

OUR NEIGHBORS



Submitted photo
Ahwatukee Foothills resident Dylan Rudolph has achieved the rank of Eagle Scout.

Rudolph earns Eagle Scout rank

Ahwatukee Foothills resident Dylan Rudolph has achieved the rank of Eagle Scout, and his Eagle Court of Honor will take place in October. He is a member of Troop 16 led by Scoutmaster Dave McBee.

For his Eagle project, Rudolph and his team relocated and rewired the video and audio systems used for worship services at Desert Foothills United Methodist Church. This required minor construction and reorganization of the entire system. The project involved more than 25 people and took more than 200 hours to complete.

Rudolph, 18, is a 2010 graduate of Desert Vista High School and will attend Mesa Community College this fall.

HEALTH

Blood test puts a number to a person's risk of heart disease

By TRAVIS ROEMHILD
AHWATUKEE FOOTHILLS NEWS

A relatively unknown heart disease test is gaining recognition in medical community for its non-invasive application and consistent results.

Coronary heart disease is a major health problem in the United States. Heart attacks claim more than 400,000 lives every year, according to the American Heart Association.

The Corus CAD blood test is a non-invasive gene

expression test that gives patients their results as a number, indicating the percent risk of major blockage of a major coronary artery. The resulting number will tell the physician whether or not more extensive testing should be undertaken for the patient.

The test, which has only been commercially available for the past 18 months, is recommended for men over 50 and women over 60, according to Merle Turner, D.O. of Warner Family Practice.



Brian Johnson/AFN

Dr. Merle Turner (left) of Warner Family Practice has a new blood test that he contends can better determine a patient's heart health.

"The company who is selling this test developed an algorithm specific to men and women," Turner said. "It is age and sex specific to achieve more accurate results."

Turner said he was impressed by the results

of an 1,800-person clinical trial before bringing the test to his practice.

"I've had an interest in heart attack and stroke prevention and because of the interest, a salesperson approached me," he said. "I was impressed that it is a

validated study and that it was a large enough sample that it gave validity to the clinical trial as well."

Since bringing the Corus test to Warner Family Practice, Turner

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LABORDAY

Laboring more and enjoying it less?

There can be something wrong with time management skills when everyone is so busy that they cannot even pause to reflect on the meanings of the Labor Day holiday. Consider two definitions of this event:

Labor Day: 1) A holiday set aside to celebrate and honor working people, inaugurated in 1882 by the Knights of Labor. **2)** The end of summer.

Chances are you think of Labor Day more in terms of definition two: As a turning point. Even when working with fiscal years and calendar years, many

still consider this as a new beginning, dating from those days when school sessions started immediately after Labor Day. The way you have managed your time in the last month's changes.



By DENISE LANDERS
SPECIAL TO AFN

While this is a day to honor your efforts and achievements, you rarely hear people talking about the actual meaning of Labor Day as they celebrate the last summer holiday with barbecues and pool parties. Yet, who better deserves recognition than you? You have been working long days during this last year, trying to be as productive as possible, often

fighting stress from too much to do as you try to manage your time so that everything fits.

Instead of the shortened workweek that seemed to be on the horizon, technology has had the opposite result. Technology demands immediate responses, and electronic devices can track you down anywhere. Although you may not work as hard physically because of the advances, leisure time continues to decrease as the workweek hours increase. What can you do about it?

Since the amount of work coming into your life is not going to decrease, your first step is to make sure you are using your allotted hours to achieve as

much as possible. If you could gain at least one extra hour of productive time each day, you could reduce that work time.

Start by considering whether you are making the best use of the tools available to you in managing your time.

Do you have an efficient system for?

- Scheduling tasks?
- Maintaining one calendar?
- Handling business cards and other contact data?
- Recording and tracking bills?
- Sorting your e-mail?
- Filing papers and retrieving them quickly?

These are routine activities

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PET OF THE WEEK

Cocoa: A very 'sweet' cat

Cocoa is a chocolate Point Siamese, approximately 2 years old. He is a gentle giant with the characteristic slightly crossed

bright blue eyes.

Cocoa is quiet, gets along well with other cats and loves to sleep with humans. Come meet him and other cats and kittens from Cactus Cats seeking loving

lifetime homes from 11 a.m. to 4 p.m. this Saturday, Sept. 4, at the Ahwatukee Foothills PETCO, 5011 E. Ray Road.

For more information, call (480) 814-8801.

CONTACT US

To list calendar, school, health, religion and other community items, e-mail Calendar Editor Janet Walker at jwalker@ahwatukee.com, or call her at (480) 898-7924.



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said he has already seen results.
 "Within the first few people, I believed we saved a man's life," he said.
 That man was 78-year-old Ahwatukee Foothills resident Stan Hall.
 Hall went to Turner to have his overall health checked out, his daughter, Kristy Hall, said. When he was given the Corus test his score

came back at 65 percent, indicating the risk of a major artery blockage.
 "Anytime a patient is over 50, I recommend them to the cardiologist," Turner said.
 Kristy Hall said the cardiologist was "thrilled" that Turner was using the Corus test.
 "Up until that test things were more vague; it dealt more in possibilities," she said. "Once the surgeon got in there he found one particular artery was 90 percent blocked."

At that point, the family had to fly out of state to remove the blockage.
 "Afterwards, the surgeon told us that he had avoided a major heart attack," she said. "We're deeply grateful, not just to Dr. Turner, but to the test."
 To find out more, visit www.warnerfamilypractice.net.

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SCHOOLNOTES

MPHS Booster groups raise money for school programs

Booster groups from Mountain Pointe High School have begun raising money for school programs and have scheduled the following fundraisers. Fliers are required for the dining fundraisers and are available by going to www.MPHSPrideBoosters.com and clicking on the "Flyers for Fundraisers" tab.
 Support the theater group by dining at Boston Market, 4716 E. Ray Road, from 4 p.m. to close on Friday, Sept. 3 - have dinner before or after seeing its production of

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that distract you from priority projects. If you do not have one effective system you use for each of these items, then you are wasting time - time that could be devoted to decreasing your workweek and adding more leisure time.
 Labor Day as a holiday was not established just to encourage you to work more. While it does recognize your efforts, it also honors your accomplishments. Think about ways that would allow you to achieve even more through your efforts.
 It is a new year mentally. You have celebrated the holiday, vacation is over, children are back in school and it is time to attack your workload again. With the advent of another year, resolutions come to mind. Can you think of any areas that you should resolve to change? Turn those resolutions into new goals. See if you can continue to organize better so that you *labor less* and *accomplish more*.

Ahwatukee Foothills resident Denise Landers is the author of Destination: Organization, A Week by Week Journey. She helps businesses and individuals accomplish more with productive office systems. Reach her at (602) 412-3876 or dlanders@keyorganization.com.

Do Good. Donate.

Your donation of gently used clothing, shoes, household items and small furniture to Big Brothers Big Sisters is sold to local Saver's Thrift stores. All proceeds are used to fund Big Brothers Big sisters programs of Arizona. It's an easy way to make a difference and feel good about yourself!

Attended donation center now open!

4855 E. Warner
 (In the Basha's Shopping Center)

Mon-Fri: 7am - 7pm
Sat-Sun: 9am - 6pm



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