71 SPUNOUS

OCTOBER 2019 A NEWSLETTER FOR THE RESIDENTS OF SPICEWOOD & BRIARCLIFF **VOLUME 3, ISSUE 10** STAY SAFE ON Check your kids' candy for choking hazards like gum and hard candies. Face paint is safer than masks. Stay visible with a reflective bag. Lighter-colored costumes are easier to see in the dark. Always use a crosswalk to cross the street. Fire-proof your pumpkins by lighting them with glow sticks.

#MAKESAFEHAPPEN



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IMPORTANT NUMBERS

EMERGENCY NUMBERS	
EMERGENCY	1
Fire	1
Ambulance	1
Travis County Sheriff512-974-084	5
Burnet County Sheriff512-756-808	0
SCHOOLS	

33113323	
Marble Falls ISD	830-693-4357
Falls Career High School	830-798-3621
Marble Falls High School	830-693-4375
Marble Falls Middle School	830-693-4439
Spicewood Elementary School	830-798-3675
Highland Lakes Elementary School	830-798-3650
Colt Elementary School	830-693-3474
Lake Travis ISD	512-533-6000
Lake Travis High School	512-533-6100
Lake Travis Middle School	512-533-6200
West Cypress Elementary	512-533-7500

UTILITIES

UTILITIES	
Hill Country Web	512-264-8440
TStar Internet	830-693-6967
Briarcliff City Water	830-693-2377
Time Warner Cable	512-485-5555
Pedernales Electric	888-554-4732

OTHER NUMBERS
Spicewood Library830-693-7892
Spicewood Community Center512-755-3119
Helping Hands Crisis Ministry512-808-6092
Spicewood & Highland Lakes Lions Club830-693-3645
Spicewood Post Office830-693-2377

NEWSLETTER PUBLISHER

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BEE CREEK UMC FARMACY IS EVERY TUESDAY!

1011 Spur 191 Spicewood Texas (behind the Spicewood Community Library right next to the Elementary)



Two years ago, this fall, Bee Creek UMC put a garden in to

help feed our neighbors in need. To date the Farmacy has produced thousands of pounds of produce.

Clara Kistner, a local Spicewoodian is the key volunteer who makes this all possible! Thank you Clara for your generous servant's heart!

Tuesday's are harvest days in preparation for donation delivery to Helping Hand Crisis Ministries every Tuesday afternoon.

If you would like to participate we would love to have you come "play in the dirt" with us while helping others. No experience required and no age limit. For more information please contact Clara at thefarmacytx@gmail.com.







WHAT IS UNIQUE ABOUT CORRECTIVE MUSCLE SOLUTIONS?

Contributing Article from Scott & Lauren Frost



Over the years, the conventional approach to muscle health and performance has yielded quite ordinary and unremarkable results.

At Corrective Muscles Solutions, we are challenging the conventional approach to rehabilitation and the muscle system in a way that

is changing people's lives with truly extraordinary results. Scott is part of a unique subspecialty in the field of kinesiology. It is so highly specialized that there are currently only 25 practitioners certified worldwide.

People of all ages come to us with complex cases of muscle & movement problems that have stubbornly been unresponsive to other treatments. We work with all sorts of difficult cases to help people regain control of their body and maintain the health of their muscle system for life. We are recommended by many orthopedists and other medical providers to supplement traditional therapy for complicated rehab cases that need a level of attention and detail that cannot be attained with physical therapy alone. We even treat people with issues from head trauma (concussions from the past or present), jaw problems and other motor development problems.



We believe in being a "happy-place company." We feel that people need a comfortable, easy going environment to help them with what can be really frustrating and challenging issues in a unique way. Watching and witnessing as people who have been suffering for years to feel better, smile more and re-engage in the things they love. Another great reward is seeing desperate individuals contemplating joint replacement surgeries be able to hold on to what they have and avoid surgery.

Business contact information

Valley View Business Park 21325 Hilldale, Unit 103 Spicewood, TX. 78669 correctivemusclesolutions.com 512-788-7691

PUMPKIN PATCH AT ONE CHAPEL LT!



Pumpkins, large and small, the typical orange and specialty yellow, white and green are on sale daily at One Chapel Lake Travis, located at 22800 Hwy 71 West, in Spicewood. These beauties are set up on the front lawn of the church with a lovely landscape for taking fall photos with the family. Stop on by today!



SPICEWOOD

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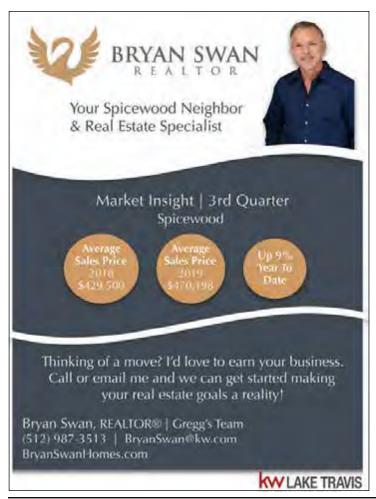
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Enjoy the best of Central Texas music and art at the Spicewood Arts Festival Oct. 26-27 on the shady grounds of LaCabana Grill, 21103 Hwy 71, Spicewood. The juried art show features the Square Grooves closing the day Saturday and KR Woods on Sunday. Hours are 11

a.m. - 6 p.m. Saturday and 11 a.m. - 4p.m. Sunday







Austin Music Lovers Can Park Close to ACL & Help Young Artists

Austin High School Band Annual Fundraiser Offers Affordable Convenience to Fesitval Goers



With ACL Festival parking near Zilker Park being sold on Craigslist for hundreds of dollars, smart concertgoers who REALLY love music are using their parking fees to invest in the future of music. By choosing one of hundreds of paved spots available in the Austin High School parking lot, ACL Festival attendees not only get a short walk to Zilker Park via the Mopac Bridge, they'll also be investing their \$40 in the future of some great young musicians.

"The Austin music scene not only supports internationally-known events like ACL Festival, it also fosters young artists through great school music programs. Our parking fundraiser allows concertgoers to support both at the same time," said Chessie Zimmerman, Austin High Band Boosters President. "On Saturday, October 5th, people not only get below-market rates for great parking, but they also get the satisfaction of knowing they're supporting the next generation of musicians."

Located at 1715 W. Cesar Chavez Street, the Stephen F. Austin High School parking lot is accessible from Cesar Chavez, just east of the intersection with MOPAC. Parking is available off Veterans Drive by the tennis courts or on the east side of campus by Cesar Chavez. Look for the "Home of the Maroons" sign. Drivers are reminded that no animals can be left in vehicles. Parking at AHS is available on Friday and Saturday of both ACL weekends, with proceeds benefitting the band on Saturday, October 5th. New this year, guests can reserve parking in advance by purchasing online at www.parking.band.

DETAILS

ACL Parking at Austin High School

1715 Cesar Chavez Street

Friday and Saturday of both ACL weekends, October 4 & 5 and October 11 & 12

\$40 per car

Proceeds support various student organizations at Austin High School, including the award-winning Austin High Maroon Marching Band on Saturday, October 5. www.parking.band



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