



The VOICE

A Newsletter for the Residents of Teravista

Volume 2, Issue 5

May 2012

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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Georgetown ISD.....	512-943-5000
Carver Elementary School.....	512-943-5070
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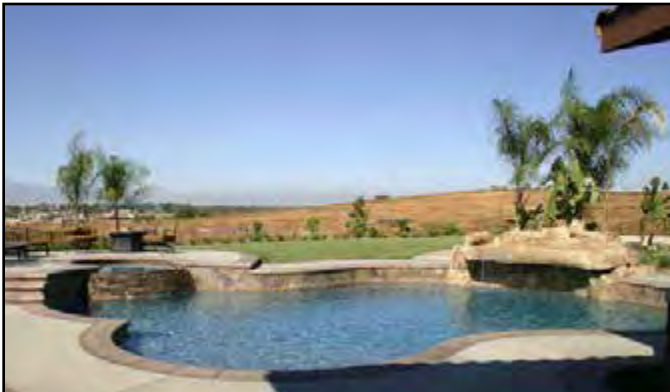


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Chef Petersen Brings Culinary Mastery to Vivo Lake Creek



As any Texan worth his boots knows, good Tex-Mex fare comes from the heart, but great Tex-Mex is steeped in tradition. For years, restaurateur Roger Diaz has been delighting Austinites with his family's San Antonio-style Tex-Mex recipes at his inspired Vivo restaurants. But it is the recent addition of award-winning Executive Chef Paul Petersen that elevated Vivo Lake Creek from a great Tex-Mex joint featuring the tastiest puffy tacos on the planet, to a first-rate Tex-Mex gem offering dining experiences as unique as the restaurant's sultry and seductive lounge atmosphere.

Long known for his skill in elevating down-home Texas cuisine, Chef Petersen's refined culinary methods — combined with a whole lot of barbecue mastery and some French-inspired panache — lend a sense of superb comfort-food style to the Vivo Lake Creek menu, building on the restaurant's already-successful Tex-Mex staples. A graduate of the Culinary Institute of America, Chef Petersen gained critical acclaim while leading the kitchen at The Gage Hotel's Café Cenizo in the West Texas desert town of Marathon. But it was his lifelong friendship with the Diaz family, and a passion for creating new-fashioned Tex-Mex cuisine, that drove Chef Petersen to Vivo Lake Creek. Indeed, he credits Diaz's three generations of family cooks with inspiring him to get involved in the culinary world from a young age, and he fondly remembers urging Diaz's mother to reveal her family recipes.

"It makes so much sense for me to be at Vivo," Chef Petersen says. "Roger's family and I have been friendly my whole life, and he's developed a really successful Tex-Mex restaurant unlike anything else out there. Tex-Mex and Southwestern are in my blood, and by bringing in some barbecue and French influences, we're elevating the menu even more."

In the months since Chef Petersen joined Vivo Lake Creek, diners have rekindled their love affair with the Northwest Austin restaurant. And why not? Amid Vivo's luxurious leather booths, vibrant artwork and lush outdoor patio, Chef Petersen serves up new Vivo favorites that have diners hankering for just one more bite. One of the chef's favorite ingredients, brisket, appears as menu specials in a number of iterations, such as mouthwatering slow-cooked brisket tacos, and appears alongside menu delights like sweet and savory crab enchiladas, delectable lobster sopapillas, braised pork belly and the occasional deep-fried fajita chicken and waffles — an irresistible indulgence. Of course, Vivo staples like the renowned puffy tacos, California nachos and an array of simply divine enchiladas covered in Vivo's signature sauces still anchor the menu!

Chef Petersen has also added a **Brunch Buffet every Sunday from 11am- 3pm**, with Dinner served 3pm-9pm. Enjoy \$3 Mimosas, \$4 Bloody Maria's and Mary's and other specialty cocktails!

Also an accomplished wine virtuoso, Chef has transformed the wine list at Vivo Lake Creek into a **commendable 40-bottle list** comprised of unique selections from throughout the world, many of which can only be found in Austin at this unexpected Tex-Mex treasure. Appearing alongside an impressive array of tequilas, margaritas and signature cocktails, the wine list is one more reason to raise a toast to Austin's most unique Tex-Mex eatery where traditional family fare meets passionate culinary finesse: Vivo Lake Creek. And ladies, don't miss Poisons & Passions! **Every Wednesday is Ladies night** from 6-10pm with \$15 House Margaritas and choice of massage or manicure and a chance to shop local vendors! For more information, visit www.vivo-austin.com.



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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



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Recipe of the Month - Potato Cake Stacked Salmon

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). - By The Four Points Foodie

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.

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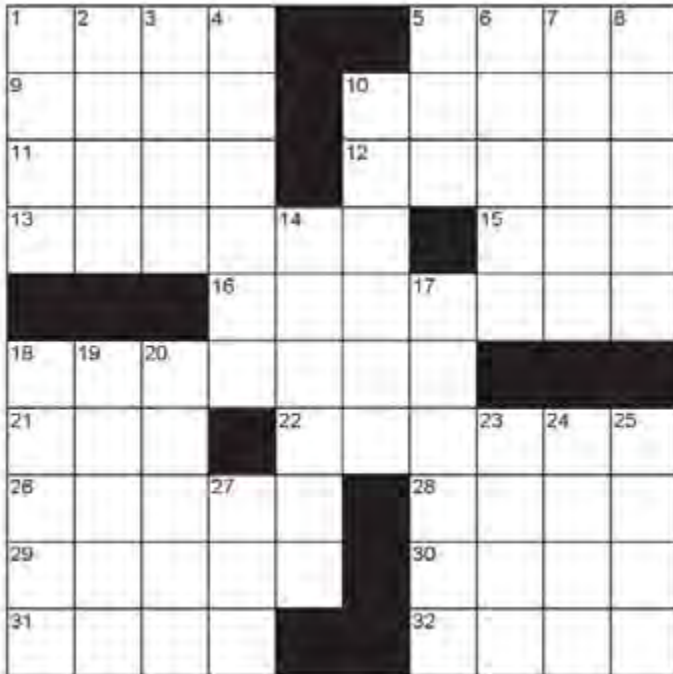


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ACROSS

1. Arabian
5. Partial
9. Ice cream holder
10. Hoax
11. Acres
12. Smooth tightly twisted thread
13. Insecure
15. Estimated time of arrival
16. Knife
18. A feminine name
21. Epoch
22. Center of much political dispute
26. Protective covering
28. Ill-mannered
29. Stair grips
30. Mined metals
31. Tinted
32. Lack

DOWN

1. Organization concerned with civil liberties (abbr.)
2. Colored horse
3. Green Gables dweller
4. Smear
5. ___ Lanka
6. Comforts
7. Many
8. Utopian
10. Airmen
14. Steps
17. Linear
18. Facial hair
19. Orderly arrangement
20. Synthetic fabric
23. Manner
24. Eve's garden
25. For fear that
27. Olden

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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