



SPICEWOOD

FEBRUARY 2020

A NEWSLETTER FOR THE RESIDENTS OF SPICEWOOD & BRIARCLIFF

VOLUME 4, ISSUE 2

“Color Our World”

Spicewood Fundraiser Feb. 22, 2020

Celebrating twenty years, Spicewood Arts holds their annual fundraiser gala Saturday, February 22, with favorite entertainer the Matt Wilson Band headlining.



Doors open at 5:30 p.m. for the celebration, Color Our World, at Spicewood Vineyard’s Event Center. Cocktail hour with passed hors’ oeuvres is at 6 p.m. with dinner at 7 p.m., catered by Napa Flats Wood-Fired Kitchen.

Color Our World raises funds for Spicewood Arts’ outreach programs, which include scholarships awarded to seniors at Lake Travis and Marble Falls High Schools and arts programs in elementary schools. Spicewood Arts has donated over \$88,000 since the education outreach program began. Last spring Spicewood Arts awarded eleven \$1,500 scholarships and \$2,025 to Marble Falls ISD for a drum program for social and emotional learning.

Tickets are available at www.spicewoodarts.org. New this year, each \$125 ticket includes all Spicewood Vineyards’ award-winning wine for the evening. Premium wines can be purchased.

Guests can participate in games with prizes and a live auction with unique items, including a week-long stay in Costa Rica, mega-wine basket, and private chef dinner catered by Napa Flats.

The evening recognizes founders and past presidents Madeleine Manigold and Janey Richardson and introduces Berkley Powell, a scholarship winner from Marble Falls High Schools who’s attending Texas A & M majoring in journalism and telecommunications. Also featured is Faith Westerman, a previous scholarship winner and current music teacher for Spicewood Elementary School.



Piano man the Matt Wilson Band performed at Spicewood Arts’ first fundraiser in 2010 and other concerts. Wilson has over 20 years of worldwide stage experience, first appearing on the national stage in Billy Joel and Twyla Tharp’s Broadway show, “Movin’

Out.” He frequently plays at corporate and private events.

Spicewood Vineyards is at 1419 Co. Rd. 409, Spicewood. Donations for the scholarships and art programs are accepted on the Spicewood Arts website, www.spicewoodarts.org. For more information about Spicewood Arts, visit the website or call 512-264-2820

For more information about this release, contact:

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Proceeds go to Spicewood & Highland Lakes Lions Club Charity Account that proudly supports local
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For more info contact Lion Dan at 713-824-3205 or
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Avoid the February Fitness Falloff

Contributing Article from Scott & Lauren Frost



Frustrated with Your 2020 Health Goals?

Every year in January, the health clubs scene explodes. In fact, there is even a fitness industry term for this cyclical uptick - "January Joiners."

But then, February rolls around and the gym floor starts to thin out as people begin to fall away. This dropoff is so predictable that there is another term in the industry for this cyclical downturn - "February Falloff."

Why does this happen? Why do people lose steam so quickly? In one word, FRUSTRATION.

People get frustrated - and rightfully so - by a lack of progress, despite large amounts of effort and toil. All of that New Year's commitment, drive and vigor fades away without result.

And for those who honestly have put in the time and effort, the sad part is that they are made to believe that the lack of result is their own fault. If this is you, you need to know that It Is Not Your Fault.

New Year's Health & Fitness Goals Matter

When it comes to the most popular resolutions for the New Year, the Health and Fitness category is always at the top of the list - and for good reason.

It is now widely regarded in the health industry that the top indicators of health status and longevity of life are related to fitness: Leg Strength, Muscle Mass, and VO2max.

Leg strength is the largest predictor of independent living and determines your ability to sit, stand, walk and generally move around.

Muscle mass plays a large role in determining your strength potential, as well as your metabolic health and body mass integrity as we age.

VO2max is generally regarded as the best indicator of heart and lung health and reveals how much oxygen your body is able to consume during exercise.

So, you could say that fitness goals are "a matter of life and death" and you would not be wrong.

Wasted Efforts

If you are frustrated by a lack of progress, it is most likely not because of a lack of effort but a lack of proper muscle function (which is not your fault).

You see, strength is all about FORCE. Muscle is all about FORCE. Exercise (and thus heart health) is all about, yes, FORCE.

To live on this planet, we must use energy to generate force with the efforts of muscle contraction.

When your muscles underperform their contraction-related tasks, forces cannot be directed through the muscle system effectively to accomplish quality work or stimulate positive change.

What Does This Mean?

You are leaking forces, and you probably don't even know it in the moment. You may have a floating sense of it, but you cannot pinpoint what is going wrong.

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So, instead of moving closer to your goals, each attempted muscle contraction has you losing out on strength and missing out on vital muscle stimulation necessary to make progress. Often time this is why so few people experience real physical change

Instead, Get Results!

The simple truth is that when you are able to do things better, you get better results.

Therefore, the way to change this story for you is to enlist the help of your local Muscle System Specialist.

The job of the Muscle System Specialist is to use data driven problem solving to identify muscle contraction weaknesses and restore function through micro-exercise.

Do not go on spinning your wheels till you burn out. Get some traction on your health goals and start making real progress on something that matters.

About Corrective Muscle Solutions

Corrective Muscle Solutions is dedicated to restoring and enhancing muscle health through micro-exercise. CMS uses a data-driven approach to problem solving that is both based in science and informed by direct client feedback.

CMS Founder & Lead Practitioner, Scott Frost, is a Certified Muscle System Specialist. He holds a M.S. in Kinesiology from the University of Texas - Austin and a B.S. in Neuroscience from the University of Pennsylvania. He holds numerous certifications in the resistance training field and has conducted post-baccalaureate work in Human Anatomy at Rutgers University. He has been working in the corrective exercise field since 2006 and has helped people with both simple and complex cases to create and maintain a healthy muscle system.

Is This Right For Me?

If you or someone you know wants to commit to real, lasting muscle health, contact Corrective Muscle Solutions to set up a phone call consultation to learn more.



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Early Voting: February 18-28, 2020
Election Day: March 3, 2020

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