



## A New Year, New Owner, New Management, but Same Ol' Discounts!

Of course this is the start of 2007 and most people are busy making new plans, New Year's resolutions and all kinds of anticipated positive developments for this next year. However, few groups have as many simultaneous, exciting NEW DEVELOPMENTS as Aliso Village Dental Associates. First we have a new owner and management team. After several months, Dr. Ralph L. Raya has committed to a long term relationship to the patients and practice as the new owner. He is from Southern California and has over 25 years of experience in cosmetic and state of the art dentistry. Rarely will you find a friendlier, quality dental office with the kind of experience he and Dr. Barber offer.

Just as exciting is our new management team headed by Mrs. Denisse Armas. She also has over 10 years of experience and will be personally responsible for making sure all of our patients are happy with the service that they receive. She has worked with almost all insurance com-

panies and will do everything possible to help insure that you receive all the benefits you deserve. Naturally her first concern will be attracting and serving NEW PATIENTS. So if you need a NEW DENTIST, now is the time to call us at 949-831-4346. Denisse also has two great chair-side assistants and a cracker jack hygienist to complete her team.

Then we have the new room of state of the art dental equipment as well as the latest panoramic X-ray machine to modernize the delivery of the highest quality service. So if you need services ranging from regular check-ups and cleanings, to crowns, veneers, even the newest cosmetic restorations Lumineers, to Invisalign braces and root canals, we are ready to serve you.

However, even with these new improvements and developments, we have retained the best of the past and that is our patient discounts. Yes, in 2007 you can still receive up to 30% off any and all procedures, all the time. Yes,

we will still honor our 10% cash at the time of service discounts; preferred and referring patient discounts of an additional 10% and the loyalty and on deck discounts of yet another 10%. That is potentially 30% off our already low fees. As is always the case, these are discounts directly for our patients and are in addition to any insurance benefits you might be entitled to receive. Call Denisse for details or to schedule your appointment as soon as possible.

So we are anticipating that 2007 will be the year that Aliso Village Dental Associates becomes the dental office our community deserves and will become HOME for any of you that need a dentist or want to improve your oral health and great smile. Call us at 949-831-4346 or drop by to visit Denisse and her crew.

*The office of Aliso Village Dental Associates is located at 23876 Aliso Creek Road in Laguna Niguel. Telephone: 949-831-4346.*

## Thousands Raised at TaeKwonDo Charity Event

By M. Wagstaff - Special to ALN

On December 16th, 2006, the spectators at American TaeKwonDo Centers Inc, (www.atctkd.com) were treated with a gallant and magnificent example of the true spirit of TaeKwonDo. In order to raise money for charity and gifts of toys for the less fortunate, Master Konrad Spillmann 7th Dan Black Belt and Vice President of TaeKwonDo International, attempted to beat his previously held world record in block breaking.

Master Spillmann's first goal which is dear to his heart was to raise as much money as possible for St. Jude's Children's Cancer Research Hospital. Cancer took one of his staff member's life in 2000, and because of such research two of his own students have survived cancer. His second target was to collect as many toys for the Toys for Tots organization as he and his California (Aliso Viejo, Corona, Long Beach) locations could, so that less fortunate children may have a brighter Christmas than they would have had otherwise. In both these endeavors, he was more than successful. The organization raised thousands of dollars for St. Jude's (more than other previous martial art fundraisers) and hundreds of toys to donate to the children.

Master Spillmann's third goal was more of a challenge within himself. In 1998, he broke his previously standing world record in block breaking by breaking 200 blocks in 47.9 seconds. On December 16th, 2006, he was attempting to obliterate that record. After stating to all students and local businesses that the more money that was raised, the more blocks he would break, he ended up raising thousands; but the blessing could have been a curse as it would require him to break over 6000:lbs of concrete or over 400 blocks.

I, personally, was in awe when the local concrete company delivered 5 pallets of concrete. I then felt he must be foolish, no person could possibly break that much concrete with his bare hands. I watched as it took several hours to set up all the concrete blocks and then as it started to rain on the matted flooring and drenched the blocks.

Master Spillmann walked as though he were worried, so I asked his Instructor why. He told me that Master Spillmann was worried for his demonstration team's safety and that the wetter the concrete blocks got, the harder they would be to break. I heard other Masters tell Master Spillmann he was crazy and he needed to cancel the event for his own safety, but he would not back down or cancel because the less fortunate children needed the gifts for Christmas. His Instructor said "it is raining sir, and the temperature is dropping." Master Spillmann's response was "I am praying for it to stop." I don't know if it was luck or a natural phenomenon,

but 5 minutes before the event, the clouds broke and the sun rays came through.

This challenge was where his true show of TaeKwonDo Spirit gleamed for more than 16 minutes of non stop action; you could feel the strength, power and pain as the blocks broke 8, 7, 6, 5 or 4 at a time. You could see how tough the wet blocks were. At times he would hit them with such a tremendous force, you could feel the ground around him move, but still they would not break, then suddenly he would focus his power and with a wave of inner strength he would shatter stacks at a time.

TaeKwonDo spirit encompasses perseverance, dedication, determination, integrity, honor and wisdom. Master Spillmann took each one of these noble qualities and displayed them throughout the event. After initially breaking his record by breaking the first 200 blocks in 46 seconds, his physical body began to lose his normally evident power. The spectators stood in awe and some including his children were even in tears, as his lips turned blue and he ignored his pain, bruised arms, bleeding hands and what was even feared to be broken limbs; he continually refocused his mind and found the inner strength to keep breaking long after most would have obviously given up. His final tally was 411 blocks. When the concrete clean up was finished it again began to pour with rain.

The support Master Spillmann received from his instructors and students was phenomenal in itself. The family oriented centers from Aliso Viejo, Corona and Long Beach all pulled together to show their support by not only helping to raise funds and toys for the children, but also by emotionally supporting their Master through what had to be one of the toughest challenges of strength, perseverance and determination that I have seen in my lifetime. This inspiring event displayed the strength and unity of this positive ATC family environment which is usually lacking in today's busy world.

As a result of this outstanding occasion, less fortunate children benefited and students and other spectators learned the meanings of goal setting and never giving up. After seeing Master Spillmann's hands and arms, I personally asked him why he did not give up. He stated, "it's for the children; if they gave up, then where would they be today." I gained so much respect for him and TaeKwonDo. Now I know why this respect runs so deep with his instructors, students and even Master Spillmann's own family. It is evident that Master Spillmann even gained respect and appreciation from the many onlookers around him.

I feel anyone that learns Martial Arts and Self Defense from such a knowledgeable and wise Master is very fortunate, as are the less fortunate children in society.



**Grandmaster Konrad Spillmann prepares to set the world record for concrete block breaking to raise funds for St. Jude's Children's Cancer Research Hospital. Inset: Setting the record.**

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