



SPICEWOOD

JANUARY 2020

A NEWSLETTER FOR THE RESIDENTS OF SPICEWOOD & BRIARCLIFF

VOLUME 4, ISSUE 1

Green Santa Once Again Exceeds Expectations!



Neighbors helping neighbors is the heart of LTlov's mission and this was evident over the last several weeks as together the residents and businesses of Lake Travis served over 222 families and 740 children. Green Santa is an annual event founded by the Hudson

Bend Volunteer Fire Department Ladies Auxiliary in 1993 and is managed by LTlov since 2014. It is called Green Santa since the Hudson Bend Fire Department, now part of Lake Travis Fire Rescue, drove green fire trucks. This Lake Travis holiday tradition focuses on giving toys, books, stuffed animals and HEB gift cards to buy a holiday meal to qualifying children and families in the area. "Each year I am amazed at the outpour of love this community has for the children that may not receive any toys or very little this holiday season", Green Santa Chairwomen Sheryl Kelly said. Truckloads of toys were delivered to the Green Santa Headquarters from toy drives hosted by LTISD, Sing Along, Point of Origin, YouthtoSeniors, LTPals, and various local businesses and individual residents. Volunteers from Young Men Service League, Girl Scouts, Lake Travis Elementary School and LTlov members gave their time sorting and packing the family boxes and assisting during distribution days to ensure that everyone in the community can have a joyous holiday.

The space for the 2019 Green Santa Headquarters was donated by The Oaks of Lakeway. The Lake Travis Fire Rescue was at the distribution days greeting families and passing out fire hats and stickers.

"It is wonderful to see people in the area come together for such a great cause; helping families in Lake Travis enjoy a special holiday. We are blessed to be a part of this amazing community." - Kim Kahle - LTlov President.

Spicewood Arts

**SARAH GRACE AND MADDY HATCHETT
PERFORM JAN. 17 AT
SPICEWOOD VINEYARDS EVENT CENTER**



"Pint-sized powerhouse" Sarah Grace brings her outsized voice and her band The Soul to the Spicewood Vineyards Event Center at 7 p.m. Friday, January 17, 2020.

At 16, Sarah Grace already has an illustrious performance career. As a semi-finalist on The Voice, her performance of "Ball and Chain" won her an impressive three-chair turn

before she'd even finished her song.

Later, her recording of "Amazing Grace," first performed on The Voice, skyrocketed to #3 on the overall iTunes charts, gained 1 million YouTube views, and is still listed on the Gospel/Christian charts of iTunes.

The Houston-based singer performed over 100 shows in 2018 and now tours nationally with her band Sarah Grace and The Soul. She also plays the trumpet and organ.

She and The Soul have won multiple awards, were chosen as "Best Newcomer" for 2019 by the Houston press, and represented Houston twice as the youth representative for the international Blues Challenge.

Opening the concert will be Maddy Hatchett, the stage name of Madison Williams. As a standout at Marble Falls high school she earned the Spicewood Arts scholarship and has continued to earn it. She has an innovative take on rock'n'roll with blues, Americana, and folk roots influences.

Tickets (\$35) are available at www.spicewoodarts.org. For more on Sarah Grace, see www.sarahgraceandthesoul.com



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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

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Speeding Up Rehab

Contributing Article from Scott & Lauren Frost

YOUR REHAB IS UNIQUELY YOUR OWN

Even though there are many cases in which functional improvements can help you avoid surgery, sometimes surgery is truly necessary to repair material damage to body tissues - such as an ACL rupture, rotator cuff tear or joint replacement.

However, even a successful surgery itself is only the first step in securing a good final outcome for the patient. The other, and more grueling, step is to heal the tissue and regain muscle control for a return to functional living.

With every rehab case, it becomes more evident that no two people are the same.

You are a study of one. In that vein, your rehab is an individual experience with implications for you, and you alone.

GET YOUR TEAM TOGETHER

In order to get a positive outcome for the individual, it has been shown that each person must have the right combination of professionals in place for their situation.

A well-rounded team must include a quality surgical team, a general physical therapist and a muscle system specialist who is capable of addressing the highly individual problems each patient will face in regaining stability, range of motion and motor control pre- and post-surgery.

Where it is more straightforward to find a surgeon or a physical therapy clinic, solving the issue of finding a muscle system specialist can be hard to come by.

In the greater Austin area, Corrective Muscle Solutions is frequently recommended by local area physicians to supplement conventional physical therapy for faster and more effective outcomes.

Corrective Muscle Solutions will come alongside you and address the more highly individualized components of muscle problems that make each rehab case uniquely yours.

ABOUT CORRECTIVE MUSCLE SOLUTIONS

Corrective Muscle Solutions is endorsed by the Orthopedic Surgeons of Legacy Bone & Joint Orthopedics and is highly recommended by the Lake Travis High School Sports Medicine staff for injuries to Lake Travis athletes.

CMS Founder & Lead Practitioner, Scott Frost, is a Certified Muscle System Specialist. He has been working in the corrective exercise field since 2006; he holds a M.S. in Kinesiology from the University of Texas - Austin, a B.S. in Neuroscience from the University of Pennsylvania, as well as numerous certifications in resistance training.

IS THIS RIGHT FOR ME?

If you or someone you know has undergone surgery, supplementing with rehabilitation with a Muscle System Specialist may be able to help speed up the recovery process.

Contact Corrective Muscle Solution to set up a phone call consultation to learn more.

FRUIT FLIES - Wizzie Brown



Fruit flies can become a nuisance problem at any time of year. They can enter homes from ripe fruits or vegetables picked from the garden or purchased at the grocery store. Fruit fly adults may also fly into homes from outdoors.

Adult fruit flies are small (about 1/8 of an inch) and often have red eyes. The front portion of the body is tan while the back portion is dark brown to black. If given the opportunity, females can lay up to 500 eggs. Larvae are surface feeders on fermenting foods or other organic matter, which means that you can cut off the overripe parts of the fruit or vegetable and eat the rest.

To prevent bringing fruit flies into your home, do not purchase over ripened fruit and vegetables. Eat fresh produce in a timely manner and store items in the refrigerator or a paper bag that is clipped closed. All recyclables should be rinsed thoroughly before placing them into the recycling bin. Recycling and garbage bins should be cleaned on a regular basis with soapy water to eliminate any spilled material.

If your home already has fruit flies, locate all sources of infestation (where the larvae are living) and eliminate them. Insecticides only target adults and will not control the problem. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling paper and taping it closed. Place the funnel into a jar that has a small amount of apple cider vinegar in the bottom.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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Driveway Cleaning Tips

Ammonia

Tired of those annoying discolorations on your concrete work? To get rid of them, scrub with 1 cup ammonia diluted in 1 gallon (3.7 liters) water. Hose it down well when you're done.

Baking Soda

Salt and commercial ice-melt formulations can stain — or actually eat away — the concrete around your house. For an effective, but completely innocuous, way to melt the ice on your steps and walkways during those cold winter months, try sprinkling them with generous amounts of baking soda. Add some sand for improved traction.

Kool-Aid

Nasty rust stains on your concrete? Mix unsweetened lemonade Kool-Aid with hot water. Scrub and the rust stain should come right out.

Oven Cleaner

Get those unsightly grease, oil, and transmission fluid stains off your concrete driveway or garage floor. Spray them with oven cleaner. Let it settle for 5-10 minutes, then scrub with a stiff brush and rinse it off with your garden hose at its highest pressure. Severe stains may require a second application.


Soda

Here's how to remove oil stains from concrete driveways and garage floors: Gather up a small bag of cat litter, a few cans of cola, a stiff bristle broom, bucket, laundry detergent, bleach, eye protection, and rubber gloves. Cover the stain with a thin layer of cat litter and brush it in. Sweep up the litter and pour cola to cover the area. Work the cola in with a bristle broom, and leave the cola for about twenty minutes. Mix 1/4 cup laundry detergent with 1/4 cup bleach in 1 gallon (3.7 liters) warm water and use it to mop up the mess.



WD-40

Did a leaky oil pan leave a big ugly spot in the middle of your concrete driveway? To get rid of an unsightly oil spot, just spray it with a generous amount of WD-40 and then hose it down with water.



WONDERS & WORRIES

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Get Ready to Run!



(Family Features) You've made the decision to get in shape, and whether your goal is a full marathon or simply a few laps around the neighborhood, there are a few steps to consider taking before you strap on those shoes and head toward the finish line.

Here are a few tips to help

get you ready for the big race:

Seek Quality Sneakers - Feet come in a variety of widths and sizes, so visit a specialty running store to find perfect-fitting sneakers. These may come with a hefty price tag, but there are no shortcuts for comfort and support while running long distances.

Make a Schedule - Try to aim for at least 10 hours of training per week, including three days where you run and two or three days of other physical activity such as cycling or strength training. To avoid exhaustion, be sure to include at least 1-2 "rest" days per week.

Stick with Water - Avoid sports drinks that are loaded with preservatives and sugars. You can't go wrong with the hydrating power of water. As a rule, try to consume at least 6-8 ounces of water for every 20 minutes you run. Proper hydration after the run is also vital.

Go Online - Many websites have training guides for various skill levels or different types of races. If you have a smartphone, look for apps that can take you through day-by-day workouts to get you marathon-ready.

Nutrition - Filling your body with the proper amount of fuel can help ensure finish-line success. Load up on quality carbohydrates, such as beans, peas, whole-wheat pastas, whole-grain cereals, apples, brown rice and root vegetables. Protein also plays an important role in a runner's nutrition, so fill up on lean meats, fish, eggs, low-fat dairy, peanut butter and soy protein sources, as well.

By following these general rules, you'll be able to focus on achieving your goal and enjoy the thrill of finishing the race. Find more tips for a healthier lifestyle at eLivingToday.com.

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Make Your Weight Loss Goals *a Reality*



(Family Features) Losing weight is a highly personal journey as a wide range of factors can affect a person's ability to do so. There's no one approach to weight loss; rather, the best approach is the one that fits your life and body best.

Get motivated to reach your weight loss goals with these expert tips.

Set realistic goals. Most experts agree you shouldn't lose more than 1-2 pounds per week. More rapid loss may shock your system, and chances are you're depriving your body of important nutrients. More aggressive loss is also less likely to be permanent or sustainable; long-term results generally come with steady loss over a period of time.

Eat well. Regardless what eating plan you choose, recognize the importance of nutrition in your weight loss program. Weight loss occurs when you burn more calories than you consume, so build your menu around nutrient-rich foods that fill you up. Strive for a well-balanced diet that encompasses all the food groups and, if necessary, discuss your goals with a doctor or nutritionist who can help you identify the best foods to enjoy and those to avoid.

Consider a supplement. If managing cravings or your appetite hinders your weight loss, a supplement may be a good solution. For example, RiduZone is a patented supplement that gives your body more of a substance it already creates called Oleoylethanolamide (OEA). In essence, OEA tells your brain you are full and it's time to stop eating. Developed and endorsed by Dr. Jay Yepuri, a board-certified gastroenterologist, the supplement is a non-stimulant that may help you feel full faster to reduce caloric intake and boost metabolism to burn stored fat.

Get active. Creating a calorie deficit is necessary to lose weight, and increasing your physical activity helps ensure you're burning calories. However, getting active isn't just about playing the numbers game. Physical activity also promotes overall wellness with numerous physical and mental health benefits, including improving circulation and stimulating feel-good endorphins.

Stay committed. It's easy to fall off your weight loss plan when unexpected circumstances arise. Give yourself a little grace and

permission for occasional misses so you stay motivated to get back to your program. That may mean waiting for a cold to pass and doing less strenuous workouts at home or making extra healthy choices at mealtime in advance of an indulgent event. To help make keeping your commitments easier, consider an option like RiduZone to boost your body's natural appetite-curbing power.

Find more information to help jump-start your weight management program at TryRiduZone.com.

What is OEA?

Oleoylethanolamide (OEA) is a metabolite of oleic acid, a naturally produced substance that interacts with appetite-controlling receptors in the small intestine to signal the brain you are full. It also helps boost metabolism. However, as a result of food choices and excess body fat, naturally produced OEA may require supplementation to achieve the desired effect on appetite or body fat.



Created to mimic this naturally occurring metabolite, RiduZone is the only weight management supplement that contains OEA as an ingredient. Its production has been reviewed and is accepted as safe by the Food and Drug Administration.

Less fat

A clinical study published in the "Journal of Lipid Research" shows higher blood levels of OEA, which is derived from oleic acid-rich olive oil, correlate to lower amounts of body fat. This means weight loss results may be more visible.

Fewer calories

A prominent research study published in the journal "Food & Function" shows higher circulating levels of OEA can result in a significant reduction in calorie intake. Over time, OEA users become satisfied with smaller, healthier-sized portions.

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