

Las Sendas Up Close

Bringing neighbors closer to their community

June 2010

LAS SENDAS ELEMENTARY SCHOOL Primary Play Day

Photos by Kim Phillips



SALON AZUL BRINGS Silpada bling and Contagious! glitz to the Monastery

By AnnElise Makin

Fashions with a Hawaiian flavor recently brightened up the Monastery when Salon Azul attracted a good crowd to its Spring Fashion Event showcasing the Contagious! spring collection and Silpada jewelry.

Setting the mood with soft hula presentations and a volcano of a fire dancer, the opening acts easily transposed spectators into a vacation mood, each on their imaginary islands. The poolside feel of the Monastery provided just the right ambience.

Models, accompanied by junior Hawaiian-style hostesses, took the catwalk in stride. There were so many easy, breezy Contagious! ensembles from which to choose.

The styles covered a broad range, from the somewhat gothic to the cocktail dress. Silpada jewelry spruced up the garments fabulously.

While the commentator had quite a few things to say about the healthy look, the accentuation of skin tones and the rhinestone decorations, guests had their eyes pinned on each model's delivery. Good energy and eye contact were cheered.

"We have had about 20 models respond to our ads and invitations," said Lana Johnson, who co-owns Salon Azul with Shanna Dyer and Lynette Markell. Through their entertainment-style business promotion, Salon Azul also attempted to create awareness for its chosen charity, Matter of Trust.

"Matter of Trust collects hair clippings to make mats that soak up oil spills, such as the recent one on the Gulf Coast," explained stylist Jennifer Stewart. Salon Azul is

donating its hair clippings and collecting nylon stockings for this purpose.

"It took about three months to prepare this fashion show," said Shanna. The Salon Azul staff had started getting their models ready early in the morning. "We did hair, make up, nails and even eye lash extensions on some of them," Lana reported.

With the help of many volunteers and essential donations—flowers, facials, spray tan and lighted bottles among them—the Spring Fashion Event turned into a fun-filled afternoon. Salon Azul is already thinking about future possibilities. ■

Salon Azul is located at 6655 E. McDowell Road, Suite 105, Mesa. For more information, go to www.salonazulaz.com, or call (480) 924-2985 for an appointment.



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ORGANIZING

ORGANIZING SMALL SPACES

By Nancy Nemitz

More is not always better, especially when it comes to getting organized.

"I'd be more organized if I only had more room." This is one of the many excuses given for disorganization.

If more space were the answer, everyone living in a large home or working in a large office would be organized. The bigger the space, the more room you have to spread out. It doesn't necessarily mean you would be more organized. A small space can often be an advantage because it forces you to focus on what's really necessary, beautiful and useful.

Here are some small spaces organizing tips:

- purchase furniture offering multiple uses and providing storage.
- utilize your wall space.
- keep things in containers so you can easily store those items difficult to reach.
- use containers with flat lids so you can stack them on top of each other.
- use lazy susans in pantries, bathrooms and kitchens.

Nancy Nemitz is an efficiency expert for small and large spaces. She can be reached at (480) 325-0994.

You also can check out her Web site at www.createthespace.com, or read her blog at nancyscocktailhour.blogspot.com. ■



Nancy Nemitz

DINING

Viewpoint Patio Offers Desert Vistas, Great Food

Diners are encouraged to sit on the picturesque Viewpoint Patio and enjoy the culinary delights of The Rusty Putter in beautiful Las Sendas.

The menu's design and constant updates by Head Chef Cory Mingo, combined with the expertise of restaurateur Dennis Shaw, mean diners can enjoy delicious breakfast, lunch and dinner with the best possible service and the most spectacular views.

Golfers can expect to find the traditional favorites for breakfast—coffee, muffins, fresh fruit and breakfast burritos—while those stopping in to enjoy the views can also enjoy a farm fresh three-egg omelet or a one-, two- or three-egg breakfast.

For lunch, *dine and dash* items are available—hot dogs, burgers, and fish and chips.

Bring your significant other, and relax on the Viewpoint Patio while listening to live music Thursday, Friday and Saturday evenings from 7 to 10 p.m. (previously 6 to 9 p.m., hours changed for summer).

With a glass of wine and delicious appetizer, the evening will be perfect.

Happy hour is offered from 4 to 7 p.m. Monday through Thursdays, and all day on Sundays. Specials include \$2 domestic bottle beers and \$3 for well drinks and house wine. 50 cent wings and \$5 appetizers are part of the fun.

Wine Down Wednesdays during the summer will have you enjoying 50 percent off any bottle of wine on the list.

For more information on the Viewpoint Patio, The Rusty Putter, or *Bogey's*, call (480) 396-4000. ■



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Las Sendas
Up Close

The Groves
Up Close

Red Mountain Ranch
Up Close

Mesa Uplands
Up Close

Power Ranch
Up Close

The Islands
Up Close

Superstition Springs
Up Close

ART

YOUNG ARTIST enjoys making people smile with her cartoons



By Vivian Stearns-Kobler

Jaiden Dittfach is a seventh-grade Fremont Junior High School student and an up and coming cartoonist whose favorite main characters are Ringo the raccoon and Chip the flying squirrel.

Her characters are drawn to look silly and uncoordinated, kind of like her little brother, she jokes. Jaiden loves to create funny cartoon situations that make people laugh, and she is inspired by those everyday situations on which she puts her own humorous twist.

"The great thing about art is everyone sees art so differently," Jaiden said. "As an artist, that means nothing you create is ever wrong. There is always someone out there who enjoys your work."

This talented artist credits Mrs. Tabor, her art teacher at Fremont, with helping her to think outside the box when it comes to art. Her preferred medium is pen and ink. She loves the way she can create different shades just by using black ink.

Showing her sense of humor, Jaiden recalled how she started drawing upon discovering crayons were for drawing and not for eating! She also reflected on being 3 years old and knowing she was destined to become an artist.



Jaiden's future dream is to create a comic strip of her own and have it appear regularly in a newspaper. This budding cartoonist would be happy to know she could make someone smile after reading one of her comics.

Doodling is a favorite thing to do in her spare time because it helps her express how she is feeling. "I guess by looking at some of my comics," Jaiden said, "I'm in a pretty silly mood most of the time."

This amazing young person doesn't have a chance to be bored. In her free time, Jaiden plays piano, and has been a student at La Musique for seven years. She plays soccer with the American Youth Soccer Organization, and has tennis lessons at the Trailhead in Las Sendas with Coach Mike. She also is involved in martial arts at APSK Martial Arts Academy.

Jaiden, who lives in Las Sendas, has contributed to philanthropy with the henna tattoos she created for the Fremont Service Club. The sale of the henna tattoos (peace sign design and also a cartoon mouse) benefited the Relay for Life Cancer Walk/Run. "It is so important to raise money for the cure of cancer," this exceptional seventh-grader stated with conviction. "I am proud to have taken part in Relay for Life last year and this year." ■

LOCAL BUSINESS

The Orange Patch Too is a surprise for many who visit

By Dawn Abbey

You've probably passed by The Orange Patch Too a thousand times while driving down McKellips Road, and never even noticed it was there.

If you did spot something, you might think it was just a citrus grove stand. But locals in the know can tell you it's much more.

"People walk in and are blown away," said Katy Hunsaker, who, with her sister, Michelle Smith, works as a buyer for the family-owned business. "They say they never knew this was here."

This is a unique and eclectic boutique, featuring not only fresh citrus and other local farm products, but also gifts, home decor, jewelry and clothing. Their own hand-dipped chocolates, fresh-squeezed orange juice and other gourmet foods add to its exceptional appeal.

The Orange Patch Too recently hosted *Girls Night Out*, an after-hours shopping experience with 20 percent discounts on everything. Those in attendance were also treated to door prizes and refreshments. "We set the special hours for working women or those who just wanted a night away with the girls," Katy explained. Nearly 100 women showed up, and Katy said they encouraged her to make it a regular event.

Owners, the Arthur Freeman family, started planting their Mesa groves in 1967, after switching from raising cotton, alfalfa



and other crops. All seven children participate in some capacity. In the mid-70s, mother, Anita, got the idea to offer other local products at their original citrus stand on Lehi Road. She brought in local honey and vegetables, and the family started making fresh juice and hand-dipped chocolates. In 1983, they purchased the new location, and eventually expanded into gifts and the other items, which are now so popular.

"Sweet corn should be coming in around Memorial Day, and we should have Valencia oranges and grapefruit until June," Katy said. The store is also known for its tomatoes, nuts, Utah peaches and pears, and roasted Hatch chilies in season. Candy, ice cream, local breads, cupcakes and other pastries are also constant favorites.

The Orange Patch Too is in the south side grove at 3825 McKellips Road. Hours are 9 a.m. to 5:30 p.m., Monday through Saturday. For more information, call (480) 832-0230. ■

Why is Las Sendas going private when everyone else seems to be going public?

Las Sendas is going private because the demographics and population of the community will support a private golf club. Las Sendas has a completely different business plan from the traditional private club. First and most importantly, we are debt free! We carry no mortgage and all our improvements and renovations are being done with our own working capital. We are presently a public facility, which will transition into a private club. Our operational revenue is generated from public play and will only reduce once we sell memberships, which have offsetting revenue. Las Sendas does not require memberships to be profitable, operational income exceeds our operational expenses. We are selling memberships because the need for a private golf course is desired by this community!

The reason many clubs are reverting from "private" to "semi-private" is a result of the present economy, reduced memberships and significant debt carried by the golf clubs themselves. Clubs with large mortgages cannot service their debt because their cash flow does not support their financial demands. As a result private clubs are faced with cutting operational costs, reducing fees and offering public play in times unused by their members.

Is Las Sendas Golf Club going to be completely private?

Yes, the golf course will become private once we have 350 members, however we will continue to sell memberships until we cap at 450.

Will the Bogey's Steak & Seafood and our other restaurants become private at the same time?

No, the restaurants will always remain "public". Private clubs with private restaurants often show a loss because their clientele is not large enough to make their F&B operations viable. The additional business generated by the community,

GOLF MEMBERSHIP FAQ

allow the restaurants to operate efficiently allowing for better service, fresher products and a larger and more diverse menu.

What is a 100% refundable Golf Membership mean?

A 100% refundable golf membership means that an exiting member receives 100% of their initial purchase back when we sell their membership in the Club.

How do you guarantee a "buyback" for exiting members?

The management controls all sales of the golf memberships. This includes all unsold and sold memberships of the Club. The strategy is to protect the market by ensuring that all memberships are sold at the same price by the Club.

Guaranteed Buy Back Plan is as follows:

| | |
|-----------|---|
| 051 - 100 | Memberships sold - No re-assignments |
| 101 - 200 | Memberships sold - 2 to 1 ratio. Memberships sold vs. re-assignments. |
| 201 - 450 | Memberships sold - 1 to 1 ratio. Memberships sold vs. re-assignments. |



We anticipate, that we will have sold our 100th membership prior to the end of 2010. Which means we will allow an exiting member to sell their membership though the Club no later than 2011.

- Beginning January 1st, memberships will sell for \$29,900.00.
- After January 1st, every 5 memberships sold the price will increase \$1,000.00.
- This increase will continue until all memberships are sold.

Can I use my own cart at Las Sendas?

Yes, as a member you have the choice of using your own cart, using our carts or walking if you desire. We have the lowest trail fees in the valley, we also have the lowest cart fees offered.

Do Member's guests get a discount?

Yes, all members receive a guest rate. Obviously guest rates will vary with the different rates being offered. We will ensure that your guests receive a rate less than any of the tee time providers and local resident specials.

What services will the Club provide?

Las Sendas is presently under construction and will offer the following services once our construction is complete.

- Newly renovated Clubhouse
- Bogeys Steak House - fine dining after 5:00 p.m.
- Rusty's Pub & Grille - casual dining offered all day and evening.
- Viewpoint Patio - offering afternoon and evening dining.
- Complimentary Valet & Limousine service after 5:00 p.m. (Tues thru Sat).
- Pro Shop with all amenities and products.
- On course restrooms and midway house.
- Club Storage facilities.
- Member's locker area and day use shower facilities.
- Restrooms and halfway house.
- Range balls and range equipment.

We are very excited about the Privatization Plan and what we are doing to improve the Las Sendas Golf Club.

FOR FURTHER ENQUIRIES AND MEMBERSHIP INFORMATION PLEASE CONTACT:

Lloyd McBean PGA
Executive Director / Managing Partner
Las Sendas Golf Club
(480) 396-4000 ext. 211

COMMUNITY

Red Mountain Ranch Country Club Defies Definition

Submitted by Marian McGill

What is a club? According to Webster's dictionary, the definition is "A group of persons organized for a social, literary, athletic, political or other purpose."

When describing a country club, some may go further and describe amenities, including golf course, pool, tennis courts, fitness center, dining options and clubhouse.

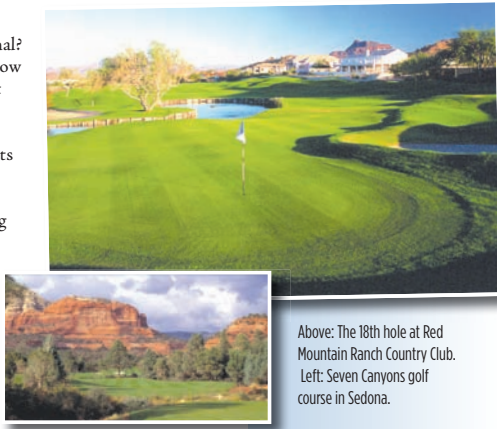
When members start talking about Red Mountain Ranch Country Club, however, definitions tend to go right out the window. You hear phrases like, *lifelong friendships, staff who care, friends who were there when I needed them, making memories everyday, camaraderie and the center of our social life.*

How do you put a definition on something so personal? More importantly, how can you live without it? Of course, Red Mountain Ranch Country Club boasts a pristine Pete Dye golf course, sparkling swimming pool, lighted tennis courts, fitness center and a Southwest-style casual clubhouse. However, these amenities merely provide the stage for the real heart

of the club...its people.

The club is where you can get that same sense of community you had growing up in your old neighborhood, where life just seemed to happen, and you were all in it together. Life happens at Red Mountain Ranch Country Club. People gather to play golf, commemorate birthdays and anniversaries, take a yoga class, eat a steak dinner, get married, swim laps, teach their kids tennis, reminisce about the life of a departed loved one and dance the night away. This is the value of membership.

To become a part of the Red Mountain Ranch Country Club family, contact Marian McGill, membership director, at (480) 981-6501, or send an e-mail to mmcgill@rmrcc.com. ■



Above: The 18th hole at Red Mountain Ranch Country Club. Left: Seven Canyons golf course in Sedona.

EDUCATION

DAILY READING MAKES A DIFFERENCE

By Anjum Majeed, Principal Self Development Charter School

As we approach the end of the school year, students begin to say goodbye to teachers and friends and gear up for a total change to their daily routines, but hopefully, reading will stay consistent during the summer.

Students who develop a discipline for reading daily establish a foundation for becoming lifelong learners. Besides exploring new topics and challenging comprehension skills, reading provides a creative outlet for flourishing imaginations—an age-old pastime surpassing the benefits of video games and Facebook.

Parents, your encouragement and support are often what make the difference between an average student and a passionate, proud student. This summer, check the local library or the Internet for grade-appropriate books for your child.

The following tips can help motivate the whole family to participate in summer reading:

Cooking: Involve your children in meal preparation—everything from understanding units and ingredients in the recipe, to researching the origins of the meal. Not only will your children read about other countries and cultures, they will also gain a new appreciation for the food they eat.

Nature walk: Take a walk around the neighborhood, or go to a park. Together with your children, identify native plants, animals and insects, and write them down



in a journal. Later, read about what you saw on the nature walk. Check out local Web sites for their education resources. For example, the Arizona Game and Fish Department Web site, called Focus Wild Arizona, is at www.azgfd.gov/i_e/e/environmental_education.shtml.

Become experts: Encourage your children to choose a book series or subject they want to know more about. Set aside time every day for them to read, and provide an opportunity for them to share with you what they are learning. Supplement their reading by finding documentaries on the subject. If there is a movie based on the books, watch it with them.

Outside the book: We encourage our students to think outside the box, so why not read outside the book? Students' daily reading doesn't have to come from books. Song lyrics, appropriate blogs, and even comic books can have rich themes and literary value. By being aware of what your children read—and practicing appropriate supervision—you can encourage them to explore their interests in new ways. ■

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HEALTH

NEW NATUROPATHIC TREATMENT OPTIONS AT RED MOUNTAIN FAMILY CHIROPRACTIC

By AnnElise Makin

Red Mountain Family Chiropractic recently added Dr. Joanne Feaster, NMD, to its staff.

As a seasoned doctor of natural medicine, Joanne has brought a whole range of holistic treatment options and preventative coaching to the practice.

"I have always been interested in naturopathic medicine," Joanne shared. The native New Yorker made a career change in mid-life, switching from social work to the healing arts.

Joanne began her studies at the Southwest College of Naturopathic Medicine in Tempe. She then transferred to the National College of Naturopathic Medicine in Portland, Ore., where she obtained her Doctor of Naturopathic Medicine degree.

Since returning to Arizona, Joanne has offered her services at the Westin Kierland spa facilities in Scottsdale and at another practice in Phoenix. She lives with her husband in Mesa.

In addition to her comprehensive degree program, Joanne is also trained in homeopathy and Chinese medicine. The full spectrum of healing arts served her well in navigating her own life-threatening health crisis.

Joanne is a survivor of breast cancer. In 2003, a year short of graduating from the naturopathic college in Oregon, Joanne was diagnosed with an aggressive, stage III cancer. In hindsight, she said, she has had great practitioners who helped her survive. She chose surgery and naturopathic modalities, no chemo or radiation, as treatment. It was the right choice for her. Joanne has been cancer free for seven years.

"My mission is to treat the whole person," Joanne said,



Dr. Joanne Feaster

"to eradicate the cause of the disease. Naturopathic healing modalities are geared to catalyze each individual's innate healing processes." She is well versed in all needs of family practice, drawing from a rich resource of integrative medicine.

As a naturopathic doctor, Joanne customizes treatment plans—no two individuals are alike—matched to each patient's history, metabolic individuality and life-style factors. She has achieved remarkable results.

NATUROPATHIC TREATMENT RESULTS

Gastrointestinal and digestive issues—

Patients have been able to eliminate the use of antacids and other medications by switching to botanicals, stressing nutrition and avoiding synthetic foods.

Pain management—Patients with a physical trauma or chronic pain have found lasting relief through acupuncture and bio-puncture (homeopathic medicines injected intramuscularly or subcutaneously).

Trauma whole-body aftermath—Patients whose endocrine systems had been upset by accidents, traumas or disturbing life events had regained balance by adjustment through bioidentical hormones, endocrine support and re-balancing energetically through acupuncture. Treatment might also include injectable or intravenous nutritional therapies.

Weight loss with HCG therapy—Patients not only experienced a healthy weight reduction but also regained metabolic, hormonal and psychological balance.

STARTING THE NATURAL PATH

"It is so rewarding for me to see that if people lose weight, then other chronic


conditions are able to be resolved," Joanne observed with obvious enthusiasm. Aches and pains, bad cholesterol, bad blood pressure, metabolic imbalance and endocrine dysfunction are likely to diminish with each pound lost.

Although the natural path is comprehensive and life changing, it is not as instant as a painkiller. Instead, it is a process. This is how you can assess your natural options with the help of Dr. Joanne:

- Meet Dr. Joanne at one of her naturopathic health lectures at Red Mountain Family Chiropractic.
- Get to know your individual naturopathic options in a low-cost, 20-minute exploratory consultation.
- Make a comprehensive new patient appointment with a full exam and history (including EKG, blood work—covered by most insurances—for nutritional assessment and endocrine function).

Continuing health of the body requires ongoing care and maintenance. A good doctor, like Joanne, will take the time to listen. She can address your full range of health concerns, help you transition away from harmful habits and guide you toward safe and effective natural healing. ■

Red Mountain Family Chiropractic is located in the Village at Las Sendas, 2849 N. Power Road, Suite 103. Dr. Joanne Feaster is available on Wednesdays and Fridays. Call the office to make an appointment, or to sign up for the health topic lecture series, at (480) 924-7632.

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 Sales for the Month of April 2010

| Address | Square Feet | Community | Sold Price | Short Sale Or REO |
|-------------------------------|-------------|-------------------|------------|-------------------|
| 6910 E. Portia St. | 1,911 | Vintage Hills | \$209,000 | X |
| 7242 E. Norland St. | 1,911 | Trailridge | \$220,000 | X |
| 7445 E. Eagle Crest Dr. #1108 | 1,659 | Cachet | \$220,000 | |
| 3055 N. Red Mountain Rd. #98 | 2,451 | Ironwood Pass | \$237,500 | X |
| 7429 E. Odessa St. | 2,451 | Silverhawke | \$245,000 | X |
| 7254 E. Norland St. | 2,475 | Trailridge | \$245,000 | X |
| 7445 E. Eagle Crest Dr. #1013 | 1,792 | Cachet | \$272,200 | X |
| 7445 E. Eagle Crest Dr. #1142 | 1,696 | Cachet | \$314,000 | |
| 4041 N. Starry Pass Cir. | 2,314 | Pinnacle Point | \$355,000 | |
| 3351 N. Boulder Canyon | 2,226 | Tapestry Mountain | \$380,000 | |
| 3506 N. Stone Gully | 2,250 | Grayhawk | \$397,500 | |
| 3449 N. Boulder Canyon Cir. | 2,732 | Tapestry Mountain | \$439,000 | |
| 3845 N. Calisto Cir. | 2,814 | Echo Canyon | \$465,000 | |
| 6927 E. Upper Trail Cir. | 3,330 | Sonoran Hills | \$466,000 | |
| 7359 E. Sandia Cir. | 3,330 | Sonoran Hills | \$487,000 | |
| 3546 N. Canyon Wash Cir. | 2,780 | Grayhawk | \$495,000 | |
| 3861 N. Pinnacle Hills Cir. | 3,528 | Pinnacle Hills | \$525,000 | X |
| 8227 E. Echo Canyon St. | 3,524 | Walking Stick | \$616,300 | X |
| 3661 N. Stone Point | 4,750 | Walking Stick | \$700,000 | X |
| 3226 N. Canyon Wash Cir. | 4,400 | Rock Canyon | \$735,000 | |
| 4346 N. Yarrow Cir. | 5,935 | Summit | \$964,000 | |

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John Karadshah

ENTERTAINMENT
Barnum's FUNundrum!™
ROARS INTO PHOENIX

Submitted by Ringling Bros. and Barnum and Bailey®
 The Greatest Show On Earth just got greater with Ringling Bros. and Barnum and Bailey® presents Barnum's FUNundrum!™, a show coming to the US Airways Center, from June 23 through 27.

Featuring 130 performers from six continents, almost 100,000 pounds of performing pachyderms, cowboys, pirates and mermaids, Barnum's FUNundrum! is a super-sized spectacle so massive you just can't miss it!

This monumental, once in a lifetime event celebrates the 200th anniversary of the birth of the legendary PT Barnum, the greatest showman on earth! The fun can only be experienced at The Greatest Show On Earth, Barnum's living legacy.

Ringmaster Johnathan Lee Iverson invites the audience to leap aboard the Ringling Bros. Express and go on a family FUNtastic adventure. Participants meet exotic characters and witness thrilling performances, which attempt to answer Barnum's FUNundrum, "What special wonders create The Greatest Show On Earth?"

Step right up and see the Flying Caceres attempt to complete the elusive quadruple

somersault on the flying trapeze, a feat never mastered in more than three decades. Watch the Puyang troupe from China dazzle with a stunning display of dexterity as they bounce, flip and twirl to new heights on a two-tiered trampoline.

Be amazed as you witness the impossible contortions of the body benders who fit three humans in a cube the size of a milk crate. Enjoy the wondrous ability of the Mighty Meetal, the strongest man in the world, as he lifts more than 1,200 pounds. And savor the stupendous skills of the hand balancers, featuring Duo Fusion, a married pair of performers with a twist. The wife does the heavy lifting.

And one hour before show time, families can meet the performers, get autographs and see an amazing elephant that paints at the All Access Pre-show—free with a purchased ticket!

Tickets are priced from \$13 to \$85, and show times vary. All seats are reserved and available at www.Ringling.com, Ticketmaster or the US Airways Center box office.

The US Airways Center is located at 201 E. Jefferson St. in Phoenix. ■

For more information on Ringling Bros. and Barnum and Bailey, visit www.Ringling.com.



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SPORTS

Comfort is vital for Ironman competitors

By Lorie Tucker, Certified USAT Coach

If you're going to spend the day covering 140.3 miles on your own power, comfort becomes critical, which is what the competitors of this year's inaugural St. George Ironman found out on May 1.

More than 2,400 triathletes attempted to swim, bike and run their personal best at arguably the toughest North American Ironman on the circuit. As many as 30 of those entrants were Mesa residents, who made the journey to Southern Utah to race in the red rocks and pristine waters of St. George. In fact, Mesa had the third largest contingency of athletes from any city in the U.S.

Race day proved to have calm and cool conditions, and most athletes found the race to be a long and arduous day of focused intensity. However, the finish line success was determined by the advance preparations, which were perhaps the most important part of the day.

Because of the particularly challenging and hilly bike course, Arizona athletes had to spend hours training locally on the more hilly routes of the Valley. They also had to make sure their road bikes were finely tuned and perfectly fit for their body frames. "You've spent a lot of money on entry fees, equipment and travel expenses, and then to suffer through the day because of an ill-fitting bike would be a terrible shame," said Kevin Riseborough of Iron Gear Sports.

Kevin tuned up numerous bikes for the Ironman participants, and found several of them to have major problems. In at least one case, a bike had a serious issue, which made it unsafe for race day. Las Sendas resident Cory Holman's bike was one in need of a major overhaul before he left for the race. His wife, Mindy, found she was in the wrong bike for her frame. She purchased a new bike and comfortable wetsuit before completing her race.

Lucky Arizona resident Jeff Huntley won a lottery for a spot in the World Championships in Kona, Hawaii. Kevin recently fit Jeff before he began



his intensive training program. "When you are in an aero position for hours and hours, and then you are going to run a marathon, a perfect bike fit is essential," said Jeff.

To prepare for the ups and downs of the St. George course, members of the Tri-Mesa crew ramped up their usual weekly training to include plenty of hill work and the infamous *end of the pavement* or *EOP* ride, a route snaking around Canyon Lake and finally finishing where the pavement stops, several grueling uphill miles past Tortilla Flat. Ben Lesuer, a Tri-Mesa team member, posted the fastest time of all the crew members, at 10 hours and 50 minutes.

"It was a day to be patient and ride your own race," said Steve Letcher, owner of Iron Gear Sports triathlon store, who completed his first Ironman event. "I saw some people without any wetsuits, and they had to be rescued from the lake by the event staff." Steve has since returned and signed up for Ironman New Zealand in March 2011. He trained six days a week for five months to reach his peak performance. "I had a goal and went out and did it," he said. Along the way, he dropped weight and gained the confidence he would need to endure the day and cross the finish line within his goal time.

Iron Gear Sports has assembled a team of professional coaches, bike fitters and shoe experts, who can help any Ironman hopefuls get properly outfitted and ready for their first triathlon.

The store is conveniently located at 6655 E. McDowell Road, Suite 103, at the southwest corner of Power and McDowell roads, near the Las Sendas community. Free bike tune-ups are offered through the month of June. ■



SPORTS

KING PINS

Bowling League has fun

The King Pins Bowling League ended another successful and fun-filled season on March 25.

The league plays on Thursday nights at Mesa East Bowl on Broadway and Ellsworth roads at 6:30 p.m., for a total of 26 weeks, with a break for the Christmas holidays.

The league is made up of eight teams, with three bowlers on each team. The winning team for the 2009-2010 season was Team No. 1, *Barely Standing*, consisting of Lori and Leo Breton and Ann Crawford.

If anyone is interested in joining in the fall, we will begin on Sept. 9, with a meeting at 6 p.m. at the bowling alley. Please call Ann Crawford at (480) 830-0544, or Sarah Crawford at (480) 274-3820.

There's always room for anyone else who would like to get out for a few hours and have a great time. ■



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REAL ESTATE

INVESTING IN REAL ESTATE IS STILL A GOOD OPTION

By John Karadsheb

While I carry a large book of listings at all price points, and in my inventory, I had five listings in the \$100,000-\$150,000 price range, all nicely remodeled investor-owned properties in lower income neighborhoods, which did not sell in the last 90 days—not even with the tax credit incentives.



John Karadsheb

After analyzing the numbers, they were put up for rent to generate some positive cash flow for my client. All five properties were rented within seven days, and there was a waiting list of prospective renters, to boot.

For those of you who have considered purchasing real estate as an investment, now is still a good time. Because so many people have lost homes to foreclosure or damaged their credit with a short sale, there is a bevy of renters. And mind you, these people have bigger furniture for more rooms and garages full of stuff from their previous homes. These individuals are not apartment dwellers. They want to live in a nice single family home, often in the same school district where they lived before.

So, how do you go about becoming a real estate investor?

USE A REPUTABLE REALTOR® TO IDENTIFY POTENTIAL RENTAL PROPERTIES.

Please try to choose something that doesn't have any latent defects (i.e. doesn't back to the freeway, power lines, or only has one bathroom). Also, work with your REALTOR® who understands the complicated formulas, which will help to ensure you can make enough money renting the property to cover the debt service and expenses. The ultimate goal, of course, is positive cash flow.

SECURE FINANCING WITH YOUR BANK OR A LENDER YOU CAN TRUST.

Although this is a great time to own rentals, you must budget for the occasional vacancy. Your lender and your REALTOR® can help you run the numbers to determine what your net will be. Don't forget to budget for any remodeling necessary for the property to be in rentable condition.

2

GET THE PROPERTY READY TO RENT.

Set a budget for repairs, and if you have the time and the skills, do the work yourself. Otherwise, hire a licensed contractor. For tax purposes, keep careful notes on what you spend.

3

ORGANIZE YOUR NEW BUSINESS.

Set up files for the property, and establish a rental contract. Read up on your legal responsibilities and rights as a landlord and the rights of the tenant. Set up an emergency fund for repairs and have a list of trusted repair and maintenance contractors you can call on 24 hours a day in case of emergency. (The water heater never breaks down on a Monday afternoon. Instead, it has a knack for failing on a Saturday at 2 a.m.!)

4

LIST YOUR PROPERTY WITH A REALTOR®.

A REALTOR® can help you with the rental contracts, or advertise it on rental Web sites. If you decide to lease the home yourself, a For Rent sign in the yard will pay for itself a thousand fold! Alternately, for a fee, you can list your rental with a property manager, who will handle everything for you.

5



SIT BACK AND COLLECT RENT.

Let someone else help you build up the equity in your investment. The trend in real estate is moving upward. The goal is your renters will cover the mortgage and possibly generate some extra income for you each month. In five years, the property should be worth more than you paid for it.

6

To quote Donald Trump...

“

“It's tangible. It's solid. It's beautiful. It's artistic ... and I just love real estate.”

”

John Karadsheb 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. ■

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SOLD

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UNDER CONTRACT

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3,499 sq. ft. 3BR, media & game room, 3.5BA, 3G. Contemporary design, panoramic views, slate fireplace, negative edge pool w/rain waterfall, spa, built in BBQ.



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EDUCATION

Desert Rose Preschool At Las Sendas

By Rose Buttitta, Teacher

Desert Rose Preschool at Las Sendas finished another year as 13 children participated in a big graduation ceremony.

Each graduate entered the ceremony wearing a cap and carrying a red rose for Mom. The proud children sang and performed for their guests. A diploma and yearbook were presented to each graduate, as well as a small gift.

The room took on the look of a media event, with lots of cameras going off and videos recording the special event. It was a happy and sad occasion, with parents experiencing tears rolling down their faces and some children not so happy to be leaving their happy surroundings and their friends.

The 3-year-old class and 4-year-old class also had a year-end party, with certificates handed out. Most of the children are coming back next year.

Thank you to all the parents for having such great children and entrusting them to me this year. Thank you for your support and always being there for your children. Thank you for your help and kind words.

Thank you for the great response we received for our fall registration. We still have more openings for all classes. If you have completed a registration form and paid your registration fees, you are in for the fall. You will receive a phone call, and your child will receive a postcard as a welcome to Desert Rose Preschool. All classes are the same as this year.

Desert Rose Preschool is located at the Trailhead Members Club, and is not a day care, but a curriculum-based preschool. It is a private preschool for Las Sendas residents only. Licensed and staffed with experienced personnel, each employee has had a background check, been fingerprinted, and has completed CPR and first aid training. Desert Rose Preschool is a place where children learn and feel secure because they are surrounded with love, patience and

understanding.

The fall session will start on Aug. 16, and will be the same as the current year.

- Two days a week from 9 to 11:30 a.m. \$160 per month.
- Three days a week from 9 to 11:30 a.m. \$185 per month.
- Four days a week from 9 to 11:30 a.m. \$210 per month.
- Five days a week from 9 to 11:30 a.m. \$235 per month.

These classes are multiage. Therefore, you could choose any of the classes.

If you want your child to stay for the Lunch Bunch, the session is from 9 a.m. to 1 p.m. The fee is \$25 more for two days and three days.

If your child stays four and five days for the Lunch Bunch, the fee is \$50 more per month.

Our summer camp runs five days a week for eight weeks. It begins on June 14, and will conclude on Aug. 6. Camp days begin at 9 a.m. and end at 3 p.m. The fee is \$500.

If you have any questions, please call me at (480) 654-4223, or send an e-mail to jbuttitta@cox.net. ■



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By Jill Steigleman, Insurance Agent licensed in Property/Casualty, Life/Health and Investments

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 - 3. The agent is properly educated**—An insurance agent is properly licensed with the state and has studied for, and passed, difficult exams to understand the language of insurance. The agent then learns the ins and outs of the contracts they offer. This helps you understand your options when selecting a policy. It is much more complicated than people think, and spending some time on tailoring your personal policy can really be important when a claim situation comes up.
- For a good insurance review, call (480) 807-7987. Our clients enjoy our personal service, and we would love to meet your family! ■



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COMMUNITY

Elvis Presley visits Las Sendas Retirees Club

Submitted by Mickey Veich

The Las Sendas Retirees Club recently held its annual party, complete with music and entertainers from days gone by.

Rather than its very popular and well-attended Spring Luau with a lamb roasting on a spit, this year's party surpassed all past gatherings. The event was a veritable happening.

Remember Wolfman Jack? He provided music at the turntable—gravely voice and all—with music from the early 50s rhythm and blues, right on through the origins of Rock'n' Roll, from Bill Haley and the Comets to Ritchie Valens and the Big Bopper.

Not only did the Wolfman entertain us, but also Elvis was there in person—or the next best thing—the national winner of the Elvis Presley look alike and performer of the year contest. This contest is to determine the best Elvis impersonator in the world. And thanks to Lana Taylor and her committee of Marilyn Veich and Marsha Wilson, Elvis came to Las Sendas.

Cindy Shanks, author of *Emily Walks the Sheep Trail*, entertained Las Sendas Retirees recently, and regaled the group with the story that began over a hundred years and four generations ago and continues to this day. Several thousand sheep leave Mesa via Ellsworth Road. They walk and bleat past the Usery Pass Recreational area, crossing the Salt River before continuing on for a hundred miles more, grazing all the way.

This had been a terrific photo opportunity for the retirees who met the sheep at 5 a.m. on Usery Pass Road. Cindy retired from teaching and wrote a book about the sheep and the sheep trail. She's writing a second book this year.

Here's what Shirley Duclos had to say about the sheep drive:

"On a beautiful, clear Saturday morning, members of the Las Sendas Retirees Club gathered on the corner of Brown and Signal Butte for the dawn sighting of thousands of sheep. The sheep walk from Florence north on the 100-year-old Heber-Reno Trail. A total of 4,000 ewes walk from the Sheep Springs Sheep Co., owned by Dwayne



Dobson, a third generation sheep rancher here in the Valley.

"When the sound of sheep bells on the lead sheep and a cloud of dust began to rise, the group was more than happy to watch the sheep begin their 220-mile walk. Herd dogs Tigre, Duke and Blue kept the line going straight. Cameras were ready, and this historic Arizona ranching event was recorded by active club members Carol and Bill Hall, Susan Grunbaum, Judy and Kevin Hanley, Judy and Pete Allard, Martha Harrison, Shirley and John Duclos and a few other friends and relatives."

Retirees also heard the latest in homeopathic medicine when professor Dr. Paul Mittman appeared and lectured during a recent Tuesday morning breakfast and meeting.

Las Sendas retirees have groups active in miscellaneous games, dinners, lunches, tennis, photography, men's and women's book clubs, as well as fun evenings out.

The Las Sendas tennis group recently had their annual dinner party following a regular Thursday meeting of playing tennis.

Anyone interested in exploring the tennis membership can contact Kevin Hanley at kjhanley2001@yahoo.com for additional information. In fact, anyone interested in information about the retirees club and its activities can contact Kevin, as well. You do not need to be retired to become a member and enjoy the many benefits.

On May 11, retirees are looking forward to hearing from Detective Carmen Johnson, Mesa Police Department Center Against Family Violence. ■

INSURANCE

IS THAT PHONE CALL WORTH THE RISK?

By Donna Kohlbase, CLU, ChFC, CASL
State Farm® Agent

Distracted driving is extremely dangerous and can cause personal injury and property damage. Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves.¹

Even with a hands-free device, multi-tasking while driving could have serious consequences.

You've seen it before. A vehicle near you is weaving in the traffic lane or traveling well below the speed limit. Chances are that driver is not focused on the road!

According to the U.S. Department of Transportation², there are three main types of distractions:

- Visual—taking your eyes off the road
- Manual—taking your hands off the wheel
- Cognitive—taking your mind off what you are doing

Distracted driving isn't just about phone calls or text messages. Many activities taking your attention away from traffic can lead to accidents. Examples of distracted driving include:

- Adjusting a navigation system
- Eating
- Grooming
- Reading
- Retrieving a dropped item
- Talking on the phone
- Texting
- Watching a video

Nearly half the U.S. states have restrictions against those activities causing distractions. Some states ban phone use in construction zones and school zones. Others place restrictions on novice drivers and operators of commercial vehicles, such as large trucks and school buses. Take the time to research the laws in your state, and visit www.distraction.gov.

So, the next time you reach for the phone while driving, answer this question: Is this call important enough to risk hurting someone, or can it wait? ■

¹ Insurance Institute for Highway Safety, 2005

² [Distraction.gov](http://www.distraction.gov)

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COMMUNITY

Tyler Farms sets example in horsemanship and conservation

By AnnElise Makin

Where Val Vista ends, horse heaven begins. Unspoiled vistas of the Salt River bed meander casually against the backdrop of Red Mountain, grazing Angus cattle enliven the scene, public trails crisscrossing the terrain amidst a serene outback quiet—although Tyler Farms' estate ends flush with the sound barrier of the North 202.

"The 202 freeway was going to wipe us out," manager Donna Campbell stated. "But my husband worked for four years to save the farm." Brian Campbell, a trial lawyer by profession, jumped into action and did not stop until the Federal Highway Administration approved a one-of-its-kind sound protection wall for the equestrian facility.

Secluded from the suburban noises, Tyler Farms and its Red Mountain Equestrian Center continue to grow as a sanctuary for horse and rider. The facility, although it started small, is now home to some 200 horses, about 30 are Tyler's own. Horses are trained at the facility by such nationally known horse trainers as Rod and Sandy Owens. In accord with its *Discovery Farm* title by the Arabian Horse Association, instructor Tiana Smith and Donna's brother, Scott Tyler, have been offering lessons to riders of all skill levels.

Donna manages the estate for her mother, Wanda Tyler, who owns the property. "Our parents came from California to Mesa, and helped establish the citrus industry during the war," Donna said. But as their other orchards in Mesa were sold and developed into suburbs, the farm moved on and transformed.

Where once were citrus trees at Tyler Farms, there are now green pastures. Along the drive, Angus cattle graze away

their leisurely days. Horse trainer Scott, in tune with the times, has started raising all-natural, grass-fed beef. "The flavor is unmatched," Donna proclaimed. "The meat is actually so lean that I like to add a little olive oil for cooking."

Donna's tour of Tyler Farms, across a maze of stalls and barns in a golf cart, reflects her pride and joy over the prospering business and the conservationist successes. Tyler Farms has pioneered many land protection measures, and has become the trailhead of an expansive outdoors arena. Her boarders don't need a trailer. The just tack up and go.

For the love of horses, or any kind of animal, Tyler Farms is fulfilling a good measure of community service. That's how Hereford steer, Norman, found a safe haven. He moseys right up to Donna's golf cart.

"My brother, Scott, rescued Norman as a calf from drowning in the canal," she said. "He jumped right in, cowboy hat, boots and all." Since then, Norman has become a favorite show-and-tell item. As a calf, he'd been badly mangled by wild dogs, but as the favorite pet, he is to stay.

Cecilia Miller, a world citizen with Swedish origin, who boards her horses here, could tell you a couple more rescue stories. She adopted two neglected quarter horses, Dakota and Bullet, both males, from the reservation. "There is no better place to ride but here," Cecilia praised. "I had chills [of joy] on my arms when I first got here. When you get high on nature, all the stress just goes away."

Laura Irwin, from Mesa, has boarded horses at Tyler Farms for 13 years, and she has picked up a lot of good horse sense along the way. Women, she found, do handle horses well. "Horses require more finesse than strength at any rate. No matter how strong you are, the horse is always stronger," she said. "So, you learn to adopt the horse's point of view and communicate with body language."

Tyler Farms' top mission is to establish a connection between the horse and rider. "We have had people who were initially scared of horses," Donna commented. "But after they connected with their horse, the horse helped them fix their problems," she said.

But it is mainly the achievement in good horsemanship that builds up confidence. Savannah Campbell, Donna's daughter, is now working with trainer Rod on Eclipse to compete at the national level.

"Horses have to be taught before an amateur gets on," Rod stated. That's what his work is all about. "A well-trained horse can teach the rider," he said, "but he can teach you bad habits, too." Rod brings out the best performance in each horse.

No matter whom you ask at Tyler Farms—Wanda, Donna, Scott, Rod or Tiana—they are all working to instill some good horse sense into people. And that mission also contributes to the preservation of our natural habitats. ■

With its quality boarding, training and expansive trail riding options, the 43-acre Tyler Farms has become an attractive, full-service equestrian center. For more information about boarding, riding instruction or summer camp programs, call (480) 830-6670, or go to the Web site at www.tylerfarmsaz.com.

For information on the grass-fed beef, call Scott Tyler or Tim Kenny at (480) 735-8838.



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HEALTH

REGISTERED DENTAL HYGIENIST Joins Highland Village Family Dentistry

By Vivian Stearns-Kobler
Highland Village Family Dentistry is proud to announce the addition of Carrie Steele, registered dental hygienist, to its staff.



A Gilbert resident, Carrie Steele has seven years of experience in the practice of dental hygiene and an additional eight years in dental assisting. She received her dental hygienist training at Lake Washington College, Kirkland, Wash., where she was the president of her hygiene class.

Carrie's childhood experience with braces is what motivated her to pursue a career in dentistry. As a dental hygienist, she enjoys helping to educate her patients. "The way to maintain good dental health is to floss, floss, floss," Carrie stated, "and try to maintain regular visits to the dentist."

According to the American Dental Association, preventing tooth decay and periodontal (gum) disease involves eating a balanced diet and limiting the number of between-meal snacks. Good oral hygiene is important. Several recent clinical studies show a direct link between poor oral hygiene and serious systemic diseases, such as cardiovascular disease (heart attack and stroke), bacterial pneumonia, low birth weight, diabetes complications and osteoporosis. For more information, go to *Systemic Diseases Caused by Oral Infection* at <http://cmr.asm.org/cgi/content/full/13/4/547> and Osteoporosis and

Periodontal Disease at <http://homepage.vghtpe.gov.tw>.

Smoking and chewing tobacco are both strongly linked with multiple dental diseases (*Tobacco use and incidence of tooth loss among U.S. male health professionals: Journal of Dental Research April, 2007*). According to www.worlddental.org, the top 10 healthiest foods for teeth include green tea, milk and yogurt, cheese, fruits, vegetables, including onions and celery, as well as sesame seeds, animal food (beef, chicken, turkey and eggs) and water.

"Our entire staff truly cares about our patients' dental health," Carrie said. "This is why patients should choose Highland Village Family Dentistry."

The practice is located in Bashas' Shopping Center at 1145 N. Ellsworth Road, Suite 102B. Hours of operation are Monday and Wednesday, 8 a.m. to 5 p.m.; Tuesday and Thursday, 9 a.m. to 6 p.m.; and Friday and Saturday by appointment. For more information or an appointment, call (480) 830-7801. ■

REAL ESTATE

Professionalism, Experience Distinguish Coldwell Banker Trails and Paths

Ron and Debbie Brown of Coldwell Banker Trails and Paths Premier Properties have been prominent figures in Northeast Mesa real estate for years, and currently, they are seeking several select candidates to share in the success of their team.

To add to the appeal of their agency, the two recently combined the talents of their firm with Coldwell Banker and Previews International, Coldwell Banker's most luxurious listings.



Banker offers referrals to their agents as part of the support to drive the company's success. For buyers and sellers expecting the best, this practice is instrumental in ensuring the retention of quality agents.

Ron is available to answer any real estate questions requiring more expertise or to simply confirm an answer, thereby making sure the client is receiving the most accurate real estate advice. As owner and broker, he diligently focuses on his extensive networking experience to generate more referrals for his agents.

Setting Coldwell Banker Trails and Paths Premier Properties from other companies is the team of experienced professionals, dedicated to customer service. Committed to providing the best for their clients, they consistently exceed expectations.

The office has the advantage of marketing in *Up Close Publications*, featuring Las Sendas, Red Mountain Ranch, The Groves, and the surrounding uplands. This affords agents valuable exposure to these communities.

All materials and equipment necessary to provide only the best service to their clients are supplied. Quality brochures and listing information sheets, as well as technology assistance, are all provided to the agents at no cost. Also in progress is the state-of-the-art upgrading of the Coldwell Banker Trails and Paths Web site.

While other companies charge agents as much as 30 percent for referrals, Coldwell

Carol Drew is the onsite associate broker and transaction coordinator. She ensures each agent's paperwork is timely and each file is complete with all compliant forms needed for the transaction. This is an added bonus for those busy agents who are managing many transactions and may not employ a sales assistant.

Cathy Ebert, marketing manager, creates photo tours and posts listings on all of the affiliated Web sites to maintain integrity. She also manages the Internet marketing for the company.

One of the best features of this unique office is the support and camaraderie among the agents who have tremendous respect for each other and are delighted to be a part of this professional environment.

The Coldwell Banker Trails and Paths office is conveniently located in The Village at Las Sendas, at the northeast corner of Power and McDowell roads. For more information, call (480) 355-4700. ■

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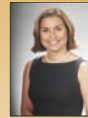
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