

# Red Mountain Ranch Up Close

Bringing neighbors closer to their community

February 2009

## Gifts Sure To Melt Your Valentine's Heart



Massage Envy ▲

◀ Watson Flowers

### MASSAGE ENVY

6626 E. McKellips Road  
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(480) 889-0761  
www.massageenvy.com

### SALON AZUL

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SW corner of Power and McDowell roads  
(480) 924-2985

### WATSON FLOWERS

2525 W. Main St.  
(480) 967-8797  
www.watsonflowers.com

### GRANDVIEW STEAKHOUSE AT PAINTED MOUNTAIN

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(480) 832-0158  
www.paintedmountaingolf.com

By Tisha Marie Pelletier

Ah, Valentine's Day. A day solely dedicated to expressing your love for one another through cards, flowers, poems, chocolates or simply you. With Feb. 14 just around the corner, you may be wondering what to get your own little love bug this year. Not to worry. We spoke to businesses around town about the best gifts sure to melt your Valentine's heart.

Could you and your Valentine use a day of total bliss and relaxation? Massage Envy locations in Mesa are offering some excellent gift ideas for him and her, like couple's massages, gift certificates for as little as \$39/massage and their brand new treatment, hot stone massages.

If you haven't yet experienced a hot stone massage, Sam Biggs, owner of Massage Envy, swears your Valentine is going to love this. "Our 90-minute hot stone massages are extremely soothing and relaxing because the stones warm and soften the muscle tissue. It's a lot less pressure to reach the deeper levels of the muscle, and our therapists can get knots out they wouldn't be able to with a normal massage."

Hot stone massages are offered at all three Mesa locations, and hot stone massages for couples are offered at Massage Envy at Gateway, located at 1946 S. Signal Butte Road.

If your Valentine is in need of a pampering session, Salon Azul has it all, from facials and hair, to manicures and pedicures, gift certificates and something extra special and chocolaty for Valentine's Day. "Valentine's Day is all about romance and chocolate," explained Sarah Turner, an esthetician at Salon Azul. "So, we've coupled our treatments with romantic scents and a chocolate treat!"

The facial special comes with aromatherapy scents of rose, peppermint or cantaloupe, a special hand treatment and chocolate. If your Valentine prefers pedicures, Salon Azul is sweetening the deal with a chocolate pedi, coffee

scrub, complimentary nail art, your choice of pink or red shades and chocolate. Other gifts include a make-up and up-do package for a special night out on the town and beauty packages complete with pedis, manis and a facial.

Thinking about sending your Valentine a dozen roses? Watson Flowers in Mesa has been in the flower business since 1927, and knows what women like. Jacob Johnson, a fourth generation florist, said, "The Works will knock her socks off."

The Works includes a dozen roses, a Valentine's Day balloon, stuffed teddy bear, boxed chocolate and a Valentine's greeting card delivered to her work or home. "It's a great value, and has been our most popular package for the past four years," said Jacob. Another tip he added is to order early as rose prices go up daily. "If you order now, we'll lock in the price today and save you money."

Finally, Valentine's Day wouldn't be complete without a romantic, candlelit dinner for two. The GrandView Steakhouse, located on McKellips Road, is hosting a Sweetheart Dinner, complete with a tantalizing array of appetizers, entrees, bottles of wine and a decadent, black forest chocolate cake for dessert. Couples can choose entrees like prime rib, shrimp scampi or the herb-crusted salmon, which we hear is absolutely amazing.

Prices for the Sweetheart Dinner start at just \$59/couple. Dinner is served from 4 p.m. to 9 p.m., and reservations are required. To make reservations, please call (480) 832-0158, or visit www.paintedmountaingolf.com for details.

Some other gift ideas include one-of-a-kind jewelry for that special someone, available at www.shopstylefolio.com or a Valentine's Day scavenger hunt. Another thought is a personalized book for your significant other listing the 365 reasons why you love him or her.

We hope this gift list helps you get started on planning the perfect day. Whatever you and your Valentine choose to do this year, we hope it's the most memorable yet. Happy Valentine's Day! ■



Salon Azul ▼

GrandView Steakhouse ▼

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PERMIT #4460

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**HEALTH**

# What is Anti-Aging Medicine?

By Fred G. Arnold, NMD

**WHAT IS ANTI-AGING MEDICINE?**

Anti-aging medicine is the fastest growing medical subspecialty in the world. In 1993, a dozen physicians created the American Academy of Anti-Aging Medicine, and today, there are more than 20,000 members in 90 countries.

Whereas, traditional medicine focuses on treating the effects of the aging process and treats external symptoms, which have internal causes, anti-aging medicine focuses on treating or preventing the causes of aging, and works to change the process of aging itself. Anti-aging medicine is scientific, evidence-based medicine, which is well documented by peer-reviewed journals.

One of the first steps in anti-aging medicine is correcting unhealthy lifestyles that lead to many of the degenerative conditions associated with aging. Diet, exercise and stress reduction are important topics discussed in consultation with the doctor.

**BABY BOOMERS AND ANTI-AGING MEDICINE**

Today, a baby boomer, who is someone born between 1946-1964, turns 50 years old every 30 seconds. This population group now has an average life span of 80 years, and with medical knowledge doubling every 3.5 years or less, the average life span is expected to be 120 to 150 years by 2050. The average baby boomers are not ready to stop living and believe they have better things to do than get old. They feel age is irrelevant, and their ability to pursue their goals is what really matters. Rather than suffer many of the effects of getting older, baby boomers are trying to slow down and prevent many age-related conditions.

**COMMON HEALTH PROBLEMS**

The doctors and staff of the Anti-Aging Institute of Arizona are dedicated to helping our patients improve their health and correct, slow down and prevent many

age-related conditions. The most common anti-aging health problems presented include fatigue, poor sleep, low sex drive, thyroid problems, weight problems, memory problems, male hormones, female hormones (PMS and menopause), low immune system, insulin resistance (type II diabetes), digestive problems and chronic pain.

**OUR UNIQUE APPROACH**

To help treat, correct and prevent individual conditions, each patient has a detailed, private consultation with a trained, experienced physician to discuss his or her individual condition. Individualized, advanced lab testing and evaluation are then performed. Once these results

are obtained, a specialized treatment plan is presented, which addresses each patient's unique health care problems. No two patients are ever the same, and no two treatment plans are ever the same. Our customized, preventive medicine programs include recommendations that involve nutrition, exercise, lifestyle changes, prescription grade supplements, specific medi-

cations and bio-identical youthful hormones to restore health and vitality. We also offer individualized intravenous vitamin and mineral therapies, detoxification, acupuncture and aesthetic services (facials, Botox and fillers, such as Juvederm).

Laboratory testing is normally covered by the patients insurance, and we also offer health care financing that is available to each patient.

**OUR OFFER TO YOU**

If you feel you are ready to slow down and turn back the clock, we are offering a no charge, 20-minute consultation with one of our trained, experienced doctors to discuss your condition, and introduce you to our office and our caring staff.

For more information, contact the Anti-Aging Institute of Arizona today at (480) 292-1110. ■



**ORGANIZING**

# BATHROOM Organizing Tips

By Nancy Nemitz

A beautifully organized bathroom helps set the tone for the day. Try some of these ideas this weekend.



- Glass votive candleholders store small items like scissors, creams and nail clippers in your medicine cabinet.
- Use glass canisters to store soaps, Q-tips, and other items you want on your countertop. Set the canisters on a decorative tray, and now you have a beautifully organized counter.
- Roll some of your towels and put them in a pretty basket.
- Take care to dispose of medicines that have reached their expiration date. Check with your pharmacist to make sure of their continued potency and safe disposal.
- Hooks are great in bathrooms for towels and clothes. They are a lot more useful than towel racks if you have children. Children are much more likely to put things away on hooks.



- Lowe's has some nice totes and containers to hold items stored under the sink. Putting items in baskets makes it a lot easier to find things, as well as keep the area under your sink clean.

Nancy is hosting an organizing workshop in her home on Saturday, Feb. 21. Call (480) 325-0994 for more details. Please visit her Web site at [www.createthespace.com](http://www.createthespace.com). Her office organizing class at MCC's Red Mountain campus is scheduled for April. ■

*Bringing neighbors closer to their community*

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Published by

*Phillips West*

Publishing | Design | Writing | Photography

Mesa, AZ 85207

Deadline for all news items and advertising is the 10th of the month. News items will be published as space permits.

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*Red Mountain Ranch*  
**Up Close**

*The Groves*  
**Up Close**

*Las Sendas*  
**Up Close**

*Mesa Uplands*  
**Up Close**

*Power Ranch*  
**Up Close**

*The Islands*  
**Up Close**

*Superstition Springs*  
**Up Close**

HEALTH

## NEW STAFF MEMBER BRINGS EXPERTISE TO RED Mountain Family Chiropractic and Wellness Center

Submitted by Red Mountain Family Chiropractic and Wellness Center

Red Mountain Family Chiropractic and Wellness Center welcomes Ann Kolbe, a dual-licensed massage therapist and certified aesthetician. Ann has several years experience in both of these modalities.

A favorite of Ann's, and her current specialty, is an herbal facial combining an eyebrow waxing, cleanser, toner and mask, as well as a relaxing head, neck and shoulder

massage. Usually a \$50 treatment, it is on special this month as an introductory offer of only \$40.

Ann is working part time at the Biltmore Spa in Scottsdale, and looks forward to bringing her skills and helpful hands to Northeast Mesa.

Welcome, Ann! ■



Ann Kolbe

CHARITY

## Bon Voyage: Mahnah Club hosting its 17TH ANNUAL CHARITY GALA Benefit for Child Crisis Center and other local charities

By AnnElise Makin

Mark your calendars for Saturday, March 21, for the Bon Voyage Gala at the Hilton Hotel in Mesa. The Mahnah Club invites the public for an evening of good food, a charity auction and entertainment.

The Mahnah Club of the East Valley, a women's service organization, was founded in 1954, and took its name from the Hopi word, Mahnah, meaning *leading women of the tribe*. Since that time, Mahnah members have truly been leading our community to a better life.

In 1981, the Mahnah Club became the founding force for Mesa's Child Crisis Center, a haven for abused children, and today continues to provide its financial base. The Mahnah Club also supports the Save the Family Foundation. An ever-rising number of families in crisis come to Save the Family



for housing and an opportunity to become self-sufficient.

While the Child Crisis Center and Save the Family Foundation are currently the primary beneficiaries of the Mahnah Club, substantial scholarships are also provided to local high school seniors. Other local charities are supported, as well.

The annual Mahnah Club Gala is an opportunity for doing good while having fun. The Bon Voyage Gala will start serving cocktails at 6 p.m. Dinner will be served at 7:30 p.m. All the while, the silent auction items will be up for bidding.

Proceeds will benefit the Child Crisis Center—East Valley, Save the Family Foundation, Mahnah Club Scholarship Fund and other charities. Tickets are \$150. For more information, go to [www.mahnahclub.org](http://www.mahnahclub.org) or send an e-mail to Marilyn Martin at [denjMartin@aol.com](mailto:denjMartin@aol.com). ■

HEALTH

## Las Sendas Dental Health Receives Two Professional Awards

By AnnElise Makin

The year is off to an excellent start. Las Sendas Dental Health recently won two professional awards. One of them, the 2008 Best of Mesa Award in the *Dentists* category, is presented through the U.S. Local Business Association (USLBA). This outstanding recognition was based on criteria assessing business quality.

The award proved to be a pleasant surprise for Dr. Martin Farnsworth and his dental care team. "To tell you the truth," Dr. Farnsworth said, "I did not know a whole lot about it, but someone nominated us. So, the review was started."

Each year, the USLBA *Best of Local Business* award program recognizes outstanding local businesses throughout the country for exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and community. Winners were determined by the information gathered both internally by the USLBA and via data provided by third parties.

Once again this year, Dr. Farnsworth received the America's Top Dentist Award, recognition for professional excellence and innovation by the independent Consumer Research Council. Dr. Farnsworth previously earned this honor in 2003.

Professional awards serve as proof of the fact Las

Sendas Dental Health walks the extra mile for its patients. "We are putting a lot of effort into making people understand the role of oral health in their overall well-being," Dr. Farnsworth said. And compassionately sharing this proactive, innovative dental approach makes patients feel genuinely cared for at Las Sendas Dental Health. ■



Dr. Martin Farnsworth and his mom, Barbara

## Love Dr. Oz?

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## Community Open House February 27, 2009, 5-9 p.m.

Please RSVP by Monday, February 23, 2009

Come in and find out what Anti-Aging Medicine is!



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A Massage Envy gift card is the one gift that will make your Valentine feel truly special. Our professional therapists will treat your special someone to a great customized massage. Get the gift that lets your Valentine know you care. And while you're picking up your gift cards, enjoy a 1-hour massage session for only \$39\* for first time guests.



### THREE MESA LOCATIONS

- |                                                              |                                                                     |                                                                            |
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|--------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------------|

COMPLETE GIFTS STARTING AT  
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\*Valid for first one hour session which consists of a 50-minute massage and time for consultation and dressing. Prices subject to change. Rates and services may vary by location. Additional local taxes and fees may apply.  
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COMMUNITY

## RMRSC Funds New Holiday Decorations

Submitted by David Bender

Due to the poor condition of the Red Mountain Ranch holiday entryway decorations and lights, they were not erected in 2007. The Red Mountain Ranch Social Club came to the rescue this past season with funds to purchase new items for the entryways into the community, located at the corner of Power Road and Redmont Drive and at the corner of Thomas and Recker roads.

The money, approximately \$400, came from the annual Neighborhood Garage Sale proceeds after all bills were paid. In the past, residual Garage Sale money has funded benches and trash receptacles for the Red Mountain Ranch community.

The decorations and lights were erected by members of the Parcel Committee of the Red Mountain Ranch Homeowners Association.

The Social Club is for residents of Red Mountain Ranch. It meets in the Red Mountain Ranch Country Club at 9:30 a.m. every second and fourth Thursday of the month during the winter and only on the second Thursday of the month during the summer. Annual dues are \$10 per person.

Be a part of a great club, and come to the meetings. You can also enjoy a variety of other fun and interesting activities. ■



AWARD

## LOCAL RESIDENT AND AUTHOR IS RECOGNIZED BY Publish America

Submitted by Linda Hoffman

Local resident Linda Marie Hoffman has written a book entitled *Why Do You Call Me Mom?*, taken from a two-year journal of the daily experiences encountered while caring for her 85-year-old mother with Alzheimer's disease.

"It soon became my main aspiration to ensure that my mother kept the dignity that my family and I knew she deserved," Linda said. "Most of the book contains stories from the later stages of Alzheimer's. We had many good days with laughter and many colorful, yet challenging days, helping me to understand actions, behaviors and the effect that Alzheimer's has on a person," she continued. "The book contains many lessons that I have gained while caring for my mother."

Published in October 2008 by PublishAmerica, located in Frederick, Md., Linda received a letter saying her book would be published because one of the staff members had just gone through the same experience, and thought Alzheimer's deserved more discussion.

Linda has a sincere objective in sharing her experiences through her book, "It is my hope to help someone who has a loved one with this disease and to offer my knowledge regarding how to act around them and what to expect," she said. "I also want to share how it affects your personal family life."

A longtime resident of Mesa, Linda grew up near the orange groves on Val Vista Road in Northeast Mesa. Today, she still lives in the same area she has called home all her married life with her husband, Rod. Together, they run a family construction business located at The Commons at Falcon View. She and her daughter also run the family tack and rodeo gear store, Coles Cowboy Supply on Power Road.

Linda has three children and 10 grandchildren. With strong family ties and tradition, she feels blessed to live close to her grandchildren. She is actively involved in her community and her church.

*Why Do You Call Me Mom?* can be ordered from all major bookstores or through PublishAmerica.com. ■



LOCAL BUSINESS

## Law Firm brings personal touch TO ESTATE AND TRUST PLANNING

Submitted by Dana Law

The field of estate and trust planning has received extraordinary attention in recent years. Although some of it can probably be attributed to media coverage of high-profile living will cases, more often than not, the major reason is simply that a shift in the demographics has added retirement planning to the agenda of a fairly large segment of our population.

The Dana Law firm is uniquely positioned to assist Red Mountain Ranch residents with an office located nearby at Greenfield and McKellips roads, and an office in Scottsdale, located by the 101 and Bell Road.

The firm handles all aspects of estate and trust planning, including will preparation, trust administration and litigation. The practice, itself, is almost 25 years old, and has an acknowledged record of actually helping to define legislative limits by championing ground-breaking cases.

The head of the firm is Matthew Dana, an attorney with 25 years of experience in the field. He is complemented by a team of five additional attorneys, two of whom are also CPAs. Matt selected all of the professionals because of their extraordinary experience in tax law and their willingness to commit to ongoing educational programs that ensure they are current on any changes affecting their area of specialization.

Matt believes his high standards help him meet his goal of bringing downtown Phoenix to the East Valley in terms of expertise. He offered his own situation as an example. He is currently enrolled in a New York

University School of Law tax program, which will help earn accreditation as a *specialized estate planner*.

Despite their exacting standards, this is not a stodgy practice. The firm employs several family members, and has a warm, friendly atmosphere. As Matt says, "What we try to stress here is that we're convenient, efficient and affordable." One unique way they accomplish this is by offering a flat, fee-based structure.

Actually, the terms *unique* and *dynamic* may be fairly accurate ways to describe both Matt Dana and the firm. For example, Matt is an experienced pilot, and he and other members of the firm use their access to private planes to service clients in areas north of the Valley. Moreover, the firm has also made a major commitment to modern technology.

Matt's history is actually deeply rooted in Arizona. He was educated at Arizona State University, and still displays his father's old cowboy hat and rope on the wall behind his Scottsdale office desk.

Spend a few minutes with Matt and his team, and you'll appreciate the concern he has for his clients and his community. He is offering to review the wills and estates of individuals moving to RMR from out of state—free of charge and without obligation. It seems Arizona laws are frequently in conflict with those of other states, and could pose problems for those who don't take precautions.

Give him a call at (480) 515-3716. You'll be impressed. ■



Matt Dana

### Valentine's Botox Special

at the *Anti-Aging Institute of Arizona*

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REAL ESTATE

# DO YOUR DUE DILIGENCE

## USE A HOME INSPECTOR PRIOR TO PURCHASE OF HOME

Submitted by John Karadsheb

The purchase of a home is considered to be one of the most significant investments a person can make, and, as such, having the property inspected before closing serves as a final, critical step in the home-buying process.

A home inspection helps to ensure the worthiness of the investment, and decreases the possibility of purchasing a property with major structural or other serious problems that may lead to significant unforeseen costs for the new owner.

Consider these simple tips before completing a purchase:

### HIRE A CERTIFIED HOME INSPECTOR

Rely on the objective expertise of a qualified home inspector. They are knowledgeable about construction practices in the area, capable of spotting problems buyers may miss, and will provide a report on the condition of the property. An inspection normally takes place after the parties have agreed on a selling price.

Typically, real estate contracts contain a provision giving homebuyers a set number of days in which to have a home inspection completed. Homebuyers should get inspector referrals from their REALTOR®, family, friends or neighbors. The American Society of Home Inspectors is also a good source. Check out the Web site at [www.ashi.org](http://www.ashi.org).

### REVIEW ESSENTIAL AREAS

It is important to examine all areas of the home, including the exterior, interior, attic, basement, electric, plumbing and HVAC. Faulty construction, improper electrical wiring, inefficient insulation, old heating, building permit violations and other unseen pitfalls can



lead to very expensive home repairs.

### SEARCH FOR HIDDEN DEFECTS

Examples of hidden defects include missing roof shingles, chimney deterioration or leaks. It is also important to check behind walls. Mold, fungus and faulty wiring are often discovered in older homes. Make certain the home inspector looks in crawl spaces, as well. Even small plumbing leaks can cause major problems and costs if not identified and corrected.

### REVIEW VISIBLE DEFECTS

Homebuyers should be aware of possible water damage, such as noticeable water stains on the ceiling, damp basement walls or musty odors. They should look for cracks in the walls, particularly around fireplaces or in foundation walls. Uneven floors and tilted stairways could indicate there has been movement in the foundation.

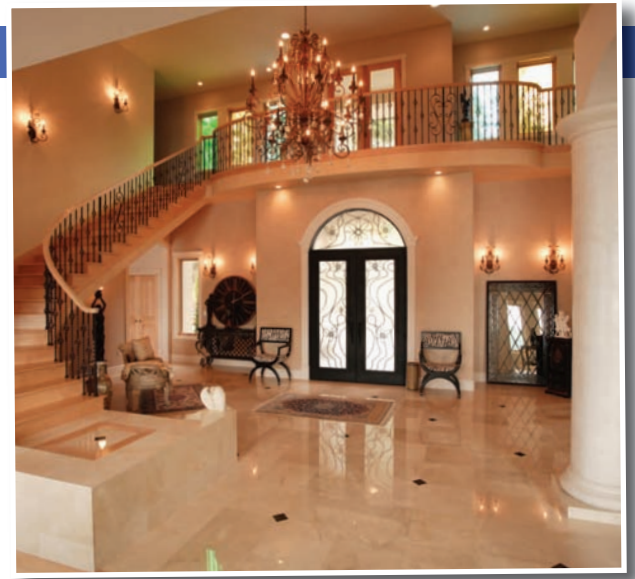
Also, notice doors that are not perfectly vertical. If there is more space between a door and its frame at one end than at the other, the door has likely been installed incorrectly. Kitchen appliances should also be in good working order.

### LOOK FOR MINOR PROBLEMS

Items such as bad paint jobs, chipped tile, a missing window screen or other cosmetic items may not be serious defects, but could be signs of bad maintenance. Don't let minor problems kill the deal.

### STEPS TO TAKE AFTER A NEGATIVE INSPECTION

If the purchase contract is contingent on inspection of the home, negotiate a price adjustment, ask the sellers to make repairs or negotiate a credit from the seller at close of escrow for the cost of the repairs. If the problems are so significant that the home is no longer a worthwhile investment, it is usually advisable to cancel



the contract.

### FORECLOSURES AND SHORT SALES

Almost all bank-owned homes and short sales are sold AS IS. While these properties are typically priced below market value, they are usually the homes that are the most prone to poor maintenance. As a buyer of one of these homes, you must realize the bank will not make any repairs. So, it is extremely important to do your due diligence as it relates to the property's condition.

### NEW CONSTRUCTION HOMES

Just because the home is brand new doesn't mean you should forego the home inspection. New homes should be inspected in phases as the home is being built. Most home inspectors offer a package inspection. They will inspect at the foundation stage, framing, pre-drywall, at completion and at your one-year anniversary.

Remember that no home is perfect, but since this is most likely your biggest single investment, it is essential to proceed with as much information and knowledge as you can gather to help insure you are making a wise decision.

John Karadsheb is a licensed REALTOR® with Coldwell Banker Trails And Paths Premier Properties. He is also an associate broker, Accredited Buyer Representative and a Certified Residential Specialist. You can contact John with any of your real estate questions. Call him at (602) 615-0843, or go to his Web site at [www.BuyAndSellAZ.com](http://www.BuyAndSellAZ.com). ■

## COMMUNITY HEALTH EDUCATION

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### FEBRUARY is ANTI-AGING MEDICINE MONTH

Anti-Aging Medicine is the fastest growing medical subspecialty, practiced by thousands of doctors throughout the world.

#### TOPICS TO BE DISCUSSED

What is Anti-Aging Medicine?

How can you slow down the aging process, improve your sex life and your health?

What are bio-identical hormones?

#### THE MOST COMMON ANTI-AGING HEALTH PROBLEMS WE TREAT INCLUDE THE FOLLOWING:

- Fatigue
- Thyroid Problems
- Pain Problems
- Poor Sleep
- Weight Loss
- Female Hormones
- Low Sex Drive
- Male Hormones
- Insulin Resistance

We will have two seminars during the month of February.

Tuesday, February 10 from 6 to 7 p.m.

Tuesday, February 17 from 6 to 7 p.m.

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## Real Estate in Red Mountain Ranch

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## Red Mountain Ranch Area Market Report



Sales for the Month of December 2008



Address	Square Feet	Community	Sold Price	Short Sale Or REO
7353 E. Norwood St.	2,680	Grayfox	\$209,050	X
7322 E. Minton Cir.	1,848	Grayfox	\$215,000	X
6514 E. Sugarloaf St.	1,526	Red Mountain Ranch	\$230,000	
6611 E. Sierra Morena St.	1,886	Red Mountain Ranch	\$238,900	X
7209 E. Nora St.	1,567	Trailridge	\$255,000	
7417 E. Odessa St.	1,756	Ironwood Pass	\$260,000	X
3564 N. Tuscany	2,451	Rolling Hills	\$275,000	X
2739 N. Sterling St.	2,000	Grayfox	\$276,950	
2517 N. Raven Cir.	2,219	Grayfox	\$280,000	X
3448 N. Boulder Canyon Cir	2,325	Ironwood Pass	\$286,500	X
3706 N. Barron	2,226	The Highlands	\$294,000	X
6333 E. Viewmont Dr. #79	1,864	Red Mountain Ranch	\$327,000	
6334 E. Viewmont Dr. #30	2,030	Red Mountain Ranch	\$357,500	
7864 E. Stone Cliff Cir.	2,309	Stonecliff	\$529,000	

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed. Sales Information provided By John Karadsheb, ABR, CRS of Coldwell Banker Trails & Paths Premier Properties. [www.BuyAndSellAZ.com](http://www.BuyAndSellAZ.com)

## VOLUNTEERING

# Frank and Wendy Barker put themselves to WORK ABOARD THE LOGOS HOPE

## MESA COUPLE MAKES A DIFFERENCE IN INTERNATIONAL LITERACY AND MEDICAL MISSIONS

By AnnElise Makin

Frank Barker is a busy man. Especially since he retired 10 years ago. Frank has been sailing parts of the world on a mission, working as a machinist on international charity ships. It took me well over a year to get a hold of him.

Frank and Wendy Barker have lived in East Mesa for 27 years. They were the first to build on their street, which was a dirt road for many years. Although located just a stone's throw from Las Sendas, they still see rabbits, coyotes and javelinas in their yard.

Suburban Arizona is quite different from Northern Europe, from where Frank and Wendy had just returned. The couple spent the fall of 2008 working in the harbors of Germany, Denmark and Sweden aboard the library ship *Logos Hope*.

"The Logos Hope has been in the works for almost five years," Frank reported. Converting the former 35-year-old Faroese car ferry into a modern, sea-going bookstore and conference center, scheduled for November 2008, had taken longer than expected.

Last summer, in Koge, Denmark, Frank helped rebuild and repair, among others, parts on the lifeboat davits (lowering mechanisms). Over the last 10 years, his duties have included everything from repairing the eyeglasses of crewmembers, to making a surgical instrument for the chief surgeon.

The summer of 2008 was Frank's third hire on the Logos Hope. The year before, Frank and Wendy had spent six months on the same ship in Trogir, Croatia, Frank working as a machinist, Wendy in the preschool. Later, the Logos Hope was sailed to Kiel, Germany, where Wendy became a teller in the ship's own bank.

"The ship underwent a lot of steel work," Frank recalled. "A whole new deck was added, much of the ship gutted out, asbestos and rust removed, crew accommodations installed and all facilities remodeled." Earnest satisfaction spoke from a job well done.

The purpose of the Logos Hope, as part of the interdenominational Christian Operation Mobilization (OM) fleet, is to bring vital literature and practical aid to countries in need. Sometimes people have lined up for more than a

mile to buy books.

On an entirely different mission, several years ago, Frank and Wendy served on the *Anastasis*. This hospital ship, operated by the U.S.-based Mercy Ships, has provided free surgeries and dental care to West African countries for 30 years.

All volunteers of both Mercy Ships and OM Ships are required to pay for room and board while serving as unpaid volunteers. This helps keep the costs down, as the ships get no governmental assistance.

Frank and Wendy gladly paid for the privilege to toil long hours. For this couple, the rewards have been immeasurable. As plain words fail to explain the enrichment through experience, the Barkers showed me a BBC documentary.

Unimaginable throngs of people, some with unspeakable deformities, were waiting to be screened for medical treatment on the *Anastasis* anchoring in Sierra Leone.

"They used to be treating for seven months," Frank said. "Now the larger hospital ship stays about 10 months, doing around 800 surgeries. They only leave to dry dock the ship for maintenance and to give the crew some rest."

Both Frank and Wendy recognized doctors, staff members and patients in the documentary. "Here comes the woman with the titanium jaw, Katiatsu," Frank pointed out. "And this girl was the blood donor for her surgery," Wendy observed. Many of the now severe, life-threatening conditions could have been avoided if treated at an early stage.

"One woman, with an odorous keloid tumor, had surgery," Frank recalled. "During recovery, she decided to accept Christ. When asked what made her convert, she replied, 'The nurse in the waiting room touched me.' Because of the stench, the woman said she had not been touched in 10 years."

Frank and Wendy have been touched, as well. Whatever they are doing on their projects, they are doing for a reason. It is making a real difference in their lives, and, hopefully, in a small way, in the lives of others, too. They find it highly rewarding to use their God-given skills to help others.

"The Mercy Ships arrive with a fully equipped hospital," Frank explained. "They are self-reliant, so that they can move facilities in case of turmoil." When Mercy Ships leave, they sometimes build a clinic on shore to continue the medical care.



In serving with both organizations, Frank and Wendy have made lasting friendships and become members of each ship's family. As the Barkers have a real family of their own, two sons, six grandchildren and two great-grandchildren, they devote time in between stints to attend to obligations.

Frank does home maintenance, and Wendy checks in with the *Mesa Crafters*, making angel dolls for children in hospitals in Chile and baby layette sets for our local county hospital. This spring, the couple will also be looking after Wendy's ailing parents in South Carolina.

With holidays and family taken care of, Frank can't wait to see the Logos Hope launched. He and Wendy hope to return to the ship in May, and to take their 15-year-old granddaughter along for an experience of a lifetime.

In February, the Logos Hope is expected to be cleared for international waters, going to the United Kingdom first, hopefully, inaugurating a successful 30-year literacy mission.

"Aside from handing out literature and books for a nominal fee, the Logos Hope also provides a mobile conference center for pastors and educators who can't afford to go anywhere," Frank said.

The 12,000-ton former ocean ferry is bound to touch millions of lives. And in his own way, so will Frank, by machining, grinding and welding. He says he is thankful to have a mate of 43 years who wants to serve with him, and support him in serving God through serving others.

Sail on with Frank and Wendy. They encourage seniors and young people, alike, to consider sharing their energy, time and talent in the service of others. They say your life will never be the same.

To learn more about OM Ships and Mercy Ships as well as their operations and volunteer opportunities, go to [www.omships.org](http://www.omships.org), [www.logoshope.org](http://www.logoshope.org), or [www.mercyships.org/home](http://www.mercyships.org/home). If you want to hear about the real-life working experience, you can contact the Barkers at [fdwlbarker@juno.com](mailto:fdwlbarker@juno.com).

## LOGOS HOPE SEEKING VOLUNTEERS

Operation Mobilization (OM), headquartered in Germany, has operated literature ships for more than 40 years. The Logos Hope, when it leaves Denmark, will resume the task of the Logos II, a smaller ship, which has now been retired.

Ships of the Logos kind started in 1970. Logos, from the Greek, *the word*, was the first of the OM ships to circle the globe. It was followed by the Doulos, from the Greek, *bondservant*, which, at 94 years of age, now holds the world record of oldest ocean-going passenger ship.

When the first Logos retired in 1988, after running aground in a storm off the coast of Chile—fortunately no one was harmed—the Logos II replaced it. But in 2002, that ship had reached its capacity—more than 800,000 visitors had come on board. In 2004, the Logos Hope was purchased to be outfitted and continue the OM literacy mission.

The Logos Hope will be the largest floating bookstore in the world. It provides meeting and conference rooms for continuing education in underserved countries. Volunteers at all levels of operation are encouraged to apply.

For more information, go to [www.omships.org](http://www.omships.org) or [www.logoshope.org](http://www.logoshope.org). ■

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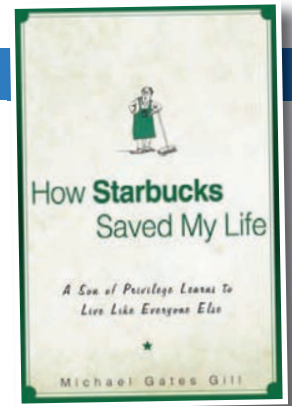
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BOOK REVIEW

# HOW STARBUCKS SAVED MY LIFE

## A Son of Privilege Learns to Live Like Everyone Else

By Michael Gates Gill



Reviewed by Jamie Larson

Michael Gates Gill has written a reverse rags to riches story in *How Starbucks Saved My Life*. A unique and touching story, Gill reflects on his once privileged existence through the new lens of poverty with a great deal of grace, understanding and acceptance.

Gill had been part of the privileged class. He grew up in a wealthy home. His family summered at their lake house, and socialized with the crème de la crème of society. Gill met the famous writers and musicians of his time, went to sporting events, and ran with the bulls in Spain.

From high school, Gill followed in his father's and his grandfather's footsteps to Yale where, through a fellow Skull and Bones Society member, he received a highly coveted job at J. Walter Thompson Company (JWT).

Gill devoted himself to JWT, working long hours, uprooting his family at a moment's notice and deserting his family on holidays. Gill's bosses and clients would snap their fingers, and he would come running.

When he is fired by a woman he helped get hired at JWT, Gill's self-established title of *Master of the Universe*

gets torn away. Gill's free time leads to philandering, which leads to a child and, inevitably, divorce.

As his world comes shattering down around him, Gill becomes lost. He no longer fits into the upper echelon of society, but he does not know how to live a life without money, either.

It is in this state of mind that Gill finds himself sitting in a posh Starbucks on the Upper East Side of New York when he is offered a job by Crystal, a manager of another Starbucks.

Gill eagerly accepts a position at Crystal's Starbucks on 93rd and Broadway, then confesses to the reader he has never been above East 19th Street or below Grand Central.

Gill initially sees his position at Starbucks as a huge step down in life, something of which he is ashamed, but a job he is terrified to lose, even if it means working in what he views as a dangerous neighborhood.

From the moment Gill walks through the door of that Starbucks, dressed as an employee and not a customer, the walls of his preconceived notions begin to crumble.

Working at Starbucks and for Crystal, Gill learns

about respect from a whole new perspective. At Starbucks, colleagues are called partners, customers are guests, and everyone, from partners to guests treats everyone with respect. Gill's opinions are appreciated, his talents fostered, and the company constantly asks, "Mike, what can we do for you?"

After being in a bull nose industry for more than 30 years, Gill is unaccustomed to such treatment. It is while working in this environment that Gill truly begins to see the world around him, understand his children, and begin the long road of self-reflection.

Gill sends a strong message to his readers that in life there are no good guys, no bad guys, and in spite of preconceived notions, no one is better than anyone else. Life is simply full of people with different experiences doing what they know how to do.

In life, it is never too late to learn a new trade, to see the light, to make amends, and, most importantly, to see the world from someone else's point of view. ■

INSURANCE

## SHOP FOR AUTO INSURANCE

By Donna V. Kohlbase, CASL, CLU, ChFC  
State Farm® agent

Whether you're a first-time buyer of auto insurance, or already have it, but are looking for a better deal, you should be asking several questions.

First, is the person from whom you are buying (your agent) a visible, established member of your community—someone you know and trust?

Second, is the company from whom you are buying well known? What is its reputation? What about price? Because there are hundreds of companies competing for your business, prices vary—sometimes a lot. It may pay for you to shop. Be sure the premiums you are quoted are for equal amounts of coverage.

How about service? Price is important, but saving money won't mean much unless you get the service you need—when you need it. If possible, ask other clients of your prospective agent how they have been treated, especially when they have had a claim. Find out how the company handles claims. Is the method convenient for you, no matter where you have an accident?

How about solvency? Is the company you are considering still going to be in business when you file your claim? Your state department of insurance has financial rating information on all companies doing business in the state.

Once you've decided on a company and an agent, there are more questions to ask.

How much coverage do you need? The required

minimum amounts of liability coverage may not be enough for you.

Consider your needs in light of your assets and income. How much can you afford to pay if there is a big judgment against you because of an accident? What about deductibles? Deductibles lower your premiums most commonly for collision and comprehensive coverages—but increase the amount of loss that comes out of your pocket. How much additional risk are you willing to take in order to save? Should you carry collision and comprehensive coverage? As your car's value decreases, you might consider dropping these coverages and pocketing the savings on premiums. But consider if the savings are enough to offset the risk of footing the entire cost of repairing or replacing your car.

Auto insurance is not a generic commodity. It is a product that should be tailored to each individual. Your agent can help you answer these questions, and help you tailor your auto insurance to your specific and unique needs. ■



SAFETY

## BE AWARE OF YOUR surroundings and help the police protect you

Submitted by the Mesa Police Department

Happy New Year from the Mesa Police Department. We hope you all had a safe and happy holiday.

Now, it's back to work, and we need your help to prevent criminal activity in your community. We are experiencing a high number of armed robberies in the Red Mountain district. The robbers are usually after skateboards, electronics, cell phones, money and bikes.

When out and about, please take precautions, be aware of your surroundings, and, if possible, travel with other people. Don't hang outside after dark, and don't get near strange vehicles. Walk or jog in familiar areas, especially where there are people around. Avoid people loitering around street corners, parks, etc.

Please pass this information on to your neighbors and community. We appreciate your assistance with getting the word out, and we look forward to working with you this year to rid Mesa of criminal activity. ■

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# STUCK ON YOU: Old-fashioned GLITTER-HEART VALENTINES



By AnnElise Makin

It's so easy to fall in love with these Valentines. "Some children can't get enough of them," Innette Crosby said with a sparkle of excitement in her eyes. She has been teaching old-fashioned Valentines in her Tot Time and Play Along Pals classes for several years at the Red Mountain Multi-Generational Center.

Some children in Innette's classes got so enthused about the Valentines that they crafted them for their parents, grandparents and everybody in the family. "My kids usually don't get to do them at home," Innette said. "But they make them with me in class."

Let Brookee, age 5, and Haylee, 2, Innette's youngest, show you how this goes. For these old-fashioned Valentines, all you need is:

- Candy-colored construction paper
- Heart-shaped cookie cutters
- Scissors and glue
- Heart-shaped, lacy doilies
- Fairy glitter and a cookie tray to catch it
- Small stickers to decorate the inside

This is what you do: Trace heart shapes onto construction

paper with the cookie cutters, and then cut out lots of hearts. Those children who are too young can let mommy do this for them. Then, fold a piece of construction paper over to make a card. Decorate the inside first (no glue or glitter here).

Here comes the fun. Arrange, layer, and stick the hearts onto the cover to make a pretty pattern. Draw outlines, dots or curlicues with glue over your collage of hearts. Sprinkle glitter on the glue, holding card over a cookie tray (to contain the mess and retrieve the glitter). Dab more glitter glue on the card for accents. Or add stickers to the potpourri. Voila! All done.

Put this one aside to dry, and make another Valentine. The fascination with the glue trick never ends.

"I always let children pick the colors or the stickers to make them feel in charge," Innette recommended. "When you let the kids do it, they have ownership and feel proud," she said. And no matter how you stick the hearts on, these Valentines always turn out.

To find out more about Innette Crosby's Tot Time and Play Along Pals classes and other activities for children, go to Mesa Parks and Recreation's Web site at [www.mesaaz.gov/parksrec/timeout](http://www.mesaaz.gov/parksrec/timeout), and check out the Youth Activity Classes. ■

The following events will take place at the Red Mountain Active Adult Center located at 7550 E. Adobe St. in Mesa.

For more information about any event, call (480) 218-2221 (unless otherwise indicated).

**Feb. 6 —Silveridge Pops Orchestra Concert**  
This benefit for Red Mountain Active Adult Center begins at 7 p. m. The orchestra is composed of nearly 60 amazingly talented, retired men and women who spend their time entertaining audiences all over the Valley. Conducted by Julie Mahoney, the musicians will perform a wide variety of music sure to be pleasing to all audiences. Selections will include pop favorites, Broadway hits, marches, waltzes and bluegrass. Tickets are \$5 in advance or \$6 at the door on the evening of the concert. For more information, call (480) 218-2221, x109.

**Feb. 11—Dance with Wally's Sunland Combo**  
Dance, tap your feet or just enjoy the music and the silly antics of Wally and his group. The fun begins at 1 p.m. Bring your friends every Wednesday afternoon! Tickets are \$3. Refreshments are available.

**Feb. 12 —The Marty Berk Musical Comedy Show**  
The funny show begins at 10 a.m. This California comic brings laughs and good clean FUN to Red Mountain Active Adult Center! A family-friendly show features the comic novelty and parody songs by Ray Stevens, Steve Martin and more. Come watch the show, and make a reservation to join us for lunch.

**Feb. 14—Friends BINGO**  
Calling begins at 1 p.m. Purchase a ticket for two hard cards. The cost is \$5 in advance or \$7 at the door (more cards may be purchased at \$2.50) Win GREAT prizes!

**Got Talent?**  
Joe Mardeusz has offered to help put together a fabulous Variety Show! With his direction and your talents, Red Mountain Active Adult Center will be the hottest place in town! The show is scheduled for Thursday, March 26. Call (480) 357-5191 to explain your talent and how you can be on the road to becoming a STAR! ■

## EVENT

### CHURCH PRESENTS Annual Rummage Sale

Submitted by Love of Christ Lutheran Church

The youth groups at Love of Christ Lutheran Church will hold a rummage sale on Saturday, Feb. 21, from 6 a.m. to 1 p.m. The sale will be held inside the Center of Compassion building, located on the campus at 1525 N. Power Road, between Brown and McKellips roads in Mesa.

This annual rummage sale offers great bargains—everything from furniture to electronics, to clothing and house wares, to jewelry and art. So, no matter the weather, this is the sale you don't want to miss!

If you would like to donate items, church representatives can either pick up your large items on Feb. 16, or you can drop off your items beginning on Feb. 16.

If you have any questions, please call Barb at (480) 854-9317 or Tracy at (480) 981-7192. You can also go to the Web site at [loveofchristchurch.net](http://loveofchristchurch.net). ■

## COMMUNITY

### RECYCLE FOR READING PROGRAM BENEFITS CITY OF MESA LIBRARY

Submitted by Mariano Reyes

Recycling not only saves the planet, but now can also help raise money for the purchase of new library material. The City of Mesa Solid Waste Management Department and Mesa Library have partnered together to launch the Recycle for Reading Program.

This exciting and innovative new program has the potential to help raise as much as \$25,000 for the purchase of new library material. Between now and June 30, for every additional pound of material Mesa residents recycle above and beyond last year's total, a direct contribution will be made to the library.

Reaching this goal is as easy as every Mesa household recycling just one extra pound of material per week in their blue barrel.

For more information about the program, visit

[www.mesaaz.gov](http://www.mesaaz.gov), or call the Mesa Recycling Hotline at (480) 644-2222.

Acceptable items in Mesa's Blue Barrel Recycle Program include:

- Aluminum and metal cans
- Cardboard and paperboard boxes
- Glass bottles and jars
- Newspapers
- Magazines and telephone books
- Milk and juice cartons
- Plastic cups and containers #1-7
- Office paper and paper bags
- Junk mail

Plastic grocery bags are not accepted in the blue barrel because they clog the equipment used to sort the material. Residents are asked to recycle them at their local participating retailer, or use reusable bags instead. ■

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TRAILS AND PATHS  
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# Featured Homes & Properties



TRAILS AND PATHS  
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**\$1,299,000**

5,122 sq. ft. 4BR, bonus rm, 5BA, 4G. Pebble Tec® pool w/waterfalls, views of Red Mtn. golf course & city lights.



**\$900,000**

5,325 sq. ft. 5BR, 4.5BA, 3G. Entertainers delight w/resort back yard w/ramada, pool, BBQ, sports court & more.



**\$685,000**

3,504 sq. ft. 5BR, 3.5BA, 3G. Great room, wine fridge, granite, pool, spa, plus breath taking city light views.



**\$785,000**

3,685 sq. ft. 4BR, 3.5BA, 3G. Golf course lot, rustic alder cabinetry, granite counters, GE Monogram appliances.



**\$675,000**

2,475 sq. ft. 4BR, 3BA, 3G. Granite counters, SS appliances, wine fridge, travertine tile and a play pool.



**\$849,000**

3,800 sq. ft. 5BR, 3.5BA, 3G. Alderwood cabinetry, travertine tile, coffered ceilings, view deck with panoramic views.



**\$475,000**

3,700 sq. ft. 5BR, 3BA, 4G. Corian® counters, heated pool & spa, professional landscaping & city light views.



**\$475,000**

2,369 sq. ft. 3BR, 2BA, 3G. Granite counters, pool, spa, BBQ, view deck, city light and mountain views.



**\$195,000**

2,257 sq. ft. 4BR, 2.5BA, 2G. Backs to common area, granite countertops & center island plus a large back yard.



**\$675,000**

4,525 sq. ft. 6BR, 4BA, 3G. Granite counters, basement w/bonus room & private kitchen, pool & a firepit.



**Under Contract**

1,571 sq. ft. 3BR, 2BA, 2G. Cul-de-sac lot, 42" cabinetry, extended patio, spectacular views of Red Mountain.



**\$189,900**

1,549 sq. ft. 3BR, 2.5BA, 2G. Private gated community w/pool & parks, great room floor plan & tile flooring.



**\$349,000**

1,834 sq. ft. 2BR, 2BA, 2G. Golf Course lot w/Mtn. views, honey oak cabinetry, brick fireplace, pool and a heated spa



**\$349,000**

1,571 sq. ft. 3BR, 2BA, 2G. Cul-de-sac lot backs to wash area, salt water Pebble Tec® pool with a waterfall.



**\$799,000**

3,017 sq. ft. 3BR, 3BA, 3G. Courtyard w/fountain, plantation shutters, Pebble Tec® pool & spa, BBQ & Mtn. views.



**\$359,900**

2,438 sq. ft. 4BR, 2BA, 3G. Courtyard entrance, granite counters, stainless steel appliances & professional landscaping.



**\$650,000**

4,329 sq. ft. 5BR, 5BA, 3G. Custom alderwood cabinetry, granite counters, travertine tile flooring & SS appliances.



**\$289,000**

1,571 sq. ft. 3BR, 2BA, 2G. Quiet cul-de-sac lot, backs to wash and common area and a Pebble Tec® pool.



**\$260,000**

1,401 sq. ft. 2BR, 2BA, 2. Gated courtyard entrance, backs to green belt, tile flooring and exterior patio area.



**\$269,990**

2,442 sq. ft. 3BR, 3BA, 3G. RV gate, 6 person above ground spa, cabinetry & workbench in garage, citrus fruit trees.



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