

LONG CANYON Gazette

May 2012

Volume 5, Issue 5

A Newsletter for the Residents of the Long Canyon

BAND TO HELP WITH *Garage Sale Items*

Cleaning out your unused items? The Vandegrift High School band will help: Any items you have to give, or any items which did not sell in the Steiner Ranch garage sale on April 28, will be picked up by the VHS band to be sold at their annual garage sale on May 5, 2012 at River Place Elementary School. This is an easy way for you to make a donation to the band's non-profit booster club which exists to benefit the band students. Just send email to vhsbandgaragesale@gmail.com with your questions and offerings at your convenience. Band members will come to your home and pick up your items, or you can deliver them yourself. Whatever is not sold in the band's garage sale is donated to charity.



Top Ten Tips for Improving Bad Breath

Suffering from bad breath, but not sure why? Think about drinking more water and using less mouthwash. Find out why and learn more ways to improve your breath with these top ten tips.

Call it by its fancy name, "halitosis," and it won't smell any sweeter. Bad breath is frequently a sign that you're not keeping up with your oral health. The source of this unpleasant odor is, in most cases, bacteria living on your teeth, gums or tongue. Follow these ten tips for a breath of fresh air:

Brush your choppers twice each day. Better yet, brush after every meal. If you eat lunch at work or school, keep an extra toothbrush there. Also, be sure to replace your toothbrush regularly. Every few months, swap your brush for a fresh one.

Reach between your teeth. Flossing daily helps you remove food particles from between your teeth, where your toothbrush just can't reach. Flossing also helps keep your gums healthy, preventing periodontal disease, which can also lead to bad breath. If using regular floss is difficult for you, try one of the many interdental cleaners available at drugstores.

Pick up an electric toothbrush. Along with floss, an electric toothbrush removes plaque better than a manual toothbrush. **Treat your tongue right.** Bacteria can gather on the surface of your tongue, so use a soft-bristled toothbrush or a tongue scraper to clean it every time you brush.

Tap your inner teenager and chew gum. The act of chewing (sugarless!) gum stimulates the production of saliva, which naturally washes away bacteria and food particles. If you suffer from a lack of saliva due to "dry mouth," a condition sometimes caused by medication, let us know; we can help address the problem.

Don't fall for the myth of mouthwash. Most mouthwashes merely mask the smell of bad breath and don't do anything to solve the underlying problem. **Hydrate, hydrate, hydrate.** Drink water regularly to keep your mouth moist, and go easy on alcohol and caffeine, both of which are dehydrating. **Turn off the tobacco.** Smoking and chewing tobacco lead to bad breath. They also increase your risk of a host of serious health problems, from periodontal disease to cancer.

Take note of what you take in. Certain diets, foods and medications can affect your breath. If your problem doesn't appear to be oral, make a list of the foods you eat and medications you take. Review it with your dentist or your family doctor to assess the source of the problem.

Call in the experts. It's important to have your teeth professionally checked and cleaned twice a year. Your dentist can give your teeth a thorough cleaning that isn't possible at home, as well as check for and treat early signs of problems such as cavities or periodontal disease.

In rare cases, persistent bad breath can be a sign of a larger health problem. The American Dental Association lists possible medical sources of bad breath, including respiratory infection, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, and liver or kidney ailments. If your dentist suspects that your breath problem stems from a medical issue, he or she will recommend speaking with your family doctor immediately.

Submitted by Dr. Flury

NEWSLETTER INFO

NEWSLETTER PUBLISHER

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

ADVERTISING INFORMATION

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Personal classifieds (one time sell items, such as a used bike...) run at no charge to Long Canyon residents, limit 30 words, please e-mail longcanyon@peelinc.com

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

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A Focus on Physical Activity PATHWAY TO IMPROVED HEALTH

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

Any physical activity is better than no physical activity

Includes people with disabilities & Far outweighs the possibility of risk of injury or illness.

Most health benefits occur with at least 150 minutes a week

Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

For most people, additional benefits occur when

You increase the intensity of your physical activity, the frequency of your physical activity, & the duration of your physical activity

SHOULD OLDER ADULTS EXERCISE, TOO?

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.



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Baseball

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Softball

June 11-15

contact: 512-313-4502

Boys & Girls Volleyball

June 11-15 & July 16-20

contact: 512-313-4510

**For up to the date information
please check out our website at:**

athletics.concordia.edu

Austin Newcomers Club MAY LUNCHEON

Folks who have been in Austin for a while are familiar with Sue Patrick's clothing emporium. She has been in the clothing business in Austin for 37 years and at her current location, 5222 Burnet Road, for the past 13 years. The store is not like any other in Austin. The merchandise includes everything from UT T-shirts to formal wear. Sue specializes in Vera Bradley and Brighton Collection handbags and carries some wonderful clothing lines including FDJ Jeans, Not Your Daughter's Jeans, Foxcroft shirts and Joseph Ribkoff. In addition to great clothing lines, you will find special candles and home fragrances and University of Texas clothing and memorabilia. This is a very popular event, so be sure to make your reservations early.

WHEN & WHERE

**Wednesday, May 16, 2012 at Green Pastures Restaurant,
811 West Live Oak Street, pre-payment \$20.00
Reservations are required.**

TIME

11:30 a.m. socializing, Luncheon begins at noon.

For Luncheon Reservations: Email:

LuncheonDirector@AustinNewcomers.com

Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00, membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at:

www.AustinNewcomers.com



Recipe of the Month Potato Cake Stacked Salmon

By The Four Points Foodie

This recipe has it all; delicious salmon, watercress, tangy aioli all stacked onto a crisp potato pancake. My problem with this recipe is that I didn't make enough (or rather we ate it all).

INGREDIENTS

- Salmon filet
- juice of 1 lime
- cedar plank
- 4 potatoes
- 1 egg
- 1/4 C flour
- Lawry's Season Salt
- 2 T olive oil
- 2 bunches watercress
- 4 T mayonnaise
- 1 1/2 T capers
- 1 T Durkee Sauce
- juice of 1 lemon
- salt and pepper
- zest of 1 lemon

DIRECTIONS

Preheat your grill and soak the cedar plank for about 30 minutes in water. Squeeze lime juice over salmon filet and season with salt and pepper. Place on cedar plank and grill until done and flaky. Peel potatoes and parboil whole for about 10 minutes, starting with potatoes covered with room temperature water and heat from there. Immerse in cold water. Remove from water, dry and let cool. Meanwhile, in a small bowl mash capers with a spoon. Then add mayonnaise, Durkee Sauce (or a brown mustard with a hint of horseradish), lemon juice and Lawry's Season Salt.

Once the potatoes are cool enough to touch, grate with a box grater into a medium bowl. Add a bit of Lawry's Season Salt. In a small bowl combine egg and flour and whisk well and add to potatoes. In a large fry pan, heat the olive oil over medium high heat. Make 4 large potato patties and place in hot oil. Leave it alone for 4-5 minutes until it crisps then flip to the other side and cook an additional 5 minutes. Drain on paper towels. To assemble, start with a potato cake, then a handful of watercress, then a piece of cedar plank salmon, topped with the aioli sauce. Garnish with zest of lemon and serve.

Enjoy!



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The 4th Annual Colin's Hope Classic Golf Tournament

Submitted by Carrie Wilkin

The 4th Annual Colin's Hope Classic golf tournament was held on April 18th at the beautiful Flintrock Falls golf course in Lakeway. This event is always a special one for the Austin-based, non-profit foundation, as it was the very first event that Colin's Hope hosted after setting out on its mission to raise water safety awareness to prevent childhood drownings. This year as every year since its inception many loyal golfers teed up to spend their day in support of the charity's mission, kicking off swim season with a great reminder of how to swim safely and enjoy the water this summer!



with Nitro Swimming, hosted a Colin's Hope Got2Swim clinic in January to both raise funds and teach children better ways to swim safely. The foundation's list of community, statewide and national partners has grown exponentially. Colin's Hope grows stronger, smarter and more influential through its partnerships with organizations like Schlitterbahn, Pool Safely, Safe Kids, the YMCA, The Expedition School, World Water Park Association and the City of Austin, just to name a few.

Today, nearly four years after the founding of Colin's Hope, many ask about the "success" or "impact" of the foundation. Defining "success" with a vision like that of Colin's Hope: a world where children do not drown, can be a challenge...when the loss of even one child's life is too many. However, the impact on our community that Colin's Hope has had is something that can begin to be measured now, and its accomplishments are many!

Colin's Hope has become the face of drowning prevention in the Austin-area and has made a name for itself in Central Texas, statewide and even nationally. This year the foundation received the Member Agency of the Year award and the Innovative Program of the Year award from Safe Kids Austin for its drowning prevention work. Colin's Hope also co-chairs the Central Texas Water Safety Coalition Board and holds a place on the Safe Kids Austin Board. The charity's message that "drowning is preventable" can be found all over our community during swim season, including Reagan billboards, more than 80 Peel, Inc. community newsletters, radio spots and numerous local TV interviews. Colin's Hope hosts several events that are now well-known and much anticipated, including the Kids' Triathlon and the Got2Swim open water swim in Lake Austin. These events draw lots of publicity and connect the foundation with its target audience: children, their parents and the swimming community. Olympic swimmers Brendan Hansen, Garrett Weber-Gale and Kathleen Hersey continue to support Colin's Hope and, together

distributed 5,000 water safety packets containing information on water safety and drowning prevention, including its 7 key water safety tips and a Water Guardian badge. In 2010, 50,000 packets were distributed, and the 2012 Water Safety Walk will reach 75,000 homes! Distribution of the packets has been focused in the zip codes identified as having the highest incidence of drownings in the Austin area, and, since the information was delivered, the number of drowning deaths in many of these areas has DROPPED TO ZERO! Now THAT feels like success...because if even one child is safe and alive today because of its efforts and the impact that Colin's Hope has made, isn't that exactly what the foundation set out to do?

Fortunately, they get to keep on doing just that...protecting children and keeping them safer in the water...through the support of the golfers, sponsors, prize donors and volunteers who generously donated time, energy and money to make the 4th Annual Colin's Hope Classic another tremendous success. Prizes were awarded for the top 3 scoring teams, as well as for longest drive, longest putt and closest to the pin, however, the real winners on this day were the children and families Colin's Hope works to protect!

The founders' son, Colin Holst, drowned in an Austin-area public pool in 2008 at the age of 4. Colin's Hope was started in his honor and, on tournament day, he was remembered time and again... as everyone agreed it was, as Colin used to say, "the best day ever!"



DROWNING IS PREVENTABLE



COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



Colin's Hope Upcoming Events Calendar

May-June: Water Safety Walk - Packet Stuffing and Distribution

June 14: World's Largest Swim Lesson at Schlitterbahn

June 16: Colin's Hope Got2Swim the Pure Austin Quarry

July 21: UltiFit Challenge #2 at Reveille Peak Ranch

August 30: Colin's Hope Got2Swim Lake Austin

September 16: Colin's Hope Kids Triathlon

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