

Business

Psychologist celebrates weight program anniversary

By Barb Charzuk
Times Reporter

For many individuals, the focus has shifted to New Year's resolutions to exercise more, lose extra weight and eat healthier.

Sounds good on paper, but more and more research shows that dieting simply doesn't work.

Dr. Julie T. Anné, a town resident and licensed Scottsdale psychologist, said 45 percent of American men and women resolve each year to change some important aspect of their life.

For 21 percent of them, it will be their weight, she said. Few of them ever reach their goals.

She has helped individuals overcome their emotional struggles since 1994 when she was clinical director of "A New Beginning," an outpatient treatment center to care for and heal adults, adolescents and children struggling to over-

come all eating disorders. Through the center, she and Dr. Ashley L. Southard co-created a weight management program, "The Healthy Weigh Out."

"Individuals who have repeatedly dieted throughout their lifetime, only to find that they have gained more weight and become more 'disordered' relative to food with every diet, do extraordinarily well in our program because they are ready to let go of the old ways and to embrace a new approach and a new mentality that works," said Anné.

"They blame themselves for past failures and feel ashamed of their problematic relationships with food.

"With a wonderful absence of judgment our team helps them to understand that they have been doing nothing wrong – it's their old 'dieting' approach that continues to fail them.

"Our clients feel our commitment and are com-

ported by our support and the realization support and the realization that they no longer have to walk this journey alone."

Observing its first anniversary, "The Healthy Weigh Out" program guides small groups of clients through an intensive eight-week program.

"People desire a healthier lifestyle and a more comfortable waistline," she said. "We vow to start off the New Year 'right' and commit to 'feeling better next year.'"

The Centers for Dis-

ease Control reported this year that more than 62 percent of Americans are overweight or obese, and that more than 9 million children and teenagers face problems with weight control.

Time magazine reports that 80 percent of children have dieted by the time they reach fourth grade. An estimated 24 million Americans suffer from eating disorders, with 90 percent of them women 12 to 25 years old.

Individuals serious about throwing away old

diets should remember these five tips from Anné:

*Next time you reach for food, ask yourself, "Am I physically hungry?" If the answer is no, wait to eat until you feel moderately hungry.

*Pay attention to the reasons why you are eating. If you are not physically hungry, ask yourself, "What am I using the food for?"

*Commit to using food only to nourish your body, not your heart.

*Throw out the scale. Weighing yourself every

day creates an emotional roller coaster that often times backfires into over-eating behavior.

*Stop thinking exercise. Instead, commit to discovering new ways to move that makes you feel good and causes your heart to beat faster with joy.

The office is located at 9825 N. 95th St., suite 101, Ironwood Square Village, Scottsdale. The telephone number is (480) 941-4247.

For more information, visit anewbeginning.com or TheHealthyWeighout.com.

Begin new year by adopting money plan

Dave Ramsey's "Financial Peace University" will return Feb. 4 to Shepherd of the Hills church, corner of El Lago and Fountain Hills boulevards.

Financial Peace University teaches God's way of handling money through video teaching, class discussions and interactive small group activities.

Sponsors of the program say that millions have gone through the program and have worked a plan to get out of debt, manage money, spend and save wisely.

No matter if you are 20 or 60, struggling or have already built your wealth, single, married, divorced or single parents, participants will benefit from the

knowledge and information dispenses, according to sponsors.

Personal information is not shared with participants.

Classes meet for 90 minutes weekly for nine weeks. Classes start at 6:30 p.m. in the church's education building, rooms 5 and 6.

The cost is \$95 per family. Scholarships are available for individuals.

Refreshments will be served. Free child care is provided if the request is made at the time of registration.

For more information or to register, contact julia@sothaz.com or call 837-9532.



Dr. Julie T. Anné

Business Briefs

Chamber to get financial look

Mike Genetti, vice president of Franklin Templeton Investments, will predict the 2016 economy at the Fountain Hills Chamber of Commerce FH breakfast meeting at 7:30 a.m., Thursday, Jan. 21.

Edward Jones financial advisor Michael J. Maroon is sponsoring the program.

The event will be held at Eagle Mountain Golf Club.

Genetti also will talk about how emotions and expectations can affect

financial investments.

The cost is \$15 for members and \$25 for guests.

Technology firm exhibits at Expo

Technologic Systems, an embedded solutions company, will exhibit its single board computers, computer on modules and touch panel PCs at the Internet of Things (IOT) Evolution Expo Jan. 25-28 in the Greater Fort Lauderdale/Broward County Convention Center in Florida.

Attendees will learn how technologies can be utilized to improve business processes, minimize risks, spur innovation and drive revenue.

The 30-year-old company has its offices at 16610 E. Laser Drive.

Weight loss workshops slated

Dr. Nick Schultz will present a number of weight loss workshops and the effect of excess weight on a person's health.

The sessions will be at 5:30 p.m. tonight, Jan. 13, and 5:30 p.m., Jan. 28, at the Fountain Hills Medical Campus; 16838 E. Palisades Blvd., suite B-120.

Seating is limited, so

reservations are necessary. Call 480-620-8038.

Christ's Church, 15555 E. Bainbridge Ave., also will host a talk by Schultz at 12:30 p.m., Thursday, Jan. 14.

Seminar on golf injuries

Eric Hall, a physical therapist's assistant at 360 Physical Therapy, will talk about the most common golf injuries, their causes and how to treat/prevent them at 1 p.m., Thursday, Jan. 21, in the Fountain Hills branch of Maricopa County Library.

He will lead participants through a sample warm-up and stretching routine. Participants are asked to bring a 7 golf iron.

Space is limited to the first 20 participants. Reserve a place by calling 480-818-3324.

Jan. 15 Life Line screenings

Local screenings for Life Line Screenings are scheduled for Jan. 15 at Fountain Hills Presbyterian Church.

The tests include screening for carotid artery, heart rhythm, abdominal arterial disease and osteoporosis risk assessment. The

screenings take about one hour.

The screenings are advised for anyone over 50 who wants to be proactive about his or her health.

Interested participants must reserve a time by calling 1-866-964-9980.

Tests start as low as \$60 each or all five recommended screenings for \$149.

Medicare and health insurance plans generally do not allow for coverage of vascular screenings although coverage varies from policy to policy.

Mousseux teaches seminar

Fountain Hills resident Renate Mousseux, a body language expert, will conduct a seminar designed to equip business people with essential skills to increase their income.

The seminar will be offered from 10 a.m. to noon, Thursday, Jan. 21, at Sky Song; 1475 N. Scottsdale Road, Scottsdale.

Registration is \$95. Joining Mousseux will be business coach Steven Sykes, a former healthcare and operations executive.

Mousseux will concentrate on how body language and behavior affect business.



Realtors distribute \$10,000

The Fountain Hills Realtor Marketing Session donated \$10,000 to eight charitable organizations at its last Friday meeting of the year. The recipients included, from left, Justin Duran, Boys and Girls Club, \$1,500; Susan Dawson, Rescue Pals, \$1,000; David Iverson, Extended Hands Food Bank, \$2,000; Jess Roman, Society of St. Vincent de Paul, \$1,000; and Stan West, \$1,500, Sheriff's Posse. Diana Rickenbaugh, right, heads the RMS leadership team. An additional \$3,000 was split between American Red Cross Phoenix chapter, Sunshine Acres in Mesa and Wounded Warriors Project. Earlier in the year, the group shared \$3,000 among the Fountain at the Fourth festival committee, Fountain Hills public schools and the Realtors' Hutch Fund.

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Area home sales

December 4, 2015 - December 11, 2015

The Verdes

24818 N Vado Ct \$572,500

Homes sold this period: 1 Median Price: \$572,500 Average price: \$572,500
Same period last year: 1 Median Price: \$500,000 Average price: \$500,000

Fountain Hills

16314 E Arrow Dr #204 \$184,900	15722 E Jackrabbit Ln \$1,047,500
14211 N Calle Del Oro \$232,400	16912 E La Montana #D116 \$105,000
16317 E Carmel Dr \$275,000	15302 E Lotus Ln \$708,000
11446 N Crestview Dr \$699,000	13022 N Mountainside Dr A \$244,000
16913 E De Anza Dr \$253,000	17147 E Oro Grande Dr \$249,000
13246 N El Pueblo Blvd \$439,000	16147 E Red Mountain Trl \$754,000
14423 N El Pueblo Blvd \$285,000	15524 E Tepee Dr \$310,000
16616 E Gunsight Dr #209 \$177,000	12223 N West Dr \$215,000
10615 N Indian Wells Dr \$425,000	16400 E Westwind Ct \$450,000

Homes sold this period: 18 Median Price \$280,000 Average price: \$391,822
Same period last year: 30 Median Price \$282,000 Average price: \$406,918

Properties listed may have been sold by various Brokers &/or Owners.