



SPICEWOOD

DECEMBER 2019

A NEWSLETTER FOR THE RESIDENTS OF SPICEWOOD & BRIARCLIFF

VOLUME 3, ISSUE 12



Happy Holidays



ADAM LOEWY
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LOEWY LAW FIRM

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Motorcycle and ATV Accidents | Slip and Fall Injuries | Other Serious Injuries

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Travis County Sheriff.....	512-974-0845
Burnet County Sheriff.....	512-756-8080

SCHOOLS

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

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 Library.....	830-693-7892
Spicewood Community Center.....	512-755-3119
Helping Hands Crisis Ministry	512-808-6092
Spicewood & Highland Lakes Lions Club..	830-693-3645
Spicewood Post Office.....	830-693-2377

NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181 - www.peelinc.com
Article Submissions	spicewood@peelinc.com
Advertising.....	advertising@peelinc.com

Spicewood Library Events

Every other Friday

10:00-11:00 AM

BUTTERFLIES

Healthy living group

2nd Wednesday of every month

4:00-6:00 PM - call for an appt

LAWYER IN THE LIBRARY

Free legal advice on non-criminal topics

2nd Wednesday of every month

9:30 AM - just stop in

SPICEWOOD BOOK CLUB

Join us for an enlightened discussion on each month's book selection

Every Thursday (subject to change)

2:00-4:00 PM - just stop in

NURSE IN THE LIBRARY

Blood pressure and sugar screenings

Access to resources and information

**Spicewood Counseling
in the
Hill Country**

LOIS GONZALEZ, Ph.D.
 Licensed Professional Counselor
 Licensed Marriage & Family Therapist
 Board Certified Adult Psychiatric Nurse
 Practitioner With Prescriptive Authority
 Dr. Gonzalez has been in private practice for 30 yrs.
512-520-7929

Areas of expertise not limited to:

- Depression
- Anxiety
- Marriage and Family Counseling
- Grief Counseling
- Substance abuse

**Experienced Counselor
in Your Neighborhood**

8.5 miles West of Hill Country Galleria/RR 620
 & 2.5 miles East of Pedernales Bridge
 21122 Hwy 71 West Spicewood TX. 78660
spicewoodcounseling.com

Still on the Fence about Hosting an Exchange Student?



You don't have any kids? Are you a single parent? Same sex couple? An empty nester? This is not a problem, we place our students in all kinds of families!

You're not rich? Neither am I! Your exchange student comes with their own spending money and health

insurance. All you provide is room/board and three meals a day. Oh and TLC...but that's free.

Live in the middle of no where? Small town? Not a big deal. Some kids prefer to get away from the hustle and bustle of big cities. The exchange students also do pretty well in small schools, as they usually get to be the center of attention and make friends rather quickly. Our students also get chances to travel to New York, Washington DC, Hawaii and California...so they can get their fill of the city life and return back to the peaceful sounds of nature.

Do you consider yourself a boring person? More than likely this is not true, and you should quit being so hard on yourself. Your student

will make friends. Your student will meet other exchange students. Your student will attend activities offered by our program. Your student will get involved in sports and school clubs. Your purpose is not to entertain them. But you might find that you bring a little adventure to each others lives.

Kids are too young? Great! Lots of students love young kids, and your kids will love them. It's beneficial to introduce your kids to new cultures at a very young age. You're preparing them to accept people no matter what the religion, color of their skin, or language they speak. That my friend, is good parenting.

Don't hold back! This is a great experience for both parties. You get the opportunity to change a child's life. You get the satisfaction of seeing them grow, even after they leave your home into becoming a doctor, a lawyer, a diplomat, artist, teacher...the list goes on. And you contributed to that success! And the best part of it all, is you gain another family member for life. We need people like you to give these kids a chance.

STS Foundation is a 501(c)(3) organization whose mission is to place exchange students in our area. If you are interest in hosting, please contact me at 832-455-7881 or at vicki.stsfoundation@yahoo.com. I'll be happy to answer any question you might have and get you started on hosting your very own student!

Carols & Candlelight

CHRISTMAS SERVICES
Sunday, 12/22 - 4PM
(no morning services)
Tuesday, 12/24 - 2PM & 4PM
Sunday, December 29 - One Chapel@home
(no services - go to onechapel.com)

ONE CHAPEL
LIVE TRUTH

Regular Sunday Services - 9AM & 11AM
22800 Hwy 71 West - Spicewood, TX 78669

Merry Christmas
And Happy New Year!

FROM EVERYONE AT PEEL, INC.

Manage Grief

with grace

this Holiday Season

Holidays are filled with traditions, but when someone you used to share those moments with has died, managing grief during the holiday season can be particularly challenging.

Mental and physical preparation are your best tools for managing the feelings that may accompany holidays. While family members, particularly children, may want things to be as they've always been, the reality is things have changed. It can also be a time to create new traditions and memories that honor your absent loved one.

Consider this advice from the National Funeral Directors Association to help navigate grief this holiday season.

1. Get plenty of rest. The holiday season pulls people in many directions, and that can mean getting less sleep than you need. However, being tired not only has a physical impact on how you feel, it can affect your ability to process emotions.

2. Give yourself permission to take a break. No two people process grief and loss the same way; only you know your limits. Even in a season filled with obligations and commitments, know that it's OK to set boundaries and remove yourself from holiday reminders and triggers. That may mean flipping the channel on the TV or bypassing the holiday display at the store. Taking care of yourself when you're grieving isn't just about finding comfort, it's also about avoiding discomfort.

3. Be realistic with your commitments. You may be the one who hosts your family's holiday celebration every year, but if others offer to take responsibility, let them. Allow loved ones to help, and if they don't volunteer, don't be afraid to ask.

4. Look for tangible ways to express feelings. So much of grief is internal as you manage numerous thoughts and emotions, but physical expressions of your memories and feelings can help process it all. A package like the Remembering A Life Self-Care Box contains several resources to help you take care of yourself. It includes a journal, a rose quartz stone that promotes relaxation, a water bottle to remind you to stay hydrated, a jar to hold written memories of your loved one, a soothing candle, a dragonfly keychain symbolizing hope and comfort, and a soothing essential oil roller.

5. Verbalize how you're feeling. Manage expectations by telling family and friends how you're feeling about the holiday and what they can expect from you. Also let them know what you need from them. If talking about your loved one brings



comfort, let those around you know you appreciate the stories and reminiscing. If it hurts, ask that they refrain.

6. Honor your feelings and needs. As most who have experienced loss know, grief comes in waves. The only way to process grief is to ride one wave to the next. That may mean putting off your holiday shopping for a day when you're feeling less emotional or bowing out of an event you planned to attend.

7. Include your loved one in the holidays. There's no right or wrong way to incorporate your loved one's memory; that all depends on what feels right to you. It may mean serving his or her favorite dish, placing a photo on the mantel or simply slipping a memento in your pocket so you can touch it when you're feeling overwhelmed.

Find more advice to help navigate your way through a loss at rememberingalife.com.

Photo courtesy of Getty Images

Article downloaded from FamilyFeatures.com

SPICEWOOD

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Partners in Hope connects one person's gifts and talents with another person's needs and equips the Lake Travis community to serve through the lens of ministry.

Contact Matt Peacock at mattbp61@gmail.com to get involved

www.partnersinhopelaketraavis.org

SPICEWOOD Baptist Church 7903 CR: 404, Spicewood, TX
830-693-4782
<http://Spicewoodbaptist.org>

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SMALL GROUP STUDIES • SUNDAY SCHOOL 9:30 AM
WORSHIP SERVICE AND CHILDREN'S CHURCH 10:45 AM



HELP KEEP OUR NEIGHBORHOOD BEAUTIFUL!

Keep Your Jaw Muscles Healthy!

Don't Underestimate Your Jaw Muscles

Humans have powerful muscles at the Jaw! There are so many things you can do with your face that you never thought about but make up so much of who we are and how we live.

You depend on them everyday life to eat, talk and create facial expression to the world.

In addition, many of the jaw muscles overlap with, or are themselves, neck muscles.

So, you can see how it's super important to have them operating rightly & tightly ;-0

Jaw Problems Anyone?

If you are experiencing clicking in your jaw or have trouble with chewing certain foods, the problem might not be your teeth.

You will also need to make sure that your neck and jaw muscles are doing what they need to be doing as well.

Remember ...

Small problems create small sensations you don't like. And, large problems create large sensations you don't like.

So if you are feeling discomfort (big or small), you can be sure that there is a problem there that needs to be addressed.

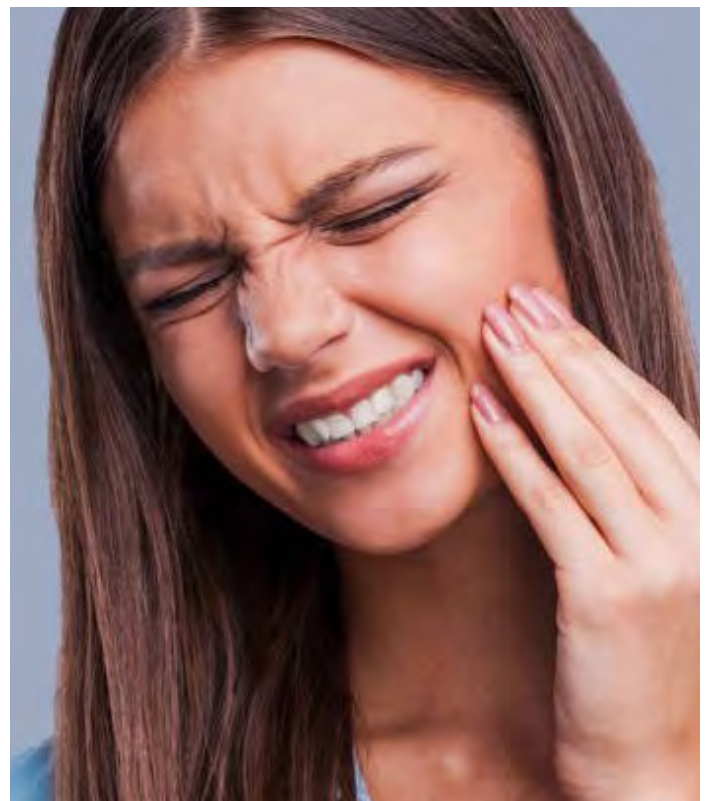
Common Problems Related to The Jaw

- TMJ
- Jaw Clicking or Popping
- Teeth Grinding
- Clenching
- Problems with Your Balance
- Neck Discomfort
- Headaches
- Wisdom Teeth Removal
- Implants
- Root Canal Surgery
- Other Dental Surgeries

At Corrective Muscle Solutions, Scott sees many cases that involve the jaw. We are seeing great success and would like to help you if we can.

If you or a friend or family member are experiencing jaw discomfort please reach out us to see if we can help.

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





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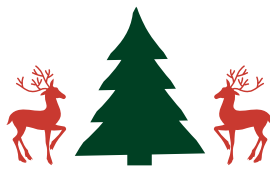
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