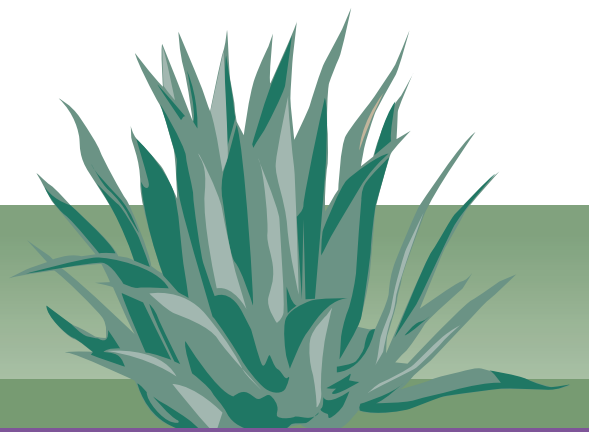


# Mesa Uplands Up Close



Bringing neighbors closer to their community

August 2012

## HEALTH AND WELLNESS RESORT OFFERS WEIGHT LOSS, DIABETIC EDUCATION AND LIFE-CHANGING OPPORTUNITIES

By Kim Phillips

**B**elieving health and fitness is the most important part of one's well-being, Dr. Marc and Vicki Sorenson, founders and directors, are fulfilling their lifelong passion for helping others at the National Institute of Health and Fitness.

Located in Midway, Utah, the institute attracts visitors worldwide. "The difference is the education," said Marc recently about why the couple's regimen has ranked above the rest in the country. "Our clients take the program home with the tools required to make them successful."

Marc and Vicki were the founders of the National Institute of Fitness, in Ivins, Utah, which is regarded as one of the world's highest-rated destination health resorts. For several years, the couple educated guests on methods to lose weight and to prevent such maladies as cancer, diabetes, high cholesterol, hypertension, chronic pain and arthritis.

Praised as one of the country's most influential health teams, the Sorensons recently returned to the industry. Their program now has been implemented at the Zermatt and Homestead Resorts in Midway.

"Our passion is helping people get healthy and fit," said Vicki. "Our clients can stay several weeks or several months," she continued. "We are the most affordable health and wellness resort in the nation, with programs starting at \$999 per week, including all meals, education, fitness classes, hiking and other activities."

The Sorensons offer a time-tested, safe and effective approach. They are known for sharing their philosophy of health and fitness throughout the world with a compassionate and nurturing manner.

According to Marc, who is a top health authority in the U.S. and the world, the institute's clientele have achieved such success as overcoming diabetes in an average of two weeks.

"We have many success stories," he commented.

The program at National Institute of Health and Fitness consists of educa-

tion and fitness classes, including yoga, Pilates Zumba and circuit training. In addition, participants learn proper nutrition to achieve optimal health.

The program does not include any drugs or crazy gimmicks, explained Marc. "People are taught to eat what was intended for them to eat," he said. "We do not restrict food portions, only the kind of food they eat." No one goes hungry.

Vicki concurred. "We are not an extreme weight loss program," she said. "We help others in an effective, safe and motivating manner. We teach things people can do at home."

In addition to the program, Vicki said the location of the institute also contributes to the success people experience at the health and wellness resort. Midway offers incredible hiking opportunities, with clean air and spectacular scenery. "We are close to Park City," Vicki commented. "So, people can get here easily and can shop and experience enjoyable activities, such as golf, horseback riding, mountain biking and the Sundance Film Festival."

NIHF offers wellness, healing and weight loss through a scientific program consisting of plant-based meals and



### PATIENTS SHARE EXPERIENCES THROUGH TESTIMONIALS

Submitted by National Institute of Health and Fitness

"I stayed at the National Institute of Health and Fitness (NIHF) for four months, and still believe it was the greatest experience of my life. I became healthier and happier, and left with a great, positive mental attitude. I arrived as a young girl of 17 who so desperately wanted to be like any other young girl, and feel *normal*, something I could not feel, weighing 240 pounds.

"I did manage to diet some weight off prior to my arrival, and was around 215 pounds when I started your program. I am now 24 years old, and have not only maintained the weight I lost at NIHF, but reduced my weight an additional 50 pounds, and have maintained it for quite a number of years. I have never returned to the old patterns of eating, and know how to control myself.

"When I share with others that I was once 100 pounds heavier, I am always met with disbelief. I am proud of my accomplishments achieved at NIHF, but am equally proud of being able to stay thinner and healthier for six years."

—Christina Alvano

"How do you describe a miracle? A heartfelt thanks to Dr. Marc Sorenson and his wife, Vicki, for their great program for fitness and health. I dropped my beta-blockers for high blood pressure, lost several dress sizes, and was able to walk 26 miles non-stop. The Sorensons know the truth about weight control and fitness."

—Betty K, Ranch Manager and Housewife,  
New Mexico

"When I began my program at the National Institute of Health and Fitness, my blood pressure was 145/95, my cholesterol was 440, and my blood sugar was 360 with medication. In six weeks, using the program outlined by Dr. Sorenson, my cholesterol dropped to 220, and blood sugar dropped to 180 without medication. My blood pressure is normal, and I take no medication for it now. My wife also brought her blood pressure from 149/100 to 100/75, and lost 54 pounds."

—John L, Airline Mechanic, Minnesota

small amounts of protein, such as chicken or fish, for those who request them. Cooking classes and demonstrations, grocery store tours with label reading courses, nature hikes and walks, health and wellness education seminars, fitness and health evaluations, fitness classes, social activities and, finally, the use of the natural hot springs and baths are also included in the program.

"I believe it is one's greatest reward to help his fellow man," commented Marc. "Life-changing experiences happen to people who come here, and those are very rewarding moments," he admitted.

Vicki agreed. "Our passion is helping people get well," she said. "We have the best program, best results and best price." ■

For more information about the National Institute of Health and Fitness, visit the Web site at [www.nihf.com](http://www.nihf.com), or call (888) 798-6443.

**\$55**  
Up to four people ride to or from  
Sky Harbor Airport in a Town Car.  
\$15 extra for SUV

**Why risk a shuttle or taxi?**  
**Travel Exstyle for about the same price!**

### Make any trip better!

Airport	Anniversaries
Business	Meetings
Pleasure	High School Dances
Celebrations	Weddings
Conferences	More!

**Live 24/7/365 Dispatch!**  
Online Reservations at [www.exstylelimo.com](http://www.exstylelimo.com)

**Exstyle**  
TRANSPORTATION  
[WWW.EXSTYLELIMO.COM](http://WWW.EXSTYLELIMO.COM)

Reliable. Professional. On-time. ...**Guaranteed!**  
**602-405-2233**

*Phillips West*  
Publishing | Design | Writing | Photography



**POSTAL PATRON  
ECRWSS**

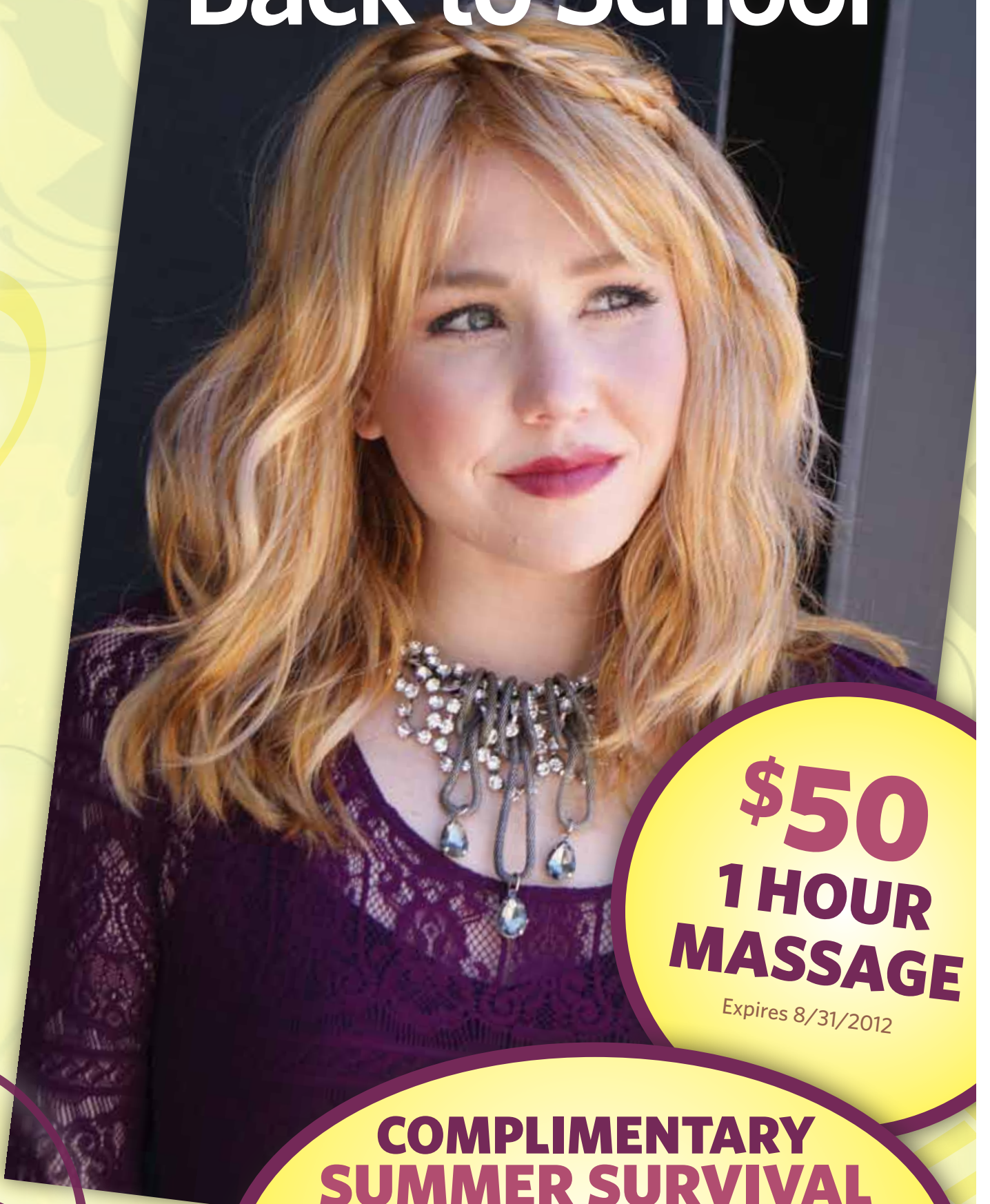
PRSRST STD  
U.S. POSTAGE  
PAID  
PHOENIX, AZ  
PERMIT #4460

## In This Issue

Mardi Gras Magic.....	3	Special Teacher.....	10
Flancer's Dessert Showdown.....	4	Back-to-School Success.....	10
Real Estate Marketing.....	5	Short Sales.....	13
Alta Mesa Golf Club.....	6	k Pilates.....	14
State Senate Candidate.....	7	Service Directory.....	15



# Back to School



**\$50**  
**1 HOUR**  
**MASSAGE**

Expires 8/31/2012

**COMPLIMENTARY**  
**SUMMER SURVIVAL**  
**TREATMENT**

**with any Kid's Haircut**

**Treatment includes**  
**chlorine build-up removal and**  
**conditioning treatment**

Expires 8/31/2012

Become a  
friend of Cosmos  
on Facebook!



**Cosmos Salon & Day Spa**

**480-844-0707**

**2837 N. Power Road Mesa, AZ**

[www.CosmosSalonAndSpa.com](http://www.CosmosSalonAndSpa.com)



# UpClose

PUBLICATIONS

Published by

*Phillips West*

Publishing | Design | Writing | Photography

Mesa, AZ 85215

© Copyright 2012 by Phillips West. All Rights Reserved.

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.comRamey 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](http://www.saltrivertubing.com), or call (480) 984-3305.



## August Superfan: Amy Bruce



Visit [flancers.com](http://flancers.com)  
for menus and upcoming events!

In Gilbert • 480.926.9077  
610 N. Gilbert Rd.  
(1/4 mile south of Guadalupe)

Like Us  
Get Coupons!  
[facebook.com/flancerscafe](https://www.facebook.com/flancerscafe)

Favorite Pizza: Goat To Get  
You Into My Life

Favorite thing about Flancer's:  
The Bread

Favorite Flancer's Team  
Member: Juliet



In Mesa • 480.396.0077  
1902 N. Higley Rd  
(just south of McKellips)

## SALT RIVER TUBING



No Glass  
Containers  
Allowed at  
Salt River!

Kids Must  
Be 8yrs. or  
Older & 4 ft.  
Tall for Tubing  
& Shuttle Bus  
Service

LIMITED  
PARKING  
PLEASE  
CARPOOL

HAVE A  
GREAT TIME!  
Responsibly  
Appoint a  
Designated Driver  
BEFORE your  
Tubing  
Adventure!

## TUBE RENTAL AND SHUTTLE BUS SERVICE

Located in NE Mesa - Minutes from Highway 202 E. on N. Power Rd.

Tonto National Forest • Operating under Permit from U.S.D.A. Forest Service

**9:00 A.M. - 6:30 P.M. Latest tube rental 3:00 P.M.**

More Kids in the Woods

**MARDI GRAS MAGIC!**  
Saturday - August 18th  
**FREE MARDI GRAS BEADS**  
**FREE Tubing Passes for Best Costumes!**

Event Details at [www.saltrivertubing.com](http://www.saltrivertubing.com)

**ON-SITE RADIO REMOTE**  
**SATURDAY - AUGUST 18TH**  
**KKFR POWER 98.3**

**LABOR DAY WEEKEND**  
17th ANNUAL

**"SALT RIVER HEROES = LITTER ZERO"**

**Take Pride in America Event**  
*It's Your Land, Lend a Hand!*

FREE Tommy Tuber bags, Beach Balls, Prizes!

**LABOR DAY WEEKEND**  
**SATURDAY - SUNDAY - MONDAY**  
Event details at [www.saltrivertubing.com](http://www.saltrivertubing.com)

**Only \$15 All Day**  
**OPEN 9:00 A.M. - 6:30 P.M.**  
**(480) 984-3305**

**Visit our Website: [www.saltrivertubing.com](http://www.saltrivertubing.com)**

## Karve Your Body This Summer

- Karve Ballet Barre Classes
- Authentic Pilates Equipment Classes
- One-on-One Pilates

k Pilates & Karve

3514 N. Power Rd., Suite 101  
Mesa (Power/Thomas)

480-840-1860

[www.kpilates.com](http://www.kpilates.com)

**New Client Special**  
**Unlimited Month of Karve \$100**  
Check out our summer specials on our website



LAW

THERE ARE ALTERNATIVES TO DIVORCE TRIALS

Submitted by  
Liszewski and  
Associates, PLLC

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



Matt Liszewski

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.*



COMMUNITY

Flancer's Works with Local Talent TO GIVE BACK

Submitted by Flancer's Incredible Sandwiches and Pizzeria

Enter the third annual Flancer's Incredible Sandwiches and Pizzeria Your Charity Dessert Showdown to earn a chance for fame and fabulous prizes, while putting a smile on many faces and helping your favorite charity.

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.

Rockin' taste buds since the year 2000, Flancer's Incredible Sandwiches and Pizzeria is a family-friendly restaurant, providing unique food on freshly baked bread by staff members who get to know

the customers by sight. You can enjoy Flancer's unique menu and special events, including beer and wine pairings, at 610 N. Gilbert Road, one-quarter mile south of Guadalupe Road, in

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](http://www.flancers.com) or visiting them on Facebook at [www.facebook.com/flancerscafe](http://www.facebook.com/flancerscafe) and [www.facebook.com/flancersmesa](http://www.facebook.com/flancersmesa). For more information about Odell Brewing Company, visit [www.odellbrewing.com](http://www.odellbrewing.com).



**John Karadsheh, ABR, CRS**  
ASSOCIATE BROKER, REALTOR®  
Multi-Million Dollar Producer  
Accredited Buyer Representative  
Certified Residential Specialist  
(602) 615-0843

TRAILS AND PATHS  
PREMIER PROPERTIES

**Christina Ovando, CRS**  
REALTOR®  
Multi-Million Dollar Producer  
SEVRAR Platinum Society  
Certified Residential Specialist  
(602) 684-5737

Scan the "QR Codes" with your smart phone for more information and pictures of each of these fine homes!

**\$525,000**  
Red Mountain Ranch  
4,006 sf ~ 6 BRs ~ 4.5 Baths  
1/4 Acre Lot ~ Gated Community  
Outdoor Kitchen & Diving Pool!

**SOLD!**

**\$435,000**  
Red Mountain Ranch  
2,486 sf ~ 4 BRs ~ 2 Baths  
Gourmet Kitchen  
Incredible Golf Course Lot!

**\$305,000**  
Red Mountain Ranch  
2,834 sf ~ 5 BRs + Den ~ 3 Baths  
Original Owner Home  
Prime Cul-De-Sac Lot!

Scan the "QR Code" with your smart phone for more information and pictures of each of these fine homes!

**Sale Pending!**

**\$235,000**  
Alta Mesa  
2,201 sf ~ 4 BRs ~ 2.5 Baths  
Huge Lot ~ Mature Landscaping  
Sparkling Fenced Pool!

**\$300,000**  
Red Mountain Ranch  
2,252 sf ~ 4 BRs ~ 2 Baths  
Gourmet Kitchen  
Prime Large, Corner Lot!

**\$175,000**  
Thunder Mountain  
Build Your Dream Home!  
Over 3/4 Acre Lot  
City Light & Mountain Views!

**\$175,000**  
Near Las Sendas  
Build Your Dream Home!  
Almost 2 Acres  
Cul-De-Sac Lot

**\$150,000**  
Apache Junction  
Build Your Dream Home!  
2.50 Acre Lot  
Views of the Superstitions!

[www.BuyAndSellAZ.com](http://www.BuyAndSellAZ.com)

**EXPERIENCE • INTEGRITY • RESULTS**

The attorneys at Liszewski & Associates are experienced and knowledgeable in all facets of family law, including: divorce, custody, child support, adoption and juvenile matters.

**Call Today for a FREE Consultation!**  
**480.357.2933**

**LISZEWSKI & ASSOCIATES, PLLC**  
Attorneys at Law  
2929 N. Power Road, Suite 101 • Mesa, AZ 85215  
Fax: 602-626-3675  
[www.myazattorney.com](http://www.myazattorney.com)

**Il Forno** ITALIAN RESTAURANT

**Lunch Specials**  
Buy any sandwich, get one **FREE** non-alcoholic drink  
Dine-In Only  
Tues. - Fri. Only

**Dinner Specials**  
Tuesdays and Wednesdays Only:  
Buy 2 dinners and get **30% OFF** any bottle of wine  
Dine-In Only

**Weekend Specials**  
Buy 2 dinners, receive a **FREE BRUSCHETTA**

**Help Wanted**  
**Servers & Kitchen Help**  
Ask for Peter

Certain restrictions apply • Specials expire August 31, 2012

**6606 E. McKellips Road • Mesa AZ 85215 • (480) 641-1000**

Hours of Operation: Tuesday – Thursday – 11 a.m. to 9 p.m.  
Friday – Saturday – 11 a.m. to 10 p.m. • Sunday – 11 a.m. to 8 p.m.



REAL ESTATE

GOOD MARKETING IS IMPORTANT WHEN SELLING YOUR HOME

By John Karadsheh

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](http://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.



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 Karadsheh 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](http://www.BuyAndSellAZ.com).

### AUTO REPAIR CLINIC

2942 N. Greenfield Road, Suite #153 Mesa, Arizona 85215  
**480-832-0582**  
*Your Local Neighborhood Repair Shop*  
**Specializing in:**

- Emissions
- Engines
- Transmissions
- Tire Balancing
- Alignment
- Brakes
- Tune-ups
- Air-conditioning
- General Repair

**ALL WORK GUARANTEED FOR 12,000 MILES, OR 12 MONTHS!**  
Family owned & operated, with over 30 yrs. of servicing the East Valley!

**10% OFF**  
ON PARTS AND LABOR  
Present ad for discount. Oil change not included in special. Expires 8/31/12.

**BREADSMITH**  
HAND MADE. HEARTH BAKED.™

Experience handcrafted artisan breads made fresh from scratch daily.

[www.breadsmith.com](http://www.breadsmith.com)

## FREE LOAF OF BREAD!

Buy one loaf and get a signature loaf of equal or lesser value FREE!

2831 N. Power Road • Mesa  
(at Power & McDowell)  
(480) 981-7600

Valid only at Breadsmith of Mesa.  
Expires August 31, 2012

"NATIONALLY ACCREDITED"

# BRIDGES Preschool

- ★ DEGREED TEACHERS
- ★ SMALL CLASSES SIZES
- ★ SPANISH & SIGN LANGUAGE

**\$0**  
Enrollment Fees!

JUST PRESENT THIS AD

Remodeled & GORGEOUS!

"The Difference is Here!"

**480-924-8008**

[www.bridgespreschool.com](http://www.bridgespreschool.com)



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](http://pgatour.com). For information about Alta Mesa Golf Club, located at 1460 N. Alta Mesa Drive, visit [altamesagolf.com](http://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](http://vimeo.com/41308140) for Shotgun! and [vimeo.com/40457132](http://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](http://Facebook.com/KevinSwanNLS), or at his foundation's Web site, [www.alifestory.org](http://www.alifestory.org).

**We're the go-to source for your to-do list.**

- A variety of shipping options
- Time-saving mailbox services
- Convenient online printing
- Moving supplies and packaging materials
- And more

Visit us at:  
Power & McDowell next to Albertsons  
2733 N. Power Rd. ste 102  
Mesa, AZ 85215  
480.641.1744  
[store3690@theupsstore.com](mailto:store3690@theupsstore.com)  
[www.theupsstorelocal.com/3690](http://www.theupsstorelocal.com/3690)  
Hours:  
8:30am to 7:00pm M-F,  
9:00am to 5:00pm Sat

**The UPS Store**

**Looking For A Reliable Professional Pool Service?**

**INTEGRITY POOLS**

**Personalized Cleaning Service  
Pool Repair**  
(Salt Cells, Equipment, Plumbing,  
Acid Washes, Electrical)

**(480) 818-3832**

**Fast, Affordable & Reliable**

**FIRST CHOICE CLEANERS**

**\$10 Hemming Special!**  
On pants. No limit. Ask for Lilian.

**1115 N. Higley Road #110**  
Southeast Corner of Brown and Higley,  
Located across from Bashas'

**Alterations • Family Operated**  
**480.396.8999**

Must present coupon for special offers.

**\$30 OFF**  
Your First Time Detail Cleaning  
**OR**  
**\$10 OFF**  
Your First Time General Clean

New clients only, with coupon.  
Not valid with any other offer.  
Expires 8/31/12.

Carnation Home Cleaning  
Quality Service Guaranteed  
All Equipment & Supplies Provided  
Bonded & Insured • References Available  
Same Team Weekly • Bi-Weekly • Monthly  
One Time • Show Clean  
Move In/Move Out  
New Construction Cleanup

**Green Cleaning Available!**

**Gift Certificates Available!**

**480-924-2096 | 480-654-2913**  
**[www.carnationhomecleaninginc.com](http://www.carnationhomecleaninginc.com)**

**ALTA MESA GOLF CLUB**  
*has Memberships Tailored Just For You!*

**MEMBERSHIPS**  
Single & Family  
Juniors up to 39  
Senior & Super Senior  
Winter Seasonal Single & Family

There's never been a better time to check out  
Alta Mesa Golf Club.

**LOW INITIATION FEES  
& MONTHLY DUES!**

Call Kim in membership  
for all the details at 480-832-3257x100



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](http://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

ARIZONA SENATE

This year WILL be different ...  
**YOU HAVE A CHOICE**

New Leadership, New Priorities

- Attract high-wage, quality jobs
- 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.

Volunteer Hotline: 480-444-8285

**GADEK2012.COM**

Paid for by Greg Gadek for State Senate

AVEDA

THE ART AND SCIENCE OF FINE LIVING AND PLANT ESSENCE

TRUE ESSENCE  
SALON & SPA

**\$15.00**  
INVATI  
BOTANICAL  
TREATMENT

**20% OFF**  
ANY SERVICE  
for first time  
clients only.

**thicker,  
fuller hair  
is yours**

97% naturally derived\* invati™ solutions for thinning hair  
REDUCES HAIR LOSS BY 33%\*\*

\*From plants and non-petroleum minerals. \*\*Due to breakage, in a 12-week clinical test of the invati™ system.

**2910 North Power Road #101**  
Mesa, Arizona 85215 • NW Corner of Power & McDowell

[www.trueessencesalon.com](http://www.trueessencesalon.com) • Call to Schedule Your Appointment 480-396-3112



DEALS

BREADSMITH CELEBRATES  
ANNIVERSARY WITH SPECIAL OFFER

*Submitted by Breadsmith Bakery*  
**W**hile four loaves for \$10 would be a great deal anywhere, when it applies to Breadsmith Bakery's handmade hearth-baked artisan bread, it is phenomenal.

Breadsmith, located in The Village at Las Sendas, on the corner of Power and McDowell roads, makes all of their bread fresh from scratch each day, without any preservatives, additives or artificial ingredients.

In the month of August, Breadsmith will sell cards, which allow the purchaser to buy four loaves of any of the signature breads for \$10. The customer pays for the card, and may use it at any time, up to the first day in October, to redeem four loaves (one per visit, please). Any of the signature breads, including Ciabatta, French, French Baguette, French Peasant, Rustic Italian, Soft Wheat Sandwich Bread and Sourdough, are included in the promotion.

This promotion is in honor of Breadsmith's seventh anniversary. "We wanted to find a way to say thank you to our current customers, and maybe entice some new ones to try our bread," said Breadsmith owner Greg Farr. "We decided this would be a nice way to give back to our customers, and say thanks for seven wonderful years."

Breadsmith opened its doors in August 2005, and has been serving its award-winning bread to retail and wholesale customers throughout the Valley. ■

For more information about Breadsmith Bakery, call (480) 981-7600.



DINING

IF YOU WANT FAST FOOD, DON'T EAT HERE

*By Dawn Abbey*  
**I**t's the difference between grabbing a bite to eat that fills you up, and having a dining experience, according to Peter Pizzurro, owner of Il Forno Italian Restaurant.

"Most places have pre-made dishes they heat up when you order," said Peter. "Not us. When you place your order at Il Forno, we start creating your meal just for you. It's not coming out of any freezer. Sit back, relax, and enjoy a drink and an appetizer while we prepare your selection to your order."

"In fact, during August, if you order two dinner entrées, we'll give you a free bruschetta appetizer to enjoy while we do the cooking," he continued. "It might sound corny, but we make our food with love. We cater to those who really enjoy exceptional food, and take the time to enjoy it."

Not only does Il Forno not serve pre-made meals, they make almost everything fresh, from scratch, using the best quality ingredients, Peter proudly claimed. "We really care about your health and where your money goes," he continued. "Take the time to appreciate the taste and quality of the amazing food we offer for the price. It might take a little longer to prepare, but it's worth the wait."

For instance, when you order lasagna, Peter assembles the plate right then, layering the cooked lasagna noodles with his homemade ricotta cheese, sautéed ground beef, homemade sauce and topped with his homemade fresh mozzarella. "But say you're a vegetarian, and want it with just cheeses or roasted vegetables instead of the meat," he said. "Just ask. We'll do it your way."



As often as three times a week, Peter makes his own mozzarella. He uses fresh curd, cooks it down, and seasons it as it melts. "That's why our mozzarella has so much flavor and texture," he stated. "We don't buy it at the supermarket."

His own homemade Italian sausage is a blend of his secret spices mixed with fresh ground cuts of pork, beef and veal. "It's very low in fat," Peter stated.

He mixes and rolls out his own ravioli dough, as well as making fresh pastas like fusilli, pappardelle and orecchiette. Each pasta dish comes with its own individually prepared sauces, like red wine and mushroom cacciatore style, or vodka pink sauce with smoked salmon.

If you've been to Italy, you've probably tried Limoncello, a lemon-flavored liqueur,

popular as an after-dinner drink. Peter makes his own from fresh lemons, vodka, sugar and just a little cream. "It goes great with our cannolis, homemade, of course," Peter stated with pride.

Il Forno is small and intimate, but cozy and casual. No tuxedoed waiters here. Peter invites you to come into his restaurant. "Plan to stay awhile," he said. ■

Il Forno is located on the west side of the Home Depot shopping center, at Power and McKellips roads. Hours are Tuesday through Thursday, from 11 a.m. to 2:30 p.m., and from 4 to 9 p.m.; Friday and Saturday, from 11 a.m. to 2:30 p.m., and from 4 to 10 p.m.; Sunday, from 11 a.m. to 8 p.m. For orders or information, call (480) 641-1000.

*Dancing in Mesa for 44 years!*

**Campbell's**  
DANCE STUDIO

**registering now for fall classes**



**Classes Start August 13th!**  
*Check Out Our Fall Schedule Online!*

**Instruction for Ages 2 1/2 - Adult**

- Jazz
- Tap
- Hip Hop
- Classical Ballet
- Gym/Tumbling

**JOIN US...**

- Experienced Teachers
- Combo Classes
- Audition for Nutcracker

**480-830-3450**  
**campbellsdancestudio.com**

**2820 E. University #106 • Mesa, AZ 85213**  
**LOCATED ON THE N/E CORNER OF LINDSAY AND UNIVERSITY**

**ARE YOU TIRED OF BEING OUT OF SHAPE OR OVERWEIGHT?**



*Come and Reclaim Your Health, Lose Weight, Relax & Reduce the Stress in Your Life at the National Institute of Health and Fitness*

**Introductory pricing as low as \$999 a week, call now! (888) 798-6443**

**20 Years of Time-Proven Results!**

Dr. Marc Sorenson, EdD and his wife Vicki, have helped thousands of people of all ages to profoundly improve their health and reduce their waistlines.

**EXERCISE**  
Each guest completes an initial fitness evaluation and participates in an exercise program designed to meet individual needs according to their fitness level.

**NUTRITION**  
Three delicious, highly-nutritious meals per day, plus extra food when needed.

**EDUCATION**  
Guests learn how to continue living healthy lives when they return home. Our education is based on top medical and scientific literature.



NIHF operates at the award-winning, Four-Diamond Zermatt Resort and the Homestead Resort located in beautiful Midway, Utah (Approximately 20 minutes south of Park City, Utah)

**(888) 798-6443 • www.nihf.com**



SPORTS

KAITLYN SAUM WINS SPOT ON ARIZONA GOLF TEAM

By Dawn Abbey

Red Mountain High School junior Kaitlyn Saum, 16 years old, qualified to play on the Arizona state golf team in this year's Girls Junior America's Cup Team Matches at Wailea Golf Club Gold Course in Maui, Hawaii, this past July.

According to Kaitlyn's dad, Andy Saum, his daughter was one of 22 girls who tried out for the team. "She's been playing all summer," Andy said. "The qualifying started in Yuma, in May, and she did well in all the competitions."

The team consisted of four girls, and was chosen by finishing positions in seven Junior Golf Association of Arizona local tournaments, which acted as qualifiers over the last two months. In the last qualifying tournament, Kaitlyn had scores of 71-75 for third overall, and secured her place on the team. The 71 (1 under par) was the best round she has had.

The team had two girls from Tucson and one from Queen Creek. They stayed with a host family in Maui during the tournament.

The Girls Junior America's Cup was formed in 1978, in Washington State. Each tournament is a 54-hole competition, with teams counting three scores and throwing out the team's highest score. Each team consists of the top four girls from 18 Western regions in the United States and Canada. Players must have outstanding skill and experience, as well as exhibit sportsmanship, discipline, courtesy and character, according to the organization's Web site, [www.gjac.org](http://www.gjac.org).



"Kaitlyn has been playing golf for fun since she was 5 years old," said Andy. "I'm a hacker, not real good," he said with a laugh. "So, I got her a Snoopy golf club, and she would ride around with me on the golf cart, and we'd have fun playing." Kaitlyn started playing for real at 7, and started playing competition golf at age 9 with the LPGA/USGA [Ladies Professional Golf Association/United States Golf Association] Girls' Golf program. Then at 11, she got serious.

Kaitlyn has played on the Red Mountain Varsity Girls' Golf Team since her freshman year. Last year, she won the Mesa city tournament, and was named Mesa All City Player of the Year. ■

For more information about the Girls Junior America's Cup, visit [gjac.org](http://gjac.org).

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](http://www.lassendas.com), or call (480) 396-4000. Las Sendas Golf Club is located at 7555 E. Eagle Crest Drive.



Real Estate

In Mesa Uplands

brought to you by: Mesa Uplands Area Market Report

COLDWELL BANKER

TRAILS AND PATHS PREMIER PROPERTIES

Sales over \$250,000 for the Month of June 2012

Address	Square Feet	Community	Sold Price	Short Sale or REO*
8725 E Hobart St	2,862	Grandview Estates	250,000	X
1331 N Vincent Cir	2,198	Saguaro Mountain	250,000	X
6202 E Mckellips Rd 261	1,688	Tuscany Villas	250,000	
6916 E Minton St	2,399	Sonora	261,000	
1237 N 86th Pl	2,580	Grandview Estates	265,000	
6338 E Hermosa Vista Dr	2,478	Terra Vista	268,000	
2901 N Ricardo St	2,691	Regency at Ridgeview Estates	274,000	
6529 E Oasis St	2,691	Regency at Ridgeview Estates	281,400	
1938 N 83rd Pl	2,110	Mountain Bridge	288,058	
6439 E Orion St	2,394	Trigram Estates Unit 3	294,000	
9755 E McKellips Rd	2,033	Metes & Bounds	295,000	
1955 E Hackamore St	3,400	East Orangewood Estates	309,000	
1248 N Estrada Cir	4,002	Grandview Estates	317,000	
3544 E Encanto St	3,340	Thayer Estates	320,000	X
7617 E Presidio St	2,968	Custom	325,000	X
1422 N Harper Cir	3,025	Sierra Estates	330,000	X
8052 E Kael St	3,141	Estates at Desert Shadows	342,000	X
6508 E Odessa St	4,005	Ridgeview Estates	345,000	
2016 E Norcroft St	2,953	Groves of Hermosa Vista	355,000	
9926 E Grandview Cir	2,407	Whisper View	356,269	
2251 N 32nd St N 37	3,800	Tanner Grove Estates	360,000	
8448 E Jensen St	2,541	Legacy at Mountain Bridge	383,913	
1545 N Rico Cir	4,319	Mesa Northgrove	390,000	X
7162 E Grandview St	3,695	Alta Mira Estates	393,000	
2035 N Hillridge Cir	4,879	Estates at Desert Shadows	395,000	
2854 N Hawes Rd	3,508	Meets & Bounds	400,000	X
2811 N Kashmir	4,622	Mesa Desert Heights	400,900	
8006 E Kael Cir	2,912	Estates at Desert Shadow	409,000	
8036 E Kramer Cir	4,071	Estates at Desert Shadows	410,000	
1536 N Loma Vista	4,174	Mesa Northgrove	410,000	
2158 E Calle Maderas	4,948	Las Maderas	412,900	X
3664 E Ellis St	3,534	Trovita Estates	424,990	
4051 E Fairfield St	3,740	Mahogany	425,000	
2950 E Huber St	4,318	Mesa Northgrove	430,000	
8220 E Jasmine Cir	3,932	Escalante at Mountain Bridge	485,000	
1807 N Val Vista Dr	3,468	Meets & Bounds	525,000	
2251 N 32nd St 21	4,895	Tanner Grove Estates	527,500	
1450 N Crismon Rd	4,184	The Ridge	565,000	
3435 E Fountain Cir	5,360	The Groves	569,000	
2121 N Orchard	4,241	Hermosa Groves South	584,000	
9518 E Northridge Cir	3,313	Estates at Boulder Mountain	600,000	
2222 N Val Vista Dr 22	4,748	Avalon Grove	670,000	
3242 E Jacaranda Cir	6,969	Arboleda	750,000	
3937 E Norcroft Cir	6,400	Rosewood	850,000	X
1550 N 40th St 5	5,592	El Portillo	875,000	
3950 E McLellan Rd 12	5,897	Crossroads Estates	940,000	
2789 N 90th St	5,564	Metes and Bounds	1,380,000	X

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

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

on August 9th

BEST HAPPY HOUR

IN THE EAST VALLEY

Monday thru Saturday 3pm to 7pm • Sunday 11am to 7pm

Las Sendas Golf Club

Bogey's Steak & Seafood

The Rusty Putter

Office (480) 396-4000  
[www.lassendas.com](http://www.lassendas.com)

\$5 Appetizers

\$5 Specialty Drinks

\$2 Domestic Beers

\$3 Imported Beers

\$3 Wines (by the glass)

\$4 Well

Bogey's Steak & Seafood

CONTINUES THEIR THREE FOR \$30 SPECIAL

CALL FOR DETAILS.

Reservations Recommended • 480-396-4000, Ext. 208

7555 East Eagle Crest Drive • Mesa, AZ 85207

[www.UpCloseAZ.com](http://www.UpCloseAZ.com)



## 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](http://newfrontiers.mesacc.edu). You also can write for information. Send all correspondence to New Frontiers, 165 N. Centennial Way, Room 208, Mesa, AZ 85201.*



## 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.*

## HEALTH &amp; 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](http://www.VictoryEnergyWellness.com), or call Jolene at (480) 422-7022. The center is located at 3654 N. Power Road, Suite 125.*





# Self Development Preschool/Charter School

## Assure Your Child a Firm Educational Foundation!

Join the many students who begin their education as one year olds and complete the elementary and middle school education at Self Development!

### Self Development Preschool

2-year-12 years (Before/Afterschool) 6 am to 6 pm

- Exemplary pre-kindergarten program for school success
- Well designed and enriched preschool curriculum
- Before and After School Program
- Low Staff turn over
- Integrated thematic curriculum
- Ages 1-5 years (preschool)
- Ages 6-12 years (before and afterschool programs)



**Enrolling  
for Fall**

Call Vernetta at 480-396-3522.  
**1721 N. Greenfield Road**

**Limited Space  
Available**

**Call Now!  
480-396-3522**



### Self Development Charter School

**2011 Academic Excellence Award**

*The only Mesa school to receive this honor*

**(2010 Charter School of the Year)**

**K-8 Grade**

- Complete six years of schooling in four years (SIF Program) (an option for high achieving students in grades 3rd – 8th)
- Outstanding Kindergarten through Middle School Education
- Excelling Mathematics and Science Programs
- Unique Literary Analysis Program for grades 2nd – 8th
- One of the top performing schools in the state
- **Elective Language Options: Latin, Spanish, and Chinese**

### Science and Technology Center

Enrolling high achieving student for Six in Four Years (SIF) Program.

Your high achieving child may save up to 2 years of 3rd – 8th grade schooling!

**1709 N. Greenfield Road  
Mesa, AZ 85205  
480-641-2640**

### Trouble with mobility and energy?



Feel younger with Tai Cheng—it's amazing.  
*Tai Cheng is gonna change your life.*  
Want to move like a younger you?—Try Tai Cheng.  
*Tai Cheng is medicine in motion.*  
Tired of pain pills—check out Tai Cheng.

*Mobility. Agility. Vitality. Renew Yours.*

**BEACH BODY TAI CHENG FIT CLUB**

Monday Evenings 6:30pm–7:30pm at Victory Energy Wellness

**480-650-9452**

**www.yournhealthcoach.com**

Featuring Claudia Collins, R.N., B.S.N.,  
Certified Health Coach & Certified Personal Trainer

### A Leader in Full Service, High-Tech Dentistry

NOW OFFERING  
**Evening Hours!**

**I LOVE TO  
SMILE!**



**A Confident, Beautiful Smile says a lot about who you are.**

**Dr. C. Martin Farnsworth, DMD**

**Dr. Derek Farnsworth, DMD**

2947 North Power Road  
Suite 103, Mesa

We accept most insurance plans, credit cards, & E-Z payment plans, o.a.c.

**CALL TODAY!  
(480) 283-5854**

**WWW.LASSENDASDENTALHEALTH.COM**

- Dentistry for the whole family
- Now offering evening hours
- **Offering Itero Cadent impressions, the worlds most accurate impressions**
- Cosmetic Smile Enhancements  
Veneers & Porcelain Crowns
- Implants - Placement & Crowns
- Root Canal Therapy
- Oral Surgery  
Including Wisdom Teeth
- Afraid of Dentists?  
Nitrous Oxide Sedation Available
- A Team of Professionals  
Here to Help You Smile

### Get your favorite student energetically ready

**GIVE YOUR CHILD THE POSITIVE EDGE THEY NEED  
TO SUCCEED THIS UPCOMING SCHOOL YEAR.**



**VICTORY ENERGY  
WELLNESS**

LOCATED AT  
3654 N POWER ROAD, SUITE 125  
OPEN TUESDAY THRU FRIDAY  
9AM-7PM, SATURDAY 9AM-3PM



For more information call 480-422-7022 or visit us on the web at  
**WWW.VICTORYENERGYWELLNESS.COM**

**ZOOM!**  
**Tooth Whitening**

WHITER TEETH IN UNDER ONE HOUR  
In Office Whitening: \$350, Includes take-home whitening kit: \$800 Value!



# 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.<sup>1</sup>

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.)<sup>2, 3</sup>

**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.<sup>4</sup>

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.<sup>4</sup>

**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.<sup>5</sup> ■

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/](http://www.smartmoney.com/retirement/planning/iras-5-timing-rules-you-need-to-understand-1337271033972/) [3/5/12]  
2 – [www.irs.gov/retirement/article/0,,id=96989,00.html#2](http://www.irs.gov/retirement/article/0,,id=96989,00.html#2) [1/5/12]  
3 – [www.irs.gov/retirement/participant/article/0,,id=188238,00.html](http://www.irs.gov/retirement/participant/article/0,,id=188238,00.html) [4/17/12]  
4 – [www.boston.com/business/personalfinance/articles/2012/05/20/roth\\_ira\\_conversion\\_not\\_for\\_everybody/](http://www.boston.com/business/personalfinance/articles/2012/05/20/roth_ira_conversion_not_for_everybody/) [5/20/12]  
5 – [www.kiplinger.com/columns/starting/archive/reasons-you-need-a-roth-ira-now.html](http://www.kiplinger.com/columns/starting/archive/reasons-you-need-a-roth-ira-now.html) [4/5/12]



**“I help successful people keep from getting wiped out financially.”**

The more wealth you have, the bigger target you become for all kinds of financial predators. Poor investment decisions, lawsuits, taxes, volatile markets, and lack of transfer planning can reduce or eliminate all of your wealth. Over the last 22 years, I have developed specific strategies that address how to grow and more importantly, protect wealth. I have learned not only what works; but why it works. The end result is financial plans that create certainty regardless of market conditions and give my clients true financial peace of mind.

- Independent Firm that provides Access to Advanced Investment and Insurance Planning
- Located in Las Sendas Business Center
- Minimum 500k+ investable assets
- President is a Las Sendas Resident

**John P. Duncan**  
Founder, Gold Leaf Advisory

For an information packet, please call (480) 285-1998 or email request to [info@goldleafadvisory.com](mailto:info@goldleafadvisory.com).

Investment Advisory Services offered through Global Financial Private Capital, LLC, an SEC Registered Investment Advisor

[www.goldleafadvisory.com](http://www.goldleafadvisory.com)

**GRAND OPENING!**  
Welcome New Patients!

**ORTHODONTICS FOR CHILDREN AND ADULTS**

**0% FINANCING on Orthodontics!**

**\$500 OFF and a FREE Kindle Fire**  
with a full set of Braces or Invisalign Teeth Straightening!

\$500 OFF of our usual and custom fees. One coupon per person. New patients only. Must present coupon at initial consultation. Expires 8/31/12.

**Jack G. Wright • DDS CAGS**  
*Specialist in Orthodontics*

**NEW LOCATION • EAST MESA**  
**480-969-1514**  
**1118 N. Val Vista Rd.**

**invisalign**

Most Insurance Accepted • Financing Available

INVISALIGN BRACES

CLEAR BRACES

STAINLESS STEEL BRACES



# 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

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](mailto:Lorraine@ArizonaShortSaleToday.com). You also can visit her Web site at [www.ArizonaShortSaleToday.com](http://www.ArizonaShortSaleToday.com).



Lorraine Ryall

## 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.



**CERTIFIED  
DISTRESSED  
PROPERTY EXPERT**

specializing in  
Las Sendas  
and the East Valley

### Testimonial

"As soon as I met Lorraine I felt like a weight was lifted from my shoulders. Just knowing Lorraine would be in my corner with my struggle with the banks gave me huge peace of mind. Right from the beginning, she took the reins and she was full throttle until the very end. I would recommend (and I do) Lorraine Ryall to anyone and everyone. Not only is she VERY good at what she does but she is VERY good to her clients. Lorraine genuinely cares about her clients! I truly felt her compassion and concern about my situation and me."



**CONTACT ME TODAY**  
for a Confidential Consultation

CELL 602-571-6799

EMAIL [Lorraine@ArizonaShortSaleToday.com](mailto:Lorraine@ArizonaShortSaleToday.com)

**Lorraine Ryall** Realtor CDPE, CSSN  
Coldwell Banker Trails & Paths Premier Properties



[www.ArizonaShortSaleToday.com](http://www.ArizonaShortSaleToday.com)



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



Hannah Ruckle

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.

**UpClose**  
PUBLICATIONS

Bringing neighbors closer to their community

produced by:  
*Phillips West*  
Publishing | Design | Writing | Photography

PHILLIPS WEST | MESA, AZ  
480.748.1127

LAS SENDAS • RED MOUNTAIN RANCH • ALTA MESA • MOUNTAIN BRIDGE • BOULDER MOUNTAIN • THE GROVES • MESA UPLANDS



Visit our  
Interactive  
Community  
Web site

**UpClose supports our community and contributes to many charitable organizations, including:**

United Food Bank	Mahnah Club
Child Crisis Center	Relay for Life
Save the Family	Be the Match
Ride for Semper Fi	Action By Christians (ABC) For Haiti
Sunshine Acres Children's Home	Hit for the Cure
House of Refuge	Face in the Mirror Foundation
Happily Ever After League	

**FOR AD PLACEMENT INFORMATION**  
Call Kim Phillips at (480) 748-1127  
or email Publisher@PhillipsWest.com

**www.UpCloseAZ.com**



SERVICE DIRECTORY

SO CLEAN, YOU'LL THINK:  
"5 SECOND RULE!"



**STERLING POOLS**

MIKE STERLING  
480.241.4206

FORMERLY  
WELCOME HOME POOLS

**The Fireplace Guy**  
(480) 265-7270

- FIREPLACES
- LOGSETS
- BBQs
- FIREPITS

• SERVICE  
• INSTALL  
• REPAIR  
• MAINTENANCE



**Need to Pass Inspection?  
Getting Ready to Sell?  
Need it Cleaned Up?  
Glass Looking Cloudy?**

**Lowest Rates Around**  
Licensed • Bonded • Insured  
ROC#181089

**PINNACLE DECORATING**  
**PAINTING**

Garett Tardiff  
Professional Painter  
20 YEARS EXPERIENCE

480-265-7803  
pinnacledecorating@gmail.com

**PROFESSIONAL PAINTING AT  
NON PROFESSIONAL PRICES**

**FREE ESTIMATES!**  
*Licensed, Bonded, Insured*  
ROC #274102



PROFESSIONAL, AFFORDABLE  
TREE & LANDSCAPE SERVICE

**ALL PRO**  
TREE SERVICE LLC.

www.allprotrees.com  
dennis@allprotrees.com

480-354-5802

**15% Off**

**FREE ESTIMATES**

Insured/Bonded



*Las Sendas Golf Club*

Come Beat the Heat with a  
**Cool**  
Golf Lesson

Mention this ad and receive  
**\$10 OFF**  
YOUR NEXT LESSON!

Director of Instruction **Ben Weir**  
Contact Ben @ 602.391.7100  
or benweir@pga.com

Las Sendas Golf Academy



**Make Your New  
Year's Dreams  
a Reality -  
HIRE US!**



Joann at The Master's Touch  
480-324-1640

Insured Bonded E-Verify Background Checks

www.TheMastersTouchCleaningService.com

Highest Rated - A Grade House Cleaning Service  
on www.AngiesList.com

HOUSE CLEANING, CARPET CLEANING & WINDOW CLEANING

 Do You Need  
Plumbing Help?  
Call Us First!

- Best Water Heater Prices
- We Install and Service the Finest Water Softeners and Reverse Osmosis
- 100% Satisfaction Guaranteed

**\$10 Off Your First Service Call  
With This Ad**

**J&B Home Maintenance**  
480-982-8242

Lic# ROC127626



CARPET CLEANING  
TILE & GROUT  
CLEANING & SEALING  
WATER REMOVAL

**NOAH'S**  
RESTORATION SERVICES LLC

480.671.NOAH

**Super Service Award**  
Angie's list  
2011

**CARPET SPECIAL!**  
\$25  
Carpet Cleaning

**CALL TODAY!**  
480.671.6624

NOAH'SRESTORATIONSERVICES.COM



Check out our publication online at  
**UpCloseAZ.com**

CLASSIFIEDS

HOME SERVICES

**Integrity Pools LLC, cleaning service and repairs.** Professional, Personal and Affordable pool maintenance and pool repairs; including filter clean-outs, acid washes, salt cells, etc.  
**480-818-3832.**

**MK Remodeling & Design**  
Specializing in Custom Kitchen & Baths  
Any Large Additions to Small Projects & Repairs.  
Licensed & Bonded ROC237798. Member BBB.  
Contact Mike for a free estimate. **(480) 285-6443**  
**Web site: www.mkremodeling.com**  
**Email: mike@mkremodeling.com**

**"Just Call Mike" Home Maintenance & Repair.** Plumbing, electrical, water heaters, disposals, RO systems, fans, lights, switches, sockets, irrigation, timers & valves, etc.  
Mesa, **(480) 628-2757.**

**ALL PRO TREE SERVICE and LANDSCAPE SERVICE.** Tree Trimming, Removals, Stump Grinding, Bushes, Shrubs, Yard Clean Ups, Landscaping, and Deep Root Fertilization, Etc.  
**FREE ESTIMATES.** Very Professional, INSURED & BONDED.  
Mention this ad and receive **15% OFF!** We accept credit cards.  
Please call **(480) 354-5802**

**Mesa Home Maintenance and Repair.**  
Plumbing, electric, irrigation, garage doors, water heaters, tile and drywall repairs, carpentry, handyman lists, and other services. All work guaranteed.  
Sean Sornberger **(480) 699-7990.**

**CARPET CLEANING SPECIALS** \*\$25 a room - 3 room minimum. Carpet should be pre-vacuumed, no pet or red stains, and furniture moving not included.  
**WHY CHOOSE US?** \*Reputation. Noah's is top rated. A Grade Carpet, Tile and Natural Stone Cleaning Company on www.AngiesList.com, and won super service award for 2011.  
Call Joann at **(480) 324-1640**

HOME SERVICES continued

**ALTech Sprinkler & Landscaping** - Quick, expert sprinkler and drip system installation and repair. Reasonable prices! Email us for a NO OBLIGATION quote at ALETech.Sprinklers@gmail.com or call Jim anytime at **480-641-2245.**



**LANDSCAPING & POOL SERVICE**  
Includes: Trimming, Pruning, Mowing, Edging, Blowing, and Raking as well as Skimming, Sweeping and Maintaining chemical balances in pools.  
Call Chris at: **602-826-0656**  
Email: christopherdcasteel@msn.com  
I live in Las Sendas and would be happy to maintain the yards and/or pools of those that leave for the summer months.

SPECIALTY SERVICES

**PROFESSIONAL TUTORING.** Multiple K-12 subjects including Math, Reading, Writing. Individualized, at-home instruction. AIMS preparation help. Assistance for home-schooling, behavioral, special education concerns.  
Philip N. Swanson, Ph.D., **480-677-9459.**

CHILD CARE SERVICES

**IN HOME CHILD CARE.** Full or part time. Excellent references, over 9 years experience. Educational activities, large daycare room, full industrial playground in backyard. CPR certified, fun and safe environment! Please call Sue **(480) 209-5865**



**LAS SENDAS MOM,** newborn & up; 16 years experience. CPR certified. Homemade meals and healthy snacks; loving, safe environment; no pool; flexible schedule. Early childhood development activities offered. Many references!  
Call Lina **(480) 324-8466**





**Debbie & Ron Brown**  
Owner/Broker  
602.618.9512



TRAILS AND PATHS

# Trails And Paths

Office: 480.355.4700  
www.TrailsAndPaths.com



TRAILS AND PATHS



**John Karadsheh**  
ABR, CRS  
Associate Broker  
602.615.0843



**Christina Ovando**  
CRS  
REALTOR®  
602.684.5737



**Bobbi Palmer**  
ABR  
Associate Broker  
480.720.5208



**Linda Sims**  
REALTOR®  
602.376.8920



**Barbra Baukus**  
ABR, CRS, CIAS,  
CSSPE  
Associate Broker  
480.205.6532



**Lyn Glenn**  
ABR  
Associate Broker  
602.769.1089



**Jennifer Kovach**  
REALTOR®  
480.226.8425



**Kris Miller**  
CDPE, GRI,  
RDCPRO, AHS  
REALTOR®  
480.236.6181



**Pat Palmer**  
ABR, GRI  
REALTOR®  
480.363.4563



**Judy Smee**  
480.797.5307  
Lynn King  
480.235.0223  
REALTOR®



**Ann Griffin**  
REALTOR®  
480.789.9584



**Jerry Mundell**  
REALTOR®  
480.510.3899



**Pat Clements**  
REALTOR®  
480.227.3820



**Kate Ward**  
REALTOR®  
602.481.5577



**Rhonda Dehnert**  
REALTOR®  
480.437.4084



**Diane Pistillo**  
REALTOR®  
602.481.9212



**Cathy Ebert**  
REALTOR®  
480.682.7378



**Sharon Madison**  
REALTOR®  
480.540.7413



**Betty Bullock**  
REALTOR®  
480.216.6301



**Lorraine Ryall**  
REALTOR®  
602.571.6799



**Terry Hughes**  
REALTOR®  
602.882.1866



**Laurie Burleson**  
REALTOR®  
480.682.7253



**Charles Porter**  
REALTOR®  
602.525.4066



**Sharon Liuzzo**  
Associate Broker  
602.999.1468



**Aaron Charlton**  
REALTOR®  
480.626.3885



**\$929,000**

5,056sq. ft. 6BR, 4.5BA, 3G. Viking® and SubZero® appliances, citrus & pecan trees, game room w/wet bar.



**UNDER CONTRACT**

4,432 sq. ft. 6BR, 3.6BA, 2G. SS appliances, granite counters, large loft, city light & Mtn. views, pool, BBQ.



**SOLD**

4,174 sq. ft. 6BR, 3.5BA, 3G. Travertine tile, granite counters, cherry cabinets, Pebble Tec pool, BBQ.



**\$675,000**

4,358 sq. ft. 5BR, 4BA, 4G. Granite counters, crown molding, double ovens, alder cabinetry & travertine.



**\$245,000**

1,673 sq. ft. 3BR, 2BA, 2.5G. Granite counters, heated salt water pool, fruit trees, garage w/cabinetry.



**\$182,000**

1,064 sq. ft. 2BR, 1.75BA, 2G. Stainless steel appliances, solar sun tube, recessed lighting & wood blinds.



**SOLD**

1,531 sq. ft. 3BR, 2BA, 2G. Golf Course lot, open floorplan w/updated kitchen w/granite counters.



**UNDER CONTRACT**

1,441 sq. ft. 3BR, 2BA, 3G. 2 way FP. Wood floors. Granite counters & stainless steel appliances.



**UNDER CONTRACT**

2,201 sq. ft. 4BR, 2.5BA, 2G. Turkish travertine flooring, pool w/custom water feature, grass area & gazebo.



**SOLD**

2,486 sq. ft. 4BR, 2BA, 2.5G. Golf course lot, granite counters, stainless steel appliances, pool & view deck.



**\$300,000**

2,252 sq. ft. 4BR, 2BA, 3G. Oversized corner lot w/professional landscaping, granite counters.



**\$1,400,000**

7,346 sq. ft. 5BR, 4.5BA, 4G. Chiseled edge stone flooring, home theatre, pool & city light views.



**\$230,000**

2,026 sq. ft. 4BR, 2.5BA, 2G. Corian® counters, cherry cabinetry, shade trees & Mtn. views.



**\$1,600,000**

6,189 sq. ft. 5BR, media room, 6BA, 4G. Gourmet kitchen, spectacular views, wine room, pool w/waterfall.



**\$1,250,000**

4,026 sq. ft. 3BR, 3.5BA, 4G. Panoramic city light & Mtn. views, gourmet kitchen & negative edge pool.



**UNDER CONTRACT**

3,359 sq. ft. 5BR, 3.5BA, 5G. Stainless steel appliances, balcony w/Mtn. views, pool, spa & built-in BBQ.



**\$225,000**

1,959 sq. ft. 2BR plus a den, 2BA, 2G. Golf course views, spacious floor plan & no HOA fees.



**\$536,000**

3,658 sq. ft. 4BR, 3.5BA, 3G. Golf course lot, alderwood cabinetry, stainless GE Monogram® appliances.



**\$429,000**

2,827 sq. ft. 4BR, 2.5BA, 3G. Cul-de-sac lot, granite counters, stainless steel appliances & crown molding.



**\$516,660**

2,883 sq. ft. 3BR, 3.5BA, 2G. Cul-de-sac lot, 2nd master suite, granite counters, Pebble Tec® pool & BBQ.