

# Red Mountain Ranch Up Close

Bringing neighbors closer to their community

May 2011

## IT'S ALWAYS SPRING at Red Mountain Florist

By Dawn Abbey

Spring is here, and flowers are in bloom everywhere, but it's always spring at Red Mountain Florist, a family-run floral establishment at 2823 N. Power Road, where colorful, fresh-cut flowers, plants and gifts abound.

With Mother's Day fast approaching and weddings on the horizon, beautiful, fragrant flowers are a must-have for the occasion. "No matter what you give Mom for Mother's Day, she'll always appreciate flowers," said shop owner Jennifer Crawford, who, with her daughter, Amanda Martin, creates made-to-order floral designs.

If you prefer, you also can request one of their bouquet specials, a Mother's Day Meadow Bouquet, complete with hydrangeas, tulips and irises in a grapevine basket for \$39.99, including delivery. You also have the option

of a larger spring flower bouquet for \$50. In addition, Red Mountain Florist offers silk arrangements, plants, such as orchids, as well as creative mixed herb or succulent gardens in eco-friendly bamboo planters. In addition, they carry an elegant selection of vases.



"We usually keep several colors of roses and tulips on hand, as well as daisies, carnations and other favorites," said Jennifer. "If we don't have it, we can usually get it by the next day or in a few days, if it's something exotic."

A lifetime art student, Jennifer recently earned her Master Florist Certification from the Arizona Floral Association. "I like to create high-style, minimalist type arrangements, with fewer flowers, but more impact," she explained.

However, she can design whatever the client requests, from dramatic to simple.

Her specialty is on-site consultation. "Often, people need help adding plants, flowers or silk arrangements to their home décor," said Jennifer. "Part of our service is going to their location to help make recommendations on color, size and placement."



Jennifer also goes onsite to assist clients in designing floral arrangements for weddings, anniversaries, parties or other events. Red Mountain Florist will create complete floral wedding packages starting at \$350, or clients can choose their wedding flowers *a la carte*.

A simple wedding bouquet can cost as little as \$40. Handcrafted hair wreaths of baby's breath for flower girls start at \$12.50, and decorated baskets of flower petals are as little as \$9.50. Everything is handcrafted to order for the bride's special day.

Red Mountain Florist opened in November of last year. Red Mountain residents, Jennifer and her husband, Brian, who also helps with deliveries, like the idea of a family business where they can all work together. Even grandson, Donnie, supervises from his play yard in the shop. ■

For more information, call (480) 981-1460, or visit the shop in Suite 105, at The Village at Las Sendas, on the northeast corner of Power and McDowell roads.

## SWEET REPEATS LADIES CONSIGNMENT BOUTIQUE MOVES TO NEW LOCATION

By Vivian Stearns-Kobler

In less than a year, the overwhelming popularity of Sweet Repeats Ladies Consignment Boutique has positively motivated owner Connie Hooper to select a new location near her current store.

Effective on May 3, the new home for Sweet Repeats will be at the Farnsworth-Ricks shopping plaza at 6039 E. University Drive, on the southeast corner of University Drive and Recker Road. The airy, upscale store boasts more than 2,000 square feet and has three roomy dressing rooms.

"This great new location will continue to carry designer clothing and accessories at afford-



able prices," Connie stated. Featured are high-end handbags, such as Coach, Dooney, Fossil, Louis Vuitton, Fendi, Brighton and Vera Bradley. There also is clothing by Ralph Lauren, Ann Taylor, Anne Klein, Theory, Jones New York and Chicos.

Sweet Repeats Boutique is for shoppers who like to update their wardrobes regularly. The boutique accepts designer and better label items in like new condition, freshly laundered or dry cleaned and in season.

Consignments are accepted Tuesday through Saturday during regular business hours and only with 10 or more items.

Upon their items selling, consignors have the option of store credit or cash.

After 60 days, items not having been sold will be donated, unless the consigner has retrieved them prior to the end of

the consignment period. Sweet Repeats donates to several area charities, including Women's Sojourners, Sunshine Acres Children's Home and Arizona Humane Society.

Gently used, small home décor items will be for sale. These include decorative pillows, artwork, candleholders, lamps and furniture. However, no linens, kitchen items or small appliances will be accepted. "Due to space restrictions, items must be newer styles, designer quality and appealing to discerning shoppers," Connie said. ■

The boutique is open Tuesday through Saturday, from 10 a.m. to 5 p.m. For more information, call (480) 275-2480.



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### In This Issue

Women's Conference.....	2	Civil Air Patrol.....	8
Salt River Tubing.....	3	Relay for Life.....	10
Ladies Golf Association.....	4	Mother's Day Omelet.....	12
Summer Activities at RMRCC.....	7	Service Directory.....	15

COMMUNITY

# WOMEN'S CONFERENCE is a big hit

By Dawn Abbey

More than 800 women packed the Living Word Bible Church for the 2011 Extraordinary Women's Conference, from April 7 through 9.

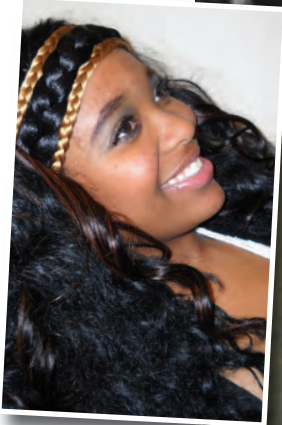
Themed *Moving On Up*, the weekend featured a concert by Christian pop artist Becca Shae, as well as boutiques and workshops. Among the speakers was church co-pastor Dr. Maureen Anderson. Also part of the event was a *Dancing-with-the-Stars*-style contest.

The kick-off event Friday night was a high-energy fashion show spotlighting church members and friends modeling current fashions from Chiccos, Drapers and Damons, Dress Barn and Rue21.

"All of it was coordinated by volunteers," said Gayle Schuch, church guest speaker coordinator. These volunteers included Sandra Barbetta, co-owner of Cosmos Salon and Day Spa; her daughter, Terese; and other Cosmos team stylists, who spent hours before the event creating high-fashion hairdos and makeup for all the models.

Giving back to the community is a high priority for Sandra and her husband, Cosmo, together with their staff at Cosmos Salon and Day Spa. "We always want to do whatever we can to help women," she said, "and this event promoted a positive message." ■

*Living Word Bible Church is located at 3520 E. Brown Road. For more information, call (480) 964-4463. Cosmos Salon and Day Spa is located at 2837 N. Power Road. Call (480) 844-0707.*



# UpClose

PUBLICATIONS

Published by

*Phillips West*

Publishing | Design | Writing | Photography

Mesa, AZ 85215

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EVENT

# SALT RIVER TUBING CELEBRATES ANNIVERSARY WITH ROCKIN' RODEO

Calling all Buckaroos! Lasso a tube, hold on tight and ride the rocking Salt River rapids! Yee Haw!

The opening weekend of Salt River Tubing Recreation (SRTR) is just around the corner. So, dust off your cowboy hat, and join Tonto National Forest at Salt River Tubing's 30th anniversary celebration, Rockin' Rodeo style, on Saturday, May 7, from 9 a.m. to 3 p.m.

The cost is \$15 per person/per tube all day. Co-sponsored by Tonto National Forest, Salt River Tubing and 98 KUPD FM, the event offers live entertainment, line dancers and free giveaways.

Join the fun as Salt River Tubing's zany western crew kick up their heels and shuttle tubers to and from the Salt River in their stage coaches. Western attire is optional for tubers. However, Salt River Tubing will be awarding \$15 tube rental passes (valid on return visit) for Best Cowboy and Best Cowgirl Tuber costumes. In addition, the first 1,000 cowpokes will receive a free cowboy boot koozie!

"The Rockin' Rodeo event is an ideal jumpstart for summertime fun on the Lower Salt River," said Henri Breault, president and chief executive officer of Salt River Tubing. "The western-themed 30th anniversary celebration intends to capture the attention of teenage youth and encourage them to enjoy the great outdoors on the Lower Salt River in Tonto National Forest."

In 2007, the USDA Forest Service launched *More Kids in the Woods*, a national program expressly designed to encourage efforts to actually get kids and teens outdoors and exploring ways to connect youth and nature. Salt River Tubing is aligned with this commitment, offering great water fun.

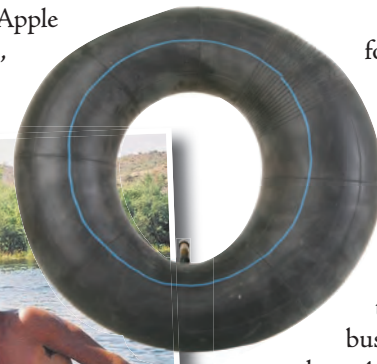
Henri knows about water fun and the commitment to nature better than most. In 1941, his family started one of

the first U.S. tubing operations on the Apple River in Somerset, Wis. Over the years, the family business moved to Arizona.



"Over the past 30 years, tubing on the Lower Salt River has become an Arizona tradition during the summer months," said Henri. "Millions of visitors have beaten the heat and cooled off in the refreshing, mountain stream waters of the Lower Salt while enjoying a leisurely floating picnic," he continued. "Tubing has been in my blood for decades. What a way to make a living, watching people having fun in the sun and enjoying the great outdoors!"

Salt River Tubing's mission statement, to promote the preservation and conservation of natural resources, has been integrated in SRTR's employee training and special events, such as Salt River Heroes = Litter Zero, Bag it for Bucks and Canoe and Beach Patrol.



Salt River Tubing has received many accolades for their resource stewardship efforts, including four National Take Pride in America awards (1991, 2003, 2006 and 2010). The company is committed in promoting responsible usage of public lands and providing educational venues for forest fire prevention and open water safety guidelines.

The cost of tube rental is \$15 per person/tube, which includes inner tube rental and shuttle bus service. Children must be 8 years or older and at least 4 feet tall for tube rental and shuttle bus service. Glass containers are prohibited by law in the Lower

Salt River Recreational Area and will be confiscated. Ice chests and coolers will be inspected for glass containers before boarding shuttle buses. Please party responsibly. Appoint a designated driver before you begin your tubing adventure.

Daily hours of operation, weather and water flow permitting, are from 9 a.m. to 6:30 p.m. Salt River Tubing opens seven days a week beginning on May 7.

Salt River Tubing is located in the beautiful Tonto National Forest in Northeast Mesa, 15 miles north of U.S. Highway 60 East or seven minutes from the 202 East, on Power Road. ■

For more information about Salt River Tubing and the Rockin' Rodeo on Salt River event, please visit the Web site at [www.saltrivertubing.com](http://www.saltrivertubing.com), or call (480) 984-3305.

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**EVENT**

# LADIES GOLF ASSOCIATION celebrates with annual banquet

Submitted by Red Mountain Ranch Ladies Golf Association

The Red Mountain Ranch Ladies Golf Association (RMRLGA) held its annual end-of-season banquet at the club on April 20.

New officers installed during the event were Jackie Summerson, president; Shelly Ewart-Johnson, vice president; Judy Stamey, secretary; and Patty Altmaier, treasurer.

During the banquet, awards also were presented for each of the major tournament events. The Arizona Women's Golf Association Medallion (lowest gross and net scores in a four-day competitive event) winners were Barb Byrnes, who recorded the lowest gross score and Alice Bolen, who achieved the lowest net score.

Barb also won this year's LGA Open Championship. Additional congratulations are extended to both Barb and Alice, who will represent the RMRLGA in a statewide competition held each December.

Members of the RMRLGA were awarded a pair of prestigious awards. Ann Cates won the *President's Cup*. Shelly Ewart-Johnson won the award of *Most Improved Golfer*. LGA tournament chairperson Cindy Reinholtz presented Shelly with the coveted award.

Team Championship winners were Barb Byrnes and Virginia Love, who won low gross, while Marlene Sirois and Fran Wright won low net.

Another RMRLGA annual event in April is the Rally for Cure. This year, 64 participants took part in this breast cancer event. A total of \$1,400 was raised in support of the Susan B. Komen Foundation. In the 15 years of support, RMRLGA has contributed more than \$18,000 to the foundation.



Recording the lowest net score of the day, Judy Stamey won the Lila Mitchell Memorial Trophy. The lowest net flight winners were Priscilla Reichert, Chris Kenna, Joyce Kelton Smith and Sandy Waxman. ■

**HEALTH**

## Learn to recognize the SYMPTOMS OF A HEART ATTACK

By Jay Williamson  
Social Club Publicity Chairman

The speaker at the Thursday, May 12 meeting of the Red Mountain Ranch Social Club will be Ellen O'Connor, director of clinical care operations at Banner Baywood Hospital.

Ellen will give a PowerPoint presentation, which will cover the symptoms necessitating immediate attention associated with a possible heart attack. She also will discuss the continuum of care and the availability of emergency treatment options at the hospital. All aspects of this subject will be discussed.

Ellen will address any questions concerning heart attacks, as well as any other questions you may have concerning emergency care. You do not want to miss this very interesting medical presentation.

The meeting will be held at 9:30 a.m. in the Overlook Room of the clubhouse at the Red Mountain Ranch Country Club. The clubhouse is located in the middle of Red Mountain Ranch, off of Redmont Drive.

You are welcome to attend the meeting as our guest. We meet on the second Thursday of the month at the clubhouse.

For more information, contact Jay Williamson, social club publicity chairman, via e-mail at [jaywilliamson@yahoo.com](mailto:jaywilliamson@yahoo.com). ■

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## Red Mountain Ranch Area Market Report



Sales for the Month of March 2011

Address	Square Feet	Sold Price	Short Sale Or REO
6644 E. Snowdon Cir.	2,047	\$147,631	X
6447 E. Sierra Morena St.	2,012	\$210,000	
3863 N. Kings Peak	1,830	\$215,000	
4206 N. Everest St.	3,205	\$270,000	X
3921 N. Recker Rd	2,499	\$358,500	
6446 E. Trailridge Cir. #52	3,565	\$430,000	X

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



## REAL ESTATE

# IS NOW The Time To Buy?

Submitted by John Karadsheh, ABR, CRS



"I am waiting for the market to bottom out." This is the most common statement that I hear when consulting with potential buyers.

While it is always best to follow the old saying, "Buy Low, Sell High," there are multiple variables to consider. First, we won't know when the real estate market has hit the bottom until it starts to come back up. Second, if the housing market was to decrease by an additional five percent, and interest rates rose by two percent, your monthly mortgage payment would be higher than if you purchased today.

Purchasing now will also give you one more year of equity build up in your home as well as one more year of homeownership tax breaks.

While it is true that lending guidelines have tightened, since you actually have to be able to prove that you have income, assets and a good credit score, don't let this discourage you. There are many great programs for first time

home buyers. FHA's maximum loan limit is \$346,250 and only requires a 3.50 percent cash down payment. If you and the property you are purchasing qualify, you can even ask the seller to assist you with up to six percent of your closing costs and prepaids. Now is an excellent time to get into the market. ■

John Karadsheh is a licensed REALTOR® with Coldwell Banker Trails and Paths Premier Properties. He is also an Associate Broker, Accredited Buyers 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).

Purchase Price	Interest Rate	Monthly Payment (P/I Only)
\$1,000,000	5.00%	\$5,368
\$950,000	7.00%	\$6,320
\$500,000	5.00%	\$2,684
\$475,000	7.00%	\$3,160
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\$285,000	7.00%	\$1,896

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HEALTH

# SAY HAPPY MOTHER'S Day in a Special Way

By Deb Budnick, RN

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For more information about the Anti-Aging Institute of Arizona and DreamBody Centers, call (480) 292-1110. You also can visit the Web sites at [www.dreambodycenters.com](http://www.dreambodycenters.com) or [www.aaiaz.net](http://www.aaiaz.net).

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HEALTH

# NEW PATCH TECHNOLOGY Offers Drug Free Pain Relief

Submitted by Red Mountain Family Chiropractic

Red Mountain Family Chiropractic (RMFC) has long been promoting cutting-edge technologies to create long-lasting healing.

From low level lasers to exercise programs, such as TRX training, RMFC uses medically proven, effective methods to relieve pain and promote whole body health.

A few weeks ago, RMFC unveiled its newest technological product, which produced a packed house for a demonstration of natural, drug-free pain and anti-aging patches. After a brief introduction and a nine-minute video, we invited people with all sorts of pain to try the patches.

Here is what people had to say:

"I have had severe degenerative arthritis in both my feet, which makes it hard to do anything. It's always extremely painful. The doctor put patches on my feet, and the pain was barely noticeable in less than three minutes."

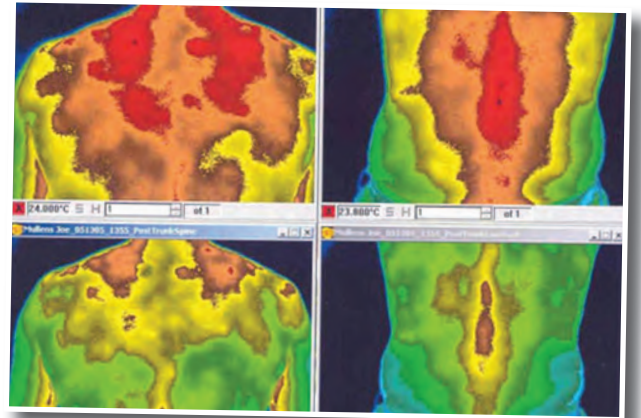
—Julie T.

"When I attended the demonstration, I had level-7 pain (on a pain scale of 1 to 10) in my right hip, with numbness and tingling to my right ankle. Once the patches were on, in minutes, not only was the pain gone, but so was the numbness."

—Karen V.

"I've been on an HCG diet, but still can't seem to lose the weight. (This is supposed to drop body fat quickly, but it's very slow for me.) I was given energy patches, and I lost five pounds the next week, and had plenty of energy, even after a 12-hour day. I can't believe it!"

—Terri I.



Currently, top athletes, including soccer star David Beckham; basketball professional Elton Brand, of the Los Angeles Clippers; pitcher Phil Coke, of the New York Yankees; Chicago Bears team member Obafemi Ayanbadejo; and Olympic swimmer Michael Phelps have been photographed wearing the patches. ■

To reserve your seat at our May 12 demonstration at 5 and 7 p.m., call (480) 924-7632. There is absolutely no obligation. Feel free to come and listen and experience FDA approved pain and energy patches. (Ask us about patches for anti-aging, appetite suppression and sleep.)

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COMMUNITY

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For more information about the Monthly Summer Swim Pass and/or the Summer Trial Family Membership, call Marian in our Membership Office at (480) 981-6501, extension 111.

**SUMMER JUNIOR GOLF CAMP**

Director of Golf Scott Bunker incorporates instructional techniques, which have improved so many golfers during his 30 years with John Jacobs Golf Schools and now with RMRCC. He is committed to introducing the fundamentals of the game to the juniors, as well as

building a lifelong love for the game.

A total of four, one-week sessions are available beginning May 30. Ages 11 through 16 meet from 7:30 to 9 a.m. Ages 6 through 10 meet from 9:30 to 11 a.m.

**SUMMER TENNIS CAMP**

Director of Tennis Ray K. will offer nine weekly sessions beginning the week of May 30 and going through Aug. 5. Ages 7 through 18 meet Monday through Friday; Beginners and Intermediates, 7:30 to 9 a.m.; and Junior Varsity and Varsity, 9 to 11 a.m. Evening sessions also are available from 5 to 7 p.m.

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COMMUNITY

# MESA CIVIL AIR PATROL IS BEST KEPT SECRET

By David Willard, Senior Member PAO

Cadets and senior members of the Mesa Civil Air Patrol (CAP) were called out recently on several missions, and the cadet color guard team hosted and competed in a competition at Falcon Field.

One incident in January involved a downed aircraft northeast of Kingman, which scrambled our ground and air teams into action. During our search, which took six and one-half hours, the Prescott search and rescue team, with help from the local sheriff's department, located the downed aircraft. The pilot was not injured, and everybody went home relieved.

A second incident occurred southeast of Safford, involving two lost hunters. Our teams were scrambled once again. On the third day of the search, they were located at midnight by using their vehicle headlights to signal the sheriff in the area.

Each incident involves a high level of communication between our Mesa CAP mission base radio communications team, emergency services, ground search teams and air operations pilots. Moreover, we are planning with other Arizona Civil Air Patrol squadrons and local law enforcement

agencies search and rescue teams. What is done here makes a difference.

All of the volunteers at CAP, cadets and senior members, come to the weekly meetings ready to help any way they can. We are always looking for new members to help serve our community and country. It does not matter what (lawful) skills you possess. You will make a difference.

The Mesa CAP Squadron 305 hosted a cadet color guard competition between five squadrons to be selected for the regional competition in Texas. Each cadet did an

outstanding job. Parents should be very proud of their young men and women. The competition consisted of a uniform inspection pass and review, indoor and outdoor presentation of the colors (raising and lowering of American flag), a 50-question written test of aerospace knowledge and quizzing by an Arizona Wing senior officer, as well as a 1-mile run.

Mesa Civil Air Patrol is a non-profit, all volunteer organization and is the United States Air Force Auxiliary. It is located at Falcon Field in Northeast Mesa. In addition to downed pilots and lost hikers, many missions may involve natural or manmade disasters, just to offer a couple examples.

Highly qualified retired U.S. military and/or active and inactive military reservists teach some activities to the cadets (ages 12 through 17). Motivated people like you, who are wishing to give back to their community, teach senior volunteers (ages 18 on up).

Many of these workshops, as well as young activities and special cadet functions would not be possible without public funding. The organization relies heavily upon membership dues, community functions and donations. What the kids get in return is life changing, from leadership and organizational skills, to building self-esteem and moral character.

The Mesa CAP is located at Mesa's Falcon Field in Northeast Mesa. Take Falcon Drive off McKellips Road. Heading north, the facility is on the left (west) side of the road. Meetings are held every Tuesday at 7 p.m.

The Mesa CAP could help young men, women and adults find a calling in life. Helping your community is very contagious and can only bring out the good in people. ■

For more information about Civil Air Patrol, call (480) 220-4473 or visit [www.azwg.org](http://www.azwg.org).



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COMMUNITY

# Flancer's raises a whopping \$31,000 for wounded vets

By Dawn Abbey

More than \$31,000 was raised by Flancer's Incredible Sandwiches and Pizzeria restaurants during their April *Raising the Fun Fund-raiser* events to benefit the Wounded Warrior Project, proclaimed elated owner Jeff Flancer.

Flancer's hosted a variety of events in hopes of beating their last year's total raised for the veterans of \$20,000. Disabled Sports USA (Wounded Warrior Project) is a non-profit organization established to allow Iraq/Afghanistan War Veterans who have lost limbs to participate in sports-related rehabilitation programs.

As many as 20 enthusiastic contestants, and about five times as many spectators, showed up Sunday, April 17, for Flancer's 11th annual Charity Pizza-Eating Contest on the outdoor patio at Flancer's Gilbert restaurant location, 610 N. Gilbert Road.

After downing 16 and one-fourth slices of 18-inch pizza in 15 minutes, Chuin Jimmy Peng, of Scottsdale, was declared the winner. Jimmy, who has competed for the last three years, bested his previous 2009 first-place winning effort of 13 slices. Second place went to Gus Beisel, of Tempe, who was close behind with 15 slices consumed. Jake Stucky, of Gilbert, won the third place prize by finishing off eight slices.

Miss Arizona 2010 Kathryn Bulkeley, and

City of Gilbert Mayor John Lewis joined Jeff Flancer to congratulate the winners and present a trophy and \$500 to Jimmy. Miss Arizona, who recently visited wounded service personnel at Walter Reed Army Medical Center, said she was moved by the community support of this effort.

Raffles with donated prizes, each worth \$1,000, brought in more cash. Winners of the April 18 drawing were: Edward Francis—Villa Siena Weddings and Events, cash; Judy Severance—Norwood

tickets; Meg Gillette—Maddy's Pool service; and Ron Conar—dining-out certificates. Chris Crupi won the VIP Package of a BC BriComp computer.

Smokes and Barrels, and Spill the Wine, Eat That Cheese events raised about \$1,800. Flancer's also offered customers the option to *Round Up Your Bill* to the next dollar amount, with all excess donated.

"Many of our local sponsors have supported us year after year," said Jeff.

This year's donors included: \$2,500—Alliance Beverage Distributing Company, Benjamin Franklin The Punctual Plumber, Shamrock Foods; \$1,500—Maddy's Pool Supply, Norwood Furniture, Southwest Airlines Share the Spirit; \$1,000—Hamilton Publishing, Sky Mountain Limousines, Surf and Ski, TAP and Sons Electric, Up Close Publications, Villa Siena Weddings and Events; \$500—A2Z Trophy,

BC BriComp Computers, Chandler Sign\*A\*Rama, Four Peaks Brewing Company, Global Bikes, Meridian Bank, Print USA of Arizona, Tabacalera Perdomo Cigars.

To become a sponsor next year, contact Jeff at (480) 326-9077, or send an e-mail to [jeff@flancers.com](mailto:jeff@flancers.com).

For more information, call the

Gilbert restaurant at (480) 926-9077, Flancer's Mesa location, 1902 N. Higley Road, at (480) 396-0077, or visit [flancers.com](http://flancers.com). For more information on the Wounded Warriors Project, go to [dsusa.org](http://dsusa.org).



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EVENT

# RED MOUNTAIN HIGH SCHOOL HOSTS Hawaiian Fun to Help Combat Cancer

By AnnElise Makin

This Relay for Life East Mesa played itself out at a Hawaiian beach called Red Mountain High School track, and the luau brought together some 1,200 people—survivors and supporters, in the fight against cancer.

During the all-night walkathon, 108 teams raised more than \$110,000 for the American Cancer Society (ACS). Top leader Team Grandpa Ray brought in 10 grand!

Although this year had not reached last year's record attendance, the exhilaration flew just as high. Schools, workplaces and clubs of all sorts drove their knack for fund raising at full throttle with treats, arts, objects of desire and all kinds of activities.

A well-sized Circle of Friends team, 17 strong, was selling fresh pineapples, chocolate covered strawberries and leis. Marietta Hauser, from Alta Mesa, and her twin children, Robert and Olivia, had come to rally for their grandmother in Connecticut.

"My mom was diagnosed with breast cancer about a year ago," Marietta recalled. Her mother had skipped the mammogram one year only to be shaken up by a stage III-IV cancer. She had just finished her chemotherapy regimen, and prospects were good.

"Her hair is growing back now," Marietta reported with happy relief, and she went straight back to hawking her merchandise. Her team captain, Julianne Foster, a Red Mountain High senior and 10-year veteran, started with the Relay with girl scouts at brownie age, rooting for breast cancer cures for her two aunts and her grandmother.

Stories were palpably dense in the survivor tent. Chandler residents Jim and Ellie Rael have done the Relay



Jim and Ellie Rael

for eight years. Jim's PSA-positive test in the year 2000 indicated prostate cancer, which was removed. Several years later, he found a lump on his neck, which also was cancerous. "Be sure you get your yearly checkups," he now says.

Jim's wife, Ellie, battled ovarian cancer in 1995. At a regular checkup, her physician found a large, stage IV mass in her stomach. "I had no symptoms other than being full and not able to eat," she remembered. The former Red Mountain High security staff member underwent chemotherapy for six months. "Some day we will find a cure for cancer without chemotherapy," said survivor Russ Gillard, from Boulder Mountain. The state's lead ambassador for the Cancer Action Network of the ACS and retired engineer has one of the most harrowing stories to tell.

In 1994, Russ experienced seizures in the night. Those were the symptoms of a brain tumor. So, the tumor was surgically removed, and Russ set out on a long road to recovery.

the doctor's advice, and coped with the regimen well enough. Two months into chemo, the brain tumor came back, as well. High doses of radiation were required.

"I don't mind the baldness," Russ joked, because he finds comb-overs just plain silly. The hair will never grow back as the radiation killed the follicles. In addition, Russ has to take anticonvulsant medication to support the surgically damaged part of the brain.

Russ, who plays softball and golf, considers himself extremely lucky. "I take my being alive as a message that I need to be helping people," he said. He feels he can help the most through his pinpointed, national-level health agenda.

"There are probably more than 5,000 Relay events nationwide, which raise approximately \$500,000 annually," he said. "But if we can get Congress to move in on cancer research, we can possibly get amounts in the one billion range allocated."

Advocates like Russ still have lots to do until they have that money in the bank. In the meantime, the Relays across the land continue beating the drums of awareness for cancer research. ■

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# Chef Recommends Pampering Mom WITH GORGEOUS GOLDEN OMELET

By AnnElise Makin

With Mother's Day coming up, consider cooking a brunch for the most precious person on earth while pampering your mom and yourself, too, all with the right cooking utensils.

Red Mountain's leading Pampered Chef consultant Trudy Maples envisions a Gorgeous Golden Omelet for her mom. This eye-pleasing, delight-filled croissant ring is so much more than just an omelet—a delicacy to be remembered.

"I just give this a few pushes, and there, it's done," Trudy demonstrated with glee the new manual food processor, one of her favorite products. She added the diced onions, red pepper, and jalapeño to the buttered pan.

Trudy was cooking up a mild storm in her recently renovated and antique-styled kitchen. In a jiffy, with all ingredients and implements in practical reach, the recipe was assembled. Obviously, Trudy had a lot of show cooking experience.

For the Gorgeous Golden Omelet, Trudy laid out a blazing star of Pillsbury croissant

triangles on a pizza stone. She whisked the egg and cream cheese mixture while the vegetables were sautéing. She then grated cheddar cheese and diced the ham.

Finally, all ingredients for the colorful omelet were blended together. Trudy spooned the mixture on the croissant star and wrapped the corners around the filling. She then put the pastry in the oven to bake for 25 minutes.

"Everybody here in Red Mountain Ranch knows me," Trudy joked. "I love my hosts and customers, and I have been so grateful to serve many of our friends in the community."

Trudy and her family have lived in Red Mountain Ranch for 11 years. She has been a Pampered Chef consultant for all this time and a few years prior.

At peak times, the Maples form an efficient team. Trudy's husband, Nathan, formerly the youth minister for Red Mountain Community Church, invariably helps out with shows, catering and business needs. Their daughter, Breanna, a student at Arizona Christian University, and their son, Jared, a Red Mountain High School senior, assist with hostess appreciation parties and fund-raising events.

Trudy started with Pampered Chef in 1996, in Tucson then, to generate a supplemental income. Meanwhile, she has been pulling record numbers for the company. She achieved highest sales in August 2010, and earned second highest in January 2011 among some 65,000 consultants nationwide.

Last year, Trudy also received the One Million Dollar Sales Award. In 30 years since the company was founded, only 108 consultants have reached the one million mark. Trudy does up to 10 shows a week. She has conducted some 2,000 Pampered Chef cooking presentations.

"I have always been in sales, even during high school when I was a top seller at an electronics store," Trudy reported. The cooking entered later. "I was not a good cook," she admitted, "making the same dinners all over." But the Pampered Chef propelled her to mastery of the cuisine arts.

Friends have told Trudy, "I just love to eat at your house." She has taken to entertaining quite a bit because she has learned to cook fast with amazing products. Recently, she has started catering for parties, preparing food at clients' houses.

Her original enthusiasm, however, is in sales. She will explore every possibility in her mind to correlate each kitchen tool with her clients' lifestyle and daily needs. Trudy always has an answer, honestly, in the best interest of the client.

Another key to success is since Pampered Chef already rewards hostesses generously with free products and discounts, Trudy gifts her hostesses with many extra culinary implements at her annual appreciation party. She also caters a delectable buffet for the event. So, the fun and reputation make ripples ahead of her.

Charity factors in, as well. Every year, Trudy selects a beneficiary. For example, last year she selected Streetlight for troubled teens in Phoenix. Hostesses may elect to donate their percentage to a certain cause. Trudy raised or donated more than \$7,000 last year for various charities.

Just now, the oven timer chimes. It's time to take the Gorgeous Golden Omelet out. It does, indeed, look like a royal treatment. With the mega lifter, Trudy carefully transports the baked ring from the pizza stone to the serving platter. She cuts a piece of the omelet for tasting.

It's delicious! The buttery flakes of crust melt in the mouth to reveal the rich, creamy and delightfully garnished omelet filling. I don't have to imagine any more how much my mom would love it. She will—and maybe the chopper, too. ■

*If you are interested in leaning about healthy and tasty cooking recipes, ordering high quality kitchen tools, hosting shows or asking questions in general, go to Trudy's Pampered Chef Web site at [www.pamperedchef.biz/TrudyMaples](http://www.pamperedchef.biz/TrudyMaples).*

*If you are interested in party catering or personal chef services, you can contact Trudy at [www.Trudychef.blogspot.com](http://www.Trudychef.blogspot.com). For more information, call (480) 396-7992.*



## GORGEOUS GOLDEN OMELET

### Omelet

- 4 ounces cream cheese
- 1/4 cup milk
- 1 tsp flour
- 8 eggs

### Add Ins

- 1 red bell pepper
- 1 sweet onion
- 1 small jalapeño
- 1/2 pound deli ham diced (smoked) or a couple tablespoons of sweet butter for a meatless omelet
- 2 cups shredded cheddar cheese

### Pastry Wrap

- 2 packages (8 ounces each) refrigerated crescent rolls (Pillsbury)

### Directions:

1. Preheat oven to 375° F.
2. In mixing bowl, whisk cream cheese and milk; add flour and whisk until smooth. Add the 8 eggs and whisk them in. Set aside.
3. In a stir fry skillet, melt 2 tablespoons of butter and add 1/2 cup chopped red bell pepper and 1/2 cup chopped onion. Sauté until tender, then add in a bit of chopped jalapeño, if desired, for flavor and spice.
4. Remove veggies from skillet, and cook the egg mixture in the pan with a little butter until done. Then add the peppers and onions back in. Heat together.
5. Add 1 cup of cheddar cheese and 1 cup of diced ham to the skillet, and toss until cheese is melted. Turn off heat, and set aside.
6. On a large, round baking stone, unroll two 8-ounce packages of crescent rolls; separate into 16 triangles. Arrange triangles slightly overlapping, in a circular star shape with the wide ends 4 inches from the edge of the baking stone (points will extend off the edge of the stone).
7. With a large scoop, transfer the omelet onto the wide end of the circle; pull the points up and over, making a ring.
8. Bake for 25 minutes or until golden brown. Serves eight. Enjoy!

*For more information about Pampered Chef and additional recipes, go to [www.pamperedchef.biz/TrudyMaples](http://www.pamperedchef.biz/TrudyMaples).*



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REAL ESTATE

# THERE MAY BE A WAY TO AVOID FORECLOSURE

By Lorraine Ryall, Realtor  
Coldwell Banker Trails and Paths

As we all know, foreclosures have increased at an alarming rate, especially in Arizona, where the real estate market has seen one of the highest declines in home values over the past few years.

Sales of foreclosed homes are up over 300 percent from two years ago. Through no fault of their own, more and more homeowners are finding themselves upside down on their mortgages, unable to make their mortgage payments and facing foreclosure. I am here to let you know you are not alone. There is help!

Regrettably, more than 70 percent of homeowners facing foreclosure walk away from their homes not knowing they have options.



Lorraine Ryall

the homeowner. In most cases, the bank or buyer pays all the title fees, taxes, etc., with the seller (the homeowner) not having to pay any closing costs at all.

The government's new Home Affordable Foreclosure Alternative program was introduced in April 2010 to help homeowners short sale their homes instead of going through a foreclosure. If eligible, you can not only get pre-approved for a short sale, but also may receive \$3,000 as an incentive to avoid foreclosure by pursuing a short sale or deed-in-lieu.

Even if you already have a foreclosure date set, it may not be too late. In most cases, a foreclosure will be postponed when a short sale package is submitted. This allows you to stay in your home months longer while the short sale is negotiated.

### SHORT SALE

The good news is banks and the federal government have implemented programs to help reduce the inventory of foreclosures, and more homeowners are becoming aware of short sales as an option. Of all the distressed properties on the market, 69 percent of those are short sales.

A short sale can be far less damaging to your credit and allows you to purchase a home again years sooner than a foreclosure.

Many homeowners are not aware it is the bank paying all the Realtor fees, not

### DEED-IN-LIEU

If a short sale is not the best option for you, a deed-in-lieu may be negotiated with your lender. This option means the bank accepts the deed of your home instead of (in lieu of) foreclosure. ■

For more information on foreclosures and short sales, visit [www.ArizonaShortSaleToday.com](http://www.ArizonaShortSaleToday.com).

You also can contact me today for a confidential consultation. Call my cell at (602) 571-6799, or send an e-mail to [Lorraine@ArizonaShortSaleToday.com](mailto:Lorraine@ArizonaShortSaleToday.com).

REAL ESTATE

# Coldwell Banker Trails And Paths Remains Strong In Las Sendas Market

By Jason Archer

Have you noticed the mass exodus of real property brokerage houses here in the Las Sendas community?

The economy seems to be taking a toll on real property market participants in East Mesa. From property management to brokerage houses, the herd is being thinned. In just the last couple weeks, the Keller Williams office, located in East Mesa, shut its doors, and has moved out of the area. Keller Williams was the second to last major brand located in the Las Sendas area. This is no doubt a blow to anyone looking to be either helped or employed by a brokerage in this area.

So, what can you do if you are in need of professional real estate consulting or services in East Mesa?

You can turn to Coldwell Banker Trails And Paths. Happily, our brokerage has continued not only to survive, but also to thrive!

Recently rated No.1 in Las Sendas (based strictly on numbers from the area), Coldwell Banker Trails And Paths is a full service brokerage assisting buyers and sellers with second homes, short sales, foreclosure avoidance, area information and all traditional real property transactions. The brokerage is owned and operated by

the Brown family, and is home to nearly 50 agents and support staff, all of whom are consummate professionals.

In addition, Coldwell Banker Trails And Paths has become home to many agents looking for a quality place of like-minded professionals who can help to grow their East Mesa businesses, and provide a



Ron Brown

base of operations for themselves and their clients. If you are an agent looking for a more convenient place to conduct your business, you may want to stop by our offices and take a look around, or set up a meeting with Ron

Brown to see if your business can be expanded by working with Coldwell Banker Trails And Paths. **ABOUT COLDWELL BANKER TRAILS AND PATHS**

The Coldwell Banker Trails And Paths offices

are located at 2913 N. Power Road, Suite 101, convenient to most East Mesa and Las Sendas communities. Coldwell Banker Trails And Paths is a full service brokerage servicing Las Sendas, Red Mountain Ranch, The Groves, Alta Mesa, Mountain Bridge and surrounding communities in East Mesa. ■

For more information, contact Ron Brown, owner and broker, at (480) 355-4700.

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Whether you are still current, behind on your mortgage payments, or are just upside down and need to sell, give me a call. Even if you already have a foreclosure notice, it may not be too late.

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## COMMUNITY

# FIRST KNIGHT OF CHARITY AUCTION Rocks at the Las Sendas Trailhead

By AnnElise Makin

Mesa Academy's first *Knight of Charity and Hilarity Auction* at the Las Sendas Trailhead far exceeded expectations, with more than \$22,000 raised.

A small and dedicated PTO team had worked ceaselessly from January to April 1 to raise this record amount for the Mesa Academy for Advanced Studies (MAAS).

"We had a team of 10 parent volunteers go out and solicit prizes," stated PTO co-president and principal auction driver Phuong Abramowski, from Red Mountain Ranch. "We raised donations valued at a total of \$70,000 from the local business community, resulting in close to 300 items."

The contributions were amazing, from three sets of top dollar orthodontic braces, to vacation trips and golf packages, to numerous restaurant, beauty and wellness services. Bidders were getting a buzz out of the opportunities.

Before the Knight of Charity started, the MAAS PTO had already generated above \$10,000 through their online auction. "It's been a little crazy around here," said PTO leader Phuong, radiating with excitement. "What started with so much doubt turned out so fabulous."

Ann Belfield, a PTO member from Las Sendas, was the engineer behind the Internet marketing approach. Drawing from her professional management and planning expertise, Ann had the vision for the concept, and pushed for the Internet auction.

"I got really excited about the Internet possibilities and explained to the PTO why it is so important," Ann recalled. "A lot of people did not understand the potential at first, and were unsure of the auction altogether, but I thought we

could raise between 15 and 20 grand."

Soon, Ann immersed herself into designing invitations and banners, while also obtaining visuals from sponsors. Ann and Phuong spent countless hours on the computer together, each one working from her home terminal, updating the world of online bidding. Parents could preview items and place bids for weeks before the actual event.



When the day came,

informed bidders entered the auction with primed expectations. Most parents had already developed a keen eye for their objects of desire on the presentation tables at the gorgeous Trailhead Members Club. Auction guests also truly enjoyed Red, White and Brew's delicious buffet with Italian specialties.

PTO treasurer Paula Wolfig, from Las Sendas, who had worked out the arrangements with the Trailhead events department, felt validated by the marvelous atten-

dance. "It was a lot of work, but it definitely paid off," she said to Dr. Macri, who had donated chiropractic services to the auction.

"This was our first adult-only event since the Mesa Academy opened its doors in the fall of 2006," Paula explained. "I don't know how Phuong is still standing up, because she didn't go to bed last night, preparing for this."

Event planner and PTO member Vivi Somphon shone in her flashy red dress. She had created the title and entertainment theme, and was busily monitoring the flow of events. Comedian Armon Williams provided a stand-up routine and emceed the auction. Kaizen Martial Arts studio sent its show team, presenting karate moves in tune with music. The Trailhead provided the ideal ambience.

"The Trailhead turned out to be the least expensive and most beautiful venue for our auction," Ann commented. "And we were looking for a location close by."

"This is just gorgeous here," Phuong added, pointing out the fabulous sunset vista. The staff was extremely accommodating, and went above and beyond our requests."

Principal Robert Crispin, who had helped set up the sound system, was entirely pleased. "The PTO has done a fabulous job," he said. "A big, huge thanks to them and Phuong. They have rallied the parents so well to raise funds."

From the proceeds, the principal was hoping to add a shade structure and other improvements to his school. After the Knight of Charity, he had definitely come closer to fulfilling his wishes. ■

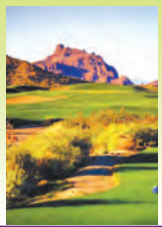
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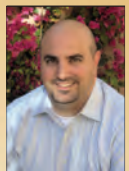
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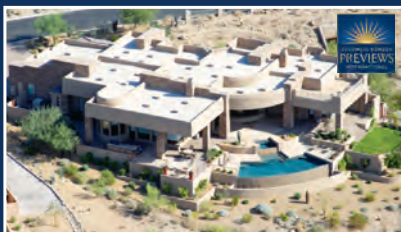
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