightly different, but at \$40-\$60 per filter it pays to know the facts so you aren't wasting money on unnecessary replacements.

Randy Lawrence is the owner of ProQuality Water Systems, a full service water treatment company. He is one of only six Class III Certified Water Treatment Specialists in Hays County (LIC# WT0002693). With over 20 years of experience he has serviced Wimberley and surrounding areas for over a decade.

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How to build wealth the smart way

by AJ Harwood



Would you like to become wealthier and leave a financial legacy? Although there's no proven way to get rich quick, there are three timeless principles to follow to build your fortune over time. Here are principles of wealth from a book displayed on every entrepreneur's shelf – *The Richest Man in Babylon* by George S. Clason. This book offers practical advice for smart money habits.

Pay yourself first. Start small. Save at least 10% of all income earned. Even if you are paying off debt, 10% is still recommended. Make saving automatic. Automatically deposit that 10% savings into a retirement account, savings account, or other investment vehicle. If you get a raise, keep your expenses the same. Avoid *lifestyle inflation* – increasing expenses as you earn more money.

Make your money work for you. Earn more on investments. Compound interest will help. This is simply interest on interest and it adds up quickly. Reinvest the dividends. Rather than cashing out, put the money elsewhere and watch it grow. Create a passive income. Get paid with high dividend or real estate investments

It's important to constantly boost your skills. Here are some books that will bring wealth to your mind and bank account:

- *Think and Grow Rich* by Napoleon Hill. Explore the success habits of Andrew Carnegie, John D. Rockefeller, and Henry Ford.
- *The Total Money Makeover* by Dave Ramsey offers practical tips on how to take control of your money and meet your goals, whether you're paying off debt or saving for retirement.
- *The Automatic Millionaire* by David Bach offers tips to help make saving and investing automatic.

Wondering what your home would look like on the market? Give me a call! I would be honored to complete a comparative market analysis to see what homes in your neighborhood are going for. I'm here to walk you through with the best information.

This information is designed to provide a brief overview of the subject matter covered and is offered for general educational and informational purposes only. Used with permission by the Buffini & Company.

Allison "AJ" Harwood, JD, MBA, GRI, is the Broker/Owner of RE/MAX REAL PROPERTIES. When Experience matters...Call "AJ" Today! Your Hill Country Luxury Property Expert. Member: Institute for LUXURY HOME MARKETING. He is Wimberley's "Peak Producer" offering Professional Representation for both Buyers and Sellers in Real Estate Transactions. He may be contacted at 512.847."SOLD" 7653 or at AJ@REMAX.net or drop by our office location at 160 South River in the South River Business Park, Wimberley, Texas 78676.

Where your tree roots are and why it matters

by Steven Austin



This time of year, we often see remodeling, repairs, or renovations taking place on residential and commercial properties. If any of these activities involve excavating in the yard, your trees could be at risk of harm to their health and stability. They could even die prematurely.

A problem for property owners in managing their trees is that what seems logical regarding their care is often incorrect and harmful. A tree's perceived ability to well withstand substantial wounding and other mistreatments contributes to this notion. For example, a construction crew can cut a trench within five feet of the trunk and deposit fill over the tree's base, and the tree might still *look good* in five years.

Some logical assumptions are: 1) Tree roots grow downward and deep, so they're not subject to harm from trenching five feet out from the trunk. 2) Even if you tear some roots, it doesn't hurt the tree. 3) Fill material over the tree base can only help secure it. 4) The test of time (the five years) proves these assumptions because the tree still looks fine.

All of this is incorrect. Generally, most of a tree's roots grow within the top foot or so of soil and take a horizontal path that usually extends well outside the tree's canopy edge. One could easily sever 40% or more of the root system by placing a single trench several feet from the stem. Severing larger roots can compromise stability and invite pathogenic organisms to enter the tree. Far from securing the tree, fill material placed around its base can harm a tree by preventing adequate gas exchange and encouraging

decay. A tree may not display symptoms of damage for several years, leaving property owners bewildered about the reason for its decline.

Before your contractor begins digging trenches, making elevation changes, or excavating for that new pool in the back yard, consult with a qualified arborist. Professional guidelines exist for protecting trees at construction sites and your arborist can help you with implementing them.

A Wimberley resident, Steven Austin is a member of the Texas Chapter of the International Society of Arboriculture and is an ISA Board Certified Master Arborist and ISA Tree Worker/Climber Specialist. His expertise includes integrated pest management of trees and shrubs and state-of-the-art organic treatments. He holds a commercial pesticide license with the Texas Department of Agriculture and is Texas Oak Wilt Certified by the Texas Forest Service. Steven is an Arborist Representative for Bartlett Tree Experts. Call 512 392 1089 or toll-free at 800 443 8733.

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Keep an eye out for IRS-related scams *by Scott G. Hackett, CFP®*



The IRS warns that although scams are especially prevalent during tax season, they also take place throughout the year. (1) It is important to always be on the lookout for suspicious activity so that you don't end up becoming the victim of a scam.

One common IRS scam involves phishing emails. Scammers send unsolicited emails posing as the IRS and request your personal information. Scam artists use this information to commit identity or financial theft. Another type called *spear phishing* is targeted towards specific individuals within an organization. These emails are designed to get you to click a link or download an attachment that will install malware to disrupt critical operations within your organization.

Another popular scam involves fraudulent communications appearing to be from the IRS or law enforcement. These scams are designed to manipulate you into divulging your personal information by using scare tactics such as threatening you with arrest or license revocation. Be wary of any email, phone, social media, and text communications claiming they are from the IRS or law enforcement saying that you owe money.

A newer IRS scam involves text messages that ask you to click



The IRS will not initiate contact with you by email, text message, or social media to request personal information.

on a link in order to claim a tax rebate or some other type refund. Scammers send these messages trying to get you to give up your personal information and/or install malware on your phone. Watch out for texts that appear to be from the IRS that mention *tax rebate* or *refund payment*.

The IRS will not initiate contact with you by email, text message, or social media to request personal information. The IRS usually contacts you by regular mail delivered by the U.S. Postal Service. Here are some steps that may help you avoid scams.

- Never share your personal or financial information via email, text message, or over the phone.
- Don't click on suspicious or unfamiliar links or attachments in emails, text messages, or instant messaging services.
- Keep your devices and security software up to date, maintain strong passwords, and use multi-factor authentication.

(1) Internal Revenue Service, 2022

Scott G. Hackett, CFP® is the president of the Hackett Financial Group LLC (HFG), a fee-only registered investment advisor. Contact Scott at 512-847-0630.

Muniments of title

by Carrie Campbell



A muniment of title is a method of establishing a chain of title between property owners at the death of the first owner. It requires that the first owner left a will identifying his or her heir(s). To be eligible for this abbreviated process, the deceased must have had 1) no debts, 2) no Medicaid benefits, and 3) no other assets.

The will is submitted to the county court with an application to probate as a muniment of title. After a mandatory posting period, there is a hearing before the court to provide proof of death, the absence of debt, and Medicaid benefits, and the will's validity (properly executed and never revoked). Once convinced by the evidence, the judge orders the admission of the will as a muniment of title. A certified copy of the will and the signed order admitting the will as a muniment of title is then filed with the real property records in the county where the property is located. The new owner must then file an affidavit with the court to show that the terms of the will have been fulfilled. Thereafter, any title search will reveal the new chain of ownership.

The benefit of the muniment of title procedure is the shortened probate process which saves some money in attorneys fees. The probate fees charged by the county are like those of a full probate, so the savings are not as great as some imagine. The disadvantage of a muniment of title is that there is no person with authority to act or sign on behalf of the deceased person's estate. Letters testa-

mentary are only issued in a full probate of a will with the additional evidence of the executor's nomination and eligibility. Only an executor can sign a final tax return, work with a bank regarding accounts, pay debts, or sign a car title. There is also the risk that debts or other assets may be discovered that require a return to court and the opening of a full probate at double the cost. Therefore, if funds are available, the full probate is often preferred even when not required.

Carrie Campbell has lived and practiced law in Wimberley since 1997. She is the managing partner of Mounger & Campbell law firm. Carrie is an active member of the Rotary Club of Wimberley and president of the Wimberley Village Library Foundation. She proudly has three wonderful daughters and two lively grandsons.



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Litigation: Then and now

by Roland Brown



Things change – some for the good, some not so good. A recent visit brought this home to me once again. We were about to go to trial when the senior lawyer in the insurance defense firm on the other side suddenly took over the case. Settlement negotiations had been difficult, and I was glad to have a fresh set of eyes looking at the case. Even better,

the fresh set of eyes belonged to a respected, experienced trial lawyer with whom I could discuss the pros and cons of the case in order to move negotiations forward.

Here's where the *then* became important. This lawyer and I agreed to sit down together and talk. He drove up from San Antonio and we visited about life in general for a while before diving into the facts and law of the case. Once we each explained how we viewed the case and the likely outcomes in a jury trial, we then came up with a number we both felt was fair and, after a phone call to his adjuster, the case settled for that amount.

This level of personal communication and collegiality harkens back to the early years of my 48-year legal career when lawyers on opposite sides often tended to know one another well and, as a result, communicated more easily. Back then too, we often knew the insurance adjusters personally. We knew which ones could be trusted and had authority to settle cases. They knew us and whether we could be trusted and were capable of effectively trying cases

to verdict. Cases that needed to be settled, got settled, and those that needed to be tried, got tried.

Back to the present. Once we settled the case, we drove out to Jobell Café and Bistro for lunch together and the *now* showed up. Our discussion turned towards how we, as lawyers, could best integrate the inevitable advance of artificial intelligence into our practices. We both recalled the days when hundreds of law books lined our walls, while now, they are mostly used for decoration, and our research is done online. Advances such as ChatGPT, the *essay-writing* tool making big news, mean that we lawyers must continue to hone new skills, but at the same time, there's a lot of useful *then* elements to the practice of law that we need to recapture as well.

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.



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Over and over

by Tracy Sheffield, RVT

Do it again, do it again are a child's delighted cries at being twirled around. Doing something fun over and over makes sense. Doing something over and over with no goal or function is a problem found in both people and animals.



Abnormal repetitive behaviors appear in a variety of species. They are not seen in wild animals, only in captive or domestic animals. These types of behaviors include tail chasing, flank or blanket sucking, light and shadow chasing, overgrooming (*lick granulomas*), eating inappropriate items, cribbing or windsucking in horses, and stall weaving.


The general features of these behaviors are that they develop slowly. Frustration is often considered a trigger. These behaviors lack a functional outcome, becoming more fixed and unchangeable the longer they go on. There are many causes of these repetitive behaviors. First and foremost the cause must be considered medical (pain, neurologic, gastrointestinal etc.) until proven otherwise. Autoimmune disorders and neurotransmitter deficiencies can be a root cause of repetitive behavior. Anxiety is often part of the problem – these issues can have a single or a combination of causes.

As an example of a medical problem, surface licking behavior in dogs can often be traced back to a gastrointestinal problem. Once the GI problem is addressed, the surface licking behavior will resolve. A complete medical workup is indicated when an animal exhibits a repetitive behavior.

Genetics are often part of the root cause of the problem. There are various bloodlines in horses that are more inclined to crib. There are breed predispositions to tail chasing in German Shepherds, Australian Cattle Dogs, and Bull Terriers. Light and shadow chasing behaviors are found in Cavalier King Charles Spaniels, Border Collies, and Terriers.

As soon as you realize you pet may be engaging in a repetitive behavior it is time to call your veterinarian. Rule out medical issues first and then dig deeper for the underlying causes. These behaviors, if not caught earlier, can seriously disrupt not only the pet's life but yours as well. Getting these issues under control will make you and your pet much happier.

Tracy Sheffield, RVT works with her husband, Dr. Mike Sheffield, at Wimberley Veterinary Clinic. Wimberley Veterinary Clinic sees all kinds of animals, dogs, cats, horses, birds, pocket pets, reptiles and other exotic animals. Make your boarding reservations online at WimberleyVetClinic.com or call us at 512 847 5630.



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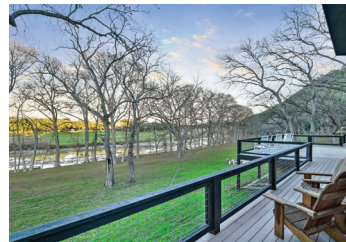
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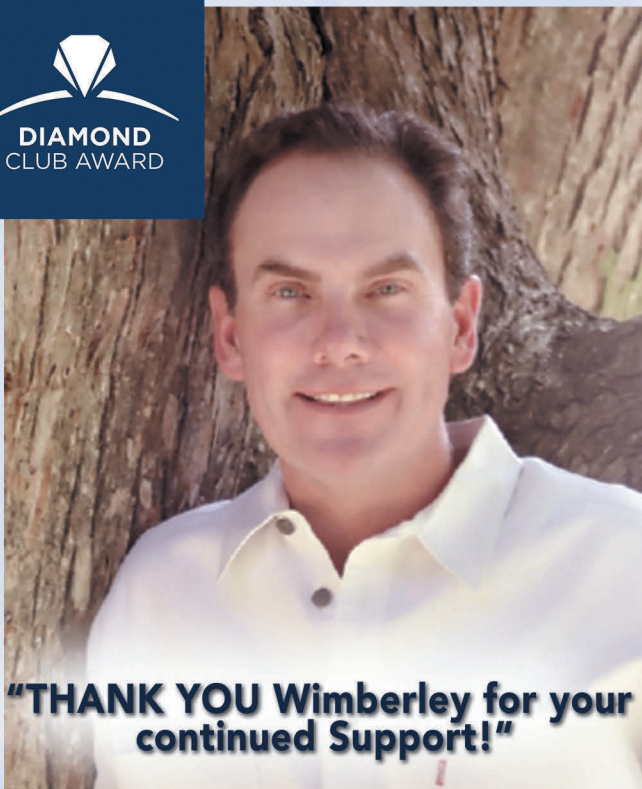
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