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**“I DON’T HAVE TO CHASE EXTRAORDINARY  
MOMENTS TO FIND HAPPINESS – IT’S RIGHT IN  
FRONT OF ME IF I’M PAYING ATTENTION AND  
PRACTICING GRATITUDE.”**  
– BRENE BROWN

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Ladies and gentlemen, our slow descent into autumnal temperatures has begun. The cool breeze fills me with so much hope and joy. Drafts of Thanksgiving menus, early Christmas shopping, carving pumpkins on the porch and filling them with the sweet aroma of vanilla-scented candles, long afternoons at the park, and the return of the after dinner promenade – this is fall for me.

This month’s cover features another one of my favorite fall happenings, the newest collection of glass pumpkins and gourds at Wimberley Glassworks. I love taking my family to choose a pumpkin to add to our collection and staying to watch the glassblowing demonstration. Another colorful, magical aspect of this enchanted community for which I am so very grateful.

Cyle Elizabeth Johnson, Editor





# CHRISTMAS on Mercer



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# Do you suffer from chronic aches, headaches, pain, or stress?



by Breca Tracy, PhD

Are you an athlete or training for a competition? Do you have shoulder tension, chronic migraines, or back pain? Do you have an injury or are you trying to prevent injury? Have you tried everything under the sun and nothing has given you a long-term solution? At REGENERATE we have so many people that come to us as a last-ditch effort before surgery – even clients that had surgery and are still seeking a solution.

So... the question becomes, why are we different? Why would we have something that could actually help? Why would your experience be different and why should you expect results? First and foremost, our mission at REGENERATE is always to help people achieve their goals. If the goal is not something obtainable, we will let you know right out of the gate. Helping people is our passion and that's why REGENERATE exists.

Our licensed massage therapist specializes in a form of medical massage we refer to as Bodywork. He uses a combination of different modalities and techniques customized to help meet each client's specific needs. Bodywork is designed to be effective and efficient. We cannot guarantee you will love every minute, but we can guarantee you will walk out noticing something is different. Our goal with Bodywork is to get to the root of what is causing the pain. Your pain may not be completely gone after one session, it may require multiple sessions, but you will notice

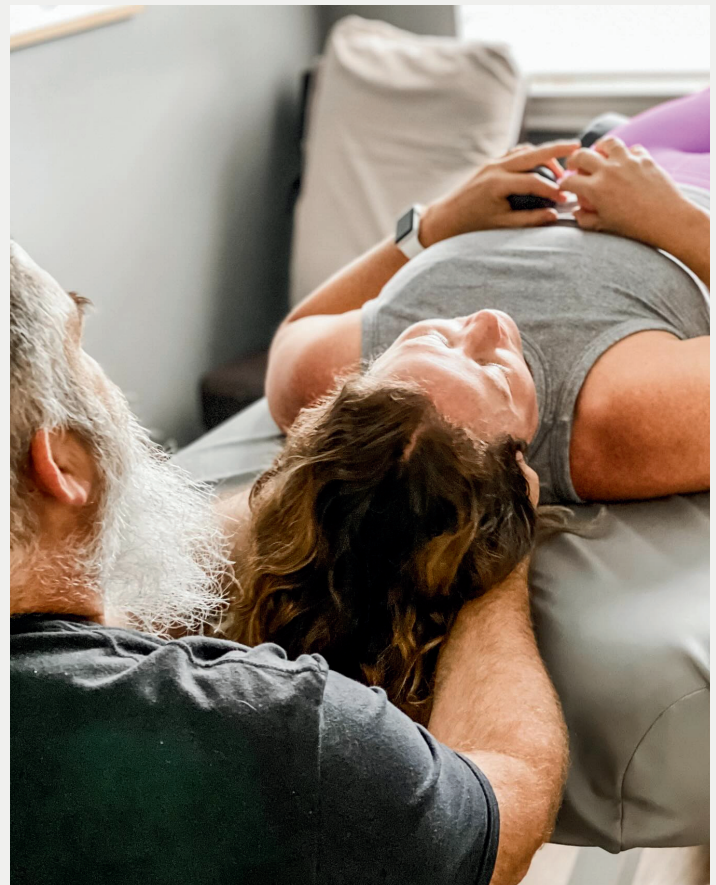
after one session the potential for a solution is within reach! Our Bodywork helps people reduce, and in a lot of cases, overcome pain. Our goal is to help you start enjoying the freedom of having pain-free mobility and achieve greater range of motion, increased flexibility, and less pain to continue to live life doing the things you love.

If you haven't met us or experienced our Bodywork, we highly encourage you to give us a chance. If you are discouraged because you have spent too much money and time yielding no results, even more so give us a chance.

We want to hear from you. Give us a call. Let our experts see if we can help you find a solution!

**We have a very unique team of experts. Come see us, call, or email us! Dr. Breca Tracy currently serves as Director of Science & Operations at REGENERATE Dripping Springs. Breca has resided in Dripping since 2007 after obtaining her Ph.D. in Biochemistry and Molecular Biology from the University of Oklahoma Health Sciences Center. Contact us at 512-368-4548, 800 Hwy 290 W, Building F, Suite 200. NaturalHealingTX.com.**

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# Timeless Beauty

## Your Secret to Timeless Beauty

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- Anne Moon

"Just started using Quantum Youth Drops, and wow, my skin feels and looks amazing!"

- Jennifer Raimer

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- Rebecca Darrow

"My wife and I are hooked. Quantum Youth Drops have become our daily must-have for that youthful glow."

- Art Trevino

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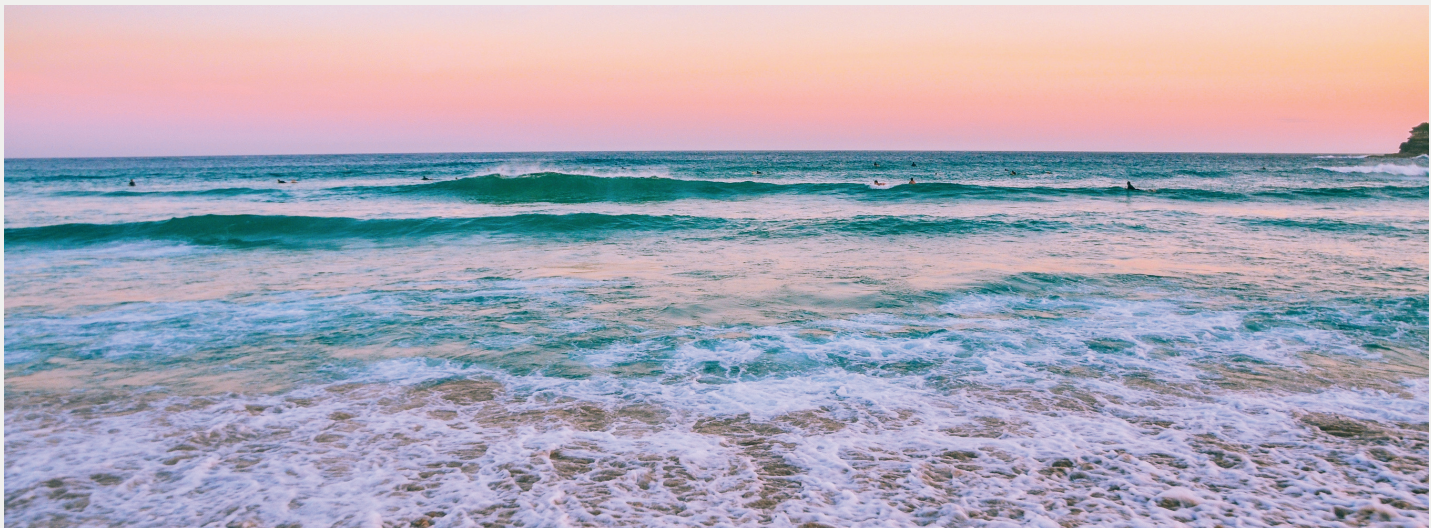


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## The Grieving Person's Bill of Rights



by Leslie Tourish, LPC

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The American author William S. Burroughs wrote, “In deep sadness there is no sentimentality.” Sentimentality is the gift of perspective. To gain perspective, we need time and healing. Sometimes a person who is in the cold shell of grief may lose that ability to step back and gain perspective; their energy and coping skills may be drained.

Dr. Alan D. Wolfelt, a grief therapist, educator, and author at the University of Colorado Medical School, is aware of this and composed what he termed, “The Grieving Person’s Bill of Rights.” They are as follows:

1. You have the right to experience your own unique grief. No one else will grieve in exactly the same way you do. So, when you turn to others for help, don’t allow them to tell what you should or should not be feeling.
2. You have the right to talk about your grief. Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief.
3. You have the right to feel a multitude of emotions. Confusion, disorientation, fear, guilt, and relief are just a few of the emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don’t take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.

4. You have the right to be tolerant of your physical and emotional limits. Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don’t allow others to push you into doing things you don’t feel ready to do.

5. You have the right to experience grief *attacks*. Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but is normal and natural. Find someone who understands and will let you talk it out.

6. You have the right to make use of rituals. The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the funeral is a way for you to mourn. If others tell you that rituals such as these are silly or unnecessary, don’t listen.

7. You have the right to embrace your spirituality. If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs.

8. You have the right to search for meaning. You may find yourself asking, *Why did he or she die? Why this way? Why now?* Some of your questions may have answers, but some may not. And watch out for the cliched responses some people may give you. Comments like, *it was God’s will* or *think of what you have to be thankful for* are not helpful and you do not have to accept them.

9. You have the right to treasure your memories. Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.

10. You have the right to move toward your grief and heal. Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved changes your life forever.

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



# Thanksgiving with Dogs



by *Diana Ozimek*

The holiday season is upon us! Let's all look forward to spending time with our friends, family, and furry loved ones. With the leaves changing color, pumpkins on the porches, and the smell of apple spice in the air, we all want a Hallmark experience.

But although we've all laughed at the movies where amidst the holiday chaos the family dog runs across the table for a whole Thanksgiving turkey, the reality might not be such a laugh. The last thing everyone needs while trying to balance dinner, kids, decorations, and in-laws is to have to put your pup on the list as well. This is why holidays are the perfect time to practice your dog's basic people and table manners to prevent any events like these:

- Barking at the doorbell and jumping on incoming guests
- Putting paws on the table and their nose in the food
- Knocking over young children, nieces, and nephews
- Chewing on decorations
- Begging at the dinner table

Routine obedience training can be given to any dog of any age and can enhance your holiday experience without having that added stress. Basic commands such as learning to place your dog on their designated cot or bed while people are eating. Teach your dog *no means no* when their nose gets a little too close to the mashed potatoes. Most importantly make sure your dog understands *no* or *off* means not to jump on grandma.

It's a great time for seeing your loved ones this holiday month and an even better time to make sure your pup doesn't ruin the party. Be sure your pups know their manners well so you can focus on making memories with the ones you love.

**Diana is the owner & lead trainer at Good Dog in the Making. She is excited to bring her puppy training expertise to her new community & help families raise confident, well-mannered dogs.**



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## Conscious Cannabis Use: Elevating Wellness and Creativity



by Haley Hunt, RN

In a world where stress, overindulgence, and chronic pain have become part of daily life, many are seeking natural, holistic alternatives. Cannabis has emerged as a powerful option, offering relief and relaxation for those looking to break free from the cycle of overdrinking or prescription medications. But it's not just about using cannabis—it's about using it consciously.

Conscious cannabis use is all about intention and mindfulness. Rather than using the plant as an escape, it becomes a tool to unlock creativity, expand the mind, and elevate your overall well-being. By focusing on how cannabis interacts with your body and mind, you can achieve positive, transformative experiences. It's about being aware of your body's needs and using the plant in a way that promotes clarity, focus, and peace, without overindulgence.

At Haus of Jayne, we believe in supporting our community by educating people on the power of conscious cannabis use. Whether it's through alleviating stress, easing physical pain, or simply sparking creativity, cannabis can be a key to living a more balanced, fulfilling life. Together, we can destigmatize cannabis and help people experience its benefits in a mindful, positive way.

We invite you to explore the possibilities and discover how conscious cannabis use can enhance your journey to wellness.

**Haley is passionate about the mind-body connection and natural healing through plant medicine. She founded Haus of Jayne, Dripping Springs' local cannabis dispensary, to provide high-quality cannabis products, de-stigmatize the plant, educate the community, and grow alongside the industry. Follow Haus of Jayne on social media: HausofJayne\_official on Instagram and Facebook.com/HausofJayne. Visit Haus of Jayne at 766 Old Fitzhugh Road. They can be reached at 512 648 7420.**



HAUS OF JAYNE

## DS Chamber of Commerce Focus on Business Brow Sugar: A Neighborhood Gem for Beauty and Indulgence



Located in the heart of our community, Brow Sugar Permanent Makeup and Piercing Studio is more than just a beauty destination—it's a sanctuary where you can feel cared for and leave feeling amazing! Owned by longtime best friends and locals Trisha and Jenn, Brow Sugar offers a variety of services that help clients look and feel their best, from expertly crafted permanent makeup to trendy piercings and tiny tattoos.

With their keen eye for detail, the duo has created a welcoming space where clients can enjoy personalized beauty treatments. Whether it's achieving the perfect brow shape with microblading, creating the perfect shade of lip blush, or adding a little sparkle with a piercing, Brow Sugar is all about enhancing natural beauty and helping individuals express themselves with confidence.



In addition to permanent makeup, tiny tattoos, and piercings, Brow Sugar is home to For Keeps Welds Permanent Jewelry Bar, offering clients a unique and lasting way to accessorize. Specializing in welded jewelry, For Keeps creates custom, permanent pieces like bracelets and anklets that are stylish and meaningful—perfect for those looking to add a little sparkle that lasts.

Whether you're coming in for flawless makeup, a new piercing or tattoo, or a permanent piece of jewelry, Brow Sugar offers a warm, fun environment that makes everyone feel like part of the family. Visit Jenn and Trisha at Brow Sugar, where you'll be treated to personalized care, beauty, and a little indulgence—all in one cozy space! Visit Brow Sugar at 3998 E. Hwy 290, Suite A. Contact Jenn and Trisha at BrowSugarBabesTx@gmail.com or call 512 762 7690.



## Low flow problems



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 25 years of experience he has serviced Wimberley and surrounding areas for over 20 years.**

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## HAPPY THANKSGIVING

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By Cody Johnson



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As we celebrate Thanksgiving, it's a time to reflect on the many blessings in our lives—and one of the most significant is the opportunity to live in America, where the freedom to own property and invest in real estate plays a central role in shaping our future. While we often think of this holiday in terms of family gatherings and delicious meals, it's also a perfect moment to consider how fortunate we are to enjoy the unique possibilities that our country's real estate market provides.

In America, owning property is more than just a transaction—it's a cornerstone of the American Dream. Whether you're buying your first home, investing in land, or growing a commercial portfolio, real estate offers a path to financial security and personal fulfillment. Few countries provide such a dynamic range of options, from suburban homes to rural retreats, urban lofts, and sprawling commercial spaces. This vast diversity in real estate opportunities allows us to choose spaces that not only fit our current needs but also open doors for future growth and prosperity.

Thanksgiving reminds us of the importance of home. The spaces where we gather with family and friends are filled with warmth, tradition, and comfort. Whether it's a home we've lived in for years or a new property we've recently acquired, these places serve as the backdrop for our cherished memories and celebrations. The ability to own and shape these spaces is a privilege, one that we are lucky to enjoy in America.

Additionally, real estate goes beyond personal enjoyment—it's an opportunity for investment and wealth-building. As we reflect on what we are grateful for this season, it's worth recognizing the unique freedom we have to grow our financial future through real estate. Owning property or investing in land not only builds stability for ourselves but creates a legacy for future generations.

This Thanksgiving, let's take a moment to appreciate the opportunities America provides through real estate—the homes that ground us, the properties that help us prosper, and the spaces where we share the moments that matter most.

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





by George Altgelt

## Why a garden?

My grandfather was a botanist. He worked in Schulenburg, Texas among other places. Part of his life's work was studying the physiology of plant diseases. He was a

peach breeder. His quest was for improved varieties of peaches for growers in Texas.

The Altgelt Family always had a garden and grew everything organically. They did not use toxic chemicals to prevent insect damage. My grandfather knew that well-nourished plants are not attacked by insects.

Nowadays, toxic rescue chemicals are the first choice for protecting the farm crop. So much so that most grocery store offerings are contaminated with every kind of Ag chemical you can think of. Then, add in additives and flavor enhancers, which turn out to be damaging to the developing brain of a child or infant. Our food supply is contaminated and making us sick, especially our children. Every year gets worse.

The two exemptions are farmers at farmer's markets and your home garden. Support your farmer's market and grow your own garden. Geo Growers can show you how to produce with no real

insect damage to your food crops and no health risk to your family. Then store the crop easily. It's a *get more, sweat less* approach and we'll help. Call us.

Happy gardening!

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

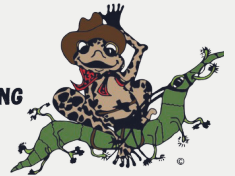
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### PUMPKIN DUMPLINGS in brown butter & parmesan Makes 4-6 servings



#### Ingredients

- 1 scant cup canned pumpkin puree (not pie mix)
- 6 thyme sprigs
- Salt
- 2 large eggs
- 6 tablespoons butter
- 1/2 cup grated parmesan cheese, plus more for serving
- 1 teaspoon freshly grated nutmeg
- 1 cup plus 2 tablespoons all purpose flour

Bring a large pot of water to a boil and add a few big pinches of salt. In a saucepan over medium heat melt butter; stir constantly as it foams and starts to brown. Drop thyme springs into butter; they will sizzle.

Turn off heat and move saucepan away from burner. Butter will continue to brown in hot pan.

In medium mixing bowl, mix pumpkin puree, eggs, 1/2 cup parmesan, nutmeg, and 1 pinch of salt until very well combined.

Then add flour and mix until no unmixed flour can be seen. This batter will be like a thick cake batter.

Take a large soup spoon, submerge it into boiling water. Hold batter bowl above water. Use hot spoon to scrape a tablespoon of the batter and take the spoon and batter right into boiling water. Batter should release from spoon. Repeat to use all batter.

Boil dumplings for 2-3 minutes. They will puff up and float to the top. Turn off heat and let dumplings bathe for 1 minute.

Using slotted spoon, transfer dumplings into pan of butter and thyme. Toss gently to coat in butter. Taste and season with salt, if needed. Divide dumplings into shallow bowls, drizzle with more butter, sprinkle with parmesan and serve hot!



## The Sun Will Rise Tomorrow

Like bears hibernating in the winter, Americans tend to slow or even stop economic activity during certain times. By the time this is published, the election will be over and (hopefully) settled. For some reason, people think that the election is a huge turning point, and they must stop everything until it's figured out.

In the meantime, savvy real estate investors see deals everywhere. Prices are at their lowest point since April 2022. Once the election is over, buyers will come out of hibernation, eager to purchase and reap the rewards of an appreciating real estate market.

Historically, real estate has always increased in value. If you hold onto it through the valleys, you will eventually make a profit. If you buy during a valley, you're even more likely to reap rewards.

The current economy is in a real estate valley or dip, not seen since late 2007 during the subprime mortgage crash. Prices have dropped, and sellers are beginning to realize that their desired prices aren't realistic. Once real estate prices have adjusted to their actual value, property values start rising again.

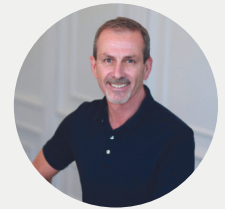
The average person will look to buy when everyone else does. That Black Friday TV deal may not be cheap, but when people rush to grab one, even courteous shoppers can become frantic. It's the same in real estate – a frenzy creates buyers who fear missing out.

Smart investors always look to buy when no one else is. A lack of buyers puts downward pressure on prices and allows for more

favorable terms and concessions. Some local real estate brokers say they've never seen a better buying opportunity than now.

Sure, interest rates might be higher than the days of 2.75% mortgages, but with prices so low, you can still secure a payment similar to what you would have had when rates were at their lowest. The term *keep your powder dry* means conserving your resources for future use. Knowing when to expend those resources is key and you don't want to be sitting on money waiting to invest while prices skyrocket. You could miss one of the greatest buying opportunities of your lifetime. In a few years, you'll look like a genius to those who kept their powder dry out of fear. No one ever made money by being scared – fortune favors the bold. Every time.

**Steve has been selling real estate since 2003. His team can help with all of your real estate needs. Residential, commercial, farm and ranch. Co-Host of the Mallett and Michelle on Dripping Springs Podcast.**



by Steve Mallett



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## Litigation: Injustice in Real Time



by *Roland Brown*

“400 words or less”; too few. Dear reader, please Google “Robert Roberson execution”, dig a bit and draw your own conclusions. Disclosure: I have been opposed to the death penalty for more than three decades, primarily for pragmatic reasons.

Yesterday an unprecedented series of last-minute maneuvers postponed a Texas execution. Early on this Friday morning with my deadline looming, I have not yet read the court orders and opinions, but I will be doing so. Bare facts: A Palestine man was convicted some 23 years ago of causing the death of his two-year old daughter in a “shaken-baby syndrome” case. Even the lead detective in the case now agrees that the facts and science applied are no longer supportable and he believes that Mr. Roberson is innocent. The child’s death most likely resulted from a serious illness, and perhaps from what I understand to be a then accepted but since discredited treatment by her physicians. All appeals based upon the fact that advances in medical science now show the medical testimony used to convict Roberson to be insupportable have been denied.

Roberson’s cause is supported by a bipartisan majority of the members of the Texas House of Representatives, author John Grisham, thousands of petition signers, a Texas Republican megadonor, and at least one US Supreme Court justice who urged, but could not order, the governor to grant a 30-day reprieve. Turning to the past 48 hours – the Board of Pardons

and Paroles, which routinely denies requests for clemency, denied Roberson’s request. In a last-ditch effort to avoid the injustice of an execution, the Texas House Committee on Jurisprudence hastily subpoenaed Mr. Roberson to testify before

them next week. A state judge ruled the execution could not proceed as scheduled due to the subpoena. The Texas attorney general appealed that ruling to the Court of Criminal Appeals which ruled the execution could proceed. The Texas Supreme Court then stayed the execution based upon a separation of powers issue and ordered the state court judge to determine whether the legislative subpoena could override the judicial determination of the Criminal Appeals Court.

Legally, in the absence of reconsideration by the Texas Court of Criminal Appeals, the only hope to avoid a state sanctioned killing of what appears to be a likely innocent citizen is an unlikely pardon from the governor. As a lawyer and a human being, I find this hard to accept.

**Attorney Roland Brown handles exclusively personal injury claims. Roland, who offices in Wimberley, has been voted HAYS COUNTY’S BEST PERSONAL INJURY ATTORNEY for 2020, 2021, and 2023 in annual polls of Hays County attorneys. For more information call 512 847 2500.**



*Pat M. Woodman*

## Share Your Bounty with Family

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

As you gather with your loved ones this year, perhaps you can think of ways to share not only your dinner, but also your financial bounty.

Make appropriate gifts. If you have young children, you may want to get

them started with a savings account to help them develop positive financial habits. You could even make it a Thanksgiving tradition to measure how their accounts have grown from year to year. You can go further by starting an education savings vehicle such as a 529 plan. This account can provide valuable tax benefits and gives you total control of the money until your children are ready for college or trade school. Other education-funding options also are available, such as a custodial account, commonly known as an UGMA or UTMA. You could also contribute to a 529 plan for your grandchildren.

Develop – and communicate – your estate plans. While you may want to be as generous as possible to your loved ones during your lifetime, you may desire to leave something behind as part of your legacy. And that means you will need to develop a comprehensive estate plan. Such a plan will allow you to express your wishes about where you want your assets to go, who will take care of your children if something

happens to you, how you want to be treated should you become incapacitated, and other important issues. Your estate plan will need to include the appropriate documents and arrangements – last will and testament, living trust, power of attorney, health care directive, and so on. To create such a plan, you may need to work with a team of professionals, including your financial, tax and legal advisors. And it’s essential that you communicate the existence and details of your estate plan to your loved ones. By doing so, you can help them know what to expect and what’s expected of them to help avoid unpleasant surprises and familial squabbles when it’s time to settle your estate.

Sharing some of what you have with charitable or community organizations will also help fulfill the spirit of Thanksgiving. And you can make it a family affair by asking your loved ones which groups they would like to support. Not only will you be helping a worthy cause, but you’ll also be teaching your children about the value of money – in this case, the ability to use money you’ve saved to help make a positive contribution to society.

**Pat M. Woodman, Edward Jones Financial Advisor specializes in helping individual investors and business owners reach their financial goals. He can be reached at 512-894-0665.**



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