

# Fountain Spouts

## Carly in Tech Honor Society

Mayor Jay and Denise Schlum have another reason to be proud of their family.

Daughter Carly is a hard-working junior at Fountain Hills High School and student at East Valley Institute of Technology.

"She is self-motivated to succeed, but if it weren't for Carly's EVIT teacher, Mr. Howell, she would not have found her studies as engaging," said the mayor.

Carly is an afternoon student at EVIT following

her FHHS studies.

"Carly's hard work and the great instruction of Mr. Howell has Carly enjoying a 104 percent grade and Carly's recent induction into the National Technical Honor Society," the mayor continued.

"We couldn't be more proud of Carly!"

**Carly Schlum celebrates her recent induction into the National Technical Honor Society with her EVIT instructor, Mr. Howell.**



Dolores Seright hit the slopes three months after hip replacement surgery.

## Skiing after hip replacement

The tales of modern-day medicine and the astounding advances made in research and surgery continue to make their impact on everyday people. Dolores Seright is one such example, who is singing the praises of Dr. Brian Miller and the anterior hip replacement procedure he uses.

Seright, 60, made the decision to have a total hip replacement after months of pain and the loss of ability to do many things she loved to do, which included skiing, hiking and playing with her grandchildren.

"After I had the X-rays and saw that my hip was basically 'bone on bone,' the decision was easy," she says.

She had the surgery Dec. 2, 2009.

On Dec. 11 she hosted a holiday party at her home, she was able to drive a car by Dec. 13 and by Dec. 17 she had a follow-up appointment with Miller.

"I walked into his office

without the aid of a cane or walker," she recalls. "He was smiling as I walked down the hall and commented that he loves to see his patients walking on their own two weeks after he does his procedure."

Seright began walking, swimming and was quickly able to hike the Overlook Trail behind Fountain Park and began exercising with a specific goal of skiing.

In late February she and her husband drove to Breckenridge, Colo. and, on March 1, only three months following her hip replacement, she skied blue runs in Breckenridge and later that week she skied in Telluride, Colo.

"It was so exciting to again do all the things I enjoyed and be pain free doing them," she said.

Seright heard about the anterior hip replacement procedure after attending a Fountain Hills program hosted by Miller (www.sonoranshipcenter.com).

The procedure allow the

patient to leave the hospital with no restrictions, unlike the traditional hip replacement procedure. And the anterior procedure uses a special operating table called the Pro-Fx table, which was designed specifically for anterior total hip replacement.

Following her surgery at Scottsdale Osborn, Seright was taught by physical therapists how to get out of bed with the aid of a walker that same day. During the next two days they taught her to walk up and down stairs and walk the hallways to gain strength.

"The recovery was so amazing," she says. "I was released from the hospital with no restrictions, which is unique to the anterior hip replacement procedure."

"The traditional procedure requires restrictions that affect the way you sit, stand, use the bathroom and your sexual activity."

And to all that, Seright only has one more thing to say – hip, hip, hooray!



Here are the Amaryllis plants drawn by students this year at the Fountain Hills Charter School, a project started in memory of Eric Max Vogel.

## Flower paintings honor Max

Each students of Ms. Kathy Grant, formerly of Fountain Hills painted pictures of an Amaryllis plant.

Eric Max Vogel, son of Ron and Darlene Vogel, passed on Aug. 5, 2002, and he had "Ms. Kathy" as a teacher at the Fountain Hills Charter School.

Needless to say, the painting he made while a student of hers is quite cherished.

Though Ms. Kathy is now teaching in Bend, Ore., the tradition at FHCS con-



Eric Max

tinues in Max's memory.

This project would not be possible without the generosity, creativity and heart-felt support of Kim and Trace, proprietors of Hang Ups Gallery, 13216 N. Verde River Drive.

"For that personal touch with your photos, paintings and other things, don't hesitate to visit Hang Ups," Darlene Vogel said.

"Kim and Trace, thank you so much for what you do."



**Birthday wishes go out to Michele Elkie, who celebrated her birthday this past Sunday, May 16. Michele and husband Tait celebrated early with Sunset Kiwanis Club members...Michele is keeping tradition by wearing the hat reserved for Kiwanians with birthdays.**

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We also heard that Joan Pittsenbarger is celebrating a birthday this week, but we were sworn to secrecy about what year it was or what her plans were...That's OK, we can still announce the rest to the world!

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## Pitman completes basic

Navy Seaman Ashley R. Pitman, a 2007 graduate of Fountain Hills High School, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

During the eight-week program, Pitman completed a variety of training, which included classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety.

An emphasis was also placed on physical fitness. The capstone event of

boot camp is "Battle Stations." This exercise gives recruits the skills and confidence they need to succeed in the fleet.

"Battle Stations" is designed to galvanize the basic warrior attributes of sacrifice, dedication, teamwork and endurance in each recruit through the practical application of basic Navy skills and the core values of honor, courage and commitment.

Its distinctly "Navy" flavor was designed to take into account what it means to be a Sailor.

## What is it?

This really not so attractive coyote was photographed in the area of Parlin Drive by Rown and Donica Wolf Saggau.

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