

# *Dripping Springs*

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# OUTLOOK

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Postal Patron



*The Gateway to Life in Dripping Springs*





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## The trick is to make it a treat

I have been thinking about how one of my favorite times of the year will change. Halloween for me signals the beginning of the holiday season filled with happy children, fun gatherings and of course, the parade of treat-or-treaters through my neighborhood. This year will be different, in many ways.

Adjusting to unbidden situations is never easy, but necessary and vital to moving forward not only for ourselves but for those around us. For me the answer is to turn our fluid times—into a celebration of gathering my family together and being grateful. It also means enjoying the safe outdoor activities available to us like the Dripping Springs Farmers Market where I can immerse myself in the sounds, sights, smells and textures of the splendid autumn that is unfolding around us.

We are so fortunate for this gift the city and vendors bring to us. The times have changed but the trick is to turn it into a treat where we can. Thank you for joining us.



*Victoria*

## Dripping Springs Outlook

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## Fall is for plants (and planting)

by Laurel Robertson



For most farmers and gardeners in the U.S., October marks the end of the growing season as freezing weather ends the gardening year. But here in Central Texas, mild temperatures and Indian summer afternoons usher in one of the best times of year at market. As days grow shorter, many vegetables store more sugar and have better flavor than spring-grown.

Great gardening conditions also mean that in the fall, the Dripping Springs Farmers Market is filled with an amazing mix of warm and cool weather crops. You'll find tomatoes alongside lettuces, melons accompanying kale, peppers next to broccoli during these few weeks only. Shopping outdoors on a crisp October afternoon transforms a mundane weekly task into a pleasant outing.

Fall is also a great time to plant perennial trees, bushes, shrubs and bulbs in Central Texas. To make that easier for everyone, the Hays County Master Gardeners will hold their annual Fall Plant Sale at our market on October 7, 14, and 21. This year they're offering over 104 varieties of native and adapted plants, specially selected for our region. You'll find groundcovers, vines, flowers, understory shrubs and trees, canopy trees, cactus and succulents, grasses and bamboo – just about anything that can be successfully grown here! This year plants are available for presale online October 4-20, with pickup at markets (or by special arrangement). Find

more information, including a list of all plants for sale, on their website ([txmg.org/hays](http://txmg.org/hays)).

Every November and December, our market adds more local artisans and craftspeople for holiday shoppers searching for unique, handcrafted gifts. If you or someone you know makes gift-worthy items, consider joining our market for November and December. See our website ([cityofdrippingsprings.com](http://cityofdrippingsprings.com)) for info on joining our 2020 Holiday Market.

*The Dripping Springs Farmers Market is owned and operated by the City of Drippings Springs and held every Wednesday from 3-6pm at the Triangle (Hwy 290 and RR 12). Contact us at 512-858-4725 or [farmersmarket@cityofdrippingsprings.com](mailto:farmersmarket@cityofdrippingsprings.com). Keep up with us on Facebook (Dripping Springs Farmers Market – Official) and through our weekly newsletter (signup at <http://www.cityofdrippingsprings.com/page/fm.home>).*



**Wednesdays**

**3 – 6pm**

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 / DSFarmersMarket 



# Dripping Springs Outlook

## CALENDAR of EVENTS

- Every Sun. 12:30. Christ-centered anxiety/depression Hope Group Zoom Meeting. Contact Marsha Young at 512-738-5109.
- 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) for info. No exercise on library holidays.
- Every Sun. 12:30. Christ-centered anxiety/depression Hope Group Zoom Meeting. Contact Marsha Young at 512-738-5109.
- 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. G.O.D.S. Moms. Free Childcare. Contact Joanne Thomas at 512-894-0581 for more details.
- Every 2nd Mon. Dripping Springs 4-H Club meets at 6:30pm at the Ag Booster Building (located behind DS middle school).
- Every 3rd Mon. Eastern Star meets at Rambo Lodge at 7:30pm. Call Kathy Clark for more info, 512-858-7004.
- Every 3rd Mon. 7pm. Hill Country Centering Prayer Community meets at a local residence. Call Myra at 512-496-1531 or Sharon at 512-413-3248.
- Every Tues. 6:30pm Toastmasters of Dripping Springs meet at Pioneer Bank, 100 Creek Rd. Visitors welcome. For more info visit [DSToastmasters.com](http://DSToastmasters.com).
- Every Tues. 5:30pm Al Anon meeting is being held at the Dripping Springs Presbyterian Church, 26650 Ranch Road 12. It is a general discussion meeting. Childcare provided.
- Every Tues. 6pm Nar Anon Family Group at Friendship Creekside Fellowship 14455 Fm 1826. Nar Anon is a 12-step program for family and friends of drug addicts. We share our experience, strength and hope.
- 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 for more information. Volunteers needed. The Bluebonnet Aux provides entertainment and special events for the residents of HCC.
- Every 2nd, 3rd and 4th Tues. 7pm, DS Boy Scout Troop 101 meets at the DS United Methodist Church. Call Tim Short at 512-743-2537.
- Every 4th Tue. Artists Alliance of the Hill Country meet alternating between The Barn on 4000 Bell Springs Road in Dripping Springs and Artists studios. For more information visit [ArtistsAllianceHC.com](http://ArtistsAllianceHC.com).
- Every Wed. - Sat. Noon-3pm, Dr. Pound Pioneer Farmstead and Museum is open for tours. Call 512-858-2030.
- Every Wed. Farmer's market at the Triangle, 3-6pm. For more info contact [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. For more info visit Hill Country Christian Business Networking Alliance (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 meetings in the VFW hall in Dripping Springs. For more information call Michele Ryon 512-299-7455.
- Every 1st Thur. 7pm Vince F. Taylor American Legion Post 290 of Dripping Springs invites all eligible veterans to 101 Old Fitzhugh Rd. For information call 512-858-5637.
- Every 1st Thurs. 6-7:30pm, Nonfiction Addiction Book Club at the Dripping Springs Community Library, [DSCL.org](http://DSCL.org), 512-858-7825. Newcomers welcome. Email [AdultServices@dscl.org](mailto:AdultServices@dscl.org) for details.
- Every 1st Thur. Apr.-Dec. *First Thursday Dripping Springs*, merchants extend their hours until later in the evening and have a variety of specials which might include one-day sales, special activities, food, music and art. For more info visit [FirstThursdayDrippingSprings.org](http://FirstThursdayDrippingSprings.org).
- Every 3rd Thur. at 7pm, Thirsty Thursday is co-sponsored by the City of Dripping Springs and New Life Lutheran Church at City Hall, 511 W. Mercer St. Area poets, musicians, songwriters and storytellers share work. For details call 512-858-2024.
- Every 3rd Thur. 7pm, DS VFW Post 2933 invites all eligible veterans with foreign service to 101 Old Fitzhugh Rd. Call 858-5637.
- Every 3rd Thur. 7pm, Family Support Group for family members, parents, adult children, and partners of individuals living with a mental health condition. Meets at St. Martin de Porres Catholic Church, Room 1. Contact [info@namicentraltx.org](mailto:info@namicentraltx.org) for more information.
- Every 4th Thur. 6pm, Photographers of Dripping Springs meets at the Holy Spirit Episcopal Church, 301 Hays Country Acres. Visit [Photographersofds.us](http://Photographersofds.us) or on Facebook.
- 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 email [DrippingSpringsMOPS@gmail.com](mailto:DrippingSpringsMOPS@gmail.com).
- Every 1st Sat. On or after the full moon, 7:30pm, Rambo Masonic Lodge 426 meets. Dinner at 6:30pm. Call 512-858-7177.

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## Viracid: Protection against infection

by Lauren Meyer



Worried about the cold and flu? Make sure you take the proper precautions to stay healthy and know that the right supplements have your back! Viracid is one of the most popular supplements for immunity. It has a great track record for getting people out of immune trouble. You can take it preventatively before symptoms arise to make sure you don't catch that seasonal cold or flu.

Viracid is a powerful combination of some key herbs for immune defense such as elderberry, echinacea, andrographis, and astragalus. Some well-known vitamin and mineral immune boosters are added to give the formula that extra kick: vitamin A, C, pantothenic acid, B12, zinc, and l-lysine.

Black elderberry has been shown to enhance immune cell-killing potential by supporting healthy cytokine production. Astragalus has immune-regulating effects including boosting T-dependent antigens, and lymphokine-activated killer (LAK) cells and macrophage activity. Andrographis has been shown to clear up symptoms of respiratory infection, sinus infection, and help prevent the common cold.

Echinacea has been used for centuries in Native American medicine. Vitamin A helps support mucous membranes, which are critical to keeping foreign invaders out of the body. Vitamin C and

zinc are well known for supporting the immune system. Both nutrients have been thoroughly studied to reduce the risk, severity, and duration of many infectious diseases.

Viracid can be used preventively with a maintenance dose of two capsules daily. For the onset of any illness symptoms or a full-blown sickness, the recommended dose is one capsule every hour. Come in to speak with a wellness consultant at Dripping Springs Pharmacy to see which supplements are right for you.

Stay well. Stay healthy!

Lauren has an M.S. in Human Nutrition and is a CNS (Certified Nutrition Specialist); she serves as a Wellness Consultant at two Martin's Wellness Pharmacies, (Dripping Springs Pharmacy in Dripping Springs and Lamar Plaza Drug Store in South Austin)



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## Permanent change versus a Band-Aid approach for joint pain

by Breca Tracy, PhD



We have discussed what life could look like without joint pain. Now we are focused on how it can become your reality. Techniques can be utilized for permanent joint pain solutions versus standard temporary Band-Aid approaches.

Regenerative approaches, such as utilizing quality tissue products, have the capability to become permanent solutions for joint pain. The science behind how this process works, as we understand it, is pretty phenomenal. Once a tissue product is injected directly into a joint or tendon, many things can happen. The recipient can start to experience an anti-inflammatory effect as the body responds to the injected product. Many components exist within the tissue products that play roles in the healing process. There are agents that signal communication to the body on how to repair itself. There are also agents that serve as scaffolding to provide a protective cushion that both supports damaged joints, cartilage, tendons, ligaments, and other soft tissues.

In conjunction to the anti-inflammatory benefits, the regenerative aspects also begin. Soft tissue restoration and cushioning are permanent. Regenerative Therapy is a means to introduce a new cushion, newly incorporated soft tissues into your body, which become a part of you for the rest of your life. How long do they last? No one can take them from you. They have the potential to last as

long as you allow them to. It really depends on how far you push your body and your joints.

Alternative therapies for joint pain exist, such as steroid injections and gel injections. These methods can help with joint pain, but are most likely temporary and sometimes have negative long-term side effects. Please contact us. We would love to educate you on the regenerative therapies we offer here in Dripping Springs.

We have a very unique team of experts here in Dripping Springs. Come see us, call us, or email us! Dr. Breca Tracy currently serves as Director of Science & Operations at the Stem Cell Center 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. [www.naturalhealingtx.com](http://www.naturalhealingtx.com).



**Breca Tracy, PhD**  
Director of Science  
& Operations  
512.368.4548

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800 Hwy 290 W, Building F, Suite 200  
Dripping Springs, TX 78620





# Escape the cavity monster this Halloween by Ron S. White, DDS

I don't want to put a damper on your Halloween fun so here are some tips for keeping the cavity monster away!

1) Avoid snacking on candy and drinking sugary beverages throughout the day. The plaque on your teeth contains bacteria that feeds on sugar and releases acid that attacks teeth. Continual sipping and snacking subjects your teeth

to continuous acid attacks which could lead to the breakdown of tooth enamel which eventually leads to cavities

2) Instead of snacking and sipping all day, I recommend eating candy and drinking sugary beverages with meals. Saliva production increases during a meal, rinsing food particles from the mouth and neutralizing plaque acid which helps prevent tooth decay.

3) Beware of candies like gummies and taffy, which stick to your teeth longer than something like chocolate, which easily washes away with saliva or by rinsing. Remember that hard sugary candies remain in the mouth longer, giving bacteria more time to create acid that weakens tooth enamel.

The ADA offers the following tips to help reduce tooth decay and still enjoy Halloween:

1) Get those juices flowing: Consider chewing ADA-accepted sugarless gum after meals. Certain sugarless gums have earned the ADA Seal of Acceptance for scientifically proving that chewing the gum for 20 minutes after meals helped prevent tooth decay.

2) Go with the flow: Drinking optimally fluoridated water has been shown to reduce cavities from 20 to 40 percent.

3) Take 3: Floss once a day, brush for two minutes twice a day with a fluoridated toothpaste and eat three healthy meals a day.

4) Check out those vitamins: Eating calcium-rich foods such as cheese, leafy greens and almonds are good for the teeth. Protein-rich foods such as meat, eggs and fish are good sources of phosphorus. Both of these minerals can help rebuild tooth enamel and bone.

My final suggestion from escaping the cavity monster: Don't fear the dentist, we really aren't here to haunt you!

*Dr. Ron White is located at 4189 E. Hwy 290. He has served Dripping Springs Smiles for over 15 years. He and his team strive to provide comfortable, compassionate care in a calm and luxurious office. Appointments can be scheduled by calling 512-858-LOVE Your Smile (5683).*



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## Shoulder injury and prevention

by David Strong PT, DPT

Fall is upon us and sports have resumed as the COVID - 19 scourge dissipates. Many sports involve rigorous arm motions that can cause pain and injury. Throwing a football, swinging a tennis racquet, serving a volleyball, shooting a basket, even throwing out a fishing line all involve muscles of the rotator cuff. Overhead athletes are highly susceptible to rotator cuff, pectoral, and biceps injury due to the aggressive nature of forcefully rotating the arm in a forward motion after winding the arm backwards. These injuries include tears, strains, and ruptures. Most athletes will experience some level of shoulder discomfort during their active life.

With inconsistent yet intense participation in sports, the weekend warrior tends to be the most at risk of an acute overhead injury. Often, people that participate in vigorous overhead sports sporadically do not do the things necessary to remain injury free. Without building and maintaining the integrity of the rotator cuff, people tend to jump right back into the sports they love as if they are still 16 years old. They fail to warm-up, stretch, and perform cool-down stretching even though fitness and physique may have drastically changed over the years.

A lifetime of faulty movement patterns used at work, hobbies, and home care can also lead to overhead muscle injury. People forget that movement demands proper warm-up, body mechanics and strengthening to avoid overuse or acute injury. I like to take a

cue from my dog Jake. He stretches every time he gets up prior to moseying over to me for a cookie or for a round of fetch.

The physical therapists at Kethley have been trained on the latest evidence-based treatments for all shoulder injuries. The key to successful pain-free return to sport and daily activities is prevention. Stabilization and strengthening of the glenohumeral complex is the key to preventing trauma to the rotator cuff and the surrounding prime mover muscles. At Kethley, we design therapy programs that calm down angry muscles, ligaments, and tendons, stretch out tight tissues, and strengthen everything so that impairments do not return. More importantly, we address the underlying causes of injury— deconditioning, acute trauma, or kinetic chain dysfunction.

I make it a priority to take care of my patients' shoulders with the most clinically researched and peer-reviewed evidence. We treat patients with exercise, manual therapy and modalities that include moist heat, cupping, kinesiotaping, and dry needling. We are prepared to treat your shoulder as we do our own.

*David Strong, PT, DPT is a licensed physical therapist that works full-time at Kethley Physical Therapy. Kethley Physical Therapy has been providing physical therapy to the Dripping Springs and surrounding communities for over 20 years! KPT has two convenient locations and ten licensed physical therapists to treat all your musculoskeletal needs. We are open from 7am to 6pm Monday-Friday and can be reached at 512-858-5191 or at KethleyPT.com.*

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## What is BBL? What is HALO?

by Rocco C. Piazza, M.D

Often when patients come to The Piazza Center for aesthetic skin treatments, they know what they want to get out of the treatment, but they don't know which treatment will enable them to achieve the results they want. I'd like to clarify the differences between the laser skin resurfacing treatments, mi-

croneedling, HydraFacial and chemical peels we offer to help you understand your options for skin care.

What is BBL? The light energy delivered by BBL (BroadBand Light) will gently heat up the upper layers of your skin. The heat absorbed by the targeted areas will stimulate your skin cells to generate new collagen. This will help restore your skin to its natural beauty and make it smoother, vibrant, and younger-looking. We can also focus the light energy more specifically to correct brown spots (hyperpigmentation) and redness (visible blood vessels in the skin). The exciting thing about this treatment is that the effects are additive over time, which result in beautiful results in the long-run with consistent treatment. We recommend three to four treatments per year. That's one every three to four months.

BBL is a non-invasive treatment that targets both the epidermis and dermis. Treatment duration is 20 to 40 minutes. Correct sun damage with one treatment every four weeks for three treatments

total. Maintenance is one treatment every three to four months. Social downtime is zero. The pricepoint is \$400 to \$695.

The HALO Hybrid Fractional Laser treatment we offer uses a sophisticated tool that senses precisely how much laser light pressure and frequency your skin requires to break down the damaged epidermis and pave the way for new growth. This will remove dark pigmentation and sun spots, improves skin texture, reduces pore size, and help reduce the appearance of fine lines. This procedure combines an ablative treatment to the epidermis (outermost layer of the skin) while simultaneously generating heat in the dermis (deep layer of skin) that allows for resurfacing and tightening This is the most advanced skin resurfacing treatment available with the greatest impact on improved skin health. We recommend that this treatment be done once per year, but many of our patients choose to do this treatment every six months. The procedure takes about an hour to perform. The social downtime is four to six days. The pricepoint is \$1,500 to \$2,700.

*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 web site [www.thepiazzacenter.com](http://www.thepiazzacenter.com).*

## Stress and inflammatory skin conditions

by Karen Laine, Para-Medical Aesthetician



Do you find skin conditions such as acne, rosacea, psoriasis or eczema flare prior to a big event, following traumatic life circumstances or other stressful times? Inflammatory skin disorders are exacerbated by the body's inability to deal with the physiological response of stress and the *fight or flight* response. The

body reacts to stressors whether physical, mental or emotional in basically the same manner. The body isn't capable of recognizing the type of stress it's up against.

When the stress system is triggered, it produces many physical changes. It reacts by cutting off circulation to the digestive tract and diverts blood flow to the large muscles in order to fight or flee. During times of stress, the gut is unable to process and absorb nutrients properly nor expel waste through normal channels, thus inflammation occurs. Additionally, blood pressure, heart rate and muscle tension increase with the release of stress chemicals some of which are physically damaging to your body. The most sensitive cells make up the *hypothalamus*, a part of the brain controlling all of your hormone activity and immune system. Over time the hypothalamus struggles to manage things properly leading to adrenal burnout, thyroid problems, weight and mood problems and many types of chronic illnesses.

The key to managing these skin conditions and the well-being

of your entire body is to deal with these reactions through both diet and stress management.

- Reduce or eliminate inflammatory foods: *Tran-fats, dairy and grain foods are known to aggravate the digestive system and contribute to many health issues.*

- Get sleep: *This is your body's repair and restore time. Employ natural supplements such as melatonin for help with sleep. Avoid stimulating behavior before bedtime, i.e. TV, computers, etc. Lower the lights.*

- Find support and talk about it: *Enlist the aid of a counselor or therapist. Seek natural methods and supplements for stress, depression and anxiety.*

- Employ relaxation techniques: *Try deep breathing, yoga, visualization, biofeedback, journaling or meditation.*

- Get some exercise: *This helps eliminate stress-induced chemicals and toxins from your body through sweat and improved circulation and release of feel good chemicals called endorphins in your brain. Shower with lukewarm water soon after to remove irritants from skin.*

- Do something you enjoy: *Try sports, reading, hobbies, a change of pace to distract your mind.*

*Karen Laine is a para-medical aesthetician and makeup artist with 23 years experience. Contact her at 512-847-8052. Her office is located at 120 Joe Wimberley Blvd. Suite 106, in Wimberley.*



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Follow us on Facebook and Instagram

# Dripping Springs Chamber of Commerce Focus on Business: *How's the real estate market?*

by Deanna Scott

What a great time to be living in Central Texas and the gateway to the Hill Country! How's the real estate market? I am so glad you asked.

This summer the Dripping Springs housing market fared very well. In August, 101 properties were sold, 138 are for sale and 198 are pending sale. The median sales price increased from \$529,000 in August 2019 to \$544,000 in August 2020. The average number of days on market has dropped from 86 in August of last year to 53 days in August 2020.

With more of us working from home, we are having a chance to evaluate our current home on a deeper level. Perhaps the kitchen really is too small to make home schooling and everyday lunches go smoothly. Or maybe the lack of a private study on the other side of the living area is hampering your ability to work as productively as possible.



Homes that are well staged, and in great condition are rapidly scooped up by eager buyers. The relatively small number of homes for sale and historically low mortgage interest rates are creating a very strong housing environment.

*Deanna Scott, Keller Williams Realty is committed to changing people's lives through real estate. She holds an MBA in Finance and is a Certified Negotiation Expert. She is committed to "Always doing the right thing" for her clients whether they are buying, selling or investing. Having lived in Dripping Springs for 21 years Deanna is active with the Dripping Springs Chamber of Commerce and volunteers on several committees to support the community that she loves.*



## Virus Times: *Learning way old-school*

by Leslie Tourish, LPC

Difficult times are invitations to inventions. No matter how much we long to go to a concert or sporting event, visit our favorite restaurant, or just be around others without wearing a mask and keeping six feet away, we can't go back in time to before the virus. Yet humans are an amaz-

ingly adaptive social animal because we learn wisdom from each other. Such as from the powerful teachings of the framers of stoicism in Rome, over two thousand years ago. One such stoic stands out, Marcus Aurelius, an emperor who ruled successfully by using the tools of self-discipline, personal ethics, humility, self-actualization, and strength. From his letters, known as the Meditations, scholars learned what his beliefs and guiding principles were that aided him in navigating wars, famine, political unrest, and plagues. Here are four of his personal beliefs.

Put your energies toward helping others. This seems like a big ask, especially when we feel exhausted and our resources are stretched to the breaking point. Marcus writes, "Meditate on the interconnectedness and mutual interdependence of all things in the universe." By seeing that all things are connected, we can grow an affinity and empathy for others. When we're kind to others, the positive energy rubs off on us as well. He viewed extending kindness as a duty to the tribe, making the group stronger as a whole.

Be grateful for what you have left. What has been taken from us looms large, and when we focus on the losses, we can feel drained. Marcus wrote, "How does it help... to make troubles heavier by bemoaning them?" It's human to mourn the big and small things that we have lost. But how might we also notice what we've gained? Maybe now we have more time to stop and review our lives, enjoy

being around those closest to us, or do new things that before we were too busy to even try.

Notice beauty around you. While we're awake during the day, our thoughts may be subsumed with worry, so we're not really present. It's as though we're navigating in a persistent fog. Mindfulness pulls our attention to the present and allows us to be fully aware so we might enjoy the small gifts and graces surrounding us. Rather than dulling our senses from worry, literally stop and smell the roses. And savor the warmth of a cup of tea. And listen to the wind through the trees.

Make your ancestors proud. If you're here, then your family lineage has survived thousands and thousands of years of suffering and tribulations. According to the stoics it's important for us to learn from our family members how they persevered their hard times. We honor them by absorbing their stories. In other words, we're squandering their gifts of resiliency by failing to learn better, and therefore, do better. The goal? Make our family tribe stronger. *Leslie Tourish, LPC, is a Dripping Springs psychotherapist in private practice. To contact Leslie, please go to [www.leslietourish.com](http://www.leslietourish.com) or [www.dspsychotherapy.org](http://www.dspsychotherapy.org)*



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## Halloween scare

by Frank Shuman, DVM

Halloween is just around the corner and it is wise to take a few precautions with our pets during this exciting time.

First and foremost, Halloween candy is a definite no-no for our pets. Chocolate is toxic to dogs and cats and can even be fatal. Unsweetened, bakers chocolate

is eight to ten times more potent than milk chocolate, and semi-sweet or dark chocolate is approximately three times more potent. Roughly, a 50 pound dog consuming as little as nine ounces of milk chocolate or one ounce of bakers chocolate can show some symptoms. A little ten pounder can show symptoms with as little as two ounces of milk chocolate. The average milk chocolate bar is approximately one-and-a-half ounces so don't worry if the dog just scrounges a few M&M's. Low dose symptoms can include nervousness, excitability, trembling, and stomach upset. High doses (the official "toxic dose" is five to ten times the dose mentioned above) can result in excessive thirst, heart stimulation, muscle spasms, seizures and even death. There is no specific antidote and treatment is aimed at minimizing absorption of the toxin, controlling nervous symptoms, encouraging elimination of the toxin, and treatment of cardiac effects. It can take up to four days of treatment for the toxin to be completely eliminated.

Dogs will find the candy and will readily consume large amounts of chocolate. If you suspect your pet has consumed chocolate, the amount and type of chocolate will help determine how

best to treat. Commonly, we find the dog has eaten milk chocolate of some unknown quantity and has no symptoms other than a smug look about the face. In this case we induce vomiting and observe for symptoms for several days. Be sure the kids know to always put their candy where the pets can't get it.

Halloween can also be problematic for pets not used to large numbers of people coming to your door, or to costumes, parties, etc. If your pet has anxiety then you can take the same precautions and consider isolating in a calm area and give them medication if previously prescribed. Be sure that when planning your Halloween festivities you don't forget your pets, and that scary things can happen to your pets, too.

*Frank Shuman IV is the Medical Director at Drippings Springs Animal Hospital, serving the area for over 30+ years. Located at 1520 E. HWY 290. He can be reached at 512-858-4787.*



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## Death and rebirth and life

by Deborah Carter Mastelotto

There is a beautiful piece of land at the end of 290 just before you hit Highway 10. Miles and miles and miles of dead trees. Miles of beautiful oaks devastated by oak wilt. Passing this oak graveyard on the way to 10 used to make me sad. Maybe it's because I'm somewhat of a gardener, but I felt the pain of this spot keenly. I would imagine how

lush and gorgeous these trees once were, how majestic this land used to be. Driving past these dead trees, seeing them droop there on that beautiful land like piles of dried sticks would always feel shocking. I used to try and imagine how expensive it would be for the owners of this land to take some kind of action, to maybe cut down what must be thousands of trees, to somehow protect the remaining healthy trees. What would you do? Try to treat the remaining thousands of healthy trees with some sort of oak wilt medicine? Cut down the thousands of dead trees? For some reason, I always seemed to obsess about this each time I drove past this particular spot on my way to Marfa, or Big Bend, or Santa Fe, or California. But, admittedly, it's been a while. So imagine my surprise this time when, while driving west on 290 almost to 10, I couldn't find the oak graveyard. I anticipated the spot like I always did, looking for the first dead oaks to signal the approach of the graveyard and preparing for the shock. But, I couldn't find

it. I saw some dead, gnarled branches and stumps, but I also found regrowth, a resurrection of sorts. I saw sprays of green from a seemingly dead limb. I saw new green tops on an old dead stump. It felt like I was witnessing a miracle, and I was. This was a visual representation of one of the basic principles of life on our Earth: Death and rebirth. In the classic tarot card deck there is a card that scares most people when they see it misunderstanding its true, esoteric meaning—the 'Death' card. It rarely represents actual death, but really means the ending of something as we know it, and the beginning of a new cycle. Much like Dumbledore's pet phoenix in Harry Potter, sometimes we have to accept endings (painful and dramatic) because new life needs to sprout from the old. Yes, some of those trees never came back to life, some trees became hosts to parasite plants, cedars or wild grapes. But for most of those oaks, their roots were strong enough to survive what must have felt like a death, only to come back to life a different shape, one leaf at a time. We need to remember this as we look around us, at the world, and see endings. Life will renew itself. It's a basic truth.

*Deborah Carter Mastelotto is a pathological entrepreneur, a minor student of quantum physics, unapologetic observer of human nature and undefatigable advice-giver. pinkchronicity.com. Salon located at 511 Old Fitzhugh Rd. 512-447-2888*



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## Low flow problems from your faucets

by Randy Lawrence



Thanks to technological advances, water softeners have certainly become more reliable than ever before. However, even with significant improvements, there are still issues that may arise which technology cannot alert us to. One problem that can happen over time is a breakdown of the resin inside the softener

unit. It's important to be able to recognize the symptoms of this issue in order to keep a small problem from turning into a big one.

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

On non-chlorinated water, this resin can last more than twenty years. On city water, resin life can be reduced to ten years or less. Once the chlorine takes its toll, the resin beads begin to expand and soften. As this process advances, the degraded beads will begin to take on a Vaseline-like consistency and will start to impede the flow of water through the softener. Since it is a slow process,

it can be difficult to notice the changes in water flow into your home. You may notice that you can no longer run multiple faucets without a significant pressure drop or that the flow rate slows while running only a single outlet.

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

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

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## What to do in your garden right now

by Lindley Pond

By the time you read this article, hopefully our temp's have dropped and the wrath of our summer's heat is all but a memory. We were blessed with an above average amount of rain and even saw some summer showers which kept things green longer than normal. Even as I write this article, I find that my garden, my soil, my fruit

trees need a little tweaking. Now's the time to make those changes.

First on the list, as always, make a plan. It may have necessities and of course it will have the *in a perfect world* items. Start small and start smart. Enriching your soil with organic compost, leaves, bone meal and a good tilling is key for any garden whether it be in your landscaping or for your belly. Take a good look at your water source for any and all planted areas. If you are using regular spray irrigation, see about switching to drip. Not a hard fix and this can be done even if you have an irrigation controller. These use far less water and deliver the water where the plant needs it the most.

If you have a *garden* now is the time to be thinking about planting seeds or seedlings for your fall and winter harvest. If you are more inclined to a *landscape* now is the time to plant woody plants and trees. Think about hot spots in your scenery and plant a native tree that will soon enough provide shade for people, plants and pets.

Installing rain gutters with either rain barrels for water collec-

tion or a full on rainwater collection system is something you may want to save for. Mulching in preparation for winter will help retain moisture and give your beds a fresh look. If it's lawn you are looking to lessen, think of all the options you have – patio, decking, butterfly gardens, bird sanctuaries – the sky is the limit. Don't get overwhelmed. Taking one step of the planning at a time will allow things to fall in place naturally. Starting with a list is the best way not to spin your wheels or waste your money. Happy fall.

*We're here to help fulfill your "outside dreams." Call us for a free consultation and design. Lindley Pond is owner of Lindley Pond Landscaping. We are here to make things out of your reach happen. Don't hesitate to call or email. We'd love to help you design the shady spot you deserve. We've been helping folks in Central Texas for over 15 years. Give us a call for design and installation of your new "lawn." Contact us at 512-775-1629.*



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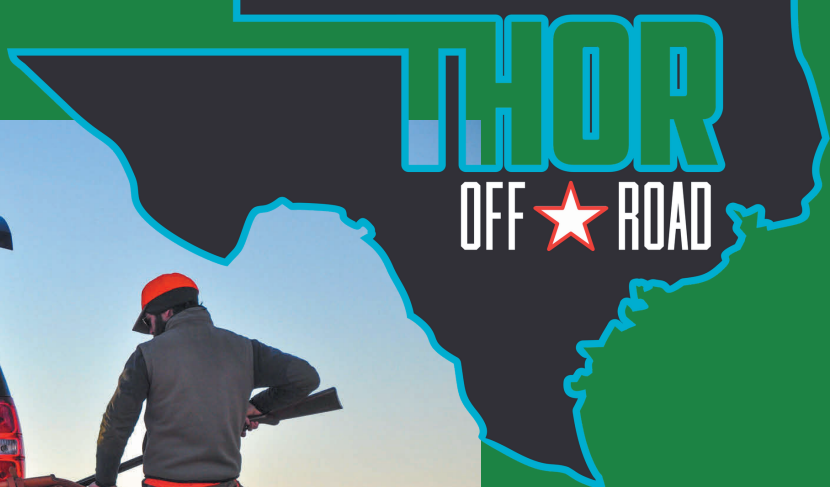
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# Avoid financial mistakes during retirement

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



*Reagan Smith*

When you retire, you may be susceptible to financial missteps specifically related to your retirement years. How can you dodge these errors?

Manage your withdrawal rate carefully. You will likely need to tap into your retirement accounts - your IRA and 401(k) or similar employer-sponsored plan. But you should establish an annual withdrawal rate that's appropriate for your situation.

By withdrawing too much each year,

especially in the early years of your retirement, you risk outliving your resources.

Don't underestimate health care costs. Once you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan and will probably also incur other expenses. A healthy 65-year-old couple who retired in 2019 will need nearly \$390,000 over their remaining years just to pay for health care, according to HealthView Services. When calculating your expenses during your retirement years, reserve a big space for health care.

Don't take Social Security too early. You can start receiving monthly Social Security checks when you reach age 62, but your payments will generally be significantly larger if you wait until your "full" retirement age, which will probably be between 66 and

67. (The size of your payments will "max out" at age 70.) If you need the money at 62, take it, but if you believe you have longevity working in your favor, and you can afford to wait, you may be better off by delaying Social Security as long as possible.)

Don't invest too conservatively. Once you're retired, you might think that you should take as few chances as possible with your investments. It's important to own a reasonable percentage of growth-oriented investments to help keep you ahead of inflation. Even at a low rate, which we've experience recently, inflation can erode your purchasing power over time.

Don't be more generous than you can afford. If you have grown children who need financial help, or grandchildren heading to college someday, you'd no doubt like to do whatever you can to provide assistance. However, the hard truth is they simply have more time than you do to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford - but don't go beyond that. By preserving your financial independence, you'll end up benefiting your family, as well.

Retirement can be a wonderful time of your life - and you may enjoy it more by doing what you can to avoid costly financial mistakes.

*Reagan Smith, Financial Advisor specializes in helping individual investors and business owners reach their financial goals. She can be reached at 512-894-3793.*



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# Protecting your loved ones

by Albert Gonzalez

As we emerge from our homes and try to move forward like everything is “normal,” we are left in the wake of tragic loss of life. We’ve lost more lives in the past four months than we did in the 14 years of the Vietnam War. This is truly catastrophic.

My brother-in-law passed away on April 15th due to the COVID-19 in Florida after retiring there 20 years ago. Fortunately, my sister did have a small life insurance policy on him and will be able to manage going forward without the major financial setback often encountered due to a sudden loss of a loved one.

Benjamin Franklin said there were two things certain in life: death and taxes. My goal in writing these articles on personal insurance is to help individuals and small businesses protect their families from the “What Ifs” we all wrestle with and to help make sure our loved ones are cared for by proper planning. I’ll be providing an explanation on different types of life, disability and long-term care insurance and how to use them to care for those you love.

If you’ve not had your life insurance reviewed in 10 years or more, now may be the time to make sure not only that you have the right coverage, but you have assigned the right beneficiaries. If you have a business partner or you’re a Sole Proprietor, you may need to review the valuation of your business to make sure you’re properly protected. If you have older parents or live near your children and don’t want to be a burden to them in your golden years, let’s talk. I like to help my clients provide financial care for

themselves and their loved ones. I help my clients establish a base plan of insurance protection in developing their financial goals and plans. Having the proper protection based on your personal situation can help provide peace of mind going out into this new world of a new “normal.”

Keep safe, maintain your social distancing and wash your hands often.

*This article is meant to be general, and it is not financial advice or a recommendation of any kind. Please consult your advisor before making financial decisions. For more detailed information, contact Albert Gonzalez, MBA, a Financial Advisor with JTL Wealth Partners. He offers securities and investment products and services through Waddell & Reed, Inc. (WRI), member FINRA/SIPC. JTL Wealth Partners is a separate entity from WRI. Albert has worked in the insurance and financial services industry for over 15 years and has opened a new office at 13062 W HWY 290, Suite 204, Austin, TX. Contact information: agonzalez@wradvisors.com 817-247-6129 www.JTLWealthPartners.com*



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## Litigation: *The show must go on*

by Roland Brown



“Why litigate? Because dueling is frowned upon this day and time – and, of course, the ultimate outcome of litigation is less, shall we say, personally costly!” That was the first sentence I wrote for publication in The Wimberley Valley News and Views more than eleven years ago. I’ve written articles virtually every

month since, and in 2014 those articles began to appear in The Dripping Springs Outlook as well. I want to send a shout out to publisher, Victoria Belue Schaefer, and her fine staff who consistently put out these publications.

So, we litigate as a more civilized form of resolving disputes. We even refer to what I do as “ ‘civil’ litigation,” although it isn’t always all that “civil.” What then happens if we can’t litigate; that is, if we can’t get to that critical part of the process, the jury trial, due to a pandemic? Presumably, we’ll eschew a return to dueling!

Back in March I had a personal injury jury trial evaporate less than 72 hours before I was to begin picking a jury due to the COVID-19 situation. The judge later offered us an opportunity to try the case via Zoom, but we did not feel we could properly present the case that way. For months we have had no jury trials. During this time, the courts have handled hearings and non-jury trials mostly via Zoom or Teams while simultaneously brainstorming on how to get back to those important jury trials.

Yesterday, I observed a panel of four Texas District Court judges from our four largest cities discuss current approaches. Houston has leased a coliseum and has already successfully used it to handle the jury selection in a civil case using its ample space and numerous other safety protocols. Once the panel is winnowed down to 12 jurors in the large arena, it is then possible to move back to the courthouse to complete the trial. I applaud that approach. I understood the judge from Travis County to say that by October, Travis County cases will proceed with Zoom trials whether the lawyers like it or not. One way or the other, the show must go on, so I’m tightening my seatbelt and packing my briefcase!

*Roland Brown is a litigation attorney with forty-plus years experience handling civil litigation throughout Texas. For more information call 512-847-2500 or visit RolandsLaw.com.*



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