

Las Sendas Up Close

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August 2012

MESA GOLFERS EXCEL AT THE HIGHEST LEVELS

Submitted by the Las Sendas Golf Academy

Charlie Beljan, Kaitlyn Saum and Miranda Reyes are reaching new heights in their careers, and proudly, they are all frequent visitors of the Las Sendas Golf Academy and residents of our hometown Mesa.



CHARLIE BELJAN

Charlie grew up playing Alta Mesa Golf Club as a junior, where friends and family, who have supported him throughout his entire career, surround him. Charlie's mother is a full-time employee at Alta Mesa Golf Club.

Charlie is now playing on the Professional Golf Association (PGA) Tour, and becoming quite successful, sitting at \$417,000 in 2012 earnings. After his third place finish in West Virginia, at the Greenbrier, his \$353,000 payday vaulted him 78 positions on the money list, all the way to 125th heading into the John Deere Classic. The top 125 on the money list retain their playing privileges for the 2013 season.

Third overall in driving distance, at a whopping 311 yards per drive, Charlie is two yards ahead of Arizona's Robert Garrigus, and five yards behind Master's Champion Bubba Watson. "It is impressive how accurate he is off the tee when compared to his incredible length," said Ben Weir, director of instruction at the Las Sendas Golf Academy.

Charlie has made some significant improvements to his game lately, and is expecting more in his personal life. He and his wife, Merisa, have their greatest achievement coming. They are expecting first-time parents of a baby boy scheduled to arrive on Sept. 10.

In addition, Charlie has changed caddies to the famed *Handlebars*, as nicknamed by his PGA Tour constituents. "We are a great fit," Charlie said, "and he has more than 20 years experience out here. I have learned more in one week with my new caddy on how to read and properly attack a golf course than I have in my entire career," he continued. "I can't believe how shortening my clubs to compliment my arm length has allowed me to free swing the golf ball." Charlie made his remarks a few weeks prior to his top finish in West Virginia.

With Charlie's impressive physical talents complemented by some of the top coaches in the United States mentoring him along the way, he seemingly will be a force to be reckoned with for years to come on the PGA Tour. This year's list of coaches and mentors include the likes of mental guru Dr. Bob Rotella, who he admitted



gave him one of the best weeks of his life when visiting his home in Virginia this past June.

Ben has been working steadily with Charlie on his short game since February 2008, after a chance meeting at a holiday gathering in 2007. Steve Dallas, general manager at Alta Mesa Golf Club, has been more than a life coach and close friend to Charlie throughout his entire career. When Charlie is not riding his racing motorcycle, he can be followed and supported by logging on to pgatour.com, Facebook and Twitter.



KAITLYN SAUM

Red Mountain High School standout and team captain Kaitlyn also is reaching new heights in her young career. At 16 years old, she is entering her junior year, but rarely plays like her age. She drives fast cars, is the team captain for a reason, and, most of the time, she dissects golf courses in the same fashion, fast and furious.

In the past, Kaitlyn has won the Mesa City Juniors, taken the team on her shoulders as a freshman, and has finished first or second in numerous Junior Golf Association of Arizona and Antigua Tour events. She has even been invited and participated in such prestigious events as the United States Kids/European World Championships in Scotland, and an American Junior Golf Association National Junior competition in Dallas.

Kaitlyn recently shot 71-75 for a third place finish in a statewide competition at the Raven Golf Club to solidify her invitation on the Girls Junior America's Cup team. A great achievement, considering it's a 17 and under open age division, and she is a year younger than the majority of girls on their respective teams.

Kaitlyn was selected as one of the top four juniors in the state to represent Arizona in Maui just this past July. The Girls Junior America's Cup is a team competition with 18 teams from the Western United States, Canada and Mexico. For more information on following Kaitlyn at her Junior America's Cup competition, follow

her at www.gjac.org.

She is a straight A honor student, which is equally impressive to uphold when compared to her rigorous tournament schedule. "Kaitlyn is a fascinating young woman to work with," said Ben, her coach at Las Sendas. "She exudes intelligence and resolve about herself on and off the golf course. When complemented with her power and an innate ability to rise up whenever challenged, it's a perfect combo," he continued. "She just doesn't know how great she really is yet. She's learning that now."



MIRANDA REYES

Entering her junior year on the golf team at Desert Ridge High School, Miranda is another outstanding East Valley junior golfer beginning to make her mark. She has been under the academy tutelage going on two full seasons.

"Miranda's physical strength, work ethic, and powerful mind are second to none," said Ben. "I call her my little pit bull. You can put her in almost any difficult situation, and she will display

Continued on page 9

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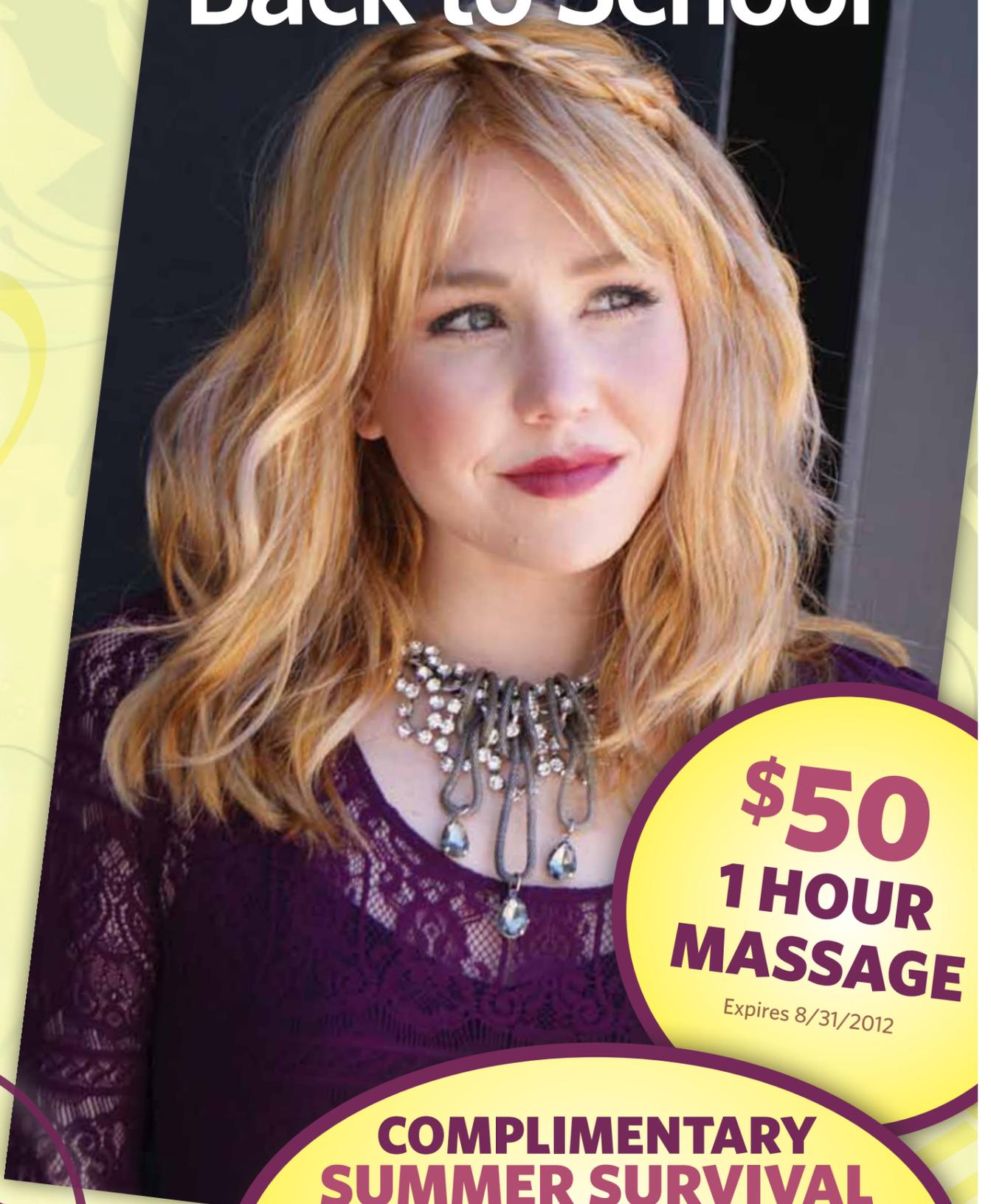
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UpClose

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E-mail: Publisher@PhillipsWest.com

(480) 748-1127

EDITOR-IN-CHIEF

Kim Phillips

ADVERTISING

Kim Phillips (480) 748-1127

STAFF WRITERS

Dawn Abbey
AnnElise Makin

COPY EDITOR

Sandra Van Dyke

DESIGN

LuckyYou! Creative, *publication design*
Erin Loukili, Misty Voitovski
www.luckyyoucreative.com

Ramey Newell, *Web site design*
KeenGraphics.net

CONTRIBUTORS

Rose Buttita, John Karadsheh,
Nancy Nemitz, Jay Williamson

www.UpCloseAZ.com

EVENT

MARDI GRAS MAGIC ON THE SALT RIVER IS SPICY AND SIZZLING

Submitted by Salt River Tubing

If you are looking for a spicy, sizzling and unique floating adventure, don a mask, and celebrate a purple, green and gold Cajun day at the *Mardi Gras Magic* event on Saturday, Aug. 18, from 9 a.m. to 3 p.m., at Salt River Tubing.

The good times will be rocking as flamboyantly costumed river employees toss free Mardi Gras beads, line dancers wow the crowds, and the Parade of Floats (buses) provide a spicy shuttle to the Salt River. Limited edition Mardi Gras Magic T-shirts and free tubing passes will be awarded for the best tuber costumes.

The Mardi Gras Magic event, co-sponsored by Tonto National Forest, Riviera Broadcasting Group and Salt River Tubing, is aligned with the United States Department of Agriculture Forest Service's *More Kids in the Woods* commitment in meeting the challenge of reduced youth involvement in outdoor activities.

"Our company's costume-themed events, Rocking'

Rodeo, Halloween and Mardi Gras, offer unique adventures for teens exploring the great outdoors," said President and Chief Executive Officer of Salt River Tubing Henri Breault.

"Present day teens are the future parents of our nation, and the More Kids in the Woods Forest Service national program was expressly designed to encourage



efforts to get kids and teens outdoors," Henri stated. "If teens today are introduced to memorable opportunities in the great outdoors on public lands, the likelihood they will bring their own children into the woods is increased greatly," he continued.

"Our teens need a hook to encourage them to get outdoors in the summer," Henri further stated. "They occupy their time primarily by watching television, social networking online and checking out the latest movies at the theatres. The costume-themed events are attended by thousands each year in anticipation of enjoying a memorable tubing adventure on the Lower Salt River in Tonto National Forest."

The cost of tube rental is \$15 per person or tube, which includes inner tube rental and shuttle bus service.

Salt River Tubing is located in Northeast Mesa, on Power Road, just seven miles from Highway 202 East. ■

For more information about Salt River Tubing, please visit the Web site at www.saltrivertubing.com, or call (480) 984-3305.



August Superfan: Amy Bruce



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LAW

THERE ARE ALTERNATIVES TO DIVORCE TRIALS

Submitted by **Liszewski and Associates, PLLC**



Matt Liszewski

Parties involved in a divorce sometimes believe the only alternative to resolving their disputes is to have a trial.

There are, however, alternatives to trial, which are less costly and produce good results.

SETTLEMENT CONFERENCES

Maricopa County has an excellent program in which a commissioner or judge pro tem is appointed to oversee a formal settlement conference, and offer an opinion on the likelihood of success of each party's position. The commissioner or judge pro tem's opinion is not binding upon the parties, and the assigned judge is not involved in this process.

The settlement conference is often the last chance to try to broker a settlement short of a trial. If the parties can agree on some or all of the issues, the judge pro tem or commissioner has the authority to make the agreement an order of the court.

MEDIATION/PARENTING CONFERENCE

Mediation is another form of alternative dispute resolution, or ADR, in which the parties and their attorneys meet with a mediator to discuss the outstanding issues in a case. Mediation is confidential and voluntary. In addition, there is no

requirement that you reach an agreement. What is discussed is not divulged to the family court judge. Either party may also request that the court schedule a parenting conference with a court-appointed mediator to mediate child custody and parenting time issues.

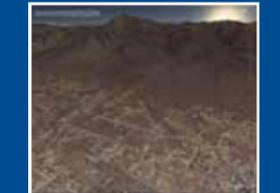
The mediator attempts to help the parties reach agreements, which benefit the parties and their child(ren). The mediator will document any agreements reached between the parties, and forward the same to the judge for signature as an order if no objection is received. Attorneys are not permitted to attend mediation with clients, and the conference is confidential. ■

The attorneys at Liszewski and Associates, PLLC, are here to assist you with all of your family law matters, including divorce, custody, child support, pre- and post-nuptial agreements, adoption and juvenile matters. To schedule a consultation, please call (480) 357-2933.



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COMMUNITY

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Submitted by **Flancer's Incredible Sandwiches and Pizzeria**

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Bring a copy of your recipe and a sample of your rockin' dessert in for Flancer's tasters now through Oct. 12, to either Flancer's location, and see if your dessert has what it takes to be a winner.

Finalists will compete in Flancer's Dessert Showdown, in Mesa, on Sunday, Oct. 14. The winner's name and dessert will be featured at both Flancer's Incredible Sandwiches and Pizzeria restaurants for one year, with a portion of the proceeds donated to the winner's favorite charity. The winner also will receive a \$100 Flancer's gift certificate and cool trophy.

Jennifer Madigan won the second annual Flancer's Your Charity Dessert Showdown with her turtle cheesecake. Jennifer's charity of choice, Susan G. Komen for the Cure, received approxi-

mately \$2,300 as of the end of June, with more to come.

Desserts are judged on criteria of visual appeal, taste, ease of recipe, readily available ingredients and originality.

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Gilbert, or at the Mesa location, 1902 N. Higley Road, just south of McKellips Road. ■

Learn more about Flancer's Incredible Sandwiches and Pizzeria, peruse their menu, or learn more about this event and other exciting events on the horizon by visiting www.flancers.com or visiting them on Facebook at www.facebook.com/flancerscafe and www.facebook.com/flancersmesa. For more information about Odell Brewing Company, visit www.odellbrewing.com.



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REAL ESTATE

GOOD MARKETING IS IMPORTANT WHEN SELLING YOUR HOME

By John Karadsheb

As the heat of the summer months fades away, many people start thinking about putting their homes on the market.

This is, indeed, a great time to list your home. In the cooler months, many people come to our state with the intent of purchasing another residence, and other buyers also get motivated to look while the weather is nice. As I look through the MLS system at properties, I never cease to be amazed by how many properties are poorly marketed. There are often typos in the descriptions, and poor photos, which hinder the sale of homes rather than help the sale.

The reality today is most buyers start looking for homes online before they ever get in their cars and drive around. They look at listings, photos and virtual tours, and narrow down their choices to a few homes they actually take the time to physically tour. In fact, a lot of people lose showings before they even get one person through their homes because of the way they are marketed and presented online.

Great photos make all the difference in whether or not a buyer takes the next steps to tour a home. Some listings will feature one photo of the backyard—that's it. When an agent can place as many photos as he wishes online, it seems strange to just post one. In many other cases, I find photos that are simply inappropriate—photos with dirty laundry and unmade beds, photos with overflowing garbage cans, and even photos of just ceiling fans.

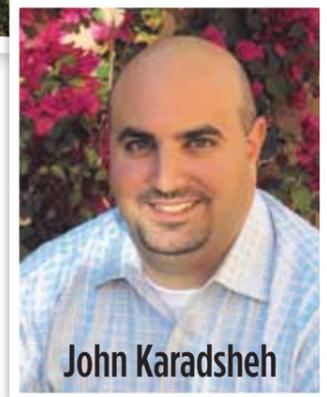
When people look at an online image of a home, they are trying to imagine whether that home will work for them. While I can't tell you how all buyers think, I do know most of them don't want to visualize their dream home full of dirty laundry.

Since I have seen so many of these types of bad pictures, I even have dedicated a Facebook page to bad MLS photos because many of them are quite entertaining—especially when you think of them as marketing

material. You can check them out at www.facebook.com/BadMLSPhotos.

Here are a few pointers to make your home more marketable online:

1. When choosing an agent, ask him to pull up his listing inventory, and look at the property descriptions and photos he is using to market their listings. Also ask to see the virtual tours he designs for their listings.
2. Ask your agent where they market his properties online. Does he use Facebook, Twitter, craigslist, etc?
3. When your agent comes to photograph your home, be sure to clean away the clutter. Hide the dog bed, clear off the bathroom counters, and make sure the windows are nice and clean.
4. Flowers. If you look through any home design magazine, you will see fresh flowers. Stylish arrangements, or even potted orchids, add a nice feeling to photographs. Other fresh looking accessories include a nice bowl of fresh green or red apples or a bowl of citrus.
5. Make sure your real estate agent doesn't capture his own reflection in the mirror of the bathroom. I have seen this many times, and it just looks silly.
6. Try to capture photos of your home at the time of day when your home looks its best. For example, don't photograph at 5 p.m. if your house faces west, and the blasting sun makes it impossible to photograph rooms without the curtains closed.



John Karadsheb

I would love to help you get your home ready to sell, but whether you use me or someone else, make sure your home is marketed well. A picture tells a thousand words, and the words you want your pictures saying are *Buy me. I am the perfect house for you.* ■

John Karadsheb is a licensed REALTOR® with Coldwell Banker Trails And Paths Premier Properties. He also is 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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SPORTS

Charlie Beljan Ties for Third Place in PGA Greenbrier Classic

By Dawn Abbey

Alta Mesa's own Charlie Beljan tied for third place in the recent Professional Golf Association (PGA) Tour Greenbrier Classic at The Old White TPC course in White Sulphur Springs, W. Va.

Charlie, at 27, is a rookie on the tour this year, but is no newcomer to golf. He started playing at 5 years old, and has played Alta Mesa Golf Club (AMGC) as his home course since 1986, turning pro in 2007, according to his proud mother, Ann Beljan, general manager at AMGC.

Stats on the PGA Tour Web site list the following data for Charlie: Carded a career-best 62 in the second round of The Greenbrier Classic, then added rounds of 67-67 to finish a career-best T3 at The Greenbrier Classic—his first top 25 on Tour. The end of the week had seven of his last nine rounds on Tour in the 60s. Previous-best round was a final-round, 4-under 66 at the Travelers Championship, leading to a then career-best T29.

He also ranks eighth in Driving Distance—Driver on the tour.

Last December, Charlie carded a final-round, 4-under 68 at the PGA Tour Qualifying Tournament at PGA West to earn his tour playing privileges for 2012.

According to Charlie's PGA profile, up to now, his biggest thrill

in golf was winning the 2002 U.S. Junior Amateur at Atlanta Athletic Club. There, he had made a 2-foot birdie putt on the 20th hole to edge Zac Reynolds.



Charlie was a three-time state and regional champion in Arizona, and named Arizona player of the year two years in a row. Charlie played one year of high school golf at Red Mountain High School, with current Web.com Tour player Aaron Watkins, a friend since childhood. ■

For more information regarding the PGA Tour or Charlie Beljan's career, visit pgatour.com. For information about Alta Mesa Golf Club, located at 1460 N. Alta Mesa Drive, visit altamesagolf.com, or call (480) 832-3257.



Charlie Beljan and Ben Weir

FUNDRAISING

ALTA MESA GOLF CLUB TOURNAMENT RAISES FUNDS FOR ALS

By Dawn Abbey

Almost 100 golfers turned out at Alta Mesa Golf Club (AMGC), this past June, to play in the shotgun start tournament fund-raising event, which garnered more than \$14,000 for amyotrophic lateral sclerosis (ALS) awareness.

The winning foursome, all AMGC members, each received a \$50 gift card to the Italian Grotto Restaurant, in Scottsdale. The winning foursome included Steve Dallas, Mike Moody, Phil Crass and Pete Rust.

When touring professional golfer Aaron Watkins, an AMGC member, found out last February that his 30-year-old, lifelong boyhood friend, Kevin Swan, had been diagnosed with ALS, also known as Lou Gehrig's disease, he decided he had to do something to help.

"Even though ALS is incurable and always terminal," Aaron lamented, "Kevin took the news well, and decided to spend whatever time he had by forming a nonprofit corporation, A Life Story Foundation, to raise awareness of ALS and other neuromuscular diseases."

So, Aaron decided to coordinate the tournament to support his friend's efforts.

Another friend, Jeff Coppaken, who also worked on the event, said additional funds were raised over that weekend, at a Scottsdale cocktail party, and through an online auction, in conjunction with the Muscular Dystrophy Association. Local businesses also donated prizes and raffle tickets, as well as becoming hole sponsors.

Each year, some 30,000 Americans contract ALS, usually in their prime of life. There is no known cause, and only one



Aaron Watkins



Kevin Swan

medication has been available for the last 15 years, said Kevin in videos he has posted on the Internet. He believes that because not a large number of people get the disease, pharmaceutical companies have less incentive to research a cure, as profit would be nominal. "ALS doesn't have a survivor," Kevin stated. "I want to try to change that." Monies raised by the tournament will go toward Kevin's programs.

A professional TV announcer, Kevin has produced two very short videos (two to three minutes), which are informational and full of impact. As a part of his goal to raise awareness, his videos give a personal and understandable look at neuromuscular disease, and its effects on the lives of sufferers and their families. To view them on the Internet, type vimeo.com/41308140 for Shotgun! and vimeo.com/40457132 to see The New Face of ALS. ■

For more information, Kevin can be followed on Facebook at Swan's No Limit Soldiers, Facebook.com/KevinSwanNLS, or at his foundation's Web site, www.alifestory.org.

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POLITICS

CANDIDATE PRESENTS QUALIFICATIONS FOR STATE SENATE

By Greg Gadek

This year, Mesa voters, in the newly redistricted Legislative District 25 (LD25), will have a choice for State Senate in the November general election.

My name is Greg Gadek, and I have entered the race as a Democrat to face the winner of the August Republican primary election between Russell Pearce and Bob Worsley.

Arizona consists of 30 legislative districts. Because some areas grow faster than others, the districts are redrawn every 10 years following a U.S. Census. The goal is to make all of the districts relatively equal in size, based on population. Our new district covers approximately half of Mesa, including the entire northern span, from Riverview to Usery Park. It also includes the central and southern portions of Mesa, from approximately Gilbert Road to Power Road. Our district is extremely diverse, including people from different faiths, cultures and socio-economic backgrounds. Please go to www.Gadek2012.com to view a map.

I have been a proud Mesa resident for more than 25 years. My wife, Jennifer, and I have raised our family here. All three of our sons attended Ishikawa Elementary School, Stapley Junior High School, as

well as Mountain View High School, in the Mesa Public School District, and we have been active parents at each of these schools. Our two oldest sons, Dylan and Geoff, are college graduates, and our youngest son, Connor, is a sophomore in college. I was raised in Michigan, by hardworking Midwestern parents. My dad is now retired from General Motors, and lives close by in Mesa.

I have been a registered Independent for most of my life, but my core beliefs have always been closely aligned with the Democratic Party. I believe in economic policies, which protect working families and promote a strong middle class, the backbone of our country. I believe in equal rights for everybody. And I believe we must invest in education and infrastructure to keep our country competitive in a global economy.

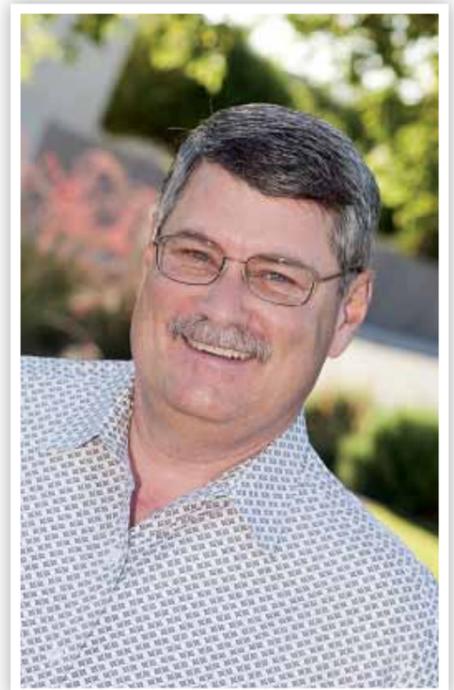
I intend to vigorously challenge my Republican opponent this fall, with a spirited, idea-oriented campaign, with the purpose of leading LD25 in a new political direction.

This new direction must include restoring Arizona's reputation in the national business community. Our image has been tarnished by foolish legislation, which has made Arizona an undesirable business address. In past years, most corporate relocation decisions included

Arizona as a top choice. Now, business leaders fear they will be boycotted or subjected to ridicule, and have opted to relocate elsewhere. We are losing jobs to neighboring states, and must replace career politicians with new leadership in our first step to restoring credibility.

Education will be my primary concern, if elected. The voters overwhelmingly approved a 1-cent sales tax increase in an effort to stabilize the education budget. Our schools suffered massive budget cuts during this recession. Now that our economy has shown early signs of recovery, the legislature is diverting the small amount of excess funds to other uses, including a rainy day fund. The voters didn't approve a tax increase to create a rainy day fund. Any excess needs to be redirected to our schools, as mandated by the voters.

Some people say Mesa is so far-right conservative that a Democrat stands no chance of winning here. It is true Republicans outnumber Democrats by a large margin, but common-sense Independent, Democrat and Republican voters who support education and job creation far outnumber the extremists on either end of the spectrum. Regardless of your party affiliation, if you are frustrated and angry with politics as usual, our campaign gives you a real choice. ■



GREG
GADEK

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New Leadership, New Priorities

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- Invest in education
- Ensure a safe, strong community
- End corruption at the State Capitol

Originally from Michigan, Greg has lived in Northeast Mesa for more than 25 years with his wife Jennifer and their three sons.

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EDUCATION

Desert Rose Preschool At Las Sendas

By Rose Buttitta
Director/Teacher

The children are all getting along great during the summer session, and look forward to coming to school.

We celebrated the Fourth of July by making lots of things in red, white and blue, and having a parade. We also have had both ugly and beautiful bugs visit our class. Now, we are learning about dinosaurs. The children have painted dinosaurs, and made fossils that were buried. The children dug them up just like the archeologists.

Desert Rose Preschool at Las Sendas is a very special school where children are loved and cared for. We are licensed and in compliance with all state regulations. We have three adults, at all times, to love, care for and teach your children. They all have had training related to working in and teaching preschool. We all have First Aid and CPR training and have gone through fingerprinting clearance. This is my 26th year of teaching. I taught kindergarten for 14 years, and have been trained in working with children with special needs.

Desert Rose Preschool at Las Sendas has been operating at the Trailhead Members Club for 10 years. You must live in Las Sendas to attend our preschool.

THE CHILDREN WILL LEARN ALL THE EARLY LEARNING STANDARDS:

Social and Emotional

Knowledge Self: Awareness: recognition of expression

Social Interactions: With others, separation, cooperation

Responsibility for self and others: Self-control, respect

Approaches to learning: Curiosity, creativity, initiative, problem solving, persistence, confidence

Language and Literacy

Oral Language Development:

Listening and understanding, speaking and communicating

Pre-Reading Process: Print awareness, book handling skills, sounds and rhythms, letter knowledge

Vocabulary Development:

Comprehending stories

Pre-Writing Process: Written expression

Mathematics

Number Sense and Operation: Number sense, numerical operations

Data Analysis: Collection, organization, data analysis

Geometry and Measurements: Spatial relationships and measurement

Structure and Logic: Logic and reasoning

Science

Inquiry: Observations, questions, investigation, analysis and conclusions, communication

Physical Development, Health and Safety

Physical and Motor Development: Gross motor, fine motor

Health: Personal health and hygiene

Safety: Safety/injury prevention

Art and Music

Visual Art: Creating art, art in context, art in inquiry

Music and Creative Movement: Creating music, music and creative movement in context and inquiry

Dramatic Play: Creative dramatic play, dramatic play in context and inquiry

CLASS CURRICULUM

The children will have art and music every day, and snacks will be provided. Children will learn to write their names

and all the letters of the alphabet, as well as numbers from 1 to 20 and above. We will teach them to count to 100, and will celebrate that day with a party. Topics to be taught include days of the week, months, weather and seasons. They will experience lots of thematic learning and activities for the early childhood. We will have special events, an open house, Halloween Parade, Thanksgiving feast, snack drive for the Sunshine Acres Children's Home and Christmas cookies. The children also will enjoy a Valentine's Day party and an Easter egg hunt. There will be a graduation ceremony for the pre-k class. Every child will receive *Clifford the Big Red Dog* magazine and *Let's Find Out*. All gifts and refreshments are included in your monthly tuition. Your child will be ready to enter kindergarten fully prepared, with confidence and maturity.

FALL CLASSES

The fall classes will start on Aug. 27. You will receive a phone call and a postcard to welcome the student to Desert Rose Preschool at Las Sendas. This year, I am going to offer the same options as last year. You can choose the days and times for your child. You can choose morning until 11:30 a.m., or you can add Lunch Bunch until 1 p.m. You also can choose all day until 3 p.m. (We must have at least six children enrolled in order to have the all-day session work.) Last year, I tried to accommodate the needs of the student and parents. So, if you have a special need, please let me know, and we will work it out. As a teacher, I am very flexible. Desert Rose Preschool at Las Sendas is not a day care, but a private educational preschool.

Remember, 3-year-olds must be potty trained.



MY ADVICE EVERY YEAR TO PARENTS

For most children, leaving home to go to school marks the biggest change in their daily lives. It's also a change for parents. A child is being sent off to school. Some children take separation in stride. Others have difficulty. Here are some Dos and Don'ts to help you.

DON'T

1. Don't build up the first day. Be eager, but don't continually bring it into your conversation. Let your child bring it up.
2. Don't allow siblings to tease or alarm your child about school.
3. On the first day of school, don't stay. Say goodbye at the classroom door. Don't linger.
4. Don't let your child feel there is a chance of not going to school. Don't engage in a discussion about it. Be natural, but firm in tone. Be supportive and reassuring.

DO

1. Explain to your child what you will be doing while he is at school.
2. If you can, have him meet the teacher and see the classroom before the first day of school. It will help lessen his anxiety.
3. Explain the fact the teacher will help him go to the bathroom if he needs help.
4. Explain how long the preschool will last. Relax and enjoy your time. I promise your child will be cared for with love and patience. ■

For information, please call Rose Buttitta at (480) 654-4223, or send an e-mail to jbuttitta@cox.net.

HEALTH & WELLNESS

MOUNTAIN VISTA MEDICAL CENTER PRESENTS FREE EDUCATIONAL EVENTS

Submitted by Mountain Vista Medical Center

At Mountain Vista Medical Center, we know how much the best information can help you and your family.

Join us for the following educational events in August.

The ABCs of Cardiology

Join Chris Lichtenwalter, MD, cardiologist, on the medical staff at Mountain Vista Medical Center, as he discusses basic anatomy and physiology of the heart, what you should know about heart disease, and

how to keep your heart healthy. Thursday, Aug. 2, noon to 1 p.m.

Foot and Toe Nail Fungus—An Overview

When fungal infections occur in the foot and toenails, they can be a nuisance, embarrassing and hard to treat. Join Glen Robison, DPM, podiatrist, on the medical staff at Mountain Vista Medical Center, as he discusses what causes the fungus, symptoms, treatment options, and the importance of proper footwear, which can help prevent fungus from forming.

Wednesday, Aug. 22, noon to 1 p.m.

The Basics on Eye Infections

Infections of the eye can be caused by viruses, fungi or bacteria, which can lead to vision problems if not treated promptly. Join Aasim Kamal, MD, ophthalmologist, on the medical staff at Mountain Vista Medical Center, and learn about the types of eye infections, symptoms, causes, treatments and tips on infection prevention.

Wednesday, Aug. 29, noon to 1 p.m.

A light meal is provided at each event.

These free health seminars are designed to help you stay healthy. Mountain Vista Medical Center is located just north of the U.S. 60 at Southern Avenue and Crismon Road. Seminars are held in classrooms 3 and 4, located on the second floor of the hospital, near the cafeteria. Park on the east side of the hospital, and enter through the Outpatient entrance. ■

To register for these events, or to learn about the entire seminar series, call (877) 924-WELL (9355), or visit mvmedicalcenter.com.

Desert Rose Preschool at Las Sendas



A place where children learn and feel secure because they are surrounded with love, patience and understanding.

Classes for 3-year-olds, 4-year-olds and Pre-K.

For more information, call preschool director and teacher Rose Buttitta at (480) 654-4223.





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MESA GOLFERS

Continued from front page

extreme resiliency." Similar to Kaitlyn, with her lower scores and higher finishes, she is starting to understand how great she has become.

This past June, Miranda finished in second place at Dobson Ranch Golf Club, with scores of 71-75 to qualify for her first Callaway Junior World Championship. There are two qualifying sites in Arizona each summer where only the top two players advance from each age division. The competition is intense, with juniors chasing their dreams. Every year, the famous Torrey Pines Golf Course, in San Diego, hosts the July event.

A total of 79 countries are represented, excluding the United States. If you would like to track Miranda's progress, you may do so at www.juniorworldgolf.com.

Equally impressive, Miranda departed for Hofstra University at the end of July for the first Tee's Life Skills and Leadership Academy in Long Island, N.Y. "She is an outstanding young person who all junior golfers should model themselves after in becoming the best they can be," said Ben.

The East Valley, primarily the City of Mesa, has truly become a hotbed for



outstanding professional and junior golfers alike. Superstition Mountain, by 2011 PGA National Instructor of the Year Mike Malaska, offers the highest level of golf instruction. Jeff Fisher, from Longbow, and Ben Weir, from Las Sendas, are proving to be right on track in joining Mike for similar accreditations. ■

When you are ready to take your golf game to the next level, please visit www.lassendas.com/academy, or contact Ben Weir directly at (602) 391-7100. You also can send an e-mail to benweir@pga.com.

DINING

Bogey's and The Rusty Putter ARE BACK AND BETTER THAN EVER

By Dawn Abbey

Better than ever after a month of renovation and improvement, The Rusty Putter and Bogey's Steak and Seafood restaurants at Las Sendas Golf Club will reopen on Thursday, Aug. 9.

"The first thing that will greet you is Bogey's new front entrance under the porte-cochere," said Dennis Shaw, Las Sendas food and beverage director. "We will still have the side entrance (where Bogey's likeness welcomes you), but now there is a new wall and door to the right, closing Bogey's off from the bar area," he continued. "The effect is to make Bogey's a more intimate and quiet dining experience."

Entering through the original side entrance also faces you directly into The Rusty Putter's bar, which was moved further down from the Viewpoint Patio. The outdoor patio seating area, unchanged, still offers the best view of the mountains, stars and city lights.

"Some of the improvements include new carpeting, replacing the old doors with larger, more attractive entrances, improved soundproofing, additional tables, and more TVs for the sports bar area," Dennis said.

To celebrate the re-opening, the restaurants will be offering a summer special happy hour, from 3 to 7 p.m. daily, with \$2 beers, \$3 wine, \$4 well drinks, and \$5 specialty drinks and appetizers.

Bogey's also is offering dinner specials, three for \$30, which includes a choice of salad,

entrée and dessert, and \$19.95 Prime Rib Thursdays.

Las Sendas also is planning a grand re-opening celebration in September, and construction is ongoing for the new banquet facilities, which should be completed in February 2013. "These great new facilities will give us more flexibility to offer spaces for meetings, weddings, parties and other events," Dennis said. ■

For more information on Bogey's and The Rusty Putter, or to see their menus, visit www.lassendas.com, or call (480) 396-4000. Las Sendas Golf Club is located at 7555 E. Eagle Crest Drive.



Real Estate In Las Sendas

brought to you by:

Las Sendas Area Market Report

Sales for the Month of June 2012



John Karadsheh



| Address | Square Feet | Community | Sold Price | Short Sale or REO* |
|---------------------------|-------------|------------------|------------|--------------------|
| 7247 E Northridge St | 1,605 | Windsong | 174,900 | |
| 7265 E Tasman St | 1,571 | Featherwind | 204,500 | |
| 3552 N Tuscany | 1,756 | Rolling Hills | 223,000 | X |
| 7548 E Snowdon St | 2,150 | Ironwood Pass | 249,000 | |
| 7520 E Wolf Canyon Cir | 2,180 | Mountain Gate | 265,000 | |
| 7259 E Tyndall St | 1,816 | Featherwind | 295,500 | |
| 7556 E Sierra Morena Cir | 2,451 | Shadow Canyon | 297,000 | |
| 7742 E Regina Cir | 2,370 | Grayhawk | 316,500 | |
| 7766 E Sandia Cir | 2,369 | The Highlands | 318,500 | |
| 3060 N Ridgecrest #76 | 2,732 | Desert Vistas | 320,000 | |
| 3060 N Ridgecrest #58 | 2,732 | Desert Vistas | 325,000 | |
| 8053 E Sandia Cir | 2,732 | Echo Canyon | 363,000 | |
| 7365 E Sandia Cir | 3,654 | Boulder Mountain | 395,000 | |
| 7538 E Tyndall Cir | 3,655 | Pinnacle Point | 416,000 | X |
| 3430 N Mountain Ridge #29 | 3,330 | Sonoran Heights | 445,000 | |
| 4029 N Stone Peak Cir | 2,942 | Stone Cliff | 484,000 | |
| 3941 N Arboles Cir | 2,798 | Stone Cliff | 510,000 | |
| 4025 N Silver Ridge Cir | 3,847 | Legacy Hills | 620,000 | |
| 3514 N Ladera Cir | 4,550 | Rock Canyon | 749,000 | |
| 7336 E Forest Trail Cir | 5,722 | Eagle Canyon | 1,030,000 | |

ONLY TWO DISTRESSED PROPERTY SALES IN LAS SENDAS IN THE MONTH OF JUNE!

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed.

Sales Information Provided By John Karadsheh, ABR, CRS, ASSOCIATE BROKER, Coldwell Banker Trails & Paths Premier Properties. www.BuyAndSellAZ.com

Don't Miss the Re-Opening of the Newly Renovated Rusty Putter & Bogey's Steak & Seafood on August 9th

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EDUCATION

New Frontiers for Lifelong Learning OFFERS NEW OPPORTUNITIES

Submitted by New Frontiers for Lifelong Learning

Opportunities to gain new knowledge, enjoy social activities, make new friends, volunteer at events, and share your knowledge and talents await you with New Frontiers for Lifelong Learning, sponsored by Mesa Community College (MCC).

This is a self-directed, peer-led organization of 450 members able to participate in as many activities or classes as their time will allow, after paying \$70 a year or \$50 a semester. Interactive study groups, facilitated by members, meet to learn about nature, photography, computers, health and wellness, spirituality, music, art, travels and history. There also are book discussions. Social activities consist of luncheons, tours,

picnics, plays, theatre, card and board games and more.

Classes meet at the Mesa Active Adult Center, located at 247 N. Macdonald St.; Red Mountain Active Adult Center, at 7550 E. Adobe Road; Mesa Community College campuses, at Southern Ave. and Dobson Road, Power Road and McKellips Road, and the Downtown Campus, at 165 N. Centennial Way; and at several other locations during the fall and spring semesters. A free MCC student ID card is issued after joining, and it can be used for discounts on the MCC campuses and in the community.

An open house for registration of classes and activities will take place at the MCC Downtown Campus, on the fourth floor, at 145 N. Centennial Way, on Friday, Sept. 28, from 1 to 3 p.m. ■

For more information about New Frontiers for Lifelong Learning, visit the new Web site at newfrontiers.mesacc.edu. You also can write for information. Send all correspondence to New Frontiers, 165 N. Centennial Way, Room 208, Mesa, AZ 85201.



HEALTH & WELLNESS

GET ENERGIZED FOR BACK-TO-SCHOOL SUCCESS

By Dawn Abbey

Getting back to school is more than trendy clothes and a new backpack.

"Your mindset, health and energy all contribute to a successful new school year," said Jolene Victor, owner of Victory Energy Wellness (VEW) Center, "and we are here to help get you and your family ready for school."

According to Jolene, everything from biofeedback sessions, which address learning differences and anxiety, to essential oils to help resist the school crud that's out there, and group energy-clearing sessions, to address negative school experiences and clearing blockages, may be keeping your favorite kid (or you) from excelling in school. VEW will help you be your energetic best in the classroom.

"At VEW, it's all about group sessions," said Jolene. "We feature a process called energy clearings, addressing issues, such as back-to-school anxieties, money concerns, relationships with friends and family, romance, self-esteem, enhancing creativity, entrepreneurial and business decision-making and more. During these sessions, we release any

trapped emotions and blockages, on a generational and energetic basis, which are keeping you from achieving your highest potential."

Back-to-School Group Energy Clearing meets at 10:30 a.m., on Saturday, Aug. 4. The Relationships with Friends session is at 1 p.m., on Saturday, Aug. 18. The cost for group sessions is \$35 each. Seating is limited. So, Jolene suggests reserving your place today.

And just before mid-terms and finals, the center will offer group sessions for super learning and test anxiety.

Additionally, the center hosts Natascha Hebell-Fernando, licensed acupuncturist, for an Introduction to Acupuncture, Community/Group Acupuncture session every Thursday afternoon, from 3 to 5 p.m. "Traditional Chinese medicine has used acupuncture, one of the oldest healing methods in the world, as a method of restoring and maintaining good health through the stimulation of specific points on the body," Jolene explained.

Participants sit in comfortable chairs in a large, restful room, and experience acupuncture on their ears, hands or feet. Many people prefer this

form of acupuncture work, as it is comfortable and casual. It also allows for friends or family members to come to sessions together and discuss their personal results.

Costs range from \$15 to \$70 each, depending on the type of treatment one requests. The De-Stress and De-Tox Ear Clinic is \$15, a simple, yet effective, ear protocol. Community Style Acupuncture is \$35. Acupuncture points on hands, feet and head are chosen to address symptom relief. Based on the root cause of the symptoms, additional

options may be available.

The center also features Your RN Health Coach Claudia Collins in her low-impact, focused fitness classes. Claudia keeps these small group classes fresh and fun by rotating through different resistance and cardio routines. She also conducts a Tai Cheng workout on Mondays, from 6:30 to 7:15 p.m., based on classical Tai Chi techniques, ancient Qi Gong practices, and modern corrective exercise patterns, which both rehab and prehab the body, improving metabolism, joint function, stress management and athletic performance.

"All of our classes at the center focus on the idea that the body and mind work their best when our energy is clear and aligned," explained Jolene. "Different people prefer different ways to improve their energetic well-being. So, we try to provide a variety of modalities to suit everyone's needs." ■

For more information about classes, products and services at the center, visit www.VictoryEnergyWellness.com, or call Jolene at (480) 422-7022. The center is located at 3654 N. Power Road, Suite 125.

EDUCATION

SPECIAL TEACHER CONNECTS Positively with Each Student

Submitted by Self Development Charter School

The dedicated teachers and administrative staff at Self Development Charter School (SDCS) provide key support to achieve the high standards of learning, and one of these dedicated teachers is Mrs. Christina Harguess.

Mrs. Harguess has been teaching at SDCS for the past eight years. She also is a member of the administrative team. Mrs. Harguess has taught first through fourth grade, as well as serving as a resource to teachers and students from kindergarten through eighth grade.

Mrs. Harguess's strength in the classroom is her ability to connect with each individual student. She does not look at her classroom as a group of students, but rather as individual students making up her classroom setting.

The instruction techniques of Mrs. Harguess ensure each student in her classroom receives every lesson based on individual learning styles. She sets high expectations for all of her students to ensure they reach their full potential.

Besides ensuring the students receive challenging academic instruction, Mrs. Harguess works hard with each child to ensure they believe in themselves. She has a way of working with each individual child to ensure each believes in personal success.

Mrs. Harguess has had an impact on several different groups of students throughout her time with SDCS. Each year, there is a new group of students honored to call Mrs. Harguess their teacher and SDCS their school.

Mrs. Harguess received her bachelor of science degree in elementary education from Northern Arizona University. She has two children who attend SDCS.

SDCS is an award-winning, tuition-free, excellent school, which, for the 2010-2011 school year, was the top-ranked individual kindergarten through eighth grade school, as recognized by the Arizona Department of Education. ■

Self Development Charter School currently has a waiting list for all grade levels. If you are interested in enrolling your student, please contact the school at (480) 641-2640.



Mrs. Christina Harguess is a dedicated teacher.



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ROTH IRA CONVERSIONS HAVE PROS AND CONS

By John Duncan
The Bush-era tax cuts could sunset in 2013, and this possibility has prompted some traditional IRA owners to think about Roth conversions.



If tax rates go up, going Roth may be smart. The key word in that last sentence is may, as going Roth may not be for everyone.

WHY GO ROTH?

There is an assumption behind every Roth IRA conversion—a belief income tax rates will be higher in future years than they are today. If you think this will happen—and many people do—then, you may be compelled to go Roth. After all, once you are age 59.5 and have owned a Roth IRA for five years (i.e., once five full years have passed since the conversion), withdrawals from the IRA are tax-free.¹

Additionally, you never have to make mandatory withdrawals from a Roth IRA, and you can contribute to a Roth IRA as long as you live, unless you make too much money to do so—in 2012, the contribution limits are \$125,000 for single filers, and \$183,000 for joint filers and qualifying widow(er)s, with phase-outs respectively kicking in at \$110,000 and \$173,000. (These numbers represent modified adjusted gross income.)^{2, 3}

WHY NOT GO ROTH?

There are two reasons. Specifically, the tax hit could be substantial, and time may not be on your side.

A Roth IRA conversion is a taxable event. When you add the taxable income from the conversion into

your total for a given year, you could find yourself in a higher tax bracket. Some of these conversions even lead to the IRA owner's Social Security benefits and Medicare being taxed.⁴

If you are nearing retirement age, going Roth may not be worth it. If you convert a sizable traditional IRA to a Roth when you are in your 50s or 60s, it could take a decade (or longer) for the IRA to recapture the dollars lost to taxes on the conversion. Model scenarios considering *what ifs* should be mapped out.

YOU COULD DO A PARTIAL CONVERSION.

In fact, you could make multiple partial Roth conversions through the years. Is your traditional IRA sizable? This could be a good idea if you are in one of the lower tax brackets, and like to itemize deductions.

YOU COULD EVEN UNDO THE CONVERSION.

It is possible to *recharacterize* (that is, reverse) Roth IRA conversions. If a newly minted Roth IRA loses value due to poor market performance, you may want to do it. The IRS gives you until Oct. 15 of the year following the initial conversion to *reconvert* the Roth back into a traditional IRA, and avoid the related tax liability.⁴

IF YOU DO GO ROTH, YOUR HEIRS MIGHT RECEIVE A TAX-FREE INHERITANCE.

Lastly, Roth IRAs can prove to be very useful estate planning tools. (You may have heard of the stretch IRA strategy, which can, theoretically, keep IRA assets growing for generations.) If the rules are followed, Roth IRA heirs can end up with a tax-free inheritance,

paid out either annually or as a lump sum. In contrast, distributions of inherited assets from a traditional IRA or 401(k) are routinely taxed.⁵ ■

For more information, call (480) 285-1998. Gold Leaf Advisory is located at 2929 N. Power Road, Suite 101.

Citations:

- 1 – www.smartmoney.com/retirement/planning/iras-5-timing-rules-you-need-to-understand-1337271033972/ [3/5/12]
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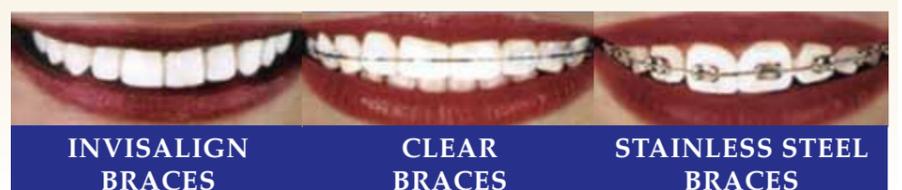
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REAL ESTATE

Selling a Home as a Short Sale CAN BE DONE DISCREETLY

By Lorraine Ryall, Realtor, Certified Distress Property Expert (CDPE), CSSN

Although short sales are now more prevalent than ever before, many homeowners still find the thought of doing a short sale stressful, oftentimes, because the homeowners don't want friends and neighbors to know about their situation.

Sometimes, the homeowners may even feel ashamed or embarrassed, and the last thing they want is for anyone to know they are having to short sale their house. What they need to know is they are not alone. With one in nine homeowners delinquent on their mortgages, there are many homeowners in the same situation. The statistics probably include some of their closest friends and family members.

A short sale is a dignified and respectful solution for distressed homeowners, whereby they work with the bank to sell the home. This not only helps the homeowners, but the neighborhood, as well. Even the banks would prefer to do a short sale rather than letting the home go to foreclosure.

The good news is there is help for homeowners facing this dilemma. Not only can I help them successfully close their short sale, help salvage their credit, and not have any deficiency, but I can do it all with discretion.

NO FOR SALE SIGNS

As I have listened to my clients, I realized one of the hardest things was for them to have a *For Sale* sign in their yard. Even though it is a regular sign that doesn't mention short sale, it still meant friends and neighbors would see it, and pop over to see why their good neighbors were moving. It put them in an awkward position. With this in

mind, most of my short sales are done without any indication the house is even on the market, let alone being sold as a short sale.

With a low inventory level of houses on the market today, I usually have a buyer for their house. If I don't, another agent in our office will. As soon as I meet with a new client, and the listing agreement is signed, I usually have a buyer already lined up. They may have to show the house one time, but that is it.

So, for my short sale clients, they don't have to worry about keeping the house ready for showings, or worry about pets or children and strangers walking through their home. There is no *For Sale* sign in the yard. Therefore, neighbors don't even know they are selling, and, in most cases, they don't even have a lock box on their house.

Once the purchase contract is signed, we do all the negotiating directly with the bank. The homeowners just sit back and let us handle it all for them. Our short sale process is one of the easiest and most discreet ways of doing a short sale.

Coldwell Banker Trails and Paths Premier Properties has successfully closed 18 Las Sendas short sales, and a total of 53 short sales have been successfully closed.

There is no cost to homeowners to do a short sale. The



Lorraine Ryall

bank pays all Realtor costs and closing fees. ■

For more information on short sales and foreclosures, or for a free confidential consultation, contact Lorraine Ryall at Coldwell Banker Trails and Paths Premier Properties directly at (602) 571-6799, or send an e-mail to Lorraine@ArizonaShortSaleToday.com. You also can visit her Web site at www.ArizonaShortSaleToday.com.

Banks Have an Army on Their Side...

Who's Fighting For You? I am.

When I started doing short sales 5 years ago I had no idea it would turn from a job into a passion. Many Realtors hate doing short sales, I love them. Why? Because they are a challenge and I get the chance to fight for the underdog, stand up for what's right, and win. Every short sale is unique, everyone's hardship or situation is a little different, but they all have one thing in common, they just need someone who has the knowledge and experience to negotiate a successful short sale and someone who won't accept no for an answer.

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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FITNESS

BACK TO SCHOOL COULD MEAN MORE TIME FOR YOU

Submitted by *k Pilates*

As many of us with kids know, summertime can be more about cutting out your own personal time to make sure everyone else is having a good time.

Now that school is starting up again, it leaves you with a bit more time to spend on yourself. We know what it's like to put everyone else's needs first, but there really is a truth to the saying, "If you don't make time for yourself a priority, you end up being less valuable to your loved ones who need you."

But where to start? Many of us want more energy, a better self-image, or perhaps to be able to fit in to those jeans we've been saving in the back of the closet for the past three years. Some might say, "But to really get in to the shape I want, it would take so much time and effort, and I just don't have that available to me." This is what most of us believe, which stops us from even attempting a lifestyle or fitness change.

What many don't realize is that developing a fitter self (which leads to a more positive self image, more energy, and even a

smaller pant size) really doesn't have to take three hours per day in the gym, six days per week to accomplish. The main components you need in order to make a positive impact on your health goals are cardiovascular work (to get your heart rate up), muscle strengthening (to improve your fat-burning potential), and flexibility (to keep common aches and pains at bay).

Working at maximum intensity, with the right balance of flexibility, cardio and strength, can allow you to drastically improve your well-being and waistline, while still being accessible and available to your family and overall life obligations. It doesn't have to be an extreme all-or-nothing lifestyle.

A program like Karve Ballet Barre Fitness is designed to accomplish just that—a non-impact format, which makes it possible for all levels of fitness in which to participate. This extremely versatile, yet challenging program has a balanced order consisting of strength, flexibility and cardiovascular work. The testimonials given over and over about this program state you only need to do Karve for one hour,

between three to four times per week, to see your body begin to change for the better.

Why does this method seem to work faster and more efficiently than just going for a run or using the cardio equipment a few times per week? Because those activities only accomplish one of the three important components needed to make a noticeable change in your body. When all three components are incorporated correctly, and with the right balance, the results and benefits will come.

If you have been struggling with finding your own time to create a healthier, more balanced you, then, perhaps give something new a try. Something tested and proven to give many the benefits they are looking for, without the sacrifice of valuable time from your everyday life and family. Not only will you feel better for



having done something beneficial for yourself, but your family also will appreciate the many improvements they will see in you, both inside and out.

Kendra Jordan is the creator of the Karve Ballet Barre Fitness Method, which can be found at *k Pilates*. ■

For more information about *k Pilates*, located at 3514 N. Power Road, call (480) 840-1860.

COMMUNITY

Red Mountain Ranch Teen Sets Her Eyes on Dance Career

By *AnnElise Makin*

Making lasting impressions at each dance recital by projecting her combined skill and vigor into an ever-smiling stage presence, one dancer from the *Night to Remember* already knows how far she wants to go, and she has been noticed.

Hannah Ruckle, from Red Mountain Ranch, is a member of L's Studio's Super Stars team. Her mom, Lisa Ruckle, came to the annual recital well prepared, with a bag of accessories and a rack of outfits,

for 11 costume changes. Over the years, Lisa has become an experienced stagehand.

"Hannah dances her way through life," Lisa commented. "She dances through the kitchen to other sides of the house."

Now 14, Hannah started dancing, under Elle Eckardt's care, at the age of 7. Since then, she has been fine-tuning many tap, ballet and jazz moves. She also plays the piano.

At her young age, Hannah has moved far into the field of dance. She recently won gold trophies in solo and group performances at the MOVE competition, and, in her freshman year, was recruited for the Red Mountain High School Pom Squad.

"I love dancing in recitals," said this beaming teenager, who slips on a different persona with each costume. "Performing in front of people is really fun. This was one of the best recitals I have ever danced in. I pulled it off, even though I tore a muscle."

What looks like wispy, breezy steps on stage, still has to defy gravity. So, like many ballerinas, Hannah has learned to ignore some small-to-medium-size pains.

"My favorite number was *Jai Ho*," she recalled. "I never experienced a dance like that. This *Bollywood* dance was very high energy. I really enjoyed that."

According to Hannah, aside from mastering each novelty, she appreciates many forms of dance. But which genre does she like best?

"This question is really hard for me to answer," she said. "I like tap and hip-hop a lot. Tap is really a different form of dance, and hip-hop is very expressive in moves and costumes. The crowd really likes hip-hop, too."

Through all her recital numbers, Hannah performed with conviction, but nothing looked better on her than the sizzling attitude of *All That Jazz* and the country music hit *T-R-O-U-B-L-E*. That was tap. And tap is about putting your foot down on the world.

Mom Lisa was proud. "All the girls have grown tremendously," she said. "Lindsay and Elle are excellent coaches. They provide such fabulous choreographies, and give the girls so much personal attention. Hannah also has benefited a lot from that."

Hannah is already making plans

for the future. First, she will continue with L's Studio. Next, she is taking a dance class in high school. She also will be performing with the varsity pom line.

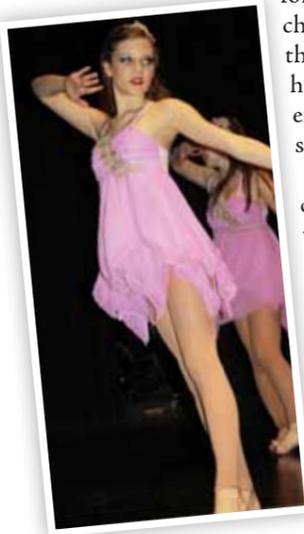
"I want to go to college, and major in dance," Hannah said. Her ultimate goal is to become a Radio City Rockette, and open her own dance studio. Meanwhile, she has enjoyed helping Elle and Lindsay teach the 3-, 4- and 5-year-olds. According to Hannah, her summer plans include pom practice, and "... letting my body catch up from the recital."

This girl has got the moves, presence and determination. If she keeps going, and luck will have it, the Rockette dream may well be accomplished. ■

For more registration information regarding upcoming classes, and more information about L's Studio dance programs, contact Elle at elle121@aol.com, or call (480) 244-3344. Registration for L's Studio dance classes will take place on Aug 4, from 10:30 a.m. to 1 p.m.



Hannah Ruckle



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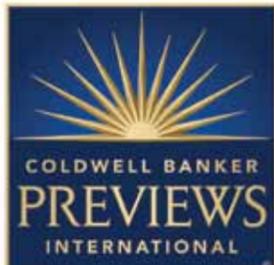
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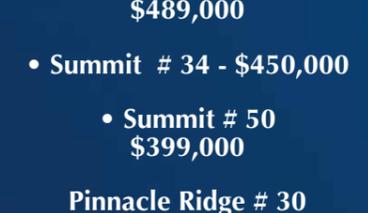
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