

Survey Says!!!!

Thank you to all the homeowners of the Villas at Anasazi Ridge that participated in the meeting and the survey regarding gates and signage policies for Entrada. Reflected in the following is a recap of the responses from Villas homeowners. As you already know, this is a unique community, your responses and willingness to support more progressive, long term solutions is readily apparent. We shared your responses at the Developer meeting on 4/1/2008. At the 4/1/08 meeting, EPOA members present and the other Developers did not support a change in any of their existing policies. A Welcome Center will not be established, the gates will remain closed and real estate signage is not allowed.

Hopefully, at some point, these policies will be reviewed again, if it becomes apparent that country club membership sales are being impacted by these types of policies. In the intervening period, thank you for your feedback and willingness to participate.

Entrada Gates/Signage Survey Results

Gates Open/Closed (vote for one)

Option 1: Open 10 a.m. -6 p.m. Friday, Saturday, Sunday Only

7 Yes 4 No

Option 2: Open 10a.m. - 6 p.m. Sunday -Saturday

7 Yes 4 No

Comments: Open main gate only daily to allow visitors to go to Welcome Center—Perimeter gates closed at all hours.

Comments: Main gate only!

Option 3: Gates Closed at all hours

8 Yes No

Comments: However guard should allow visitors to go to the welcome center to get information on Entrada & to be directed to homes where signs are.

Signs/Homes (vote for one)

Option 1: Small for sale signs 12" x 12"
(6 allowed per real estate company on completed homes for sale)

14 Yes 5 No

Comments: Would this include homes for resale?

Option 2: No signs

5 Yes 1 No

Comments: Signs should all be same size and color only names & numbers different.

(survey results continued on page 2)

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Signs/Lots (vote for one)

Option 1: Affix an available or sold sticker on the existing lot number signs

12 Yes 2 No

Comments: or signs that say "available"

Comments: also ok to allow for sale signs on lots

Option 2: Allow for sale signs on lots

8 Yes 6 No

Welcome Center

Establish a welcome center for visitors to Entrada?

21 Yes 1 No

COMMENTS:

Comment One: Use the "old office" for general information – staffed. Use the room in the workout center for further information in more detail – use a slide show or video presentation one place or the other.

Not sure the "office" location is large enough as chairs would be required. Staff should be knowledgeable, not pushy—should know their job thoroughly (anticipate questions) and be available to escort visitors around.

Visitors Center should offer coffee and water or some other refreshment—packet should be given out with Entrada information (like Del Webb does). People made to feel welcome.

Comment Two: Welcome Center is an excellent opportunity to show all lots/properties. First choice for location would be Club House reception area. Second choice- Sports Center.

Comment Three: Sports and Fitness Center
– Old snack bar
Clubhouse at Entry Desk
Real estate office just inside main gate

Comment Four: Welcome Center in Sports Club – great idea. Welcome Center to be manned by cheerful, enthusiastic person—only problem with using sports center is that visitors will want to use rest rooms which are small and limited. Should also consider using Clubhouse which has better facilities.

Club is not doing well financially and equity members are paying more and more to keep up with expenses--callable memberships are needed to gain income.

Comment Five: An up-scale welcome center at the Fitness Center to give prospective buyers a warm

reception to Entrada. Visitors "must" sign in to receive information packet to take with them. Guided tours optional. Fitness Center employee's instructed to direct visitors to the welcome center in a happy, friendly and professional manner without touring people into the Fitness Center.

Comment Six: Entrada is a gated community: close them or take them out. Serious buyers will appreciate the privacy; "looky'loos" will wander the streets and rarely buy.

Comment Seven: We favor no signs since policing is not practical and the real estate sales community will violate the rules with impunity. We do favor an attractive Visitors Center to which the gate could refer visitors. In addition to regular staffing, o/s real estate sales persons could assist interested visitors. Positively, those participating sales persons could contribute to the operating cost of the V.C.

If signage is allowed it should only occur during a limited test period, not to exceed 3 months or less, so that residents could evaluate its impact on the community. Further, no more than one sales sign per home owner block should be allowed. A concentration of signs would cheapen a residential block.

Comment Eight: I bought here because I wanted security of closed gates. Buyers in this price range expect same.

Comment Nine: We need to open up golf memberships to the people living outside of Entrada Sales and Lots and homes depend on having a full membership of golfers. Everything will suffer if golf course is not sustainable at a fair value from 1-01-2011.

Comment Ten: Full golf membership should be open to non-residents with the stipulation that if residents want to purchase a membership & there are non available the non-resident membership can be recalled & sold to the residents at the amount memberships are selling for.

Comment Eleven: Stop this prison camp atmosphere and make the place more user friendly.

Comment Twelve: This is essential (reference to welcome center) Have visitors check in with guard as usual. Guard direct them to welcome center (sports center could work) Have them register there and receive info on (all) homes for sale (including re-sales). Cost of center paid by those who have property for sale. Obviously developers paying larger amount than individual re-sales. Also include info on the club.

Comment Thirteen: Either use fitness center or convert shack to a welcome center. Developers could share cost of a receptionist or "welcome" person that was familiar with all re-sales/new homes in area.





Thanks to John Tempest and Mark and Mauri Shuler for becoming members of the Saint George Art Museum. We appreciate their support of the Saint George cultural arts. If any additional Villas homeowners are interested in participating, MPK Holdings will contribute \$25.00 per application to the St. George Art Museum as well.

On Display Through May 24, 2008



Albrecht Dürer

The Inspired Line: Selected Prints of Albrecht Dürer and Rembrandt van Rijn from the Thrivent Financial Collection of Religious

The Inspired Line: Selected Prints of Albrecht Dürer and Rembrandt van Rijn from the Thrivent Financial Collection of Religious Art is a traveling showcase of prints from two renowned masters. Even though they created their artwork a century apart, connections between Dürer and Rembrandt's religious pieces are significant and intriguing. While the exhibition explores the extraordinary nature and output of each artist's prints individually, the focus of The Inspired Line is the contrasts and parallels that can be drawn between Dürer and Rembrandt's works. This exhibition is toured by Exhibits USA, which is the national touring division of Mid-America Arts Alliance, a non-profit regional arts organization.

WOOD TAKES ROOT

The St. George Museum will present WOOD TAKES ROOT, an exhibition that will showcase the state of the art in contemporary woodwork. The exhibition will shatter preconceptions about the material and the language employed by woodworkers with works that are sculptural, painterly and unlike anything that has preceded them.



Dennis Elliott

The exhibition will include artists featured in the book *New Masters of Woodturning*, published by Fox Chapel Publishing to coincide with the exhibition. The book features an international array of artists, sharing their amazing turning techniques, their creative influences, and the inspiration that fuels their distinctive designs. The exhibition will feature numerous respected modern artists who are pushing the boundaries of contemporary wood art, including Binh Pho, Marilyn Cambell, Jacques Vesery, and J. Paul Fennell.

LEGACY OF WOOD

In the Legacy Gallery, the St. George Art Museum will again feature selections from the permanent collection. This show, titled, *Legacy of Wood* features paintings by many artists, including Roland Lee, Rhonda Rainey, Robert Call, Gerald Bishop, Oliver Parson, David Jackson, David Merrill, Russell Case, Jim Jones, and George Dibble will be displayed. Sculptures by John Lefkow, Lane Phillips, Mike Fitch, and Craig Jones will be on view. A number of photographs round out the exhibit with images by Timothy Schulder, William Munoz, John Stevens, Mark Andrews, Willie Holdman, and Denis Defibaugh.



"Untitled" by Lane Phillips, 1995

FROM BLOCKS TO ROCKS

A series of Royden Card's woodblock prints of Zion National Park, *From Blocks to Rocks*, will also be on display. This exhibit will feature some of the tools he uses to create his wood blocks and prints. Card, a well known artist, now living in Virgin, Utah, created these prints as part of the requirements for his Master's of Arts degree from Brigham Young University.



Royden Card

for additional information visit www.sgartmuseum.org

Boomeritis: A Sports Concern for Baby Boomers

by Karen Asp

Baby boomers, beware.

If you ignore your aging body while exercising or playing sports, you run a high risk of suffering an injury. That's the word from the American Academy of Orthopaedic Surgeons (AAOS) and the American Orthopaedic Society for Sports Medicine (AOSSM) in a message about boomeritis. Boomeritis is the escalating number of sports-related injuries happening to baby boomers.

What Makes Boomers Injury-Prone?

Several factors have prompted the growing number of boomer sports injuries. For starters, people are living longer. Also, more people are playing sports.

Most importantly, though, baby boomers are the first generation to know how crucial activity is to living a longer, healthier life. "This is the first generation trying to stay active in a body that's aging," according to Nicholas A. DiNubile, MD, the chair of the Public Relations Oversight Group for the AAOS. Of course, there have always been some people who stay active as they age.

DiNubile, a baby boomer who coined the term boomeritis, contrasts baby boomers with people from his parents' generation who became inactive as they aged. "If their bodies hurt, they stopped the activity," he says. Not anymore.

Today's baby boomers know that exercise helps keep them healthy and active, but they don't always acknowledge the changes in their bodies. They try to do things they did when they were younger, and that's where trouble starts. "Trying to recapture their youth gets a lot of boomers into trouble," says Robert Stanton, MD, instructor of orthopaedics at Yale University School of Medicine.

What Should Boomers Know About Their Aging Bodies?

Unfortunately, bodies change with age. Tendons and ligaments lose some of their elasticity, which leads to reduced range of motion in the joints, making these areas more prone to injuries. And when injuries strike aging bodies, recovery usually takes longer.

Without regular exercise, people also lose muscle mass. Muscle loss related to aging usually begins in the mid-forties (earlier if you're inactive) and may decline as much as 10% after the age of 50. Regular exercise can slow that loss significantly, but if you don't use your muscles regularly, the tissues become weaker and less compliant.

Although boomers accumulate a variety of injuries, the most common injuries involve sprains (stretching or tearing of a ligament) and strains (stretching or tearing of a muscle or tendon) in the shoulders, knees, and ankles. "People try to do too much too quickly," Stanton says.



As a result, tissues tear slowly, causing some soreness. People often don't recognize soreness as a problem, and they work through the pain, causing additional soreness and injuries such as tennis elbow, achilles tendonitis, and shin splints.

How Can Boomers Avoid Injuries?

If you want to live a longer, more productive life, you have to exercise daily. But if you're a baby boomer, you have to use your brain, too. "You have to be smart about what you do and realize that at 50, you can't do what you did when you were 20," DiNubile says.

So you may not be able to play hoops to the level of your 30-year-old colleagues. Maybe you can't play as many back-to-back tennis matches as you once could. Make modifications and play smart so that you don't end up a casualty of your ego.

To prevent injury, follow these tips from the AAOS and AOSSM:

- Get a basic medical screening. If you're over 35 and haven't been involved in regular conditioning, call for a check-up with your doctor. Find out if you have any conditions that would put you in jeopardy while exercising.
- Stick with a balanced exercise program. Don't rely solely on your sport to keep you in shape, especially if you only play that sport one or two days a week. Follow a program that includes cardiovascular activity, strength training, and stretching.
- Warm up and stretch before physical activity. Cold muscles are more prone to injury, which is why you're asking for trouble if you skip the warm-up. Wake up those muscles with light jogging or walking. Then stretch the major muscles you'll be using; hold each stretch 30 seconds without bouncing.
- Ditch the weekend warrior attitude. You can't possibly make gains in fitness by cramming your activity into two days. Aim for 30 minutes of physical activity every day with activities such as jogging, walking, swimming, cycling, and strength training.
- Take lessons. Hire a trained professional to help you attain and maintain proper form in your sport.
- Get the right equipment for your sport. If, for example, the tread on the bottom of your shoes is worn, replace the shoes. If you're a cyclist, don a properly fitted helmet.
- Follow the 10% rule. Ready to increase the level of your activity? Okay, but do so in 10% increments. If you currently walk two miles, don't expect to walk four miles tomorrow. Instead, build your activity level gradually. This rule applies to working with weights, too.
- Be cautious about adding new exercises. Whether you're a seasoned fitness enthusiast or new to exercise, avoid taking on too many activities at once. Add activities gradually.
- Listen to your body. Every day your body sends you messages about how it's feeling. Pay attention to those messages. Do your knees hurt when you ski through the moguls like you did 10 years ago? Then skip those bumps. They're not worth it in the long run.
- Seek professional help if you injure yourself. Consult an orthopaedic surgeon for injuries such as tendonitis, arthritis, stress fractures, or low back pain.

article available online at
http://www.ebsconewsletter.com/nehealth/e_article001035083.cfm?x=b11,0,w



artichokes the stunning bud of a plant in the thistle family, are in season March through May.



Fresh & In Season

Creamy Asparagus Pasta

Makes 4 servings, 1 1/2 cups each

- 8 ounces whole-wheat penne pasta
- 1 bunch asparagus, trimmed and cut into 3/4-inch pieces
- 1 1/2 cups whole milk
- 4 teaspoons whole-grain mustard
- 4 teaspoons flour
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 teaspoons extra-virgin olive oil
- 3 tablespoons minced garlic
- 2 teaspoons minced fresh tarragon or 1/2 teaspoon dried
- 1 teaspoon freshly grated lemon zest
- 2 teaspoons lemon juice
- 1/2 cup grated Parmesan cheese, divided

1. Bring a large pot of water to a boil. Add pasta and cook for 3 minutes less than the package directions. Add asparagus and continue cooking until the pasta and asparagus are just tender, 3 minutes more. Drain and return to the pot.
2. Meanwhile, whisk milk, mustard, flour, salt and pepper in a medium bowl. Heat oil in a medium saucepan over medium-high heat. Add garlic and cook, stirring, until fragrant and lightly browned, 30 seconds to 1 minute. Whisk in the milk mixture. Bring to a simmer, stirring constantly, and cook until thickened, 1 to 2 minutes. Stir in tarragon, lemon zest and juice.
3. Stir the sauce into the pasta-asparagus mixture. Cook over medium-high heat, stirring, until the sauce is thick, creamy and coats the pasta, 1 to 2 minutes. Stir in 1/4 cup Parmesan. Divide the pasta among 4 bowls and top with the remaining 1/4 cup Parmesan.

asparagus The quintessential springtime vegetable is best in North America from April through June.



Creamy Artichoke & Spinach Soup

Makes 2 servings, 2 1/4 cups each

- 2 14-ounce cans reduced-sodium chicken broth
- 1/4 cup long-grain white rice, such as basmati
- 4 cups packed baby spinach
- 1 14-ounce can artichoke hearts, rinsed
- 2 large eggs
- 2-3 tablespoons lemon juice, to taste
- 1 1/2 tablespoons chopped fresh dill
- 1/8 teaspoon freshly ground pepper

1. Bring broth and rice to a boil in a large saucepan over high heat. Reduce heat to a simmer and cook, uncovered, until the rice is very tender, about 15 minutes. Stir in spinach.
2. Place artichoke hearts, eggs and lemon juice in a blender; cover and puree. With the motor running, ladle about half of the rice mixture into the blender and puree until smooth. (Use caution when pureeing hot liquids.) Return the pureed mixture to the pan and cook, stirring constantly, until an instant-read thermometer registers 160°F, reducing the heat as necessary to prevent the soup from boiling. Stir in dill and pepper.

recipes provided by www.eatingwell.com



The Entrada Lifestyle...*There's a reason behind the old adage to buy according to*

location, location, location: where we live affects how we live. Abraham Lincoln noted, "And in



the end, it's not the years in your life that count. It's the life in your years." You have chosen to live in Entrada and the Villas so enjoy the lifestyle to the fullest!!!!

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